



TAKU RIVER TLINGIT  
First Nation



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# Health & Social

Summer Newsletter 2020

## GO OUTSIDE & REPRESENT

by Britnee Wesley

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K'eikaxwéin  
A flower



## Manager's Note

Congratulations to our Youth Group and Becky Law for this, our second edition of the Health and Social Newsletter! And, Congratulations to all of us – Staff and Community for working together to keep COVID 19 out of Atlin! This is so important and even though nothing is perfect, we all came together with a common goal and have been and will continue to be successful in maintaining the health and well being of Atlin!

All TRTFN staff have adjusted to the disconnection of working from home or alone in their offices and work continues to get done despite the difficulties. Our Health and Social Team has continued to provide services working out new ways to do things so that citizens are still able to access the services they need.

Welcome to our newest staffers Hector Dennis and Mathew Wesley – dedicated to providing the new delivery service, managing the food bank and filling and delivering the food hampers and will transition to other work for Health and Social in the coming months.

Along with sorting out new tasks and attending to new tasks resulting from COVID 19, planning for programs continues. We are in the early stages of planning for a summer healing camp at Rose Creek Cabin and consulting with Fisheries to offer services to those staffing the fish camps.

We are also waiting to hear about possibilities of continuing the bike trail project at Como Lake as well as continuing the trail at the point. Super excited about the garden project!! Louise, Donna, Deb, the Matriarchs and Health and Social department have been planning and working towards a community greenhouse and garden operation.

If you want more information or to be involved, contact Louise, Deb M. or Donna. Our BC Medical Health Officer Bonnie Henry has told us that we must continue to hold the line as we are for the time being. This means embracing the different ways of offering services and working out the kinks as we settle into the new normal. It also means we maintain the hygiene protocols, and social distancing practices even as we move into summer.

The future may be murky in some ways but we can all be so confident and glad and grateful that we live where we live and that the land around us, resulting from the world at a standstill is healing and that can only be a good thing – So happy spring and keep up the good work!! As always, I am interested in your constructive feedback and how your needs have changed and how we need to change with that.

*Anne Campbell*



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## BUILDING A HEALTHY COMMUNITY

*One Garden For a Time*



Spring is here and the gardens are ready to be planted. Led by Louise Gordon and the Matriarchs there is a community Garden on the way! Individual garden boxes have been built, and a community greenhouse by the Cultural center in 5 Mile is under way. Beautiful hands in the dirt starting vegetables and herbs, the Matriarchs gather for their first planting day, preparing for the weeks ahead. As the sun shines in a warm green house at the Homestead retreat by the warm springs, the group of women chat, transplant tomatoes and other plants, share stories with youth, and a meal from the gardens. Spring is here and we are excited for the community gardens!

**Thank you Steve Williams.** The loader he's using used to belong to his dad's. His dad passed away a couple of years ago so he's pretty proud of his accomplishment of clearing the spot for the community garden.



## HEALTHY SELF HEAL THY SELF





# REPRESENT

by Britnee Wesley

Its good to get outside, even if its just once in a while. Do stuff, go for walks, clean up your yard, plant gardens enjoy the sun. Hummmm.

Listen to the different sounds. Nature.

Try something new.

il pretty much just woke up and went out with our youth coordinator Becky, for a drive one day. It was good to get out. I've been getting out a lot lately because it feels good.

It might feel like your trapped. Overwhelmed or regretful, you didn't get to do something that you wanted. Our Elders always said, Just do it! It doesn't feel good, but there are ways to make it better. Do what you enjoy.

Do traditional things like, harvest. Get to know your land. I'm pretty sure I don't know what this tree or this tree is but it'll be nice to learn about it.

Everything is all out there, everything is accessible.

My grandma and I set snares on rabbit trails in Spring. She taught me that you could set snares all year round. I loved the walk and the learning experience.

