TULITA OCTOBER NEWS

Issue 8: October 17th, 2023

(Doídaa sah)

TULITA NEWSLETTER WOULD LIKE YOU TO HAVE A GREAT DAY.

Most of the information in the newsletter is taken from Wikipedia, and/or books mentioned.

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PLEASE CALL ECC FOR BEAR SIGHTING OR FIRE: (867) 588-3441 or 374-0505.

NEW TO TULITA OR JUST BORED?

We have the news for you! This newsletter is out for the people of Tulita and its newcomers who just want to know what is going on in the community or need something to read to pass the time. Have vital information that you want in the next newsletter? Want a correction? Call us at the office at (867) 588 3734 or email tlfc.2018@hotmail.com.

Events and Announcements:

October 31st, **2023**: Happy Halloween! We hope all the trick n' treaters have lots of fun!

Tulita Flu Shots are now available at the Health Center, Wed.-Fri.: 4-5pm.

Every Thursday Evening, 7-9pm: Sewing Circle at the Preschool.

Elders Day is every Monday, Wednesday, and Friday at 1:30pm at the Preschool. Lunch and having fun with the preschool kids!

Aurora College: Winter Applications for Students Financial Assistance is due on October 31st, 2023.



COMMUNITY HOURS:

Harriet Gladue Health Centre (588-4251, or after hours, 374-0004): Mon-Fri. 9am-5pm.

RCMP (588-1111): Mon-Fri. 9am-5pm.

Hamlet (588-4471): Mon-Fri. 9am-5pm.

Arena: Mon-Sat. 1pm-9pm.

Northern Store (588-4331): Mon-Sat. 10am-6pm.

Post Office (588-4331): Mon-Fri. 1:30-5:30pm.

Two Rivers Hotel (588-3320): Mon-Fri. 9am-5pm.

St. Therese of Avila Church (588-4241): Sunday at 11am.

Tulita Housing (588-4011): Mon-Fri. 9am-5pm.

Tulita Land Corp (588-3734): Mon-Fri. 9am-5pm.

Mackay Range (588-3051): Mon.-Fri. 9am-5pm.

Chief Albert Wright School (588-4361): Mon-Fri. 8am-4pm. Closed for summer months.

Preschool (588-3501): Mon-Fri. 1pm-3:45pm. Closed for summer months.

Cornerstone Oilfield Services Inc. (588-3001): Mon-Fri. 9am-5pm.

BJs Market & Take Out (subject to change): Check Tulita Buy, Sell, Trade on FB.

Wright's Convenience (588-4927): 7pm-11pm or check Tulita Buy, Sell, Trade on FB.

Pentecostal Mission (374-0451): Sun. at 11am at the Cultural Centre.

Tulita Airport (588-4555): Mon-Fri. 8:30am-10:30am, 4pm-5:30pm.

ECC (Environment and Climate Change) (588-3441): Mon.-Fri. 9am-5pm.

Parks Canada (588-4884): Mon-Fri. 9am-5pm.

SRRB (374-4040): Mon-Fri. 9am-5pm.

IPCA (588-3053): Mon-Fri. 9am-5pm.

Fort Norman Metis Land Corp (588-3201): Mon-Fri. 9am-5pm.

Gas Station (588-3044): Mon-Fri. 11am-12pm, 2pm-4pm. Sat. 11am-12pm. 1pm-2pm

MYB (588-3048): Mon-Sat. 8am-5pm.

Tulita Dene Band (588-3341): Mon-Fri. 9am-5pm.

Aurora College (588-4313): Mon.-Fri. 8:30am-5pm.

RECREATIONAL TIMES (SUBJECT TO CHANGE)

Fitness Hours: Mon. to Sat. from 1pm to 9pm at the arena.

Crib and card games: Mon. and Wed. at 7pm at the Arena. In the summer, casual card games are at the arbor on clear weather days.

Bingos are usually Tuesday, Friday, and Saturday, depending on organization and funds needed. It would be posted at the Northern Store or on-line on Facebook's Tulita Buy, Sell, Trade.





Cheyenne and family would like to say Happy Birthday to Rose Menacho for her day, October 17th.

