

GOOZIH DUST'LUS



Nov / Dec 2024

**Nezkeh ba
– For the Children**

Developing child and family
legislation in collaboration with
Nations

**Honouring
the Legacy of
Ormond Lake**

Stories of Hope & Strength

A premiere of films from the
ongoing social media series



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A Message from our CEO

Warner Adam

Hadih and Seasons Greetings,

As we look forward to 2025 CSFS remains committed to assisting and promoting health and wellness initiatives in the communities we serve. Your support and participation have been invaluable in advancing our mission, and we look forward to continuing this journey together in the coming year.

Construction of the Tachick Lake Healing Centre is in progress, and we remain eager to celebrate its official opening in 2025. Transition plans are underway to assist and guide land-based healing services from our Ormond Lake facility to our new Tachick Lake Healing Centre on Saik'uz territory. This is monumental as we have been hosting our addictions recovery services at Ormond Lake for nearly 30 years. As such, we hosted an All-Clans Feast on the traditional territory of Nadleh Whut'en to celebrate the support given to the Addictions Recovery Program at Ormond Lake. We thank the leadership of Nadleh and Stellat'en First Nation and community Elders for their commitment to walk together with us as we actualize our ancestors' dreams to help our people along their healing journey. I commend all the staff who have participated and offered their hearts and service to this

need and to our people.

CSFS will continue to provide support services and extend access to health resources, recovery programs, and culture support networks to accommodate each community's needs. We are excited for the capital developments that are in progress, including the Healing Centre, Foundry Burns Lake and Clan Houses. Please be assured that our developing Capital department is in good hands under the leadership of our Chief Operating Officer, Mike Bote, and Jason Morgan, Executive Director of Capital, Housing & Infrastructure. With Jason's guidance and expertise, CSFS will be empowered to provide cutting-edge services from appropriate infrastructure. Capital updates will be provided to you as they develop.

As Winter settles in, I want to extend warm wishes to you and your loved ones. This time offers us a moment to reflect, embrace our teachings, and cherish the cultural values handed down to us by our Elders. Their wisdom continues to guide us, reminding us of the importance of respect, love, kindness, humility, knowledge, and sharing. These principles, rooted deeply in our oral histories, define who we are as Carrier and Sekani peoples, and inspire us to

live in harmony with each other and with the land.

Our Elders' teachings remind us to honour the interconnectedness of our lives—our relationships with the land, our families, our clans, and our community. Through ceremonies, potlatches, and shared customs, they passed on vital lessons that shape our identity and responsibilities. Let us carry these values forward, considering how our actions today impact the generations to come.

In this spirit, I encourage each of you to take time during this season to nurture your relationships, celebrate our traditions, and express gratitude for the strength and unity of our community. Together, we uphold the legacy of our ancestors while building a future grounded in wellness for our families and our communities.

I wish you a happy holiday season. Regardless of what holiday you celebrate, if you choose to celebrate or not, I wish you happy times surrounded with family and friends. To a new year of positive health and wellness.

