



Credit: A. McPherson



Credit: J. Plummer



Credit: E. Kodakin



Credit: C. Landry



Credit: C. Vandermeer

2018 Sahtú Got̕ch'ádí Calendar Dene Béré



Credit: J Vandermeer



Credit: C. Campbell



Credit: D. Bailes



Credit: GNWT



Credit: E. Kodakin



Credit: J. Cinq-Mars

DENE BÉRÉ – CELEBRATING OUR TRADITIONAL FOODS

In this year's Sahtú Got'ch'ádíi Calendar we're putting the spotlight on "Dene béré" (traditional foods) and the relationships people have with ne (land), tu (water), łue (fish), łtq (plants), and t'ch'ádíi (wildlife). Harvesting Dene béré is essential to Dene ts'łł (ways of life). Dene and Métis Elders still carry memories and stories of the days when Dene béré was necessary for survival. Although there was a lot of variation in seasonal harvesting practices throughout this diverse land of mountains, rivers and lakes, the Sahtú Got'łne (people of Great Bear Lake – Dél'łne) experience of Dene béré as a source of survival and wellbeing was shared by everyone in the five communities of the Sahtú Region.

Above all else, the Sahtúot'łne world was defined by their relationship to food. The need for food was the source and starting point for their beliefs and values. Starvation was always so imminent in their lives that food was also the source of their wealth. Food was the focal point of Sahtúot'łne politics, social functions, economics, as well as their unceasing movement across the land after the wildlife. -Sahtúot'łne Long Ago, Dene Resource Book (Modeste Vandermeer, Oishi, & Tatti, 1991)





Wren Tsetso hanging ehgwáe (dryfish)
Credit: E. Kóðakin



Camilla Tutcho cleaning grouse
Credit: E. Upham-Mills

Over the last few decades there's been a major shift in the diet of northerners. While we still enjoy eating a variety of Dene béré such as jts'é (moose), lue, and jíe (berries), they are not always the main component of our diets. People are eating more processed foods and being less active on the land.

Chronic illnesses such as diabetes are a major public health issue in the Northwest Territories (NWT) and in Canada overall. On average, there are approximately 200 new diagnoses of diabetes among NWT residents each year. Research shows that lifestyle changes can help prevent or delay the onset of Type 2 diabetes. This is just one of the reasons why communities are now taking steps to returning to a more traditional diet of Dene béré. A healthy meal plan, weight control and physical activity are important prevention steps.

DENE BÉRÉ FOR GOOD HEALTH

This calendar promotes eating a healthy – and ʔeq dúé (ever so delicious!) – Dene béré diet while using respectful harvesting practices, such as using all parts of the animal. Hunting, fishing, gathering, preparing, sharing, and eating Dene béré helps keep us fit and healthy, and brings us together as families and communities.

In this calendar, we also celebrate our youth, who continue to love eating Dene béré. At the Fall 2017 on the land Dene Ts'ı̨ı̨ School at Dəocha (Bennett Field), students talked about healthy eating and ways of life – and learned a lot about eating and preparing Dene béré. The students were very aware that “you are what you eat” – and they really wanted to be who they are – Dene and Métis! So Dene béré is the food for them.

The students had also made decisions to learn the knowledge, language and skills that they need to be safe, well and at home on the land. We're sharing safety teachings from the Dene Ts'ı̨ı̨ School in this calendar.



Dene Ts'ı̨ı̨ School-Fall 2017
Credit: J. Curell



Camilla Rabisca working on tsá (beaver)
Credit: E. Upham-Mills

Going out on the land is very important to me. It helps me heal and helps me grow as an aboriginal woman. It really helps to bring out the best in me that I never knew I had. It's a place where I feel at home. It's a place where I feel comfortable to let things go. It's also a place where I finally learned to make peace with my mistakes. I am so proud of the person I am today and so grateful to still be here to prove to everyone that I've got this and there's no turning back.

