



**Village of Haines Junction
February 7, 2024**

**Committee of the Whole 6:00 p.m.
Regular Council Meeting 7:00 p.m.**

This meeting will be held in Council Chambers. Attendance at this meeting is also available through Zoom web or teleconferencing (see below for instructions).

AGENDA

- 1. Call to Order**
- 2. Acknowledgement of Champagne and Aishihik First Nations Traditional Territory**
- 3. Adoption of Agenda**
- 4. Declaration of Pecuniary Interest**
- 5. Adoption of Minutes of Regular and Special Council Meetings**
 - a. Draft Council Minutes January 10, 2024
 - b. Draft Council Minutes January 24, 2024
- 6. Proclamations**
- 7. Delegations**
- 8. Public Hearings and Public Input Sessions**
- 9. Old Business**
 - a. RTC – Awarding of 2023 Donated Refundable Funds
 - b. RTC – Consultant Budget Increase for Completion of Zoning Bylaw
- 10. New Business**
 - a. RTC – Accounts Payable to January 24, 2024
 - b. YESAB – Guided trips in KNPR
- 11. Bylaws – Reports, Readings and Adoption**
- 12. Correspondence**
 - a. HJHC Newsletter January 2024
 - b. Arctic Inspiration Prize Award Ceremony
- 13. Council Reports**
- 14. Questions from the Public**
- 15. Motion to Close Meeting to the Public**
- 16. Adjournment**

The next Regular Council Meeting will take place at 7:00 p.m. on February 28, 2024 in Council Chambers and via Zoom.

*The Village of Haines Junction respectfully acknowledges that we are situated on the
Traditional Territory of the Champagne and Aishihik First Nations.*

Join Zoom Meeting

<https://us02web.zoom.us/j/8676347100>

Meeting ID: 867 634 7100

One tap mobile

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+12042727920,,8676347100# Canada

Dial by your location

• +1 780 666 0144 Canada

• +1 204 272 7920 Canada

• +1 438 809 7799 Canada

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• +1 778 907 2071 Canada

Meeting ID: 867 634 7100

Find your local number: <https://us02web.zoom.us/j/8676347100>

Please call the Village Office (634-7100) during regular office hours for assistance in joining via zoom.



**Village of Haines Junction
Report to Council**

February 7, 2024

Council Decision
 Council Direction
 Council Information
 Closed Meeting

RE: Awarding of 2023 Donated Refundables Funds (Updated)

Recommendation

That Council

- Allow the two late applications to be eligible for funding.
- Evenly distribute available funds of \$6,332.60 to the following six Community Groups: Creative Junction, Haines Junction Football Club, Haines Junction Parent Association, Junction Arts and Music, Romp and Run, St. Elias Ski Club, thereby awarding each group \$1,055.44.
- Revise the policy to extend the deadline into the new year, as many people are gone or busy with the holidays and may miss this opportunity for funding.
- Revise procedures to send letters of invitation to Community Groups in Haines Junction to ensure all are aware of this funding opportunity.

Background

This procurement process is carried out under the [Village's Donation of Refundable Items Policy #31-20](#). This policy defines the process for distributing the refund money collected from the donation of refundable items ("refundables") at the Haines Junction Recycle Centre.

The policy:

- Requires staff to publicly advertise the annual intake deadline for a minimum of three (3) weeks in at least three (3) prominent locations in the community, with at least one location being digitally and at least one location in hard copy format.
- Establishes the following eligibility criteria:
 - Community Groups must be based out of, or have a chapter of the organization based out of, the greater Haines Junction/Dakwākāda Region
 - Have a minimum of 5 active members.
 - Have a minimum annual budget of \$250.
 - Have been operating during the current calendar year.
 - Provide arts, sports, recreational and/or cultural programming to the community.
- Requires Community groups to complete and submit their applications by the advertised deadline to be considered.
- Requires the deadline for applications to be no later than December 31 of each year.
- Requires monies to be distributed evenly between Eligible Community Groups, unless there are extenuating circumstances.