Zundala Hunzu,

Warner Adam

Journey to Tachick Lake Healing Centre

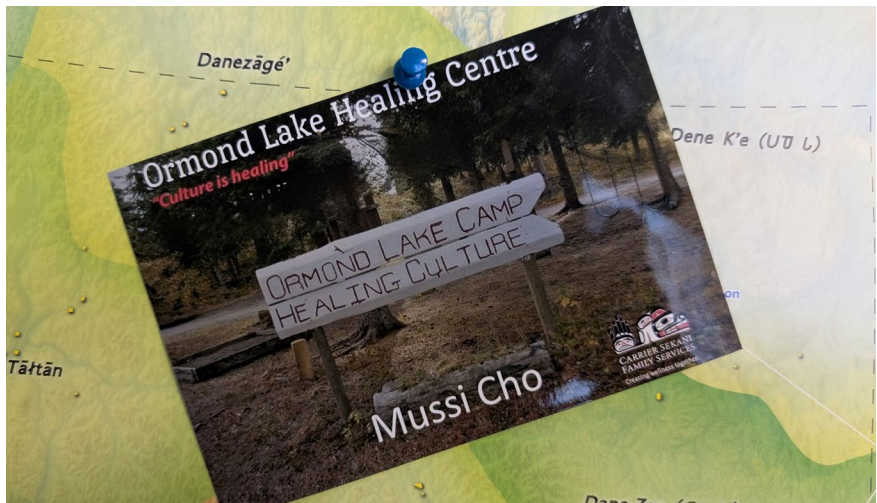
Honouring the Legacy of Ormond Lake

On November 23, 2024, CSFS hosted an All-Clans Feast on the traditional territory of the Nadleh Whut'en to celebrate and honour the community for supporting the Addictions Recovery Program on their lands at Ormond Lake for the past 30 years. With leadership from Nadleh and Stellat'en present, as well as all four clans – Frog, Caribou, Bear and Beaver – our opportunity to express gratitude and share memories was received in community.

This event marked the first time that CSFS hosted a Bah'lats in Nadleh. Our intent was to thank the people of Nadleh and Stellat'en and our partners, our way – through the oral tradition of our potlatch.

We wanted to acknowledge all of the people who left their mark on Ormond Lake over the years, and thank the dedicated people who served there. Ormond Lake holds a special place in many peoples' hearts, and we could not have done the great work, grounded in culture and the relationship with the land, without them.

(Continued on Page 4)



The CSFS residential treatment program moved to Ormond Lake in 1995 after operating in Cheslatta since 1993. At that time, the program had no funding—only the wisdom of the Elders, who believed that reconnecting people with the land would bring healing. Nadleh and Stellat'en provided the funding for the cooks, and Nadleh band members and Chief and Council provided buildings. Johnny Ketlo, Mathew Ketlo, and Edgar Ketlo had their own cabins on Ormond Lake and kindly offered their cabins, demonstrating the value of sharing and the importance of offering an open door. Their example of generosity and kindness will always be remembered. They put the needs of strangers above themselves and helped us build a land-based program over 30 years ago.

Today, land-based healing is a key focus in the work we do based on the advice of our Elders, and the communities of Nadleh and Stellat'en. We hold so many wonderful memories of services and events at Ormond Lake, such as fasting

ceremonies, youth cultural camps, youth in care camps, and care givers camps to name a few outside of our regular Addictions Recovery services. People have donated their time, their energy, food, and lumber all to see Ormond Lake grow - because they believed in this work. There have been thousands of people that have come and gone through Ormond Lake and each person left a special mark.

Over the years our program has grown and changed. We have always faced financial barriers, strict government restrictions, and changes in policies have occasionally strained our programming. Despite little funding, we expanded the program from 7-days to the required 28-day program. We made it work.

We were told our program wasn't good enough with our land-based philosophies. So Mabel Louie said "okay, we will get accredited." We were the first program at CSFS to attain accreditation through Accreditation Canada. We then moved to CARF accreditation with the

rest of the organization, and maintain it to this day.

We hosted the All-Clans potlatch to share our heartfelt gratitude to Nadleh Whut'en, Stellat'en, Johnny Ketlo Sr, Mathew Ketlo, Edgar Ketlo, as well as our long-time camp cooks and helpers Margaret Nooski and Charlene Ketlo. Thank you for helping us build a program that was ahead of its time and changed peoples' lives.

Our next steps will be to serve the addictions and recovery needs of the people we serve through mobile services until we are ready to move to the the new Tachick Lake Healing Centre, in Saik'uz territory, in 2025. Mussi cho.