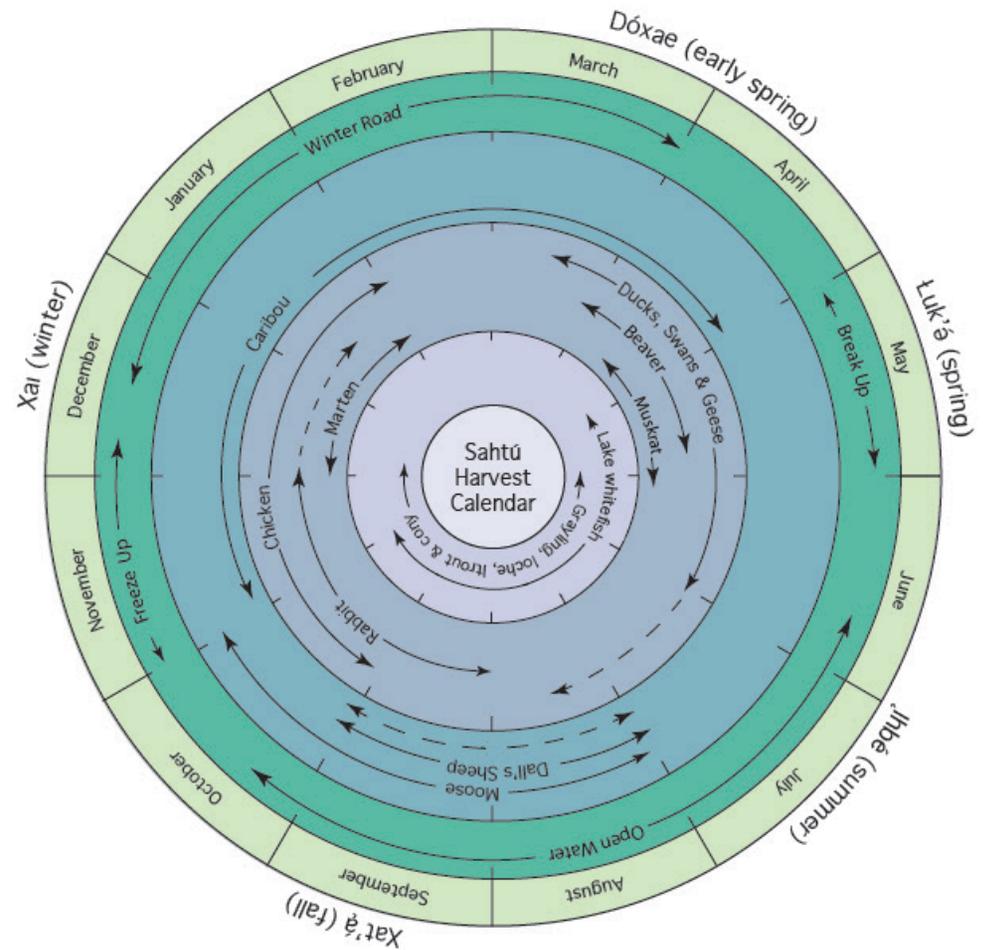
-Carmen Lennie

DENE BÉRÉ THROUGH THE SEASONS

Dene and Métis in the Sahtú Region have a complex system for survival in our cold climate and diverse landscape. They travel seasonally to specific places where t̥ch'ádíı (wildlife), jíe (berries) and ı̥t̥ó (plants) are available for food and medicines – and where different families have historically spent time during their seasonal round. The seasonal harvesting cycle varies in different parts of the Sahtú landscape, depending on whether people are in Delá Got'ı̥ne n̥e̥né (border of the treeline and tundra people territory), in Shúhta Got'ı̥ne n̥e̥né (mountain people territory), on inland lakes, along D̥o̥ga (the Mackenzie River), or on Sahtú (Great Bear Lake). In different landscapes and times of year, different skills were needed to be safe on the land.

More research is needed to document the harvest seasons and to understand how practices are evolving because of climate change. This seasonal harvesting round was developed by the ʔehdzo Got'ı̥ne Gots'ê Nákedı (Sahtu Renewable Resources Board) as a starting point for discussion, based on information from the *Sahtú Harvest Study* that took place during 1998-2005. The Harvest Study is now being validated in each of the five Sahtú communities: Délı̥ne, K'ḁ́h̥bamı̥túé (Colville Lake), Rádelı̥hk̥ó (Fort Good Hope), T̥eg̥ó̥h̥ı̥ (Norman Wells) and T̥ı̥lit'á. We hope to learn more about each community harvest calendar over the coming years!

Sahtú Seasonal Round



K'áhba

PTARMIGAN

K'áhba with Orange Rice from *Northern Cookbook*

(Ellis, 1967):

Ingredients:

- 2 K'áhba
- 2 cups cooked rice
- ¼ cup melted butter
- ½ cup chopped celery
- 1 small onion, chopped
- grated rind of one orange
- 1 tablespoon butter
- ½ teaspoon poultry seasoning
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup orange juice

Directions:

- Pluck and gut K'áhba, wash and pat dry.
- Melt butter in saucepan; add chopped celery and onion and sauté for 3 minutes.
- Add cooked rice, grated orange rind and poultry seasoning; mix well.
- Stuff the birds. Spread butter on breasts and sprinkle with salt and pepper. Place birds in uncovered roaster.
- Bake at 400°F, basting the birds every 10 minutes with orange juice. Bake for about 45 minutes or until birds are tender.



K'áhba live year round in the north. Their feathers change with the season – white when there is snow and darker in the summer. K'áhba are generally an easy bird to hunt and provide nutrient-rich k'ahbafé (ptarmigan meat). Northerners freeze them for year round use. K'ahbafé is rich and dark and has much more iron than chicken. K'ahbafé is usually eaten baked, fried, boiled, or in soups. The parts of the K'áhba that are eaten most are the meat, heart, gizzards and liver.

ʔéhnáraʔá Gqhsa

January - Turn of the Year Month

K'ahshógot'jne xadé

Edáidzené	Edáidzenédo	Nákadzené	Taidzené	Djldzené	Łuets'adádzené	Edáidzenét'á
	1 New Year's Day	2 GNWT offices re-open	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Hunting season closes for tqdzi (woodland caribou) and jts'ę (moose) - resident hunters	<ul style="list-style-type: none"> •It's Walk to Tuk season! Stay fit and enjoy the outdoors. Check out: http://www.nwtrpa.org/walk-to-tuk.htm •Winter road season is here! Remember to keep a kit with emergency supplies in your vehicle if you will be traveling between communities. 		



ʔekwé antlers
Credit: J. Cing-Mars

Díga said, “... There’s nothing wrong with ʔekwé. They don’t get in anybody’s way. So we shouldn’t tell them what to do. Let them graze, and feed, and wander around. Let’s not destroy them completely, because in the future we will need them.” William Sewi – from *Belare Wíle Gots’é ʔekwé- Caribou for All Time* (Délįnę ʔekwé Working Group 2016).

ʔekwé

CARIBOU



Credit: R. Doctor



ʔekwé drymeat
Credit: A. Giles



ʔekwé legs
Credit: E. Upham-Mills

ʔekwé is a delicacy in the Sahtú, but people are concerned that they’re becoming less available. Communities are working on plans to make sure populations can recover and be healthy for future generations. All parts of harvested animals are shared and eaten, and hides are saved for summer hide tanning workshops.

Góhdueniágoléh Sah

February - Lowland Cold
Weather Birth Month
Déliṅe Got'ine gokədə

Edáidzené	Edáidzenédo	Náke dzené	Tae dzené	Djł dzené	Łuets'edée dzené	Edáidzené t'á
<ul style="list-style-type: none"> •Hazardous materials, including diesel, gasoline and used oil, can be harmful to people, property, wildlife and the environment. Spills do happen, and often they are out of your control. Plan ahead, and be prepared. 24-Hour Spill Line: 867-920-8130 (call collect). •ENR Sahtú School Tour & Sahtú Vet Tour 				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19	20	21	22	23	24
25	26	27	28	<ul style="list-style-type: none"> •Dene hunters put safety first! •Resident hunters can hunt ᵹts'é between September 1st and January 31st. Non-resident hunters are allowed to hunt ᵹts'é between September 1st and October 31st. General hunting licence holders can hunt ᵹts'é during any season. 		

