

2013

Kakisa Community Wellness Plan

Ka'a'gee Tu First Nation

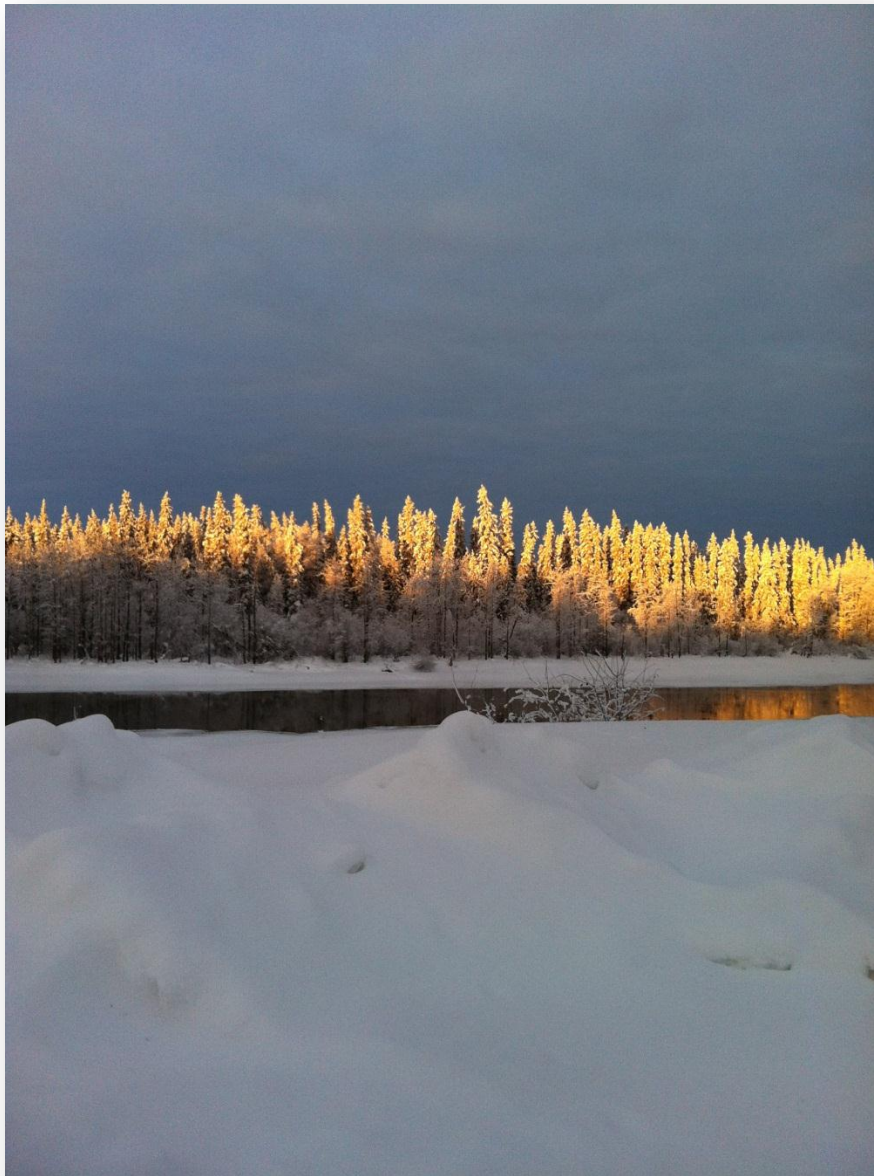
3/31/2013

Introduction

The Ka'a'gee Tu First Nation is pleased to provide this document which reflects our priorities for health and wellness at this time.

The Community Wellness Planning Engagement Project presented an opportunity for our Council to look at our current reality, to engage our residents and to plan for the future.

We are pleased to share our priorities for future wellness programming in our community.



Process:

Along with many discussions over a period of months, we formally engaged our community on March 6th, 2013. We had participants from all ages representing approximately 1/3 of our community.

Our residents were asked to think about the following:

- Where are we now?
- What do we have to work with?
- Where do we want to be in the future?
- How are we going to get there?

We participated in a SWOT analysis where we talked about our community's Strengths, Weaknesses, Opportunities and Threats.