For more information on our Addictions Recovery Program: www.csfs.org/services/addictions-recovery-program

For more info on the Tachick Lake Healing Centre: www.csfs.org/tachick-lake





Jurisdiction: Kahe dee'zeelhe – Our Journey

Nezkeh ba – For the Children



Empowering Nations to reclaim jurisdiction over child and family services has been the bedrock of Carrier Sekani Family Services' vision since our inception. Today, conversations around 'jurisdiction' are quickly gaining momentum, but what exactly does this all mean for Nations?

At its core, jurisdiction is the recognition of each Nation's right to be the decision-makers for their own children and families. In practice, it is the application of traditional wise practices to child and family welfare policy. When we as CSFS say we are developing child and family legislation in collaboration with Nations, what we are really saying is we are breathing life into laws that existed long before colonial governments reached Carrier and Sekani lands.

Warner Adam, CEO of CSFS, has officially named the jurisdiction project to better reflect what is at the heart of this work: Nezkeh ba (for the children). This translation to Saik'uz dialect was shared with CSFS by Matriarch Maureen Thomas.

One of the guiding principles of this process is that no one will be left behind. Everyone has a role in raising children, and everyone has a voice in developing the law that will govern child and family matters for generations to come.

Our next step on this shared journey is engaging with community. CSFS is currently meeting with Chiefs and Councils to discuss plans for community engagement sessions and events in the new year. These engagements will help explain jurisdiction processes and open the floor to community members to share their thoughts on what they want to see in a child and family law.

What do children need to thrive? This is a key guiding question as we work toward law that is focused first and foremost on ensuring the well-being of Carrier and Sekani children. We have received nearly 100 responses from community members at health fairs and community events, and here are some examples of what you have shared with us:

Children need...

- "To be loved. They need to be seen. They need to know that someone cares about their future."
- "To follow their dreams and learn who they are and who they are becoming; they thrive when they can have fun learning."
- "Support and encouragement from their families and communities."
- "Connection – roots to the land and language will follow."
- "The freedom to be carefree, to play and have imagination."
- "To go out into the bush and learn about culture – hunting, trapping, fishing and traditional medicine."
- "More in-depth activities with parents, somewhere bonding can happen."

What do you think children in your community need to thrive? Share your thoughts through the online survey at www.csfs.org/jurisdiction.

Watch for announcements on the CSFS website and social media accounts about community engagements in your Nation coming in 2025.

CULTURE CORNER

A Seat at the Table

Chef Andrew George Jr. is an accomplished chef, Wet'suwet'en Hereditary Chief, and BC Restaurant Hall-of-Famer, among his long list of achievements. He grew up in the small town of Telkwa and never thought of becoming a chef, until one summer he was cooking up a storm for his workmates.

What started as cooking around the fire has turned into a lifetime of culinary achievements, yet Chef George has always stayed true to his roots. His connection to his culture is shown through his food and his commitment to uplifting Indigenous people in skilled trades.

--

What was it like to be inducted into the BC Restaurant Hall of Fame?

It flooded back a lot of memories of the whole journey, right back to growing up in Telkwa, out in the territories, hunting, fishing, trapping, gathering. I also thought about how I lived two different lives: a non-native way of living, and growing up in the feast hall, which is connected to our territories and our customs. So, when you look at that, there are two different educations.

I've been groomed by a line of hereditary chiefs that encouraged me to move forward and go see the world. I traveled a lot as a chef, but I also brought my customs with me, like sitting in a teepee in Frankfurt, Germany and reading a letter from my younger sister at the World Culinary



Chef Andrew George inducted to the BC Restaurant Hall of Fame Lifetime Achievement

Picture Credit: (2024) Chef A. George, BC Restaurant HOF: <https://danslegacy.com/wp-content/uploads/2024/10/WebsiteBlogHeaderChef.png>

Olympics in '92. So that's what came through my mind when I got inducted into the BC Restaurant Hall of Fame.

Do you have any words of advice for aspiring chefs?