Dana Bird and family would like to say Happy Birthday to their mom, Judith Wright-Bird for her day, October 18th, from Hyacinth, Gosahte, Fabian, Dana, Joe, and Glenn.

Maria Codzi and family would like to say Happy Birthday to Kyla Menacho, for her day October 19th.

Judy Menacho and family would like to say Happy Birthday to Elizabeth (lilbit) for her day, October 20th.

Maria Codzi and family would like to say Happy Birthday to Seanna Menacho for her day, October 21st.

Cheyenne and family would like to say Happy Birthday to Violet Menacho, for her day October 21st.

Tamara Tatti would like to say Happy Birthday to Seanna Menacho, for her day October 21st. Love you long time BFF!

Jessica MacCauley and family would like to say Happy Birthday to Emerson for her day, October 23rd. May this year be as special as you are with lots of love coming from Jessica, Xavier, and Linnea.

Reanna Campbell and family would like to say Happy Birthday to Tracy Modeste for her day, October 23rd. They love you so much Auntie Tray, love Quinn and Sedze.

Melinda MacCauley and family would like to say Happy Birthday to Emerson, for her day, October 23rd. Love from your mother, sister, and tucker.

Jessie Yakeleya would like to say Happiest Birthday to their baby, Gracie for her day, October 25th. They love you so much and with all their hearts. Love mom and dad.

** Vanessa and family would like to say Happy Birthday to Garrett Horassi for his day, October 27th.

Cheryl McPherson and family would like to say Happy Birthday to Hollie McPherson-Manuel for her day, October 31st.

Fort Norman, roughly 1922. Dan Mcleod with pioneer horse Mike used for Oil Well Norman and from Dease Bay, photo by Fred Jackson. Horses were actually here!



Map of Tulita for newcomers!



There is many places to walk or visit to talk to people. You can walk along the Two Rivers Trail located past the Parks Canada Trailer Building. You can walk through the town, as well as towards Plane Lake Dr to the airport and from Water Intake to the Gas Station. You can walk along the shore, all the way to the bank where the boats load off and where the Barge stops.



Funny Little Stories

Signature

I remember the first time I asked my dad to sign something for me in high school. He shook his head and said to me, "if I sign this, you're going to have to learn how to forge my signature. If you sign it from the start, you'll be able to sign whatever you want and they'll never know."

Thanks, dad, I always learn the best from you.

Latin

One time while I was in Rome, I was busy admiring the ruins and not paying attention to signage, got lost, and ended up in some kind of archaeological dig or restoration. Not knowing it was off-limits (having missed all signage, as previously stated), wandering off the path, and most importantly (to this story), poking around in a hole that had been dug into the ground. I was careful not to touch anything, but still, clearly (to anything who wasn't as oblivious as me) this was not a place a tourist was meant to be. I finally attracted the notice of something who was meant to be part of this restoration project when I came back up from the hole. He quickly came over to ask me, in Italian, what I'm sure where the very normal questions of "Who are you?", "What are you doing here??", etc. The problem? I do not speak Italian. My brain's solution? Quick, what language do we speak that's close?! And that is how I wandered up out of a hold in a Roman ruin without warning and began speaking ancient Latin to an archaeologist. This man's face went through 15 different absolutely floored expressions in ten

seconds, like you could physically see him going through the thought process of "Have I encountered a ghost from ancient Rome? No, ghosts aren't real. But if ghosts not real, how Latin?? Fellow researcher?? Suppose to be here??" So this is the story of how I was allowed to walk away without any issue at all after blatantly trespassing upon the ruins of ancient Rome because if you speak Latin, where else would you belong?

Atheist

I'm an atheist, which means I don't belive in anything, but if I'm thinking of something unholy, and there's a thud, an abnormal noise of some kind, you bet your cotton freakin'socks I'm apologising to Jesus and everyone in the holy bible. Bump or weird loud noise in the airplane? Praise the Lord, I am coming to you!

