



# On the Land 2024





# two thousand twenty-four

## January

S	M	T	W	T	F	S
	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	31			

## February

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25	26	27	28	29		

## March

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## April

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## May

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## June

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23	24	25	26	27	28	29
30						

## July

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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			

## August

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

## September

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## October

S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## November

S	M	T	W	T	F	S
					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


## December

S	M	T	W	T	F	S
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	31				

Peace Begins  
here

# January 2024


"During this year, set your intentions with love in your heart, care for others, and understanding for yourself." - Darlene Smith

SUN	MON	TUE	WED	THU	FRI	SAT
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 International Day of Education	25 	26	27
28	29	30	31	Find balance within your physical, emotional, mental, and spiritual well-being. A medicine wheel can represent the four directions, four elements, and our connection to the land, plants, and animals depending on the culture. This connection can guide the choices today that will impact how future generations use the land tomorrow.		



# February 2024

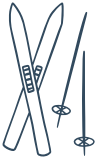


Winter ädhäw (hide tanning) work includes freeze-scraping and freeze-drying hides in cold temperatures of about -20°C.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>“Using animal skins has always been integral to people living in the far north. There are many ways to tan hides, but Indigenous tools and techniques produce the most supple and beautiful furs and buckskin. Hide tanning is an act of decolonization. It upholds the Indigenous philosophy of ‘Taking only what you need, and using all that you can.’ It showcases respect to harvested animals, and environmental responsibility.” - Angela Code</p>				1	2 World Wetlands Day	3
4	5	6	7	8	9	10
11	12	13	14 Valentine’s Day	15	16	17
18	19	20	21	22	23 Heritage Day	24 
25	26	27	28 Anti-Bullying Day	29	<p>Hide tanning can strengthen your body through physical work, your mind through perseverance, and your spirit as it connects you to the animals you are working with and to your ancestors.</p>	



# March 2024



"Healthy is the new high." - Gary Bailie

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Experience the beauty of Yukon yúk'e (winter) days. Cross-country skiing is a great way to connect with the land in a fun and healthy way. There are 85 kilometres of cross-country ski trails at Mount McIntyre, downhill skiing at Mount Sima for the more adventurous, and trails groomed by community members everywhere.</p>					1	2
3  World Wildlife Day	4	5	6	7	8  International Women's Day	9
10	11	12	13	14	15	16
17	18	19   Spring Begins	20	21	22	23
24	25  	26	27	28	29  Good Friday	30
31	<p>The Kwanlin Koyotes ski program in the McIntyre Subdivision has always been called 'Back to the Land' and was inspired in honour of Stacey Lauren Bailie as a safe and welcoming place for all Youth in the Kwanlin Dün First Nation community.</p>					



# April 2024


The arrival of warmer temperatures and longer days sees the boreal forest start to wake up.

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	Easter Monday					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23 	24	25	26	27
	Earth Day 					
28	29	30	A time to tap k'í (birch) trees and collect sap before winter ends and the first leaves appear. Careful tapping and tubing is key for protecting these fragile trees. Even yellow-bellied sapsuckers bore small holes to take advantage of the sweet sap attracting insects. Birch strengthens overall vitality. The bark can be woven, folded, and lashed into paper, baskets, and canoes. The inner bark is edible cooked or raw, and can be dried and ground into flour.			



# May 2024




"Paying attention is a form of reciprocity with the living world, receiving the gifts with open eyes and open heart." - Robin Wall Kimmerer

SUN	MON	TUE	WED	THU	FRI	SAT
Life can be so full and fast. Slow down and take a walk outside. Take note of the changes around you: the smell of the forest, the sensation of the air on your skin, the colours of budding plants, and the sound of your feet on the ground. Come back to your breath and breathe it all in with gratitude, saying kwànàschis (thank you).			1	2	3	4
5  National Day of Awareness for Missing and Murdered Indigenous Women and Girls	6	7	8	9	10	11  Migratory Bird Day
12	13	14	15	16	17	18
19	20  Victoria Day	21	22  International Day for Biological Diversity	23  	24	25  Fish Migration Day
26	27	28	29	30	31	



# June 2024

“Hand games gather families and friends from afar to enjoy the sound of the drums with love and laughter.” - Steven Shorty

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Find energy, dancing, laughter, drumming, and good times through hand games. In this traditional physical game, two teams attempt to guess in which hand the other team is hiding a token using hand signals. The best way to learn is to get on the mat and play! If incorrect, the person hiding the token on the opposing team gets one middle stick. When a team collects all the middle sticks, they win a game stick, and the best of three games wins.</p>						1
2	3	4	5 World Environment Day	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20  Summer Solstice	21  National Indigenous Peoples Day	22
23	24	25	26	27	28	29
30	 <p>The drums used for hand games are primarily made from udzi (caribou) stretched over a k'í (birch) frame. The thinness of the hide gives the drum its desired tone. A nearby fire is used to warm up the drums and tune them, making them sound louder. Two strings of babiche across the drum add rattling sounds to the games.</p>					



# July 2024



"For thousands of years, salmon have been a symbol of abundance, fertility, prosperity, and renewal. Salmon help foster our connection to where the land meets the water." - Troy Friday

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Canada Day	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 International Friendship Day	31	The ripening of nj-ghru (soapberries) traditionally marks the arrival of sambay (salmon) after their long and difficult journey home. Summertime fishing holes come alive and wildflowers blanket the land with the promise of berries to come. If you listen closely, you can hear the songs of birds from the valley bottoms to the mountain tops.		