Its'é

MOOSE

Its'é provide many nutrients which help build and repair body tissues in order to keep us healthy. Smoking or drying helps to preserve the animal parts and increases the nutrient content due to moisture loss during the drying process. Its'é gha ɣqɔné (dry moose meat) tastes best smoked, and is great to take travelling and for snacks. At the Winter 2017 Dene Ts'ı̨ School, a gift of fresh its'épé (moose meat) gave students a chance to practice making ɣqɔné. Big bowls of ɣqɔné disappeared almost as fast as they were set out!



The Wildlife Health Monitoring program began in 2003 when ENR and other researchers heard concerns about the health of our wildlife from local harvesters. In order for this program to succeed we need everyone to work together: local harvesters sharing their knowledge and samples, ENR collecting these samples and the analysis of the samples by ENR and researchers. The knowledge gained from this program has provided us with a baseline of the health of the ɔpé (caribou) and its'é (moose) in the Sáhtu and will continue to provide important information on body condition and disease. It also provides an opportunity for harvesters and researchers to share knowledge.

Det'onecho Sah

March - Eagle Month
Shúhta Got'ıne gokədə

Edáidzené	Edáidzenédoo	Náke dzené	Tae dzené	Dıı dzené	Łuets'edéé dzené	Edáidzené t'á
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- Winter road season is closing. For the most up-to-date information on winter road conditions, please call the Department of Transportation's automated Road and Ferry Conditions phone number: 1-800-661-0750.
- March 18th-24th: South Slave Arctic Winter Games, Fort Smith and Hay River
- Travel safely on the land. Plan your trip and don't rush. The Elders say "nature is the boss."

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 Good Friday	31 Timber permits and fishing licences expire

ʔəjireyóné

MUSKOX



Credit: GNWT

There has been a population increase of ʔəjireyóné in the Sáhtu. Communities are supporting ʔəjireyóné harvest due to concerns about their potential impact on ɾəðə (caribou in K'ahshógot'íne xəde). The high quality qiviut (wool), hides and horns are sought after, but ʔəjireyónéfé (muskox meat) is also delicious. The taste of ʔəjireyónéfé has been described as being similar to caribou, and it can be used in any recipe that calls for red meat. There is sport hunting, but ʔəjireyónéfé should be returned and shared within communities.



Credit: GNWT



Credit: GNWT

Recipe for Hawaiian ʔəjireyóné Skewers:

Ingredients:

- 1½ pounds ʔəjireyónéfé (muskox meat)
 - 1 tablespoon sugar
 - 1 tablespoon powdered ginger
 - 1 clove garlic, finely chopped
 - ½ medium onion, finely chopped
 - ¼ cup soya sauce
 - ½ cup water
 - 1 small can crushed pineapple
 - 1 bell pepper (red, yellow, or orange), chopped into large chunks.
 - 1 small onion, chopped into large chunks.
 - Wooden skewers
- ### Directions:
- Cut ʔəjireyónéfé into bite size pieces.
 - Mix remaining ingredients (except vegetables) and pour over meat, let marinade overnight in zip-loc bag or large covered bowl.
 - Soak wooden skewers in water for 20 minutes then skewer the meat with bell peppers and onions.
 - Broil or BBQ each side for 3-5 minutes and enjoy!

The Sahtúot'íne would hunt ʔəjireyóné, which came near the treeline, to add variety to their diets. They used the horns to make spoons or cups. The horns were boiled to soften them and then carved into the desired shape (Modeste Vandermeer et al., 1991).

Rahxogradé Gqhsa

April - Snowblindness Month

K'ahshógot'ine xadé

ʔedáídzíne	ʔedáídzínedo	Rákə dzíne	Tai dzíne	Díł dzíne	Deshít'ai dzíne	ʔedáídzínét'á
1 Easter Sunday	2 Easter Monday	3	4	5	6	7
8	9	10	11	12	13	14
15 Hunting season closes for ʔəjireyóné (muskox)-resident hunters.	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	<ul style="list-style-type: none"> •ʔəjireyóné in the NWT are managed by controlling the hunting season for resident and non-resident hunters. Harvest by ALL hunters (Aboriginals and residents) must be reported. Hunting season for residents is from Aug 1-April 15. Harvest return sheets and unused tags are to be returned to ENR. •The Emergency Wildlife Line in Norman Wells is 867-587-2422. •Community hunts at K'áalq Túé (Willow Lake) and Little Chicago. •Respect is key for Dene Ts'ıłı (Dene survival). Share your harvest and don't waste. 				

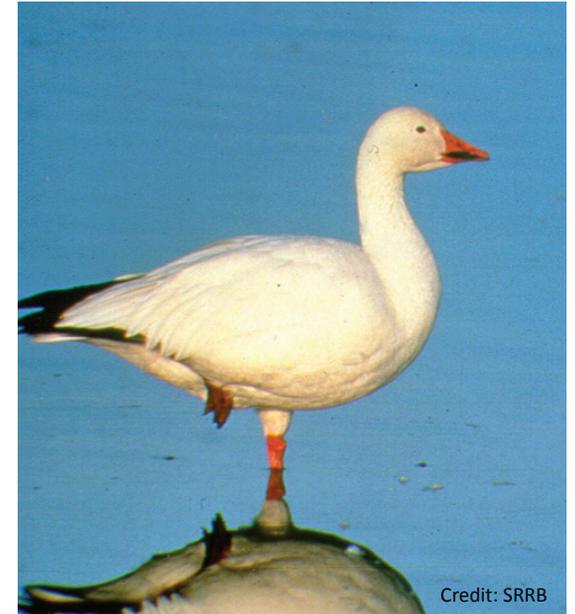
Gogarek'ale

SNOW GOOSE

In early May, gogarek'ale arrive from the south with plenty of meat and fat on them and northerners enjoy going out on the land to hunt geese. Northerners freeze them for year round use. They also collect fat and oil to use on dry skin. The fat's healing quality makes it an ideal salve for sores. Northerners enjoy eating gogarek'ale because it means the arrival of spring. They like the taste and juicy texture of gogarek'alekwé (goose meat), which is usually eaten boiled or roasted. If you can get it, gogarek'ale bégqné (drygeese) is a delicacy and very tasty! At the Fall 2017 Dene Ts'ı̨ı̨ School, thanks to a donation saved from the spring hunt at K'áalq Túé (Willow Lake), everyone had a chance to learn how to make gogarek'ale bégqné from our expert, Camilla Rabisca – for many, this was their first lesson.