If I had a message to the younger Andrew, stuff that happened in the past, let it go. Don't hang on to it, because if you hang on to it, you're gonna get angry and it's gonna eat at you, and it's gonna affect your health, and you'll never get anywhere. There's nothing you can do about that but learn from it, just make sure it doesn't ever happen again.

Do you know why the rear-view mirror in the car is so small? You just have to glance at that rearview mirror every now and then just to look what's behind it, but you always look forward because if you continue looking at the rearview mirror, you're going to run off the road.

The other part that got me to where I am is our Elders. They play a very key role and I've always migrated to the Elders ever since I was a little boy because they have the experience of life; they have a very calm way of directing you and pointing you in the right direction. Some of my best

advisors in life may have had a grade three or four education and that's the plain truth of it, that's our hereditary chiefs.

My message to the youth is to move forward in a good way, get a good education, and take care of your health. Don't depend on anybody 'cause if you depend on somebody, it isn't gonna happen, and how you do that is to get an education.

In your experience, how does food bring people together?

Through our customs and the feast hall, food was very central to everything, it brought us all together, it nourished everybody, it brought stories from the territories. No different at Christmas, in a modern world, it brings our families together. To me it's all about enjoying each other's company and reaching out and helping each other. It doesn't have to be Christmas to be giving or receiving in our culture. It was every day that everybody received and gave things in our culture and the feast hall. It was about giving, giving and giving. To me that's forgotten today in the modern world, where everybody's all about technology. Simple things are the best things.

Can you share any memorable moments where a shared meal created a deep connection?

When we butchered up a moose, I tied it up and boy, my uncles were proud. I did a moose prime rib, and my uncle was just like, "Man, it's like I bought that at Super Value!" He was really proud, so that's probably one of my proudest moments.

If you could design the perfect Christmas menu, what would it include?

I would go back to tradition, turkey, and my mom's moose steaks from the hip.

She would tenderize it with a whole bunch of vegetables and tomatoes, and you would serve that on rice. That was delicious.

Do you have any special rituals or traditions in your kitchen during the holiday season?

When I had my own restaurant, I'd work with all my suppliers, and we put together a meal for the local homeless and the shelters. That being said, in the kitchen it's an absolute blast when you're doing banquets of 300 to 500. I just love to have fun with the staff. We dance a lot, we joke a lot, we have a good time, but we produce -- and that's the fun of the kitchen. Sk'ai Zeh Yah has recently acquired a \$10,000 grant through Northern Health. With the funding, the Youth Drop-In Centre has purchased all the required equipment, honorariums, and travel costs for knowledge keepers to join in on Back to the Land activities.



Seafood Chowder

The reason I chose this recipe is it is a staple in our Feast hall, Potlach or in Wet'suwet'en Bah'lats. It is also a recipe our mother Rita George cooked very well. We opened a restaurant called Toody-Nigh Grill and catering in Vancouver B.C. from 1989 through 1994. Toody – Nigh is a hill east of Telkwa B.C. where the Georges grew up off reserve. I grew up very traditional and participated in the Feast system. The clam chowder is very precious in our system and is considered one of the Chief's favourites. Served with bannock and topped with traditional seaweed.

Serves 6 to 8

Ingredients

8 cups	fish stock or water	1	medium carrot, diced
1/2 cup	bacon fat or butter	1/2	green bell pepper, seeded and diced
1	onion, diced	1/3 lb	fresh clams
1	rib celery, diced	1/3 lb	salmon, cubed
4	cloves garlic, crushed	1/3 lb	red snapper, cubed
1	bay leaf		Sea salt and freshly ground black pepper
1 cup	dry white wine	1/2 cup	whipping (35%) cream
1/2 cup	all-purpose flour	2 tbsp.	chopped fresh dill
1	large potato, diced	2 tbsp.	chopped fresh flat-leaf parsley leaves