# August 2024




"Land and water are not separate, and neither are we. Rivers connect us to ourselves, each other, and to the land." - Joti Overduin

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>The k'ananaghwät (many bends of a river) are like a braid throughout the landscape, giving access to sacred places where First Nations fished and gathered since millennia ago. Try paddling by canoe, kayak, raft, or even exploring by foot to discover and connect with the elements. These vessels allow us to physically sync with the fluidity and cleansing nature of water.</p>				1	2	3
4	5	6	7	8	9 International Day of the World's Indigenous Peoples	10
11	12 International Youth Day	13	14	15	16	17
18	19  Discovery Day	20	21	22	23	24
25	26	27	28	29	30	31



# September 2024


Nùchū kwàtè. It is fall time.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Labour Day	3	4	5	6	7
8	9	10 Suicide Prevention Day	11	12	13	14
15	16	17 	18	19	20	21
22  Fall Equinox World Rivers Day	23	24	25	26	27	28
29	30 National Day for Truth and Reconciliation	 <p>A time for collecting firewood and hunting big game like kanday (moose) and mbay (sheep) in preparation for winter. It's important to be responsible and consider hunting a different animal or moving to a new area if wildlife are struggling. Let the land provide nourishment to body and mind. Snack on frost sweetened n-tl'`at and gùkhwäy (low and high bush cranberries) as you go.</p>				



# October 2024


“This berry represents resilience. It brought Indigenous people through hard times, to a place where they can thrive again.” – Laura Sutherst

SUN	MON	TUE	WED	THU	FRI	SAT
Dän zhǔr (silverberries) can be transformed into beads and harvested from late August to winter when they drop. They were among the earliest beads used throughout North America and can be seen in vintage regalia.		1	2	3	4	5
6	7	8	9	10 World Mental Health Day	11	12
13	14 Thanksgiving Day	15	16	17 	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween	To make beads for sewing, soften the berries by soaking or boiling. Then, using a needle, thread the seeds onto a snare wire and let dry for 2-3 days. In the past, the berry pulp was used for soup during difficult times.	



# November 2024




"At first I was a bit ticked off with my auntie, but after the cold water dip, I felt energized, happy, and clear-headed. I forgave her." - Kaydn Davies

SUN	MON	TUE	WED	THU	FRI	SAT
As winter sets in and temperatures drop, there is a shift in the lakes and rivers around us. Cold water is like a reset for our entire nervous system. Traditionally, cold plunges have been used to strengthen young First Nation men as a cultural practice. Studies suggest that cold water therapy can enhance one's health and mood, reduce stress, and provide metabolic and cardiovascular benefits. A sweat lodge or hot tent is also a spiritual and healing practice in many areas. Although teachings and customs vary, all of them have a spiritual focus.					1	2
3	4	5	6	7	8	9
10	11 Remembrance Day	12	13	14	15 	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



# December 2024

Ut'ákwädích'e dzänù nàkwìtth'át.  
Merry Christmas.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 	5	6	7
		Giving Tuesday	Wildlife Conservation Day			
8	9	10	11	12	13	14
			International Mountain Day			
15 	16	17	18	19	20	21 
						Winter Solstice
22	23	24	25	26	27	28
			Christmas Day	Boxing Day		
29	30	31	<p>When an animal is harvested, it not only provides food security but also a way of life in the use of parts that are not eaten - the hide becomes a moccasin, the hair becomes a tufted bracelet, the quills become a purse, or the bones become a carved masterpiece. They become gifts we give to one another, along with stories of being out on the land.</p>			



Nature is healing for mind, body, and spirit.

This calendar is an invitation for you to get outside and nurture your relationship with the land, water, and all the life that it holds. Our collection of photos, quotes, and tips with Southern Tutchone names highlight how each month in the Yukon offers an opportunity for connection.

Please note that the content of this calendar is not intended to constitute medical advice or treatment.

Written by Katelyn Dawson, Stephanie Woods, Laura Sutherst, Anne Mease, Paula Gomez Villalba, Amy Genier, Gary Bailie, Troy Friday, and Angela Code. Designed and edited by Paula Gomez Villalba. Southern Tutchone translations from the Champagne and Aishihik First Nation's Dákwänjé Dictionary and Pricilla Dawson.