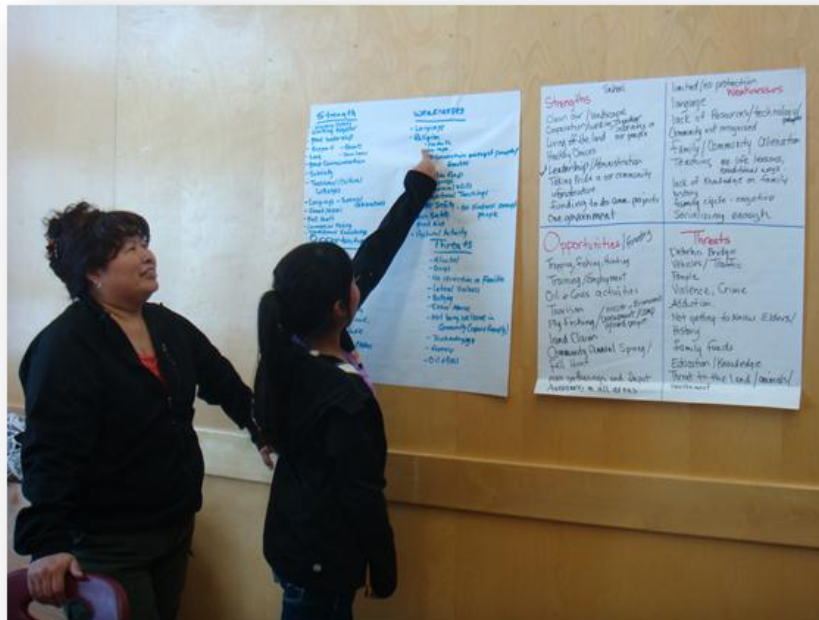


This is what the participants said were STRENGTHS:

- School is a community school
- Working Together – we like to help each other
- Sobriety is a priority
- Good Leadership – our Leadership care
- Good Administration – our local people manage our community
- One Government – we can make decisions quickly
- Good Communication – everyone knows what is happening
- Clean air – we don't have a lot of pollution
- Clean Community – we look after our community
- Infrastructure – we have almost everything we need
- Cooperation – we work good with other people
- Living on and off the Land – we can do both
- Practice Traditional and Cultural Lifestyles – we make this a priority
- Healthy Choices – we know what is good for us
- Sports and Hockey – we enjoy these and support our kids to play
- Special celebrations – we like to get together for birthdays etc.
- Feast and BBQ's – we celebrate often
- Fall Hunt – we make a point of harvesting together
- Commercial Fishing – we have good fishermen
- Support – we know where to get it
- Goals – we know where we want to go as a community
- Love – we love one another
- Language – we try to use it
- Traditional Knowledge – we try to share this
- Dene Land – we respect our land
- Taking Pride in our Community
- Having Funding to do Community Projects

This is what the participants said were WEAKNESSES:

- Limited protection from fire or outsiders
- Language – not everyone speaks Slavey
- Religion – not everyone has faith and hope
- Lack of resources/technology and people
- No connection amongst people and families
- Community not being recognized by other communities as it's own government
- Family and Community Alienation
- Lack of teaching life lessons and traditional ways
- Lack of knowledge on family history
- Family cycle – Negative
- Lack of kindness amongst people
- No knowledge of traditional medicine
- General Gap through language and traditional teachings and skills
- Water safety
- Gun Safety
- First Aid
- Physical Activities
- Lack of socializing



This is what the participants said were OPPORTUNITIES:

- Land/Lakes/River/Geese/Moose/Fish and etc.
- Forestry –we have good trees
- Trapping/ Fishing and Hunting
- Walking Trails – for physical activity
- Falls and Campground
- Fish Plant
- Garden – we can do it
- School – kids are learning lots
- Skating Rink
- Oil and Gas Activities
- Tourism
- Fly Fishing
- Training and Employment
- Resources available
- Elder involvement at the School
- Economic Development
- Campground Project
- NODA Enterprises Ltd.
- Land Claims
- Community Annual Spring and Fall hunts
- More Gatherings
- More Input
- More awareness in all areas



This is what the participants said were THREATS:

- Alcohol and Drugs
- Addictions of all kinds
- Dehcho Bridge - means more traffic and people
- Violence and crime
- Lateral Violence
- Bullying
- Elder Abuse
- Lack of Knowledge of Elder and Family History
- Family Fueds
- No direction in Families
- Not being welcome in the Community (Open and Friendly)
- Technology
- Gossip
- Oil and Gas
- Threat to the land/Water/Animals and Environment
- Education and Knowledge
- Community Engagement – not everyone participates



This work laid the foundation for the next part of our discussions , which were, what are our priorities for making Kakisa the healthiest community it can be?