Spider

Sydney police saya man was left "quite embarrassed" after several neighbours mistook his efforts to kill a spider for a domestic violence incident. Around 2am on Sunday several police cars rushed to an apartment in the northern suburb of Wollstonecraft, responding to reports of a woman screaming hysterically, a man yelling, "I'm going to kill you, you're dead!" and furniture being thrown. A man police described as "out of breath and rather flushed" answered the door and the local area command's facebook page documented the exchange that followed. "Where's

your wife?" An officer asked. "I don't have one," the man answered. "Where's your girlfriend?" He pressed. "I don't have one," he said. Police told the man neighbours had heard screams, the threats to kill, the dull thud of flung furniture. "Come on mate, what have you done to her?" The officer asked. "It was a spider," the man replied sheepishly, "a really big one." "What about the woman screaming?" "Yeah sorry, that was me," he said. "I really, really hate spiders." The commotion was down to the man frantically chasing the spider aroudn the apartment with a can of insect spray, police said. They inspected the unit just to be sure, finding nobody injured. "Other than the spider," officers added.

Sunglasses

I lost my sunglasses in the laundry a couple of days ago and I asked the super to keep an eye out. Today, he found them and told me in detail exactly what happened. "I saw the security video. You were eating an entire bag of chips and they fell off when you tilted your head back to finish the bag." Rude, they weren't chips, they were Utz Cheese Puff'n Corn, lol.

Dislocated

I once dislocated my shoulder, was brought to traumatologist. He inspected it and said "we're gonna reset the joint. We have no anesthesia. Here, take this" – gives me a helium filled balloon and a book – "inhale and read the poems in the book. So I started reading with this really squeakly voice, got the laughs, forgot about the shoulder, and here the doc suddenly snap-pulled it! I started shouting, but hearing my own SHIIEEEETTT! Made me

laugh more so I almost did not address the increased pain! That's Russian medicine.

Motel

So there's only one channel in this motel, this morning while I was getting ready, I was watching Sesame Street. There were doing this bit where some clown was trying to wash his hands but kept washing his feet or his elbows and Elmo would go, "no mister noodle, your HANDS!" and all the tv kids would laugh. Around the fourth or fifth time, he couln't find his hands, I heard a grown man yell from somewhere else in the motel, "GODDAMMIT, MR. NOODLE."

Romeo and Juliet

Those two boys in my english class were reading the balcony scene as Romeo and Juliet and I recorded it all because nothing has made me laugh that hard in a long time because the two could not take anything seriously. Like, 'juliet' would pronouce a word wrong and 'romeo' would correct him and juliet would go, 'dammit romeo this is why our marriage is failing.'



Slavey Words to Learn for Kids or Beginners (as taken from Shúhtaot'ine Gokəde



Wolf - Díga



Beaver – Tsá



Bear - Sah





Rabbit - Gah



Caribou – Epé

Fort Norman, roughly 1920s, "Skinboat Mountain Indians," photo by Canada Department of the Interior.





CHIEF ALBERT WRIGHT SCHOOL

NEWS



Don't forget that on Thursdays, kids are let out early at 3:00PM.



GYM SCHEDULE

- · You must always obey the Directions of the Recreation Staff
- Indoor Shoes Only
- No food or drinks in the Gym; Water only
- Zero Tolerance for Alcohol, Drugs, Abusive or Disrespectful Behaviour
- Children 7 years and younger must be supervised by a guardian 18+



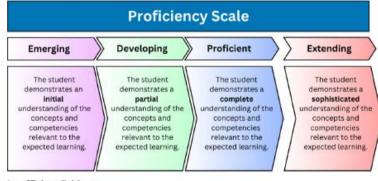
ay of the Week	Time	Age	Activity
Monday -	6:00 p.m 7:30 p.m.	15 & under	Volleyball / Multisport
	7:30 p.m 9:30 p.m.	16 Years +	Volleyball
*	6:00 p.m 7:30 p.m.	15 & under	Basketball / Multisport
Tuesday	7:30 p.m 9:30 p.m.	16 Years +	Basketball
	6:00 p.m 7:30 p.m.	15 & under	Soccer
Wednesday	7:30 p.m 9:30 p.m. 16	16 Years +	Soccer
T1	6:00 p.m 7:30 p.m.	15 & under	Dodgeball / Multisport
Thursday	7:30 p.m 9:30 p.m.	16 Years +	Volleyball
F.14	6:00 p.m 7:30 p.m.	16 Years + 15 & under	Soccer
Friday	7:30 p.m 9:30 p.m.	16 Years +	Soccer
Saturday & Sunday	,	No CAWS Gym Progra	ımming

