

GOOZIH DUST'LUS



Nov/Dec 2023

Culture on a Plate

Renowned Indigenous chef from Wet'suwet'en shares his life experiences, from being an international chef to bringing the spice of culture to his culinary creations.

Foundry Burns Lake Ground Breaking

PG Sobering Centre Mental Health and Addictions Care Facility Opens its Doors



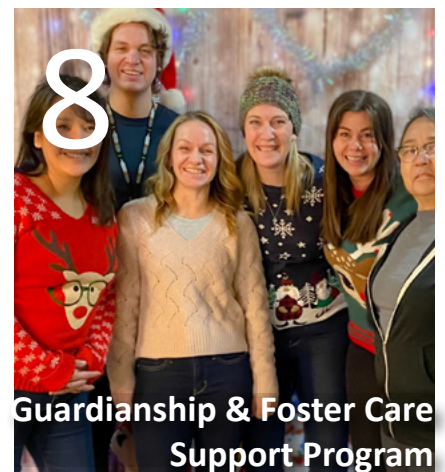
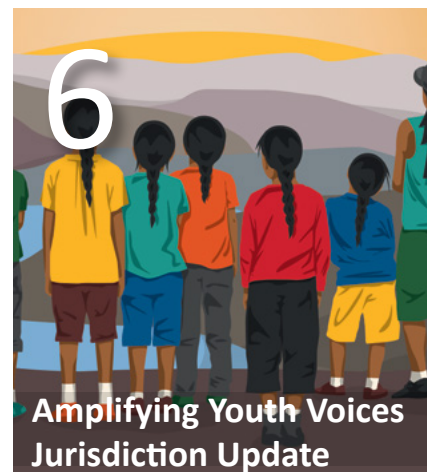
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A Message from our Board President

Chief Priscilla Mueller

Hadih and happy holidays!

The holiday season opens up opportunities to re-building strong relationships in our families and communities. In that same spirit, with gratitude I am happy to share and be a part of Carrier Sekani Family Services' 33-year journey, helping in the organization's continued efforts to build toward a brighter future for Indigenous families, children, and the Nations we serve. We appreciate everyone that has chosen to walk this path with us.

It is an honour to address you as the incoming Board President, appointed by acclamation, announced by CEO Warner Adam in our recently concluded 2022/23 Annual General Assembly (AGA) on October 27. Appointed with me as Vice President is Councillor Heather Nooski, Wet'suwet'en First Nation and Secretary Treasurer Jade Irwin, Skin Tyee First Nation. We are honoured by the added responsibility to serve as we continue to "Build History Together."

We celebrate and recognise the service of Chief Corrina Leween, who has been CSFS Board President for 20

years, and Nancy Williams, our Elder Representative, assuming different board positions. Their commitment to our shared culture and vision for health and wellness strengthens our organization. We honour you. On behalf of CSFS, mussi cho Chief Leween and Nancy Williams for your dedication, wisdom, and guidance. Snachailya.

At the AGA, Executive Directors reported on their program areas with our renewed plan that follows four organizational strategic priorities: Supporting Nation Re-Building, Culture is Our Foundation, Strengthening Organizational Capacity and Development, and Providing Innovative and High-Quality Services and Supports. This plan, developed in partnership with the Nations we serve, will be our focus through the next five to ten years. Each CSFS program area has reported on their progress and how they are achieving these goals, highlighted throughout our AGA report. You will be able to view the reports from our Executive Directors on the CSFS YouTube channel at a later date.

In the spirit of the holidays, I encourage you to prioritize self-care

and connect with loved ones. These moments are important to strengthen the bonds that make our communities unique. Let us approach this season with open hearts, acknowledging the challenges we have faced and celebrating the victories and steps we have made. Let us also be mindful and intentional to stay involved with members of our communities, promoting positive health and contributing to their overall well-being.

I extend my warmest wishes to you all for a season filled with safety, good health, and wellness. May the coming year bring renewed hope, prosperity, and opportunities for personal and communal growth. I look forward to the positive impact we will create together guided by the wisdom of our ancestors and the strength of our community spirit.

Wishing you all a joyous holiday season and a fulfilling year ahead.

Zundala Hunzu,

Chief Priscilla Mueller

Foundry Burns Lake Groundbreaking

October 6 marked the start of construction for the long-anticipated Foundry youth and wellness centre in Burns Lake, located at 686 McPhail Rd. Carrier Sekani Family Services (CSFS) and representatives from Foundry BC held a groundbreaking ceremony to start the project's construction in a good way.