Our Priorities are:

1. Encouraging access and use of Traditional Foods and Plants
2. Community Gatherings
3. More Community Involvement in School Activities
4. Workshops and Training for Everyone
5. Preservation of our Language and Culture
6. Being an Environmentally Friendly Community
7. Working to develop our Economic Opportunities
8. Focus on Cultural Awareness for our Youth



Next Steps - how do we get there?

The next step was to talk about how we are going to work towards our priorities:

Encouraging access and use of Traditional Foods and Planets

- Berry picking Summer/nutrition/Physical activity and Community together
- Harvesting in all seasons (trapping and snaring)
- Community Garden
- Plants and roots harvesting in summer
- Traditional Food preparation and receipts booklet
- Sports fishing and harvesting berries and plants
- Fishing for food and dogs
- More good fishing
- Year round harvesting has to be a focus

Community Gatherings

- Member participation
- Healthy and positive people
- Fun activities
- More physical activity such as exercises for young and old
- Elders from different communities coming together and networking.
- Community feasts and potlucks
- Raising animals

More involvement in School Activities

- More School Trips
- Elders in the School
- Using our language

Workshops and Training for Everyone

- Gun Safety in the Fall Season
- Teaching gun and water and boat Safety Courses
- More workshops on healthy families
- More education and emphasis on lateral violence, bullying/harassment in workplace and at Community level.
- Stop bullying each other

Preserve our Language and Culture

- Members to speak Slavey with each other – especially with the children
- Speak Slavey good
- Elder and Youth activities at the hall
- More flexible hours for KTFN Workers so they can practice their culture
- Tradition Medicine

Being an Environmentally Friendly Community

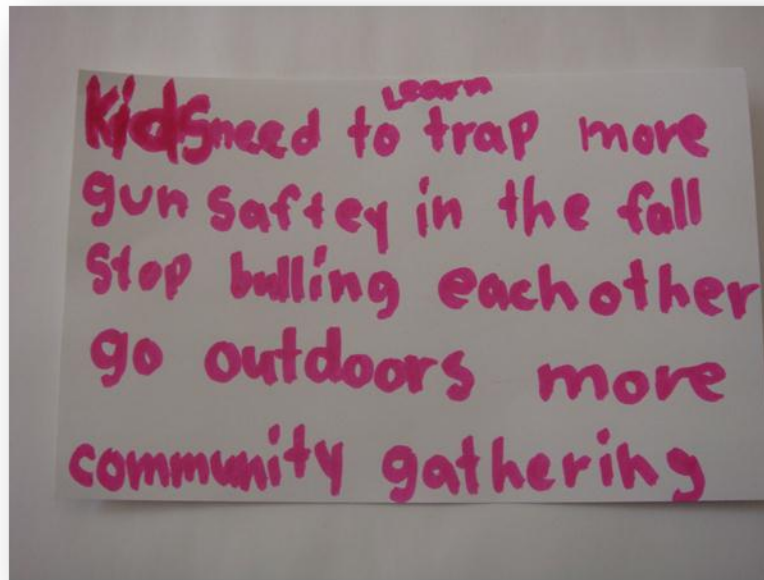
- Keep land and Water clean
- Don't waste anything
- Recycle
- Don't throw out things that someone else can use - share

Work to Develop our Economic Opportunities

- Community Signage/ Identity and Promotion
- More opportunities for commercial fishing
- Economic forum or board for Ka'a'gee Tu

Focus on Cultural Awareness for our Youth

- Let someone know when you are going on the land or water
- More outdoor Traditional and Cultural Land Programs (Continually)
- More on the Land Trips like Youth Summer Camps
- Living on and off the Land – more trapping
- Go outdoors more
- Kids need to learn to trap more



Moving Forward

The community Leadership and Administration commits to building a Community Wellness Work Plan that is reflective of our priorities.

The plan is start by having two parts to our fall gatherings, one will be a hunt – to meet our priority of accessing traditional foods and sharing with our people, the other gathering will focus on language and culture.

- During “the Hunt” the goal will be to have a safe and productive hunt. We will incorporate safety practices wherever possible.
- During “the Gathering” the goal will be to share our language and culture among the entire community. Healthy eating and sharing of stories will be a focus.

Community Workshops to increase our awareness of Healthy Choices and to reduce lateral violence (bullying) will be held.

Acknowledgements

Thank you to our staff, Ruby Simba & Anita Chicot, and Sabrina Broadhead from Health and Social Services for assisting us with this project.

“We look forward to the next few years to make our plans a reality!”

Chief Lloyd Chicot, March 6, 2013