- Allows Council to allocate funds to another community initiative, or to the following year, should no applications be received.

Current Status

The attached poster was advertised on November 23, 2023, 5.5 weeks prior to the application deadline. The poster was advertised according to our Administrative Procedures for Communicating Public Notices -- the poster was posted on noticeboards in town, on our website, on Facebook, and sent to our email distribution list.

The deadline for applications was January 2, 2024, the first day the Village Office reopened following closures over the holiday break.

This year we received 7 applications. Applications were assessed by the Donated Refundables Fund Application Review Board (consisting of 3 Village Staff) for eligibility. Per Table 1, four of the seven applications were considered eligible per the criteria in the policy. Two were considered ineligible because they were submitted after the deadline, and one was considered ineligible for several reasons including: it was not submitted by a Community Group having a minimum of 5 active members, and it did not involve the provision of arts, sports, recreational and/or cultural programming.

Table 1: Assessment of Applications per the [Village's Donation of Refundable Items Policy #31-20](#).

Adjudication of Applications to Donated Recyclables Fund

Authority: Donation of Refundable Items Policy #31-20
 Funds to allocate: \$ 6,332.60
 Review committee: Donna Itschenko, Ellen Stutz, Aynslie Ogden

Community Group	Eligibility Criteria (Per Schedule B)					Submitted prior to Application Deadline*	Application is Complete?	Eligible?	Recommended Allocation**	Comments
	Based out of greater HJ Region	Have Minimum of 5 Active Members	Have a minimum annual budget of \$250	Have been operating during current calendar year	Provides arts, sports, recreational and/or cultural programming to community					
Cathy Mckinnon	Yes	No	Financial statements not	Yes	No	Yes	No	Ineligible -- see note***	\$ -	Not recommended for funding
Creative Junction Collective	Yes	Yes		Yes	Yes	Yes	Yes	Eligible	\$ 1,055.43	
HJ Football Club	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Eligible	\$ 1,055.43	
HJ Parent Association	Yes	Yes	Yes	Yes	Yes	No	Yes	Ineligible -- see note*	\$ 1,055.43	Recommend funding despite late submission
Junction Arts and Music	Yes	Yes	Yes	Yes	Yes	No	Yes	Ineligible -- see note*	\$ 1,055.43	Recommend funding despite late submission
Romp and Run	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Eligible	\$ 1,055.43	
St Elias Ski Club	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Eligible	\$ 1,055.43	

*Per the policy, Community groups must complete and submit their application by the advertised deadline to be considered

**Per the policy, funds shall be distributed evenly between eligible community groups unless there are extenuating circumstances, which shall be included in Board's recommendation to Council

***If no applications are received, the Board shall make a recommendation to Council whether to allocate the Funds to the following year or to another community initiative

Discussion/Analysis

Per Table 2, the amount of funds to distribute has been steadily increasing over the past three years. The value of donated refundables almost doubled in 2023 from what was donated in 2021.

Administration recommends allow the 2 late applications for the following reasons:

- This would make funds available to benefit as many community members as possible.

We recommend revising policy to extend the deadline to be outside of the holiday season which may encourage more groups to apply, and revising procedures to provide invitation letters to local community groups to ensure they are aware of this funding opportunity.

Table 2: Allocation of funds in 2021 and 2022, and recommended allocation for 2023

Year	Total funds	Augusto!	Creative Junction	Romp & Run	Grad	JAM	Ski Club	Soccer
2021	\$3476.90	\$869.23	\$869.23	\$869.23	\$869.23	n/a	n/a	n/a
2022	\$4927.15	n/a	\$985.43	\$985.43	\$985.43	\$985.43	\$985.43	n/a
2023	\$6332.60	n/a	\$1055.44	\$1055.44	\$1055.44	\$1055.44	\$1055.44	\$1055.44

Next Steps

With Council’s approval, we will proceed award funding to the successful applicants.