When I look at my grandma, I love her smile. She is always smiling and joking around and laughing. She is so beautiful, Her hair is long, she taught me that walking with a cane is good for you. Taking care of your body is good for you. So every time I went for a walk I'd use a cane or a walking stick. lol

If I had kids, I would teach them what I was taught, what I'm still learning.

There is lots of different animals and bugs and lots of land like you wouldn't believe. But you best believe it's out there.

So get out and enjoy it.



This is a symbol I created today I call it 'Reperent'. I call it Represent because it is a symbol that represents me, represents who I am.

In my symbol I have a wolf design representing leadership, loyalty and independance. The sun represents the brightness in my life, vibrancies and how mellow rhymes with yellow. I have clouds in my symbol as a sign of confidence with my head up high with transparency of clear thoughts. With mountains being bold and strong.

Keeping my chin up high in confidence, my feet on the ground in loyalty and my thoughts clear like transparency.





Kusaxán  
Lovers of People



# Taaku Culture Centre

center for culture

by Debra and Wayne Carlick

## Family & Child Focus

*creating a safe and good quality of life*

Parents that shift focus on culture. Creating something cultural.

What does it give us inside ourselves? A sense of belonging and Self-Esteem. Knowing that we made it. A 2<sup>nd</sup> Skin gives us back a part of ourselves and ability to see Spiritual believe that has never been acknowledged. Thanks my pay off, seeing the gleam in peoples eyes when they have completed a project at the Center for Culture.

I get and give when we gather plants or berries. Transforming them into medicines for the soul. This is the time to gather, to share, to socialize and share a meal together.

Wayne and I haven't started practising gathering's protocols, you know the Family Protocols you do during Funerals and Final Potlatches. But we have started adding rituals that we've witnessed at Juneau Gatherings from other Tlingit Elders.

Soon we'll Host Daaka Elder Lunches here. Inviting the Elders to share their stories & ways. Glorious Days marking these days like no other, with wonderous embellishments & festive flare to Honor the Memories of our Ancestors Way of Life.

"National Sobriety Haakusteei" March 1st & 2nd just gets better & better. Giving someone a flower and a compliment. Acknowledging their gifts/skills, that brought me and others almost to tears last year.

**Cedar brushing off** : doing this with Individuals & Household is always Honor. The people come to trust us more each time. It gets to be a way of Life.



### UPCOMING EVENTS

- Building individual garden beds
- Summer camps
- Cultivating berry patches
- Gathering plants & berries
- Sweats & around the fire gatherings



**There are many things that you can get involved The Center is open for you**

Monday -Thursday  
from 10am to 12pm and 1 - 4:30 pm  
7-9 pm in the evenings

Ph 250-651-7837



# JARIN TIZYA

## Snowmobiling Diary



I have two skidoos, one is a Tundra 250 and the other is a Scandic 377. I like skidooing because it a good exercise and it gets you out side. And you can get famous!

I like my Tundra most, because I carve like a pro. I competed in the Skidoo drag races this winter with my Tundra. It was great the sun was out it was not to cold and I could smell all the skidoos a mile off. I love that smell. My skidoo was ready for the drag races, my gas was filled up my oil was good I had a nice support crew. I was ready.



I felt energetic and eager to win. I was ready. When it was my turn I was ready to take off and I felt like there were no one that would break my concentration.

My Dad, my Uncle, Auntie, Aaron, Izaiah and Brandon were all there cheering me on. My Dad giving me tips. Even my grandma was cheering me on. I was a little frustrated when My ski doo blew

a spark plug and I had to fix it, and it got hot. But my dad and uncle helped me. It still needs a good tune up. I won two races. One race I won against a little green skidoo, and then a white one. in the end I won 3rd place in my catogory.