As you may already know, over the next few years the Northwest Territories will be moving from an Alberta-based curriculum to a British Columbia-based curriculum. We have already begun this transition in a few subjects in a few grades, and with that, report cards will look slightly different. Here is how students will be graded in any subject that has transitioned to the new curriculum. All in all, this is a positive change that will help NWT students become the most capable people that they can be. Mahsi. (check next page for the Northwest Territories Proficiency Scale)



The Northwest Territories Proficiency Scale

Teachers gather evidence about students' learning by having conversations with them, observing them during class time, and through materials like tests and projects. They then assess how the student is doing overall.



Insufficient Evidence

The teacher does not have sufficient evidence in relation to the student's understanding of the concepts and competencies relevant to the expected learning. Insufficient Evidence (IE) is temporary and indicates that further information is required before a student can be evaluated.

Emerging (EM)

The student is just beginning to show their learning. Emerging isn't failing. The student has shown an *initial* understanding of the learning standards (what they're expected to learn).

Developing (DEV)

The student shows that they understand some of the learning standards. Developing isn't failing. All students will be developing in some areas at different times.

Proficient (PR)

This is the goal for all students. A student is proficient when they can show that they fully understand the learning standards consistently and most of the time.

Extending (EXT)

This means a student is demonstrating learning beyond the learning standards; they may have a deeper understanding of more difficult concepts. This is not the goal for all students in all areas, it's not a bonus or reward, and it doesn't necessarily mean that students do more work or at a higher grade level.

Insufficient Evidence (INS)

In rare cases, if teachers don't have enough information to assess a student, then "INS" is used. This would likely be due to a lack of evidence (i.e., student missed classes, so not enough conversations, observations, or materials were gathered).

CONGRATULATIONS TO THE TULITA GIRLS FOR THEIR WIN OVER THE WEEKEND AT THE GIRLS ICEBREAKER TOURNAMENT!



We hope that everyone had fun, everyone cheered for all the teams and that everyone ate happily the foods provided!

There were many teams from Norman Wells, Deline, Colville Lake, and Fort Good Hope. This was October 13-14, 2023!







<u>Medicinal Mushrooms - CHAGA</u>

Other names: Tschaga, Clinker Polypore, and True Tinder Conk.

Description: Conk is sterile black crusty exterior, brown to rust-brown powdery to

chunky centre.



Habitat: On living birch, very occasionally on alder and rarely on hardwoods.

Traditional uses: In Norway this species is known as the cancer polypore, kreftjulce, and in Finland tikkatee. The English call it woodpecker tea. The Cree of northern Canada refer to it as

poshkan or wiskakecakomikih. Wisakecak is a mythological creature that threw a scab, mistaken for dried meat that he tried to eat, against a birch tree. The Cree add it to ceremonial smoking pipes, or as counter-irritant in the manner of moxibustion, a practice in TCM of burning herbs on acupunture meridians. It is the true tinder conk as the melanin-rich dark surface readily accepts a spark and quickly begins to smolder. Chaga is a well-known folk medicine in Russia, Poland and Baltic countries, for gastric problems, cancers, and tuberculosis, as well as cardiac and liver issues.

Medicinal Uses: Chaga had a wide range of activity, including anti-bacterial, anti-viral, and anti-inflammatory and immune-modulating benefit. It inhibits xanthine oxidase, suggesting benefit in uric acid conditions such as gout, possibly due to content of betulin. Polysaccharides, derived from sterile conk, reduce blood sugar

levels due to alpha-glucosidase (enzyme involved in breaking down carbohydrates) inhibition, and regulate gut microbiota associated with chronic pancreatitis, in vivo. Chaga also appears to protect against kidney damage and helps heal stomach ulcers. The ground powder, added to facial oils and ointments, shows empirical evidence of reducing skin cancers.