Draft Resolution

That Council move to rescind the Motion to award the funding passed on January 24th; and,

That Council direct administration to proceed to award funds between the six eligible applicants, as recommended in this RTC; and,

That Council direct staff to amend the Donated Refundables Policy #31-20, to extend the application window by two weeks.

Prepared by

Aynslie Ogden
Corporate Manager

DONATED REFUNDABLES FUND
More than \$5,000 in funding available!

APPLICATION DEADLINE:

JANUARY 2, 2024

The Haines Junction Recycle Centre accepts donated refundable items throughout the year. The refund money collected is held in a Donated Refundables Fund to be awarded on an annual basis to eligible community groups, as per the Donation of Refundable Items Policy #31-20.

Eligibility Guidelines and the Donated Refundables Fund Application Form are available from the Village Office or online:

Eligibility Guidelines :

hainesjunction.ca/p/village-policies

Application Form:

hainesjunction.ca/p/funding-opportunities

Please contact the Village Office at 634-7100 or admin@hainesjunction.ca for more information.





**Village of Haines Junction
Report to Council**

February 7, 2024

Council Decision
 Council Direction
 Council Information
 Closed Meeting

RE: Consultant Budget Increase for Completion of Zoning Bylaw

Recommendation

That Council review this report and direct staff to establish a contract to support the ongoing Zoning Bylaw development and to assist with community engagement; and,

That the scope of work and budget for Zoning Bylaw development be increased to support its completion in a timely manor.

Background

On December 6, 2023, Council passed its provisional operating and capital/projects budget for 2024 that allocated \$30,000 to complete the Zoning Bylaw.

Council discussed the Draft Zoning Bylaw at its December 6, 2023 meeting of the Committee of the Whole. During this meeting, Council discussed allocating the available budget to the Village's Planning Consultant WSP, and an additional Consultant who would assist the Village with Project Management and Editorial support.

On December 20th, Council passed a motion #383-23 directing administration to issue an RFP for support to complete the Zoning Bylaw to a maximum of \$10,000. This funding was to be drawn from the approved capital for zoning bylaw development.

On December 22, the Village issued the attached RFP that invited proposals from three Yukon-based Consultants to provide project management and editorial support to assist the Village, and its planning consultant, in completing the zoning bylaw. Unfortunately, we did not receive any proposals. We expect the lack of response was either due to the size of the budget allocated to the project and/or the time of year that the RFP was released.

Current Status

Having failed to identify a consultant through a competitive process, we approached Mark Wickham of Across the River Consulting, who did not had time to submit an RFP in the tender window. Following up with Mark las week, he expressed his interest in assisting the Village and confirmed his availability to take on the work.

Discussion/Analysis

Since our discussion in December, we have come to understand that we have limited information in our files regarding the outcomes of public consultation activities that have taken place to date around updating the Zoning Bylaw. We believe it is a risk to the Village to advance a bylaw that has not had sufficient public input. We are requesting an increase in budget for our two consultants to ensure that we have sufficient resources in place to ensure we have captured, and addressed, public comment.

We are also facing significant time pressures to complete the work, as we would like the bylaw to be complete before the build season. To get work done quickly and done well, it would be in our interest to ensure our consultants have sufficient resources for senior people in their firms to work on this project.

- The 2024 Capital budget had \$30,000 earmarked for Zoning Bylaw Development; we recommend increasing this to \$60,000.
- Planning consultant (WSP): We are proposing to change the scope of the proposed contract with our planning consultant to shift responsibility for public engagement to our Yukon-based project manager. One visit from our planning consultant, who is based in Calgary, costs \$8,000. We would like to redirect what they have budgeted for travel and engagement to professional/drafting time. We are proposing that our planning consultant maintain a maximum budget of \$30,000, which provides resources to ensure work is carried out by their Senior Planner.
- Project manager (Across the River): We are proposing to increase the scope of the contract from what we originally envisioned to enable our project manager to provide support with public engagement. As they are based in Whitehorse, this would be more cost effective. We are proposing that our project manager have a maximum budget of \$20,000.
- We recommend that five nominated community members review the draft bylaw in detail at a cost of \$2,000 each, totaling \$10k. With Councils approval, staff will form an ad-hoc committee of at least three residents to nominate potential candidates based on relevant experience.