Students making dry geese
Credit: D. Simmons



Credit: SRRB



Nash Campbell hugging goose
Credit: C. Campbell



Cara Manual hanging dry geese
Credit: E. Upham-Mills

Stuffed Gogarek'ale:

Ingredients:

- One gogarek'ale
- 1 TB salt
- 1 1/2 tsp. black pepper
- 1 tsp. paprika
- One head garlic
- One sliced orange
- 2 stalks celery (chopped)

Directions:

- Clean gogarek'ale and rub outside and inside with salt, black pepper & paprika.
 - Stuff with garlic, sliced orange and celery stalks.
 - Cover with tinfoil and bake at 350°F for 1 hour, then remove tinfoil and bake another 30-45 minutes or until bird is cooked.
- Gogarek'alekwé is so good dipped in the fat!

Nawh̓́ Zá

May - Snowblindness Month

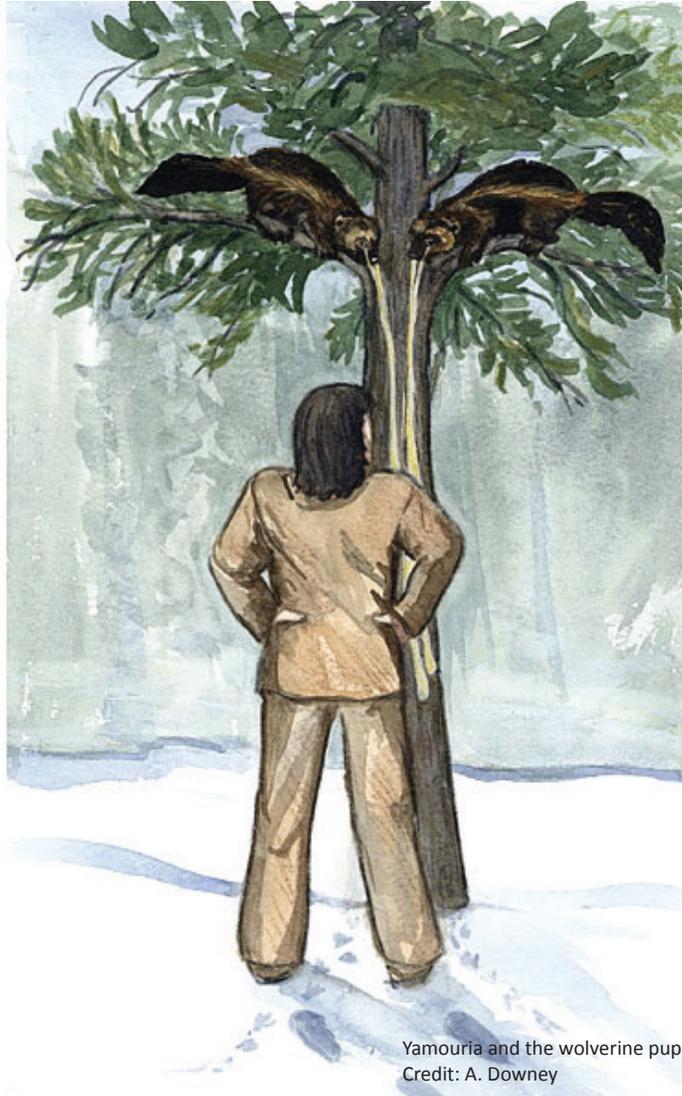
Dél̓̓n̓̓ Got'̓̓n̓̓ gokədá

Edáidzené	Edáidzenédo	Nákəddené	Taidzené	Dj̓̓dzené	Łuets'ədádzené	Edáidzenét'á
<ul style="list-style-type: none"> •Fire season starts this month •ENR ʔəjireyóné (Muskox) Tag draw •Emergency preparedness week: May 6 - 12 •Don't point guns at people. Know for sure what you're shooting at. 		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Mother's Day						
20	21	22	23	24	25	26
	Victoria Day					
27	28	29	30	31	Harvesting gogarek'ale is encouraged because they are becoming over-populated. Resident hunters are required to possess a valid federal Migratory Game Bird Hunting Permit. Check out their website: https://www.canada.ca/en/environment-climate-change/services/migratory-game-bird-hunting/permit.html	

There is a legend about Yamoria and the giant wolverine*When the giant wolverine wasn't looking, Yamoria jumped up, grabbed a stick and killed the giant wolverine. The small wolverine pups ran outside and climbed up a spruce tree. "Please don't kill us," they cried. Their tears ran down the side of the spruce tree. "If you don't kill us we'll give you a gift. We'll turn our tears into spruce gum. You and your people can use it for medicine and all sorts of things."* (Adapted from Prince of Wales Northern Heritage Centre, n.d.).



Along with other ts'u hé ɪ'tó (trees and plants), dzéh (spruce gum) is usually gathered in the spring but it can be collected at any time throughout the year. Dzéh is used to make medicinal salves and syrups. It has a strong taste but it helps to ward off sickness and sore throats when one drinks as a syrup and prevents infection when used as a salve. *Springtime spruce tips are tasty and very high in vitamin C. They can be eaten raw, made into a tea, or added to salads, stews, and soups* (Gray, 2011).