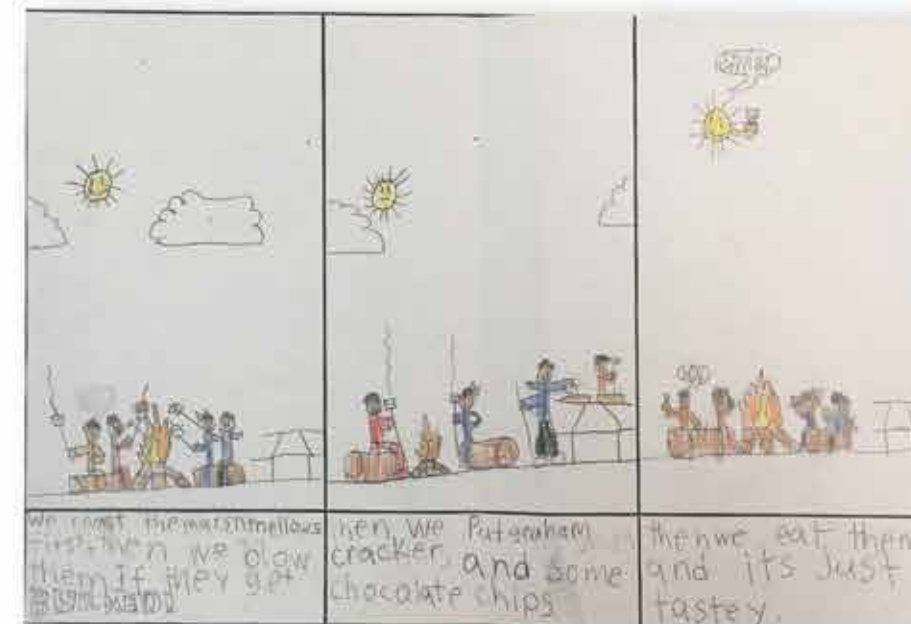
If I had 3 wishes, I would wish for a new skidoo, a new dirt bike and a ton of gas and oil! All I can say to end this is, keep on trying and good things will come to you. Next year I will be First Place!

# ARTWORK & COMICS

We are thankful to the Atlin School for creating a creative space for our youth to express their amazing gifts.



**Dorrian Tizya**  
Fireside Comic Strip  
Colored Pencils on paper



**Max Wesley**  
Contained Inferno.  
Watercolor on paper





# Wisdom from our Elder

## Lorraine Dawson



I don't like to push the youth into anything. I just let them go. The thing is I don't know if its me or them, it's the feeling I get from them , they see me, they know me. Now, Turn that around and look at it again.

It's the generation gap.

Izaiah comes here, he looks at me and he smiles and I look at him and he says, " you need me to do anything for you today?" Just that tone, that's respect. I didn't ask him, I didn't phone for him, and that's what I want to see in them.

It feels so good. And Matthew, he's always told me, " Ahh you changed my diapers!" lol.

### **Advice to young women and youth**

Respect your body! Because its what you carry down the road. And anybody see you, you know. You'll know when things are right. When you're just able to naturally lift your head up and walk down that road. You'll know. Because its time for you to walk. It's a natural born thing, when you're ready.

Other than that, I know and I see and I feel is, when I'm walking I'm ether relaxed whichever , but if I am on the alert all the time I will be all tensed up all the time.

### **Advice to people stuck inside**

Be good and kind to everyone. All I can say is just wave at somebody and smile or whatever, ask them, is there anything I can do for you, do you need help with anything? That's my advice.

# NATIVE 187

By Izaiah Carlick

All you need is a bike, and someone to ride with. That's what I love. My Bike is a Kawasaki Kx85, and I like it. Its lightweight, and I can keep up to most people with it. It can go up a lot of hills that other bikes can't and it can jump better. It has way better suspension than a trail bike. I am able to take it up mountain trails like Blue Canyon and up Ruffler Mine and I went to Dixie Lake and up Monarch Mountain.