Financial Impact

After the 2024 Provisional Capital Budget was approved, the Village of Haines Junction has been awarded funding through a Government of Canada fund¹ to support the completion of the Zoning Bylaw. This fund supports projects across Canada that accelerate the supply of housing and enhance certainty in the approvals and building process. Completion of our Zoning Bylaw was funded as it will increase permitted “missing middle” units in Haines Junction by allowing for the construction of carriage houses, secondary suites, and multi-family units.

The additional \$30,000 that we are proposing be awarded to consultants and community representatives can be fully cost-recovered from this fund.

Draft Resolution

THAT Administration proceed to establish a project management contract for the Zoning Bylaw development; and,

That Council direct staff to form an ad-hoc committee to nominate and hire residents to review the draft Zoning Bylaw; and,

That the budget for Zoning Bylaw development be increased by fifty-thousand dollars as detailed in this report.

Prepared by

Aynslie Ogden
Corporate Manager

¹ Note: The name of the fund and amount of the award is embargoed pending an official announcement by the funder.



REQUEST FOR PROPOSAL (RFP)

-Invitational-

Project Management and Editorial Support for the Completion of the Village of Haines Junction Zoning Bylaw

1. INTRODUCTION

The Village of Haines Junction is inviting proposals from Yukon-based Consultants to provide project management and editorial support to assist the Village, and its planning consultant, in completing the zoning bylaw.

The Village of Haines Junction has hired planning consultant WSP to draft the bylaw, hold public engagements and incorporate the results of the public engagements into the draft bylaw. WSP has drafted a 100-page draft bylaw that went to public consultation earlier this fall.

At least one additional public engagement session will be required, along with three readings of the draft bylaw. These engagements are expected to raise issues that will need to be addressed. WSP will be responsible for incorporating comments from future public and Council engagements, substantially reducing the length of the bylaw, and ensuring the bylaw is written in a way that is understandable, implementable, and suited to the needs of our community.

The Village of Haines Junction would like to have this bylaw passed before the start of the 2024 summer construction season.

2. OBJECTIVES

The main objectives of this project are to:

1. Project management:
 - a. Work collaboratively with the project team to identify project milestones.
 - b. Ensure effective communications amongst the team.
 - c. Track progress against milestones.
 - d. Ensure deadlines are met.
2. Editorial support:
 - a. Ensure the bylaw is suited to the needs of a small northern community.
 - b. Ensure the bylaw is readable and user-friendly.
 - c. Ensure the bylaw is clear and not open to interpretation and contains minimal discretionary clauses.
3. Complete the project by May 31, 2024.

3. SCOPE OF WORK

This Consultant will:

1. Work with the Village and WSP to identify clear milestones for the project that will enable the project to be complete for its target completion date of May 31, 2024.
2. Project milestones will include:
 - Regular meetings of the Consultant, the Village of Haines Junction and WSP
 - Additional public consultation requirements
 - Dates for revised versions of the draft bylaw are to be made available by WSP
 - Dates for 1st, 2nd and 3rd reading of the Bylaw by Council
3. Editorial support:
 - Identify ways for WSP to revise the current draft of the bylaw to be readable and user-friendly.
 - Identify ways WSP can substantially reduce the length of the draft bylaw.
 - Identify errors/omissions.
 - Identify clauses that are not clear or are open to interpretation.

4. BUDGET

All proposals should provide a detailed budget breakdown that includes:

- Hourly/daily rate
- Annotated budget for project management
- Annotated budget for editorial support
- The budget for this project is not to exceed \$10,000.00.