Directions

1. In a large saucepan, bring stock to a boil.
2. Meanwhile, in a large heavy soup pot over medium-high heat, warm bacon fat. Add onion, celery, garlic, and bay leaf and sauté until onion is translucent, 3 to 4 minutes.
3. Add wine and cook, stirring to scrape up any browned bits from the bottom of the pan, until liquid is reduced by half, about 5 minutes.
4. Add flour and cook, stirring constantly, until a thick paste (a roux) forms, about 2 minutes.
5. Slowly add hot stock to roux, stirring well to prevent lumps. Lower the heat to medium and bring to a simmer for 10 minutes.
6. Add potato, carrot, and bell pepper; simmer until vegetables are tender, about 5 minutes.
7. Add clams, salmon, and red snapper. Reduce heat to low and cook until fish is cooked through and tender, about 10 minutes. Discard bay leaf and any clams that have not opened. Season with salt and pepper to taste.
8. Remove from heat and stir in just enough cream to turn chowder white.
9. Just before serving, stir in fresh herbs.

Picture credit to Jodi Pudge book "Goodness"

Program Highlight: Mobile Diabetes Telemedicine Clinic (MDTC)



MDTC Nurse Maricar MacRitchie and Diabetes Educator Michael Lizotte at the Saik'uz health fair

Diabetes is a common disease among Canadians that can be managed through proper care including diet, exercise, and medications. Sometimes it can go unnoticed or undetected with no symptoms, so it is important to be checked annually.

At CSFS we offer care to those living in remote or urban areas across Northern British Columbia through the Mobile Diabetes Telemedicine Clinic (MDTC). The MDTC is a travel clinic with a team of healthcare professionals who diagnose, treat, teach and empower those living with diabetes.

When to get tested?

Factors such as family history, ethnicity, muscle mass, history of gestational diabetes or being

overweight can contribute to developing diabetes. If you have one or more of these risk factors, it is a good idea to get tested. Symptoms of diabetes are often subtle and slow to progress, so early detection can lead to creating a plan to manage your diabetes, instead of ignoring it until the symptoms become worse.

What are the risks of diabetes?

Diabetes is a disease where your body is not able to make any insulin or cannot use insulin effectively. This leads to high blood sugar that can lead to many health problems, including blindness, heart attacks, strokes, kidney disease, and much more. Symptoms of high blood sugar include excessive thirst, frequent urination, unexpected weight changes, and fatigue.



Shawna Brooke Director of Community Nursing Services with Vivian Tom

November is Diabetes Awareness Month

- **Learn about diabetes:** Diabetes is not just about sugar. Diabetes affects one's physical and mental health. Diabetes affects those who might not know they have it. Diabetes affects your loved ones and community. Learning more about diabetes allows us to better help those living with diabetes.
- **Get screened:** Know your risk factors for diabetes and get screened at least once a year. Risk factors include: being overweight, physical inactivity, age, family history, gestational diabetes, and ethnicity. You can get screened by visiting your family doctor or contacting the Mobile Diabetes team.
- **Prevent diabetes:** We can all take action, no matter how small, in our everyday lives to minimize and/or prevent our risk for developing diabetes. This can include: learning a new recipe, go for walks, drinking more water, or cooking with your family.
- **Be a helping hand:** Diabetes can be overwhelming and stressful, as it affects one's daily life and is often difficult to manage. We can help those living with this disease in many ways including: offering to accompany them to medical appointments, providing emotional support, helping with blood sugar checks, and much more.



Maricar with MTDC client Steven Thomas

Reduce your risk

Increasing exercise, eating a healthy diet, going for walks, drinking water and losing weight if you are overweight or obese can lower your risk of prediabetes, type 2 diabetes, or gestational diabetes. These measures can also improve your overall health and wellness. We can all take action, no matter how small, in our everyday lives to minimize and/or prevent our risk for developing diabetes. The Mobile Diabetes Telemedicine Clinic understands how complex and difficult diabetes can be. They provide many services such as education, community clinics, and screening for people living in remote or urban areas. If you would like to get screened or know someone who would benefit from the MDTC, please contact them at diabetes@csfs.org or 250-562-3591 and ask to speak to a member of the Mobile Diabetes Clinic.