Notes: Nobel prize winner Alexander Solzhenitsyn wrote of chaga (white birch cancer) in 1967. It can be collected at any time of the year. Over-harvest is a serious

problem in birch forests of
North America. Proper removal
of sterile conk ensures that the
growth continues, so ethical
wild-crafting practices should be
observed. Canadian chaga
shows higher concentrations of
inotodiol than its European
cousins. Early recipes suggest
that fermentation may increase
efficacy of chaga extracts. More
research is needed. The daily



ingestion of chaga as a tonic is discouraged. Oxalate nephropathy may be associated with long-term use. Blood thinning is also a cause for concern.

PLEASE DO NOT START PICKING MUSHROOMS OR PLANTS THAT YOU ARE NOT FAMILIAR WITH AS MANY HAVE SIMILAR LOOKS BUT CAN BE MORE DANGEROUS TO YOUR HEALTH. CHECK WITH YOUR LOCAL PICKERS AND ELDERS WHO HAVE MORE EXPERIENCE WITH DEALING WITH MUSHROOMS AND PLANTS.

Medicical Plants - WILD ROSE

Rose family (rosaceae)

Description: Overall, thorny shrub, flower is pink to deep rosel to 3" (8 cm) across; normally found at tips of branches. Fruits is red, round to elongated hips with numerous hairy achenes; ripe in late August to October. Leaves are odd number of



leaflets; large thorns may be present at the base of each leaf. Plants arise from deep taproots.

Habitat: Open areas including shorelines, meadows, stream banks, roadsides, clearings; low to midelevation.

Edible Uses: All parts of the wild rose were consumed by various Native peoples. An acceptable

potherb was made from the young shoots of spring. The stems and roots were brewed to make tea. Fresh flower petals were added to salads for flavor and color. The rosehip is the best-known edible part of the wild rose. Only the outer rind of the fruit was utilized, because the seeds contain hairs that are very irritating to the digestive tract. The hip is said to become sweeter after being touched by frost. Rosehip jam can be made, but it is rather bland. Use only the outer rind, and combine it with other fruits such as saskatoons or blueberries to give it much more flavor. Rosehips can also be made into tea or syrup.

Medicinal Uses: Native peoples of North America were using wild roses before the beginning of recorded history. The flowers were soaked in rainwater and used to

bathe sore eyes. The petals were eaten to help reduce fever. A tea made from the petals was combined with mint and taken internally to treat menstrual irregularity. Rose petals were also used as a heart tonic.

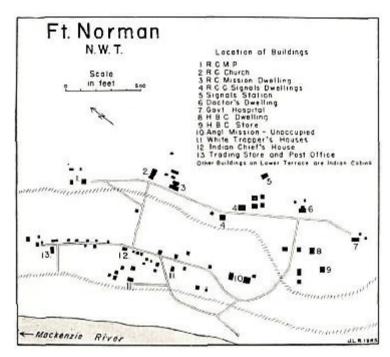
Precautions: The seeds and hairs in rosehips are always removed, because if swallowed they can irritate the intestinal tract. The seeds also contain cyanide-like compounds – another reason they must not be eaten.

Notes: The wild rose is well known for its beautiful flowers, wonderful scent and bristly branches. Many species may be encountered in this region. Three rosehips contain as much vitamin C as an orange. Note, however, that the vitamin C content of rosehips varies widely with the species.



Old Map of Fort Norman, 1945. You can see where the old buildings were placed and check if you can see where the "Indian Chief's House" was!

Photo Below: You can see where the HBC and the NWC first settled in the NWT, as well as which church as well.