5. PROPOSAL REQUIREMENTS

Each proposal should include:

- A cover letter introducing the proponent(s) expressing an interest in the project.
- A detailed CV highlighting past projects.
- Proposed project management plan.
- A project timeline with a completion date.
- A proposed budget.
- Names and contact information for three references.

6. SELECTION CRITERIA

Proposals will be evaluated based on:

- Project management experience (20%)
- Experience with municipal bylaw development (20%)
- Experience leading and facilitating the work of a multi-agency team towards the on-time and on-budget completion of a project (20%)
- Editorial experience (20%)
- Budget and timeline feasibility (20%)

7. SUBMISSION DEADLINE

All proposals must be submitted no later than **12:00 noon January 17, 2024**. Proposals received after this date will not be considered. The Village reserves the right in its sole discretion to extend the Closing Date for any reason at any time prior to the Closing Date and will notify Proponents of the revised Closing Date by issue of an addendum.

8. Terms and Conditions

1. Consultants are solely responsible for their own expenses in preparing and delivering their proposals.
2. The successful proponent must be a Yukon-based Business.
3. The Village reserves the right in its sole discretion to cancel this RFP in whole or in part at any time for any reason; or to reject any or all Proposals.
4. The Village further reserves the right to accept or reject any Proposal, in whole or in part, or to waive any irregularities at its own discretion.
5. The Village may issue another request for Proposals on the same or different terms, sole source the Contract to anyone, or do nothing further, without liability to any Proponent or non-Proponent.
6. The successful Consultant will need to sign an agreement detailing the terms of the project.
7. The successful Consultant will work with the Village staff and Council to ensure the deliverables are met.
8. The successful Consultant must:
 - a. Supply their own coverage under Yukon Safety and Compensation Board.
 - b. Have a current Village of Haines Junction Business Licence or Inter-Municipal Business Licence
 - c. Have current Commercial General Liability Insurance of \$2,000,000.
 - d. Comply with the provisions of all laws and regulations applicable to the performance of the work, including, but not limited to the Yukon Employment Standards Act and the Yukon Workers' Compensation Act

9. CONTACT INFORMATION

All proposals should be addressed to:

*The Village of Haines Junction
178 Backe St.
Haines Junction, Y0B 1L0*

For inquiries, please contact:

*David Fairbank
Phone: 250-619-5921
Email: cao@hainesjunction.ca*

Project Scope - Summary

The proposed project is a year-round commercial wilderness tourism operation within Kluane National Park and Reserve (KNPR). Activities include a combination of day and multi-day paddling and hiking. Project activities occur within Champagne and Aishihik First Nations, Kluane First Nation and White River First Nation Traditional Territories. The Proponent will operate annually for five years, starting in 2024. The season of operation will be from May to September for the summer season and from October to May for the winter season.

Project Scope - Activities

- Use of Kathleen Lake campground
- Leave No Trace principles followed
- Fire in designated fire pits or use of a fire pan
- Grey water is disposed of 100 m from watercourses, and by straining food particles.
- Human feces will be buried at least 30 m above the high-water mark of any water body. Toilet paper will be burned or packed out
- Avoid known calving/lambing area from May 1 to July 31
- No First Nation cultural interpretation will be offered

Summer (guide-to-client ratio 1:6)

- Day paddling trips (June to September): Up to 10 trips, with up to 12 clients
 - Kathleen Lake and St-Elias Lake
- Multi-day paddling trips via packraft (June to September): up to 4 trips, with up to 12 clients
 - Jarvis-Kaskawulsh-Elsek-to Lowell (up to 6 days), Dezadeash-Elsek-Lowell (up to 6 days) Donjek River (up to 10 days, fly in to Big Horn Lake). For trips ending at Lowell Lake, parties will be flown out to Pine Lake using a float plane
- Day hiking (May to September): Up to 10 trips, with up to 12 clients
 - Sheep Creek trail, Bullion Plateau, Auriol trail, Kathleen Lake shorelines and area trails, King's Throne, Kathleen Lake campground, St-Elias Lake, Rock Glacier trail and Elsek trail (May to September and Thechàl Dhâl (Sheep Mountain from mid-July to September)
- Multi-day hiking (June to September): Up to 6 trips per season with up to 12 clients
 - Ä'äy Chù (Slims River) West trail with Observation Mountain (4-5 days), Ä'äy Chù (Slims River) East (2-4 days), Auriol (3 days), Cottonwood (4-6 days), Elsek trail (3 days), Donjek (10 days), St-Elias (3 days)

