



Goozih Dust'lus

Fall 2019

Day School Settlement

The Federal government has approved settlement on a class-action lawsuit against Canada, which sought compensation for First Nations who attended an Indian day school. Under this agreement, anyone who has attended Indian day school is entitled to compensation ranging from \$10,000 and up to \$200,000, depending on severity of abuse they experienced.

A \$200-million legacy fund has also been created for health and wellness initiatives, language and cultural initiatives, and commemoration projects.

Thousands of First Nations, Metis, and Inuit people will be compensated from the settlement. The estimated number of those who attended Residential school is 150,000. While still rising, the number of those who attended Day school exceeds 150,000.

Day schools and Residential schools ran independently from one another, and so Day school survivors were excluded from the 2006 Residential Schools Settlement Agreement. As such, a large number of First Nations people were not compensated by the Federal government.

For those who wish to opt-out of the settlement, you must do so before November 18, 2019. Those who opt-out will not receive compensation from the settlement but will not strip one's right to bring an individual claim to the Canadian court.

Following the opt-out period, there will be a two-and-a-half year period to apply for compensation.

If you would like to learn more, go to indiandayschools.com.

FNHA Medical Changes

The FNHA medical plan is changing its services - how will it affect you?

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Bill Poser's life work has been preserving Carrier language. Is there more to be done?

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Regalia Comes Home

Thomas Cho's blanket and drum finally come home after 95 years.

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Giving Back to the Community Lydia Thomas Provides Hope

Lydia Thomas spent a full day on foot handing out 50 purses and 50 shaving kits to homeless men and women in Prince George.

Having spent time on the streets herself, Lydia recognizes the hardships homeless people face, and wants to give back to her community to help those in need. "I've received gifts before from people... it brings a little bit of hope to them, and [lets them know] somebody does care."

Lydia hopes that by showing others that she could turn her life around, anybody can. With little acts of kindness and generosity, Lydia continues to spread hope to those who need it the most.

Looking ahead to winter, Lydia is seeking donations for winter clothing that will go towards keeping the homeless warm during the cold months.



FNHA Medical Plan Changes A Number of Services Added

The First Nations Health Authority (FNHA) has revamped its health benefits plan, and will now include dental, vision, and medical supplies and equipment. With the new changes, the services will also be more convenient to access.

FNHA has partnered with Pacific Blue Cross, who will be administrating the newly-added services. Dental, vision, and medical supplies will no longer be part of the Federal Non-Insured Health Benefits program. For more information about the new services, you can go to <https://www.fnha.ca/benefits>.


 First Nations Health Authority
 Health through wellness

FIRST NATIONS HEALTH BENEFITS

- 
Mental health:
 Short-Term Crisis Intervention
 Indian Residential School Resolution Health Support
 Missing and Murdered Indigenous Women and Girls Health Support
- 
Pharmacy
- 
Dental
- 
Vision
- 
Medical supplies and equipment
- 
Medical transportation

Engage with us on social media: 
 Visit us online at [fnha.ca](https://www.fnha.ca)

Elders Conference

On November 12-14, CSFS will be hosting the 2019 Elders Conference at the Coast Hotel in Prince George.

The event is open to ages 55 and over. Elders will have plenty opportunity to attend numerous workshops, which will address topics such as sexual abuse, Elder abuse, medication use and knowledge, traditional healing, empowerment, and much more.

If you would like to learn more, or to register, contact William at werickson@csfs.org, or call (250) 564-4079.



Preserving Our Language:
Bill Poser

The Carrier language is a critical component of the Indigenous identity in our region, and so there are many people today that are working towards preserving the language.

Dr. William Poser is one of the most prolific advocates for preserving the language, and has dedicated his life work to researching ways to extend the lifespan of the Carrier language and the numerous intricate dialects of the region.

CSFS recently honoured Dr. Poser for all the work he has done to help keep the Carrier language alive.

Dr. Poser believes that if the Carrier language is to last, it has to go beyond the classroom.

The importance of preserving the Carrier language goes beyond merely the ability to speak to one another in the traditional language. If the language dies, so too does the culture.

Mussi cho to Dr. Poser, and all those who are working tirelessly to preserve the Carrier language.

If you would like to learn more about Dr. Poser's work, please visit his website: billposer.org.

CSFS Marches for Climate Change No Environment, No Culture, No Future

Across the globe, youth like Greta Thunberg, Helena Gualinga, and Indigenous youth like Autumn Peltier, are taking a stand against climate change and challenging politicians to address the matter and make it more of a priority.

Although the output of Greenhouse Gases from Indigenous communities is negligible, the effects will nonetheless be felt.

Culture and tradition is connected to the land, making First Nations communities some of the most vulnerable to climate change. As the land continues to degrade,

access to the land is restricted and what it provides is lost: food, medicine, and culture.

CSFS recently stood with those who are raising awareness. It is critical that we continue in this endeavour in order to preserve our identity. It is time for Indigenous voices to be heard.

No environment, no culture, no future.

If you would like to read more about those raising awareness on climate change, please go to <https://www.csfs.org/news/118/66/Climate-Strike-Prince-George>.



Coming Full Circle Regalia Comes Home

Nearly a century later, Thomas Cho's Bear clan blanket and drum has returned to its rightful place in the Nadleh Whut'en territory.

In 1924, Thomas Cho donated his regalia to Diamond Jenness to preserve his traditional artifacts for the future. That future is now; the regalia has come full circle and finally returned home.