Dzéh

SPRUCE GUM



Spruce Winter Salve (Gray, 2011):

Ingredients:

- ½ (125 mL) cup of spruce gum
- 1 cup (250 mL) olive oil
- 30 mL melted beeswax

Directions:

-In a double broiler, heat olive oil and spruce pitch until pitch has melted. Pick out any remaining black clumps. Add beeswax and slowly heat the mixture until it melts together, stirring occasionally. Turn heat off and remove the top pot from the double broiler and make sure the bottom is wiped dry (to ensure no water falls into the measuring cup that the oil will be poured into). From the measuring cup, pour the hot liquid salve into jars. When the salve is fully cooled the lids can be put on. If salve is not fully cooled, condensation will form and cause the salve to go bad.

Eghé Sah

June - Nesting Month

Shúhta Got'Inę gokədə

Edáidzené	Edáidzenédoo	Náke dzené	Tae dzené	Dıı dzené	Łuets'edéé dzené	Edáidzené t'ą
<ul style="list-style-type: none"> •ENR began ground-based doe (Dall's sheep) surveys in the Sáhtu in 1997. The staff of the Wildlife Division office in Norman Wells, hikes and camps in the Mackenzie Mountains following the same path as previous years observing sheep and recording observations. •Fire season is underway! FireSmart recommendations reduce the risk of wildfire to your property, community and neighbourhood, and help firefighters to defend your home. Check out the website for more info: http://www.enr.gov.nt.ca/en/services/firesmart-program •Learn about Dene náidí (traditional medicines) from a knowledgeable Elder. •Snowshoe Hare Survey in Norman Wells 					1	2
3	4	5 Tulít'a Fire Day	6	7	8	9
10	11	12	13	14	15	16
17 Father's Day	18	19	20	21 Aboriginal Day	22	23 Sahtú Day
24	25	26	27	28	29	30

Jíye

BERRIES

Jíye provide many nutrients that we need each day to stay healthy, such as fiber, vitamin C, iron and B vitamins. Fiber helps to protect us against some diseases such as cancer. Picking berries is a great outdoor activity that anyone can enjoy from summer to late fall throughout the north. Our long days produce a wide variety of berries: cranberries, blueberries, cloudberries, juniper berries, and raspberries. Jíye can be eaten fresh or can be frozen or dried for use all winter. Using jíye in salads, baking, bannock, or jam is very tasty. Often ignored, juniper berries are good medicine and delicious dried and used to flavour stews. At the Fall 2017 Dene Ts'ı̄ School we learned that juniper berries carry a wild yeast that can be used to make delicious sourdough bread. Camilla Tutcho and Walter Bezha both took a liking to sourdough, and took loaves home with them. Especially good with wild blueberry jam!



Credit: E. Upham-Mills



Credit: SRRB



Credit: E. Upham-Mills

Wild-blueberry Jam (Gray, 2011):

Ingredients:

- 4 cups crushed wild blueberries
- 2 TB lemon juice
- 1 TB grated lemon rind (optional)
- 1 package (57 g) powdered pectin
- 1 cup sugar

Directions:

In large pot, crush the blueberries with a potato masher. Add lemon juice, rind and pectin. Bring to a boil for one minute over high heat, stirring constantly. Add sugar and keep boiling, stirring constantly for one minute. Remove from heat and skim foam off top. Pour into clean jars, seal and heat process the jars. Makes 3 cups.

Sahba

LAKE TROUT



Nahanni Bailes holding a trout
Credit: D. Bailes



Wren Tsetso with dryfish
Credit: E. Kodakin

The Sahtú has an abundance of łue (fish) in the many lakes and rivers. Łue are mainly harvested for subsistence and recreational use. Łue are important traditional food sources in the north and many species of łue are available in our waters. Sahba (Lake Trout) is an excellent source of protein, calcium and B vitamins. This species is also a source of healthy fats called omega-3 fats, which can help prevent heart disease and cancer. Many people smoke and dry fish for storage over the winter months. Sahba can be prepared in many ways but there's nothing better than sahba grilled over an open fire.



Dryfish hanging
Credit: J. Vandermeer

Water sampling season is underway! Did you know that ENR has been working with Norman Wells, Tulít'a, and Fort Good Hope through the NWT-Wide Community Based Water Quality Monitoring Program (CBM)? Check out the website for more info: www.nwtwaterstewardship.ca.

Ek'a Zá

August - Leaves Turning Colour Month

Déljné Got'jné gokədə

Edáidzené	Edáidzenédo	Nákəzené	Taidzené	Djldzené	Łuets'ədádzené	Edáidzenét'á
<ul style="list-style-type: none"> •Déljné Spiritual Gathering •Tulít'a and K'áhba Mj Túé community hunts at Piet'ánejo (Caribou Flats) and ʔarakə Túé (Horton Lake) •US Govt.-Duck banding at K'áalq (Willow Lake) •ENR Small mammal trapping •To prevent sickness, Elders say to be extremely clean when handling Dene béré. 			1 Hunting season starts for ʔəjireyǫné (muskox)-resident hunters	2	3	4
5	6 Civic Holiday	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

T'ehk'áe

MUSKRAT

T'ehk'áe is appreciated as an animal that restores the land after a flood and keeps the rivers and lakes flowing. Celebrating revival of traditional foods, *Indian Country Today* nominated muskrat as “best Indian food 2013,” noting that the flavor is good, “like rabbit with an herbal taste.” It is important to pass down knowledge and skills needed to hunt, trap and cook t'ehk'áe. You can skewer it with a willow and roast over camp fire. T'ehk'áepé (muskrat meat) provides many important nutrients, such as B vitamins. T'ehk'áe has a lot of body fat so it can keep warm during the cold winter months. The hide is used for clothing and the fur trim for hats and mitts.