The event, chaired by Travis Holyk, CSFS Executive Director of Health Services, started with a prayer, blessing, and a welcome to the territory from Chief Wesley Sam, Tsil' Kaz Koh, BL. Chief Corrina Leween, Cheslatta FN, (CSFS Board President), Chief Debbie West, Lake Babine Nation and Heather Nooski on behalf of Chief Maureen Ogen, Wet'suwet'en First Nation, other nation representatives, youth, partner organizations, and provincial representatives were also in attendance.

Engagement with the community and youth has been integral to the selection and layout of the facility. Community members, youth, and the school district were included from planning to design and services offered at the center. The centre is for the community, by the community echoed by CSFS Board President and Cheslatta Carrier Nation Chief Corrina Leween at the event. "We thank the local communities and First Nations for their leadership in providing the needed support and stability for this project and realizing the much-needed services."

Foundry Burns Lake has been tailored to provide culturally informed youth wellness resources to support each young person's healing journey.

"Young people are facing more pressures than ever before and need access to wrap around care, including



CSFS, Foundry and Nation Chiefs and representatives at the Foundry Burns Lake Ground breaking Event

primary care, social services, and mental health supports in order to thrive," said Jennifer Whiteside, Minister of Mental Health and Addictions. "Foundry Burns Lake will make it easier for more young people to get the help they need when they need it, where they need it."

"This is the beginning of a new chapter for youth in the Burns Lake community. It is a chapter of healing, where youth can feel like their needs are being seen and fully acknowledged," said Toni Carlton, Foundry's Provincial Director for Community, Culture and Connection. Foundry Burns Lake, will join a network of 16 Foundry centres that are currently operating across the province.

Foundry Burns Lake will include an integrated health and wellness centre, a CSFS Youth Services drop-in centre, and beautiful indoor and outdoor spaces for young people to gather, recreate, and connect with health and social service supports.

We thank the gracious donors who have supported CSFS Capital Services in the development of this crucial resource: Babine Forest Products, Burns Lake Community Forest Ltd., The Nechako-Kitimaat Development Fund, and the Bulkley Valley Credit Union.

Foundry Burns Lake is scheduled for completion in Winter 2024/2025. CSFS expects to welcome staff and clients for services shortly thereafter. CSFS is continuing to seek financial support to fund remaining costs of the project. Donations are welcome as CSFS and communities work to support youth health and wellness in Burns Lake and surrounding areas: www.csfs.org/donations

Culture on a Plate

Chef and hereditary Chief Andrew George from Wet'suwet'en, blazing the trail for Indigenous cooking in Canada.

Chef Andrew George Jr. is a chef and a hereditary chief who keeps blazing the trail for Indigenous cooking in British Columbia and across Canada. He is of Wet'suwet'en descent belonging to the Bear clan (Gitdumden) and Grizzly house (Cas yex).

Growing up off-reserve, his love for traditional cooking was inspired by how he was raised fishing, hunting and cooking on an open fire with his family. In 2022, SkilledTradesBC appointed Chef Andrew as the Director for Truth and Reconciliation to lead efforts in supporting greater Indigenous participation and success in skilled trades.

He develops Indigenous menus for restaurants and hotels internationally, and teaches cooking to Indigenous students. His first cookbook, *A Feast for All Seasons* was published in 2010; his second, *Modern Native Feasts*, was published in 2013.

What inspired you to become a chef?

My siblings and I were all taught how to cook by our parents, and we learned to do so on an open fire. So, that was my first contact with cooking. Ironically, when I was in high school, I wanted to become a Geologist. So, I took summer jobs with local mining companies collecting soil samples and so on. In my cohort no one knew how to cook, I ended up cooking breakfast, lunch and dinner all summer - every summer for a couple of years. People loved my cooking, and they convinced me to attend culinary school. That's how it all kind of started.

Can you walk us through your cooking journey?

In 1984, I was accepted into Vancouver Vocational Institute for cook training in institutional and camp cooking and finally the A la carte program. After my training in Vancouver, I became the head cook at the 1986 World Exposition on Transportation and Communication at 23 years old. I was also the first Indigenous person in BC to receive a red seal chef certification after completing my apprenticeship.

In 1992, five chefs including myself participated in the World Culinary Olympics held in Germany. Our team was known as the Native Canadian Haute Cuisine Team.

I owned my own restaurant 'Toody Ni Restaurant and Catering Company' in Telkwa, BC where I was born and raised.

Our menu specialized in Northwest coast style First Nations cuisine. Unfortunately, I had to close the restaurant and moved back to my mother's home town in Burns Lake. I was head chef at the 'Four Host First Nations pavilion' at the 2010 Winter Olympics, and I am currently the Director for Truth and Reconciliation at SkilledTradesBC.

I faced a lot of discrimination throughout my journey, but having a strong sense of self and appreciation for my culture definitely helped me immensely in navigating through those challenges.

After cooking for so many years, do you have a signature dish?