When I get to the top of the a mountain I start going back down. If I'm with people I guess I'd stop, but I just keep riding. if I was by myself, I probably would stop for about 30 seconds at the top and then just keep riding. I don't know why. I just like riding

One of my most challenging rides would be when I went out to Surprise lake with my dad and then my clutch cable broke and I couldn't stop! I kept going faster and faster and couldn't change gears that good. I couldn't slow down because I didn't want the bike to stall. So I just kept going down till I got back to the truck.

I love riding with my dad! Because he watches me. Maybe its my love language. I like Quality time and some compliments . LOL!! I like it to because I am not by myself and he doesn't worry about me that much. Other people get bored sometimes. he doesn't. Well maybe he would if I was doing it for like a long time. And he wont worry, unless I do something like crash or go up a part of a hill that I didn't go up before. My dad has a big bike, its broken and he need to fix it.

I like riding with my friend Brent too. He is the only one I know here in Atlin my age that like biking like me. He dirt bikes really well and he knows more people that can dirt bike too.

This summer I'd like to go to dirtbike races in Whitehorse. I am so happy to be supported by ATELP AND TRTFN. I like my job working with the TRTFN Heath & Social department. The Elders are nice and its easy to get around.







# Wellness Coordinator

Donna Patrick

*Assisting members to find balance and harmony within oneself*

This is a new season. The swans are back in Atlin as of April 17th, 20. The mallard ducks just flew in and so did the seagulls over the past weekend. The lake is still frozen with approximately two feet of ice. Ice fishing is still happening on April 27th. Now it's time to gather firewood for next winter.

**Health and Social Staff** have been adjusting to new work hours. I normally check in at office at 8:30 and check emails and phone calls then work from home in afternoon.

Most of the work in these past weeks is assisting members with food security and doing check ins with Elders. Reports are due and proposals are a priority.

**Counseling supports** are available. One-hour telephone sessions are the new norm. Svenja Weber, Tayo Ademak and Jan Ford. Please call your counselor and set up a process for you to do check in sessions.

**AA** is also available online or thru internet. Treatment Centers are closed until further notice. You can still do the paperwork and get TB tests done and submit applications.

**Matriarchs Group:**

- they are presently making vests. Thank you to Jean A. Carlick for being a huge support.

- Photo Legacy is on hold until we can gather again. The photos will be developed and framed soon. Elder interviews with youth will happen once we get passed this virus.

- Garden boxes and green house project is in planning stages. This comes from Comprehensive Community Plan. It will support food security in long term.

**Choices Seminars:**

Is on hold until June 2020. There are people already signed up and will be first to go when we get the green light.

**Gunalcheesh** to all TRT members who are teaching and or learning Tlingit Language! Even though it is on hold for now, keep practicing it. The portal is opening for immersion, stories, history, culture, clan systems, sacred laws and Crow box.

**Balance:** How are you balancing your mental wellness, physical wellness, emotional wellness and your spiritual wellness? Gunalcheesh for practicing Social Distancing with family, friends and community to keep everyone safe. Enjoy the sun, fresh air and new life.

Photography By

*Evelyn Lee Folsom*



*I love all artforms, I feel like I'm skilled at photography, I use photography and cooking as an escape. When I'm taking photos I feel my creative self taking over nothing else seems to matter in those moments of freedom.*

*I love to share my work with others and experience different techniques. One day this year I'd love to own my own professional camera.*

*I also like beading, but I haven't been beading much because I don't have the materials that I need, I'm a perfectionist so I'm very picky when it comes to the type of beads I use to complete a project.*





Working from home is  
**awesome**  **horrible**  
By Zoya Williams



### THE AWESOME

No more waking up unnaturally early! Yes! Working in your pajamas and no make up!!! Wow! - Never happened before in my entire life! No time spent in the car, driving to work! Fewer interruptions! More efficiency! More work done! Flexible schedule: you choose your breaks and lunch time.