On October 4, 2019, after working tirelessly for two years, Eleanor Nooski has helped acquire the blanket and drum from a museum in Ottawa.

A Bahlats was hosted by the Dunt'enmyoo Bear clan in celebration, and all clans in the region were invited.

"We are connected as First Nations to each other like a spiderweb through the whole land," says Nooski.

Going forward, the Nadleh Whut'en hope to bring home the rest of the artifacts taken from their territory.



'Every Child Matters'

Remembering Residential Schools and Celebrating Survivors

September 30th was Orange Shirt Day in Canada, a day to remember the prevailing legacy of Residential schools.

Barby Skaling of CSFS says "you still hear people who continue to say 'get over it'... it's not easy for a child to be placed in an environment with no nurturing or love."

When Phyllis Jack Webstad prepared for her first day of Residential school in 1973, she was unsuspecting of the cruelty that awaited her - in fact, she was excited.

To mark the occasion, Phyllis wore a shiny orange shirt. When she arrived at school,

however, she was stripped of her clothes, and she never saw her orange shirt again.

To this day, the colour orange has stuck with Phyllis, prompting her to create Orange Shirt Day in 2013 to remember those affected by Residential school.

Skaling says "too many of our children lost their spirit and many still endure the impact of Residential school as adults."

Orange Shirt Day stands as a day to commemorate those who lost their identity due to Residential school, and to ensure it never happens again.

AGA Overview

Thank you to everyone that could make it to our 29th Annual General Assembly - once again, it was a great success.

Our CEO, Warner Adam, as well as our Executive Directors, provided an update on the organization's successes from last year, and a look ahead to upcoming programs.

Cindy Blackstock, Executive Director of the First Nations Child and Family Caring Society of Canada, discussed the Canadian Human Rights Tribunal decision to provide compensation for Indigenous children who were willingly and recklessly discriminated against by the Canadian government.

Deb Foxcroft, President of the Nuu-chah-nulth Tribal Council, addressed the importance of First Nations governance for

child welfare: "We need to hear [the children's'] voices, we need to have their input... and have the difficult and courageous conversations.

We also hosted an All-Clans Feast, followed by awards recognizing both employees and community members.

After the feast, a number of elders shared their knowledge, including Ed John, who shared his hope for the future of First Nations self-governance.

Next year, look forward to announcements on our 30th AGA, as we plan to make it bigger and better than ever. For a full report on our 29th AGA, go to <https://www.csfs.org/news/116/66/2019-Carrier-Sekani-Family-Services-AGA-Report>.

Community-Recognition Awards

A number of outstanding community members were nominated by their community for recognition awards at our 29th AGA. Again, we thank each recipient for their hard work and dedication to their community.



Sherry Tibbets has worked hard for the Burns Lake Band community. Sherry oversees Skills & Training, Education, and Language & Culture. Some highlights of her work include efforts to revitalize the Dakelh language, ensure members have the proper support to succeed in post-secondary education, as well as aid members in receiving the proper training for their occupation.

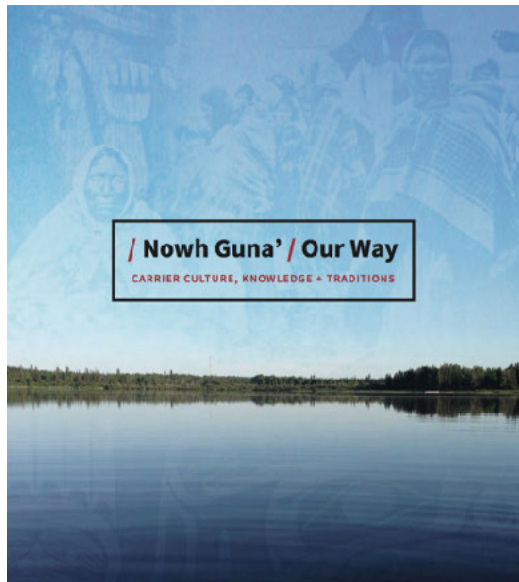


Danielle Wall has demonstrated outstanding commitment to improving the Wet'sutwet'en language in her community. Danielle helped open a Wet'sutwet'en First Nation library and book club. She also participates with Elders in teaching the Bahlats system to the community.



Earnest Vickers Sr. has shown tremendous dedication as Fire Chief in the Saik'uz community. Earnest has recruited and trained numerous new firefighters for his department while also helping his fire hall earn first place in the Provincial Aboriginal Firefighters Competition in 2019. Earnest has gone above and beyond for the community by aiding in the construction of new homes, sharing traditional knowledge with youth, and serving as a role model for sobriety.

Nowh Guna' Tseh Culture Training



The Nowh Guna Tseh Culture Training continues to be a hit as the number of inquiries grows by the day.

The focus for the training is on non-indigenous people, but not exclusively. The goal is to invoke the message of walking with one foot in both worlds: the Indigenous and non-Indigenous worlds.

Northern BC is surrounded by many different Indigenous communities, many whom access public services. As such, it is imperative that those who work with the public sector acquire the proper training in order to assist Indigenous people in a culturally-appropriate manner.

Amy Whelen, a recent hire at CSFS, said her experience with the training was “very emotional,” and that she learned a lot of information about Indigenous people that she previously did not know about.

If you would like to learn more, or to register, please go to <https://www.csfs.org/events/nowh-gunaour-way-carrier-cultural-competency-training>, or email culturetraining@csfs.org.

The next session, specifically focused on the communications and media sector, is November 6-7, followed by a regular session November 20-21.