If we're getting fancy, it's probably the Juniper-rubbed roast duck. For Indigenous cuisines, it would be the Wild Salmon and Bannock burger that I am well known for. I recently did a really delicious braised Buffalo rib with a red pepper pesto and that came out really well.

What advice would you give to apprentices starting their career in the culinary world?

I would tell them to get ready for the massive opportunities in the industry. About 20,000 cook openings will be coming in the future due to the rising interest in Indigenous cuisines. Second, stay in school because school is cool! Continuous education opens the door for opportunities, and as we say in the trades, 'if the opportunity doesn't come along, let's build it'.



**Chef Andrew George, Hereditary Chief
Wet'suwet'en First Nation**

Grilled Salmon Skewers & Fresh Dill Sauce

Ingredients

- 1 1/2 lb (750g) wild Pacific salmon, bones and skin removed, cubed
- 2 tbsp pureed roasted garlic
- 2 tbsp chopped fresh dill
- 2 lemons, juiced and zested
- Cracked black pepper, to taste
- 2 tbsp canola oil
- 1/4 cup (60 ml) dill pesto
- 1/2 cup (125 ml) white wine
- 1 cup (250 ml) heavy cream (or whole milk)
- Salt, to taste
- Ground pepper, to taste

Directions

Oil broiler or barbecue and preheat to medium. Pre-soak small bamboo skewers in water

In a bowl, combine salmon with roasted garlic, dill, lemon juice and zest, pepper, and oil. Marinate for about 15 minutes

Spear 3 cubes of salmon onto each skewer.

Grill or broil for 2 minutes per side. Remove and set aside

In a medium frying pan on medium-low heat, bring dill pesto and wine to a simmer until reduced by half. Add cream and reduce by half again.

Drizzle dill sauce over skewers. Season with salt and pepper



Standing Together: Amplifying Youth Voices

Updates from our Jurisdiction department

A conversation with Tum Tum.C and Kash of the Youth Advisory Council

On May 30, 2023, Matriarchs who were gathered for the third Matriarch's Voices working group in Prince George invited youth to join their next session. This invitation called for youth to use their voices to help guide the development of new child and family legislation; to be leaders for the next generation of Carrier and Sekani children and youth. In preparation for their Matriarch's Voices debut, the Youth Advisory Council (YAC) led a discussion on themes for the next Matriarch's Voices and an image to be used as representation of youth's role in the jurisdiction journey.

Based in Prince George, the YAC is an empowering space for youth in care. Youth work together to build leadership skills, share and reflect on their experiences, and contribute to shaping youth services.

CSFS Jurisdiction and Youth Services approached the YAC with a series of character images to consider for the upcoming Matriarch's Voices. At the discussion table, youth shared that while they enjoyed the artistry of each image, there was something bothering them. In all the artwork, the characters stood alone.

"None of [the images] represented YAC or youth today. They didn't give the vibe that youth are in it together. All of the images were really lonely," YAC member Tum Tum.C shared.

This reflection spurred a new discussion: how do our youth see themselves? And what do they need to achieve their fullest potential? It did not take long for the YAC to centre the conversation around 'togetherness'. This theme was rooted in thoughts of community and

support, specifically youth supporting one another through the successes and challenges of life. As Tum Tum.C and Kash both shared, being there for one another is critical to growing up safely and being able to thrive. Moreover, this network of support strengthens youth as leaders who are on their way to being role models for the youth of tomorrow.

When asked about what youth need to lead happy and healthy lives, Tum Tum.C and Kash agreed connection to home is crucial for youth in care.

"They need connection with all their family on the reserve they were in before. More connection to their people, their friends," Kash shared.

"Getting back home. Cause when you are out there, you try to visit with family as well, and try to understand the culture," Tum Tum.C added.

In addition to spearheading the creation of new artwork, youth also provided ideas for the next Matriarch's Voices including opening the event with smudging, working on a beading project, and having fun interactive games for youth and Matriarchs to enjoy together. While the event has been postponed, the YAC remain excited to participate and, as Kash added, are looking forward to sharing presentations and ideas with the Matriarchs.

The transition of authority for child and family matters to member Nations involves everyone – Elders, Matriarchs, parents, youth, future generations – and everyone is in it together. With youth joining the next Matriarch's Voices session, new perspectives will be incorporated into the discussion and ultimately, into the future of child welfare laws for CSFS member Nations.



Artwork created in collaboration with the Youth Advisory Council



Dakelh Word Search

Nedut'en Dialect

Find and circle the words below.