Winter (guide-to-client ratio 1:6)

- Day trip, snowshoeing and skiing (October to May): Up to 10 trips with up to 12 clients
 - Kathleen Lake shoreline and area trails, Elsek trail, St-Elias Lake, Auriol trail, Rock Glacier trail

Municipal Accounts Payable to February 7 , 2024

<u>Cheque No.</u>	<u>Name</u>	<u>Amount</u>	<u>Department</u>	<u>Description</u>
Transfer	Payroll Account #4305418	\$ 25,542.06	Administration	Net Pay - Pay Period 2
		\$ 3,237.90	Administration	RRSP Contribution - Pay Period 2
		\$ 626.95	Administration	Union Dues January 2024
		\$ 29,406.91		
	Payroll Account #4305418	\$ 26,156.70	Administration	Net Pay - Pay Period 3
		\$ 22,770.60	Administration	RRSP Contribution - Pay Period 3
		\$ 7,346.29	Administration	Group Insurance Pay Period 3
		\$ 56,273.59		
27844	Twiss & Shine Custodial Services	\$ 600.00	Administration	Custodial Services Dec 2023
		\$ 3,150.00	Convention Centre	Custodial Services Dec 2023
		\$ 390.00	Fire Department	Custodial Services Dec 2023
		\$ 495.00	Mezzanine	Custodial Services Dec 2023
		\$ 231.75	GST	Custodial Services Dec 2023
		\$ 4,866.75		
27845	ATCO Electric	\$ 638.22	Administration	Electricity: Dec. 2023 billing
		\$ 3,213.97	Arena	Electricity: Dec. 2023 billing
		\$ 638.22	Convention Centre	Electricity: Dec. 2023 billing
		\$ 345.30	Fire Department	Electricity: Dec. 2023 billing
		\$ 388.96	Landfill & Recycling	Electricity: Dec. 2023 billing
		\$ 61.29	Pool	Electricity: Dec. 2023 billing
		\$ 406.86	Public Works	Electricity: Dec. 2023 billing
		\$ 3,270.79	Roads & Streets	Electricity: Dec. 2023 billing
		\$ 8,664.44	Water & Sewer	Electricity: Dec. 2023 billing
		\$ 17,628.05		
27846	15042 Yukon Inc. o/a Grime Stoppers Janitorial	\$ 88.73	Convention Centre	Table cloth cleaning
27847	CMP Engineering	\$ 2,706.76	Water & Sewer	Contract Services Maintenance
27848	Ellen Stutz - Petty Cash	\$ 758.90	Recycling Centre	Paid out refundables
		\$ 62.38	Administration	Postage for mass mailer
		\$ 821.28		
27849	Kendrick Equipment Ltd.	\$ 489.93	Arena	Runner, brush, gauge blade angle
27850	Leavitt Machinery	\$ 539.58	Public Works	Training