Calls for Justice Updates

Stories of Hope and Strength Social Media Campaign

The Hope and Strength social media campaign is running from October - December 2024. The campaign highlights stories of hope and strength from Indigenous women across the country, and urges people to consider how they can address the 231 Calls for Justice to end violence against Indigenous women, girls and 2SLGBTQ+ . The series consists of nine short films and photo stills launching over the next few months. Here are the first five films.



Unstoppable: Tracie Leost

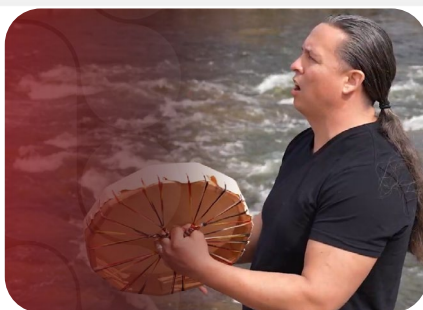
Director: Linda Nelson

Red River Métis leader, activist and athlete Tracie Léost shares what inspires her to raise her voice for future generations of Indigenous youth. Tracie embodies “you are strength” through the acknowledgement of our inner power to raise our voice, embrace our identity and to fight back against systems of oppression.

Spirit of Change: Cindy Blackstock

Director: Xenia Leblanc

Cindy Blackstock, Gitksan, advocate and First Nations Caring Society Executive Director shares how she embraced her voice and used it to stand up and speak out. Cindy embodies “you are worthy” in this vignette by highlighting the basic human rights and love that all First Nations children deserve now and for the future.



Guardians of the Lost: Johnny Ketlo

Writer/Director: Johnny Ketlo

Johnny Ketlo and family members of Nadleh Whut'en share stories of loss, love and their hope for justice and the future. They embody “you are valued” by honouring families and loved ones by highlighting the importance of each story and person who has been lost along the Highway of Tears.

Butterflies in Spirit: Lorelei Williams

Director: Kayla Ramona Mitchell

Palexelsiya Lorelei Williams, Skatin and Sts'ailes First Nations, advocate and founder of Butterflies in Spirit, shares her story of dance, community and connecting with ancestors for strength. She embodies “you are hope” through her work to create safe spaces for healing and connection to occur.





A Legacy of Strength: Kahsennenhawe Sky-Deer

Writer/Director: Anne Kmetyko

Kahsennenhawe Sky-Deer (she/her) is Kanien'kehá:ka, wolf clan and former Grand Chief of the Mohawk Council of Kahnawà:ke. She made history in 2021 as the first woman who also identifies as 2SLGBTQ+ to ever be elected to the position. In Legacy of Strength, Kahsennenhawe inspires "you are courage" through a conversation with Taiaiake Alfred on her journey, the land and how we can come together stronger with more love and respect.

Follow the Stories of Hope and Strength page to view the video series: www.facebook.com/storiesofhopeandstrength

If you have questions about the social media campaign, please email kspears@csfs.org or cshuvera@csfs.org.

Carrier Sekani Family Services Presents

2025 HOCKEY TOURNAMENT

SAVE THE DATE

**Feb 28,
Mar 1 & 2, 2025
Burns Lake, BC**

CARRIER SEKANI
FAMILY SERVICES

Photo Submissions



Photo By: Heather Bernadette



Photo By: Tamz West



Photo By: Norman Charlie



Photo By: Bonnie Wilsa



Photo By: Tanya Williams

Want to share your photos?

Send us your best photos, and we'll include a number of them right here in the next issue!
Submit your photos to David Sikobe at dsikobe@csfs.org.

