



**JEAN MARIE RIVER FIRST NATION**

GENERAL DELIVERY  
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***Tthets'ek'ehdeli Got'ie*** (Jean Marie River)

**Community Wellness Plan**

**March 2018**

*Prepared by the community of Jean Marie River*

**Tthets'ek'ehdeli Got'ie** has had a community plan since 2001. The original community plan was completed with the help of Peter Redvers, Crosscurrent Associates Ltd. and has been updated annually since then. The community plan is thorough and complete and ready to work with. The vision statement and main goals from the original plan follows:

**Vision Statement**

*We, the Tthets'ek'ehdeli Got'ie, are proud of our Dene traditions, language, and beliefs. We value and respect the land, water, and animals that have sustained us for many generations. We shall continue to use and respect our natural resources.*

*Building on the knowledge and skills of our people, we shall work together to create a healthy, sustainable future for ourselves and for our children. We shall strive to find a balance between the traditional and modern ways of life.*

**Main Goals**

*In order to achieve our vision, the Tthets'ek'ehdeli Got'ie will:*

- *Promote and support healthy, strong families*
- *Promote and support education and training*
- *Maintain and use traditional knowledge and skills*
- *Develop a sustainable, community-controlled economy*
- *Establish an effective self-governance system*

To support targeted activities for the community of Tłtsh'Éhk'é Délí First Nation (Jean Marie River First Nation) towards governance capacity that are essential to support the development of stable, legitimate and accountable First Nations. The community has the following plans:

- 1) Economic Development Strategy – completed in May 2016
- 2) Strategic Plan – completed in March 2016
- 3) Wellness Plan – completed in January 2017

On January 16<sup>th</sup>, 2018 an election for Chief was held and Mr. Stanley Sanguéz was elected for a three-year term. On February 13<sup>th</sup>, 2018, an election was held and six new councilors were elected for a three year term to 2021. The Chief has been a leader of the community on a few terms and has a good understanding of the community's strengths and weaknesses.

Building upon the previous plan of January 23, 2017, the community held a wellness session on February 5<sup>th</sup>, 2018 at the Jean Marie Gymnasium.

The purpose of meeting was to plan for wellness activities for the 2018-2019 fiscal year.

The following process was utilized to identify priorities for the upcoming year:

#### **Who are our members?**

##### Young adults (Ages 13-30) Youth

Vanessa- sews, sings, designer, fiddler, jigger, cooks, mapping/GPS, computer solving

Arial- cooking, sews, computer applications, mapping/GPS, operating equipment (chainsaw, brush king, outboard)

Alison- cooking

Kyla- baking, sews, drawing, sings

##### Middle Age Members (Ages 31-59)

Aggie Hardisty- cook

Noel Hardisty- carpenter

Neil Hardisty- electrician, computer technician, heavy duty mechanic

Malerie Hardisty- nurse

Guy Norwegian- pilot

April Bell- RCMP

Ivor Morris- computer technician

Todd Minoza- trapping, carpenter, snaring, sawmill sawer

Berna Sanguiez- sewer

Stan Sanguiez- heavy equipment operator

### Elders

Billy Norwegian

Douglas Norwegian

Ernest Hardisty

### **Identify Activities the Community can benefit from**

1. Basic computer training
2. Running Sawmill training
3. Drumming Workshops
4. Traditional Workshops (snaring, snowshoe making, etc.)
5. Firefighting training
6. Emergency response drills
7. Socializing activities (dances, card games, guitar/jam sessions)

### **Additional Activities:**

- Youth Conference Workshops
- Tobacco/ Cannabis/ Alcohol/ Addictions Workshops
- Afterschool Activities
- Traditional Knowledge
- Survival Skills (first aid, junior rangers, swim lessons, etc.)

### **Training:**

- Carpentry
- Maintenance
- Heavy Equipment Operating
- Boat/ Water Safety
- Food Safe
- General hunting licensing workshop/ gun safety/ FAC, PAL
- Safety tickets (WHIMIS, TDG, First Aid/CPR, Confined Space, Chainsaw, Helicopter Safety, AVOP)

## **Youth Council**

- Take part in meetings
- Organize activities for children
- Encourage participation from all youth

Winter Camps @ different locations

Sports, Activity, Game nights (indoor/outdoor)

Shut down office twice a year for spring and fall on the land activities/ hunting

Purchase canoe's for use by members

## **Traditional Knowledge:**

- Story telling (history of the community)
- Snowshoe making
- Boat making
- Place names (in dene place names)
- Traditional trail/ burial sites/ spiritual sites/ camp sites/ hunting sites
- Gardening
- History of JMR Sawmill
- Archived Photos of JMR
- Animal harvesting/ butchering
- Hide tanning

## **Wellness:**

- Trauma and recovery
- Addictions
- Grieving
- Family & lateral violence
- Conflict resolution
- Parenting
- Foundations of healing
- Youth wellness
- Residential school

## **Continuing on from the previous year:**

Massage Therapy


Accupuncture

Submitted Workplan

<b>Project Title:</b> Community Wellness Initiatives Workplan	
<b>Name of Organization:</b> Jean Marie River First Nation	
<b>Contact Name/Title:</b> Brenda McDonald, Senior Administrative Officer	
<b>Mailing Address:</b> General Delivery, Jean Marie River, NWT, X0E 0N0	
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Total funding available: \$87,000	
<b>Project Summary:</b>  To ensure that the wellness plan priorities are carried out throughout the year. The program is to promote healthy lifestyles and mental wellbeing in the community. The program will be lead primarily by the SAO and some activities led by community members.	

BUDGET - Community Wellness Initiatives	Anticipated Project Costs
<b>A. Cluster 1– Healthy Child and Youth Development</b>	<b>\$ 15,000.00</b>
Effective parenting – Tots, School Age, Teenagers	10,000.00
Moms and Tots (teaching moms how to cook, activities for children under 3)	5,000.00
<b>B. Cluster 2 – Healthy Living and Disease Prevention</b>	<b>\$ 38,000.00</b>
Diabetes Workshop – workshop on managing diabetes through diet and exercise	2,000.00
Sewing Materials	3,000.00
Food Safe Course	5,000.00
Community Fall Hunt	8,000.00
Community Spring Hunt	5,000.00
Traditional medicines	5,000.00
Fitness Equipment	10,000.00
<b>C. Cluster 3 – Mental Health and Addictions</b>	<b>\$20,000.00</b>
Family and lateral violence	10,000.00
Youth Wellness	5,000.00
On the land activities	5,000.00
<b>D. Subtotal (A+B+C)</b>	<b>\$73,000.00</b>
<b>E. Administration (5% of D):</b>	<b>\$13,000.00</b>
<b>Total Anticipated Project Costs (D+E):</b>	<b>\$ 86,000.00</b>

Please attached additional sheets if required.

<b>Project start date:</b> 01 April 2018	<b>Project end date:</b> 31 March 2019
Signature/Title of the spending authority: Senior Administrative Officer  , Senior Admin Office 20/04/2018	
Date of signature (day/month /year):	