Multitasking: Never crossed my mind before that I can do so many things while working on the budget: baking bread, doing laundry, arguing with my only co-worker (my husband) which conference call is more important or who left dirty coffee cups in the sink. I am just like another Julius Caesar.

**THE HORRIBLE** Degradation of social skills. Missing your lovely friends and so-workers! Distractions! Stress on relationships. Coming back from work you are always looking forward to see your best half and to share quality time after work. Not any more! Loss of regimen. Lack of employee banter .

## JUSTICE FOR OUR COMMUNITY by David Thorn

### LOVE

Love supports healing. Our experience in life is determined by how we treat others, not by how others treat us. When we treat others with love and care what do we feel inside ourselves? We feel love and care.

When we treat others with hostility what do we feel inside ourselves? We feel the anger that we express.

In this way we get what we give. It is true that when others treat us with hostility we may feel hurt and we may feel like hurting them back. We are human. But if we take the time to respect ourselves, and care for ourselves, we will recognize that hurting others will only perpetuate the cycle of violence and make things worse for everyone.

Sometimes our safety, or the safety of others, is in danger we must act. We may need help from those who can help resolve the problem. We may need to call the RCMP.

There are times that, for the safety of the community, people must be removed from the community until they are safe to come home. We must do what we need to do to protect our community and, if our spirit is strong, we can still hold them in our hearts.



## Community Health Worker

Rodger Thorlakson

The health & wellness of our people is our priority. We aim to provide quality and meaningful service to move us ever forward to a place of lasting healing. Forgiveness is one such way to heal and strengthen our community. If you are a citizen of the TRTFN and have a criminal record, and you would like your offence legally forgiven by the Canadian Government, Please contact Rodger Thorlakson. Your information will be held in confidence. Rodger will be happy to guide you through the process and give you the assistance you need .

### 10 Tips for Sleeping well during troubled times

Sleep is important to our health and wellness – so important in fact, that it's right up there with eating healthy foods, exercising regularly, Unfortunately, however, during times of anxiety and monumental change – like we're experiencing these days – some people will have trouble getting enough deep, restorative sleep. And not getting enough sleep lowers our immune system and raises our risk for many diseases. So, while it may be harder to sleep – we need our sleep more than ever.

- Stick to a consistent bedtime and wake-up schedule
- Avoid using your devices before your bedtime
- Make sure your room is very dark, without device lights.
- Avoid stimulating substances too close to bedtime
- Exercise during the day (but not right before bed)
- Keep your bedroom cool. Wear socks if your feet are cold.
- Avoid napping during the day
- Do some light stretching.
- Practise relaxation and mindfulness meditation exercises.
- Get ready for bed well before you plan to turn off the light

For a more detailed list please visit <https://www.fnha.ca/about/news-and-events/news/ten-tips-for-sleeping-well-during-troubled-times>





### BC PROVINCIAL OVERDOSE ALERT

**INCREASED DRUG TOXICITY REPORTED ACROSS BC (BOTH STIMULANTS & DOWN)**

- Increase in both fatal and non-fatal overdoses over the last few weeks
- More severe overdoses being reported
- Increased community overdose & drug alerts since March 22<sup>nd</sup>

**FOR YOUR SAFETY:**

- 1) Use an Overdose Prevention Site, if you can. [FIND AN OPS](#)
- 2) Pick up a naloxone kit. [FIND A SITE](#). Call ahead for hours.
- 3) Avoid using alone. Find a buddy or have someone check on you.
- 4) Talk to your doctor or nurse practitioner about how to access prescription medications to reduce overdose risk and prevent withdrawal. Click [here](#) for more info.

**THIS IS A PROVINCIAL ALERT**  
Check your local Health Authority websites for local alerts

For more information on ways to stay safe while using substances during COVID-19 please check the [BCCDC website](#)

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(remove by May 20, 2020)

**toward**  
THE heart.com  
ALCOHOL & DRUG RESOLUTION SERVICES

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