Ikarehʔáh Sah

September - Shoulder Blade Month

Shúhta Got'ıne gokədə

Edáidzené	Edáidzenédoo	Náke dzené	Tae dzené	Dıı dzené	Łuets'edée dzené	Edáidzené t'a
<ul style="list-style-type: none"> •Délıne Got'ıne Government Anniversary-Sept 1 •Hunting season starts for ıts'é (moose)-resident and non-resident hunters-Sept 1 •When travelling in unfamiliar areas, be sure to mark your trail so you can find your way back. Trees are a great help. Quick methods used include blazing (marking the tree with an axe), breaking branches, or putting moss on a branch. Always tell someone your travel plan, including when you'll be back. 						1
2	3 Labour Day	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

Gah

SNOWSHOE HARE



Credit: PWNHC

Gah is an important traditional food that can be harvested all year round. Numbers of gah change over a 7-10 year cycle. People snare and freeze gah when there are many available. Gahpé (rabbit meat) is usually baked, boiled or cooked in stews. The fur is used for clothing, trim for moccasins, mitts and for crafts.



Sydney Oudzi checking snares
Credit: E. Upham-Mills

Students learned how to set gah snares at the 2017 Dene Ts'ı̨ı̨ School, and provided a hearty supper for everyone.

Gah Pie from *Northern Cookbook* (Ellis, 1967):

Ingredients:

- 3 cups diced cooked gahpe (rabbit meat)
- 2 cups diced cooked vegetables
- 1/4 cup butter
- 1/4 cup chopped onion
- 1/2 cup chopped green pepper
- 1/4 sifted flour
- 2 cups gah broth (or any other kind of broth)
- 1/2 tsp. salt
- 1/4 tsp. pepper
- Pastry shell for 10" round

Directions:

- Heat butter in large frying pan.
- Add onion and green pepper and cook about 5 minutes over low heat.
- Blend in the flour and cook until the mixture bubbles.
- Pour in broth gradually, stirring constantly.
- Cook until thick and smooth, stirring frequently.
- Add salt and pepper to taste.
- Add meat and vegetables to the gravy and heat thoroughly.
- Pour mixture into baking dish.
- Roll out pastry and cut slits for steam to escape.
- Fit the pastry to the top of the baking dish, crimping the edges of the crust.
- Bake pie at 425°F for 15-20 minutes, or until crust browns and sauce bubbles.
- Serves 6.

Bemę Tęsele ʔadı Gqhsa

October - Little Caribou Month
K'ahshógot'jne xadé

ʔedáídzjné	ʔedáídzjnédo	Rákə dzjné	Tai dzjné	Djł dzjné	Deshjt'ai dzjné	ʔedáídzjnet'a
	1	2	3	4	5	6
7	8 Thanksgiving	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Hunting season closes for tqdzı (woodland caribou) and jts'é (moose) – non-resident hunters	<ul style="list-style-type: none"> •ENR-Sight In Your Rifle events in the communities •Fire Prevention Week: October 7-13, 2018 •This is a great season for getting wood. To prevent injury, learn from an experienced person. When cutting down trees, be aware of what and who is around. Cut at an angle and stand to the side so that the tree falls away from you. Get your free wood harvesting permit from ENR! 		

Tsá

BEAVER



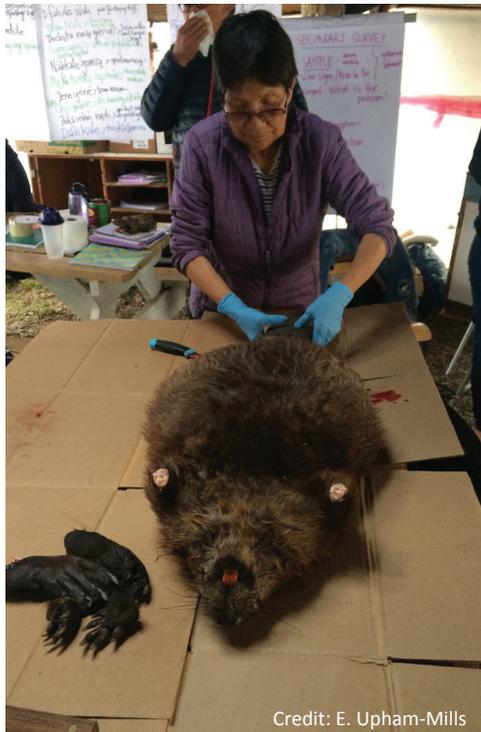
Bear Rock
Credit: R. Doctor



Take a Kid Trapping Program
Credit: GNWT



Michael Neyelle and Walter Bezha skinning beaver
Credit: E. Upham-Mills



Credit: E. Upham-Mills

Many years ago, before the Whiteman came into this country, a special man, Yamoria, travelled into this land. He put everything into its rightful place. By doing this, he set laws for our people to follow. This story had come about when there were large beavers living in Great Bear Lake. The beavers were harmful to the people. When Yamoria heard about that, he went to Bear Lake and told the people that he would chase the beavers away. Yamoria started chasing the beavers and eventually the beavers went down to Bear River The symbol of the three beaver pelts on Bear Rock are signs of the land set there as a reminder of the teachings of the legends. If we take the sign set on the land for us as our symbol, we will never have any trouble surviving as a nation” (Andrews, Lee, T’Seleie, T’Seleie, & Yukon, 2000).

When Jimmy Dillon harvested tsá at the Fall 2017 Dene Ts’ı̨łı̨ school, Camilla Rabisca demonstrated how to skin it. The boiled tsápé made a delicious feast, and the story was featured in a video by Michael Neyelle.



Cooked beaver tail
Credit: E. Upham-Mills

Tsápé (beaver meat) from the shoulder is very tough because of the large logs the beaver carries. Tails are singed or smoked under dry willows and used for snacks, especially when travelling. Tsá liver is also an excellent source of iron and provides twice as much iron as we need in a day. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Gah Déhpi Sah

November-Trapping Month

Shúhta Got'ıne gokədə

Edáidzené	Edáidzenédo	Nákədzené	Taidzené	Dııdzené	Łuets'ədádzené	Edáidzenét'a
<ul style="list-style-type: none"> •Trapping season opens. The Take a Kid Trapping Program is designed to introduce school age youth in the NWT to the traditional harvesting practices of hunting, trapping, fishing and outdoor survival. Check out the website for more info: http://www.enr.gov.nt.ca/en/services/take-kid-trapping-program •Always bring snowshoes when travelling on the land – especially in case your skidoo breaks down. 				1	2	3
4	5	6	7	8	9	10
11 Remembrance Day	12 Statutory Holiday	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Náhsj Gots'uhtsi!