Municipal Accounts Payable to February 7 , 2024

27851	NF Electrical and Event Production Ltd.		\$ 4,714.50	Capital	Technical services and A/V installations
27852	Northwestel	\$ 243.60		Administration	January 27, 2024 billing
		\$ 683.29		Water and Sewer	January 27, 2024 billing
		\$ 684.94		Prot. Services	January 27, 2024 billing
		\$ 36.64		Convention Centre	January 27, 2024 billing
		\$ 36.64		Arena	January 27, 2024 billing
		\$ 60.45		Recycle Centre	January 27, 2024 billing
		\$ 73.26	\$ 1,818.82	Public Works	January 27, 2024 billing
27853	Sperling Hansen Associates		\$ 2,610.52	Projects/Plans	Service rendered solid waste management
27854	TaLedi Enterprise Development Inc.		\$ 4,119.15	Convention Centre	Parts for theater seats
27855	Tangerine Technology		\$ 3,665.70	Administration	Computer installations USB external hard drive.
27856	Twiss & Shine Custodial Services	\$ 520.00		Administration	Custodial Services Jan. 2024
		\$ 2,063.75		Convention Centre	Custodial Services Jan. 2024
		\$ 162.50		Fire Department	Custodial Services Jan. 2024
		\$ 1,397.50		Mezzanine	Custodial Services Jan. 2024
		\$ 207.19	\$ 4,350.94	GST	Custodial Services Jan. 2024

Municipal Accounts Payable **\$ 134,101.21**

Adopted on _____ Motion# _____

Mayor _____ CAO _____



Dakwàkàda Nda Dàn Kù Haines Junction Health Centre NEWS January 2024

TIME FOR A CHANGE IN 2024!

People do not change overnight. Whether it is changing what you eat, how active you are, or how much you smoke or drink, you will pass through many stages, sometimes many times, before your change is permanent. There are many reasons and ways for you to quit smoking. But you must want to do it!

It can help to join a stop-smoking program. You can call Quitpath at **1-866-221-8393** or the Smokers Helpline at **1-877-513-5333** to seek help. Here at the clinic, we offer a free nicotine replacement program for up to 12 weeks that includes patches, lozenges, gum, or inhalers. Call us at **867-634-4444** today to book your appointment with a nurse about Quitpath!

SETTING YOUR SMART GOALS

Good new habits take time and energy. We all wish we could fit change into our lives, but it often seems like there is not enough time. Remember, change does not have to be big, and it helps if your change is **S M A R T!**

- **S** - Set a very **SPECIFIC** goal, e.g., "I will record how many cigarettes I smoke on my calendar."
- **M** - Find a way to **MEASURE** your progress, e.g., "I will smoke 1 less cigarette per day."
- **A** - Make sure it is **ACHIEVEABLE** (aim for small changes)
- **R** - Be sure your change is **REALISTIC** (focus on changes you feel you can accomplish)
- **T** - Set **TIME** commitments, e.g., "I will start today, and see how I am doing at the end of each week."

Source: Harvard Health Publications, 2014

HOURS OF OPERATION

Monday to Friday: 8:30 am to 5 pm

FOR **EMERGENCIES** AFTER HOURS
PLEASE CALL **867-634-4444** OR **911**

APPOINTMENTS

Appointments are available daily.
Please call **867-634-4444**

WALK-IN CLINICS

**Monday, Tuesday, Thursday, and
Friday:** 9 am to 11:30 am

**Monday, Tuesday, Wednesday, and
Friday:** 1 pm to 4:30 pm

LAB HOURS

Tuesday: 1 pm to 4:30 pm
Wednesday: 9 am to 11:30 am

ADMINISTRATION TIME

Thursday: 1 pm to 3 pm
***Open for emergencies 24/7**

DOCTOR SERVICES

Call **867-634-3838** to inquire about medical travel or to book an appointment with Dr. Froud

SAVE THE DATE

MAY 7 2024

ARCTIC INSPIRATION PRIZE AWARDS CEREMONY



The Arctic Inspiration Prize (AIP) and the Yukon First Nation Chamber of Commerce (YFNCC) are excited to announce that the 12th Annual AIP Awards Ceremony will take place during the Arctic Indigenous Investment Conference (AIIC) on May 7, 2024.

STAY TUNED FOR MORE ABOUT THE CEREMONY, INCLUDING THIS YEAR'S LINE-UP OF PERFORMERS.

ARCTIC
INSPIRATION PRIZE



PRIX INSPIRATION
ARCTIQUE



YUKON
FIRST NATION
CHAMBER OF COMMERCE

www.arcticinspirationprize.ca