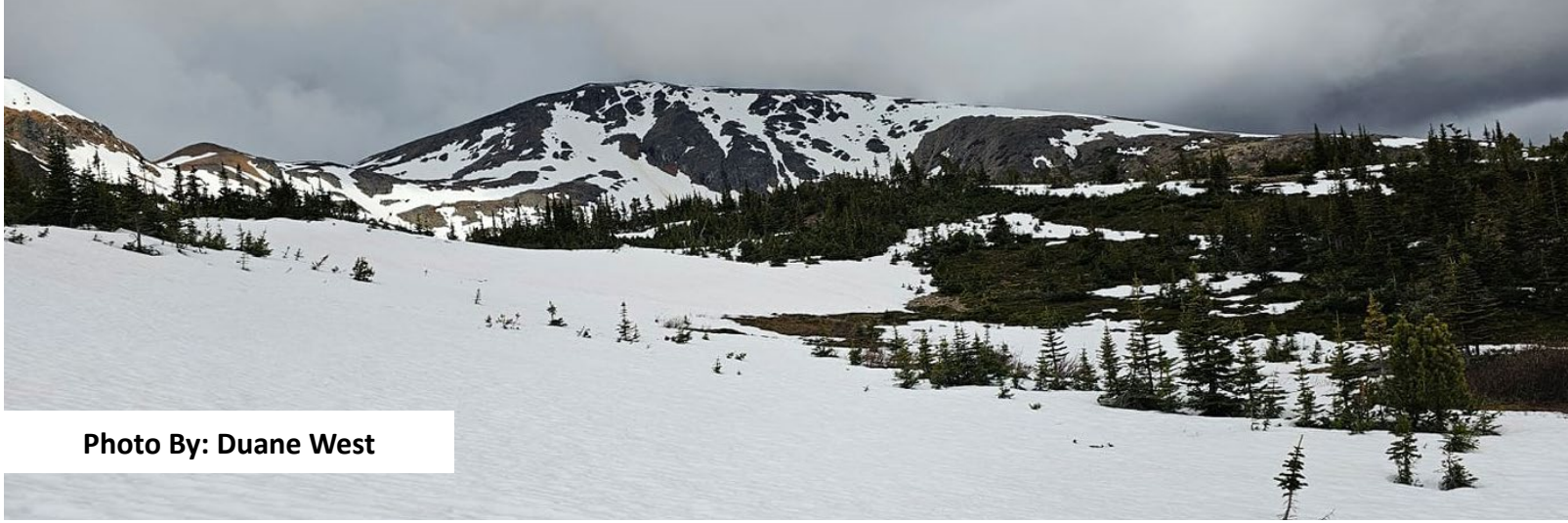


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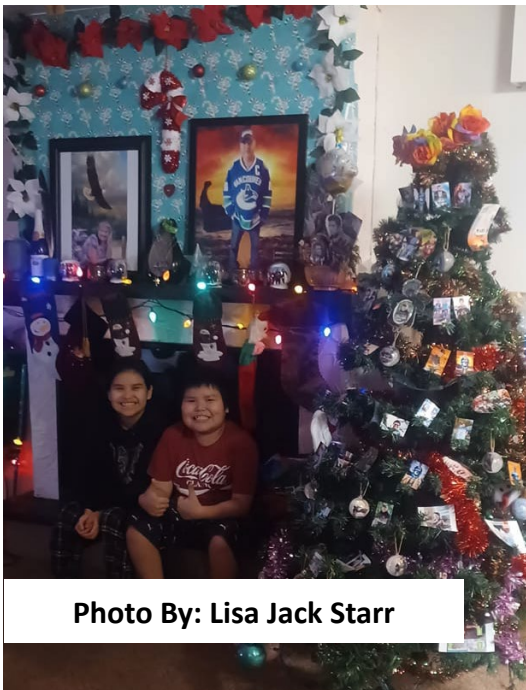


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