LET'S FEAST!

Christmas in the Sahtú is a time for celebration, where families and friends come together to feast on the food that the land has provided.



Credit: J. Currell



Credit: J. Currell



Credit: E. Upham-Mills



Credit: E. Upham-Mills



Credit: C. Vandermeer

Toeyatj Zá

December - Midnight Mass Month

Déljné Got'jné gokədə

Edáidzené	Edáidzenédo	Nákədzéné	Taidzené	Djɨdzené	Łuets'ədádzené	Edáidzenét'a
<ul style="list-style-type: none"> •Winter Road season is here! Remember to keep a kit with emergency supplies in your vehicle if you will be traveling between communities. Take your time when traveling and keep your eyes open for wide loads and wildlife. Report a poacher: 1-866-762-2437. •When travelling on the land, pack carefully and travel with an experienced hunter. Snowshoes, axe, matches, warm clothes, sleeping bag and first aid kit are essentials in case of breakdown. 						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 Many offices close for Christmas season	22
23 30	24 New Years Eve 31	25 Christmas Day	26 Boxing Day	27	28	29

HEALTHY PEOPLE, HEALTHY LAND

Dene have always known that we need a varied diet. When early explorers from Europe were dying of scurvy, Dene were maintaining good health by eating all edible parts of fish, game, and birds, as well as plants and berries. Elders and scientists agree that nutrient-rich, traditional Indigenous diets can help to fight modern illnesses.

Not only that, Dene béré production is known to be better for the environment. Modern industrial food production has had devastating effects, including deforestation and contamination of soil and waters. In contrast, Indigenous peoples have maintained the integrity of our traditional lands for thousands of years, and are working to keep it that way for generations to come!



CELEBRATING DENE BÉRÉ IN DENE GOKƏDÉ

Dene béré is best savoured with a healthy dose of on the land living, and Dene gokədə – our Dene language. And the best way to learn how to pronounce Dene words is by harvesting, cooking and eating Dene béré with a Dene gokədə speaker! Dene people had to travel great distances in order to survive in our cold climate. The six dialects spoken in the Sahtú Region reflect the diverse landscapes that Dene have inhabited, and the different peoples that they have relationships with, extending into northward into Gwich'in néné (territory) and Nunavut, westward into the Yukon, eastward into Tłıchǫ and Yellowknives Dene néné, and southward into Dehcho néné.

There is variation even within these six dialects. But we've noticed that there are two main groups of dialects, and people can understand each other well within these dialect groups. The dialects of Tulít'a and Délıne Districts are similar, and those of K'áhba Mı́ Túé and Radııh Kǫé in the K'áhsho Got'ıne District are similar. In recognition of this diversity, this calendar alternates between Tulít'a, Délıne and K'áhsho Got'ıne dialects. We have used the community dictionaries published by the Sahtú Divisional Education Council as our guides.

At the Fall 2017 Dene Ts'ııı School, youth participated in a research project looking at the relationship between Dene kədə and Dene ts'ııı (ways of life). We learned that youth are searching for opportunities to continue growing as Dene and Métis – as adult second language learners, and as learners of traditional skills and knowledge. Students feel that living with their language and culture is an important piece of their identities and heritage, and they have suggestions for programs and types of assistance that would help them. In the words of Shannon Oudzi, "I feel most comfortable speaking English but I would be totally proud of myself if I learned to speak my language better. It makes me feel part of my heritage and my culture and who I am."



DENE TS'ILJ SCHOOL 2017

Dene and Métis leaders, Elders, parents and youth have been telling us that young people need to spend more time on the land so that they can help to keep Dene ways of life alive. Dene Ts'ı́lj (Ways of Life) School is a new initiative for youth to heal and learn on the land. In February and August/September 2017, the first two Dene Ts'ı́lj School sessions were held at Dəocha (Bennett Field) on Sahtú Də (Bear River) over a period of 16-18 days.

Students participated in a series of classes, workshops, and research sessions. Since students are used to structured learning in schools and often are not experienced on the land, the approach was cross-cultural. Learning activities were often team-taught, including formal training for certificates, and teachings by traditional knowledge holders.

Students at Dene Ts'ı́lj School all said they want to see more programs like this for youth. They were very conscious that they have a responsibility to keep Dene language and ways of life alive for future generations. In the words student of Carmen Lennie, "Pretty soon our elders are going to be gone and we're going to have to take over, and that's why I'm trying to learn now because they will leave us. It's going to be good to have, so I can teach my kid some day and they can teach their kids, I want to keep it in my family. But I would encourage people to try to learn it for themselves and their future families too. Because one day, we are all going to be in charge of our community."

Máhsı to the students, instructors and sponsors of the 2017 Dene Ts'ı́lj School sessions, featured in this calendar. The Dene Ts'ı́lj School sessions were held on Délı́ne Got'ı́ne territory, and hosted by Benny and Tisha Doctor. Sponsors included Hands On Media Education, McGill University, National Indian Brotherhood Trust Fund, Government of the Northwest Territories- Environment and Natural Resources and Municipal and Community Affairs – Sahtú Region, NWT On the Land Collaborative, Search and Rescue New Initiatives Fund, Social Sciences and Humanities Research Council, University of Alberta and University of Ottawa.

Instructors/Mentors: Alphonse Takazo, Audrey Giles, Benny Doctor, Camilla Rabisca, Celestine Gendron, Charles Gully, Deborah Simmons, Emilie Upham-Mills, Faun Rice, Jennie Vandermeer, Jessie Curell, Jess Dunkin, Jimmy Dillon, Jordan Lennie, Ken Caine, Maura Meng, Michael Neyelle, Patrick Bobinski Peter Andrew, Rosie Takazo, Tisha Doctor, Walter Bezha, Wilbert Menacho.