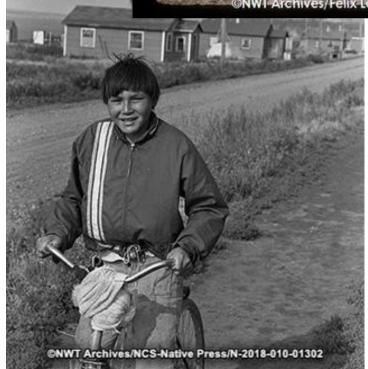


Settlement	Trading Posts**	Missions	R.C.M.P.
SETTLEMENT Fort Smith	I.B.C.—1874	R.C.—1888, Ang.—1929	1921
Fort Resolution N	.W.C.—1786-87	R.C.—1858	1913
I	I.B.C.—1804	Ang.—1890–95	
Fort Reliance	I.B.C.—1833-35		1927
Rae	I.B.C.—1852	. R.C.—1872. Ang.—1876-1880	1924
Hay River	I.B.C.—1868	Ang.—1893 R.C.—1900	1925-33
Fort Providence	I.B.C.—1868	R.C.—1862	1924
Fort SimpsonN	.W.C.—1804	Ang.—1858	1913
H	I.B.C.—1820 (1822)	R.C.—1894	
Fort Liard N	.W.C.—1805	. R.C.—1871 . Ang.—1887-92	1929
Fort Wrigley			1932-33
Fort NormanN	.W.C.—prior to 1810	Ang1866-68, 1876 . R.C187	6 1916
Fort Franklin	.W.C.—1805–15		
I make a same a make	I.B.C.—1825–27, 1864–72		
Fort Good HopeN	.W.C.—1805	R.C.—1859	1924
Arctic Red River H			1926
Fort McPherson H	.B.C.—1840	Ang1876R.C1890-96	1903-22
Aklavik	I.B.C.—1912	Ang.—1919	1922
N	.T.C.—1912	R.C.—1926	
Herschel Island W	haling-1890-1914	. Ang.—1896-1903	1904-1936
	I.B.C.—1916		
N.W.C.—North West Company	R.C.—Roman Catholic	R.C.M.P.—Royal Canadian Mor	unted Police
H.B.C.—Hudson's Bay Company		N.T.C.—Northern Trading Com	
*Dates given usually refer to the establish			

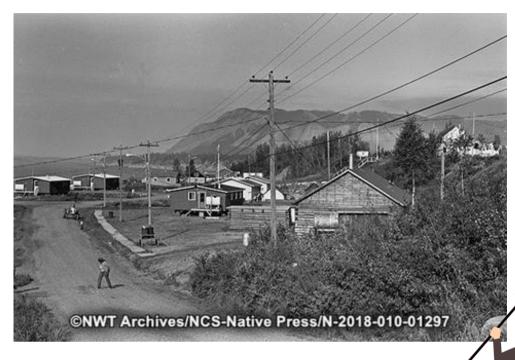
Old Photos of Fort Norman

Fort Norman, roughly 1960s, photo by Felix Labat.





Jimmy Mendo in Fort Norman, 1973, photo by the Native Communications Society.



Fort Norman August 1973, photo by the Native Communications society.

Fort Norman 1960s roughly, maybe of Father Falaize, photo by Felix Labat.





Fort Norman, 1939, Bishop Sovereign Anglican Hospital under construction at Fort Norman. It was destroyed by fire only two years later. Photo by Richard Finnie.

Fort Norman, 1961, RCMP House with stairs. Photo by Canada Department of Mines and Technical Surveys.

















Funniest Towns in Canada Word Search (yes, google them!)

Y E A R T W W X H P J V O P W N R M X E O P D P K U E P Q T C K V I L E P M Z EDCKNE VXHTKCWV L J K F H R W C L X D A E H W O C M Y N E Z C X A A E E Y V B Y J W H I N W K J K O N X F V J M W I Q S K Q D X W V A L Z H O D C B M L P O E

Town Names: Asbestos, Assumption, Bacon Cove, Bawlf, Blow Me Down, Cardigan, Cheddar, Cow Head, Crapaud, Czar, Dead Mans Flats, Drinkwater, Emo, Eyebrow, Fertile, Flin Flon, Forget, Garnish, Goobies, Happy Adventure, Happyland, Hearts Desire, Jerrys Nose, Legal, Love, Mayo, Meat Cove, Mirror, Old Entrance, Pain Court, Peekacho Corner, Placentia, Pontypool, Punkeydoodles Corners, Purpleville, Radville, Saint Louis du Ha Ha, Salmon Arm, Sans Souci, Snafu, Sober Island, Stoner, Tiny, Too Good Arm, Utopia, Vulcan, Youbou



Hidden Picture

By David Helton

This family is spending time together by camping in their own backyard. Can you find these hidden objects?



Thank you for reading!
Tulita Land Corporation