Students: Cara Manuel, Carmen Lennie, Chelsea Nerysoo, Cheyann Kochon, Cheyanne Beyonnie, Franklin Baton, Naomi Gully, Nick Castel, Nick Windt, Nı́htła Bezha, Robyn McLeod, Shannon Oudzi, Shelby Lennie, Sonny Gully, Sydney Oudzi, Desmond Kochon, Kayla Chinna, Trevor Niditchie.



GOVERNMENT OF THE NORTHWEST TERRITORIES (GNWT) PROGRAM INFORMATION

Environment and Natural Resources (ENR)

A new *Wildlife Act* and regulations in the NWT came into force on November 30, 2014. The legislation provides the tools needed to protect and conserve wildlife in the NWT. These tools will ensure wildlife is wisely managed and conserved for the benefit of all residents.

Aboriginal Harvesters: Under the new legislation, Aboriginal harvesters in the NWT no longer need a General Hunting Licence (GHL) to exercise Aboriginal or treaty rights. They need to carry and show identification proving a right to harvest in that area. Limits on harvesting barren-ground caribou by Aboriginal or treaty rights holders put in place for conservation reasons remain the same. Other seasons and limits do not apply if harvesters are exercising an Aboriginal or treaty right to harvest.

General Hunting Licences (GHL): Aboriginal harvesters in the NWT can still get a GHL, which allows them to harvest in the rest of the NWT, subject to land claim agreements. The seasons, harvest limits, tag requirements and conditions for GHL holders in the big game, small game and trapping regulations remain the same and apply when using a GHL to harvest outside the area of Aboriginal or treaty rights. Anyone with a GHL now can keep it for their lifetime. Aboriginal people who do not have traditional harvesting rights in the NWT need a resident or non-resident hunting licence and must follow the seasons, harvest limits and other conditions laid out in the regulations for their licence.

Resident Hunting Licences: Under the new legislation, people must live in the NWT for one continuous year before being eligible for a resident hunting licence. Residents must follow the seasons, harvest limits and other conditions laid out in the regulations for their licence.

Non-Resident or Non-Resident Alien Hunting Licences: Hunters from outside the NWT require a non-resident hunting licence. Hunters from outside of Canada require a non-resident alien hunting licence. Non-resident and non-resident alien hunters must follow the seasons, harvest limits and other conditions laid out in the regulations for their licence. Non-residents and non-resident aliens must use the services of a licenced NWT outfitter and guide to hunt big game.

Harvesting in Land Claim Areas: Some land claim agreements provide an exclusive right to harvest wildlife in certain areas. Anyone without a recognized right to harvest in these areas under the land claim agreement requires permission from the land claimant organization to harvest there.

Reporting a Wildlife Kill: A person can kill wildlife without a permit or licence to prevent starvation and to defend life or property. Any wildlife killed for these reasons, must be reported to a Renewable Resource Officer.



Municipal and Community Affairs (MACA)

MACA believes that traditional Aboriginal youth activities should be strengthened and supported to help preserve and strengthen northern Aboriginal traditions and culture. MACA supports initiatives through its Youth Contribution Program that promote positive lifestyles and improve the quality of life and well-being of youth in their communities. Through its Youth Corp Program, MACA supports initiatives designed to assist youth serving organizations with programs that offer a structured and varied program of outdoor, cultural, environmental, educational, work, life and personal growth experiences that challenge, engage, reward, and recognize youth. Projects that have been funded in the past are: on-the-land camps, drum making, jigging lessons, its'é (moose) hide tanning camps, and traditional medicine workshops. MACA also has funding to support community recreation and youth leadership programs, to host sport tournaments, to develop physical literacy and youth resiliency, and to train and recognize volunteers.

NWT Health and Social Services Authority (NTHSSA)

Food is essential to life and key for achieving and maintaining health and for activities we do every day, such as being outdoors and spending time with family and friends. A wide variety of healthy foods provides nutrients we need to feel good, keep healthy and the energy to learn, work and play. To keep healthy:

- Eat foods that provide energy, protein, fibre, vitamins and minerals.
- Drink water right from the tap
- Eat more traditional and locally grown foods.
- Eat amounts of foods recommended for your age, sex and activity levels.
- Eat fewer processed foods (less added sugar, fat and salt) – this is also better for the environment.

A steady diet of unhealthy foods can cause serious long-term health problems. For example:

- Heart disease, stroke and other diseases of the circulatory system are linked to high fat, high salt diets.
 - Sugary foods, such as sweetened drinks and candies, are directly linked to obesity and dental disease, such as cavities, gum disease and missing teeth.
 - Too much weight around the waist is often the result of taking in more calories than we need. Being obese is linked to Type 2 diabetes.
- Risk for colorectal cancer can be reduced by keeping at a healthy weight, eating more vegetables, fruits and whole grains and eating less fatty meats.

Industry, Tourism and Investment (ITI)

Tomatoes, watermelons, and cantaloupe among other various fruits and veggies sold at Sahtu Gardens in Norman Wells. ITI has assisted Sahtu Gardens through our Growing Forward 2 and Northern Food Development Programs with growing her business to offer more products and services; these programs are designed to promote the NWT agriculture sector and assist individuals with establishing agri-producing commercial endeavors in order to diversify the NWT economy, build local resources, overcome food security issues, and reduce the cost of living in the North.



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MAHSI CHO!

Máhsi to all the language specialists, Ɂehdzo got'įnę (harvesters), and Ɂqhdakə (Elders) who have shared their knowledge over the years. We are grateful to all the contributors of the annual ENR Photo Contest. Special thanks to the instructors and students at the Fall 2017 Dene Ts'įł School that were a powerful support and inspiration for this calendar. Special thanks goes to Benny and Tisha Doctor and the Délįnę Got'įnę Government that graciously and generously hosted us.

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