M	T	F	A	M	I	L	K	W	I	T	G	G
O	S	E	I	K	H	R	O	T	H	E	H	R
D	Z	Z	I	Z	J	L	A	B	S	Y	E	A
Z	S	H	W	G	B	S	D	T	W	C	N	K
E	K	E	F	S	'	'	A	'	'	R	I	E
E	E	H	D	U	I	O	I	N	I	U	C	L
P	G	G	E	Z	T	Y	C	R	N	E	O	E
S	O	I	K	T	I	I	H	J	E	R	U	M
M	Y	E	N	Y	S	K	T	G	I	E	S	E
A	U	B	T	S	K	E	E	E	G	O	I	E
K	C	E	C	I	N	T	A	K	H	A	N	'
G	R	D	N	D	F	G	H	U	E	R	T	H

- B'it (Stomach)
- Cintak (Forehead)
- C'incis (Nose)
- Debeigh (Lips)
- Dzik (Ears)
- Dzee (Heart)
- Chen (Head)
- Ghu (Teeth)
- Kelemee' (Toes)
- Kwit (Knees)
- Neigh (Eyes)
- Seikh (Mouth)
- Ziz (Skin)

Program Highlight: Guardianship and Foster Care

The CSFS guardianship and foster care program share the common goal of supporting youth in care by ensuring that the social, emotional and cultural needs of youth are taken care of in a holistic way.

In Canada, 53.8% of children in foster care are Indigenous, but account for only 7.7% of the national child population according to Census 2021 (Statistics Canada).

The need for guardianship arises when children can't remain in the care of their parents and have no one to act as their legal guardian. The province then gives authority to approved Indigenous agencies like CSFS to provide custody for children and temporary care, including recruiting and approving foster homes.

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Guardianship Program

The guardianship program is a team of social workers who are the designated to act as the legal guardian for

children and youth between the ages of 0 – 19 years who are in the legal custody of the Director under the Child Family & Community Services Act. The core of guardianship work is focused on developing care plans with emphasis on advocating for their inherent right to connection with land, language, and culture.

Children and youth in care are amongst the most vulnerable members of society, and the guardianship program ensures children and youth in care have a circle of care surrounding them that includes caregivers, service providers, school staff, extended family, and community. Our program having lower caseloads compared to other child welfare programs means that CSFS guardianship social workers are able to provide a higher quality of service. This makes it easier to facilitate access to essential services and resources.

“Guardianship social workers are trained in trauma informed practice, and so all of our decision-making is

centered around a trauma informed lens, which I think is so important for the young people that we serve,” says Juanita Gull, CSFS Practice Manager.

CSFS workers are able to build relationships with youth by accompanying them to family visits, extra-curricular activities and to community. In addition, the program also provides financial support to young adults who were once in care to help them finish high school, attend college or university, or to take part in a life skills program. We support young people as they transition into adulthood and they maintain relationships with the social worker and program they are connected to.

In an effort to keep family ties strong, the program will be collaborating with the Resource Program who conducts out of care studies, so that children can live with extended family members rather than in foster homes.



CSFS Guardianship and Foster Care Staff

Foster Parent/ Resources Program

The Foster Parent program, or Resource Team, works directly with care providers and staffed homes to ensure that Indigenous children and youth in care get the care they need to thrive. Foster parents play a crucial and often transformative role in the lives of children who, for various reasons, cannot live with their parent or guardian.

The resource teams go into the family care homes or staffed homes at minimum every 90 days to make sure all parties are adapting well and to continue to provide educational support to caregivers. Ongoing training is provided to caregivers throughout the year on a variety of topics so they are able to meet the unique cultural, holistic well-being and developmental needs of Indigenous children and youth in

care.

For example, they are required to undergo the Nowh Guna' Carrier Competency training to ensure they develop cultural awareness to support Indigenous youths. Another program is 'Bringing Tradition Home' which focuses on Indigenous knowledge and values.

Currently there is a large need for more foster homes in order to ensure children can be placed close to their home community and family. An important aspect of the program is to recruit, advocate for and support caregivers. In cases where reunification with biological families is the goal, foster parents play a critical role in supporting this process.

Thank you to caregivers and out of care providers of Indigenous children for your dedication, compassion, and commitment to the well-being of

youth in care.

For more information about how to be a foster parent, or even provide short-term placements for children and youth in care, please reach out to:

Prince George Resources

Carly Baylis

201-1777 3rd Ave, Prince George, BC, V2L 3G7

Phone: 250.561.7016

Vanderhoof Resources

Michelle Blacker

240 West Stewart Street, Vanderhoof BC V0J 3A0

Phone: 250.567.2900

Burns Lake Resources

Cheyenne Murray

870 Hwy 16, Burns Lake, BC, V0J 1E0

Phone: 250.692.1800

CSFS Staff Honour National Day for Truth and Reconciliation

Orange Shirt Day holds an important significance as a day for truth and reconciliation in Canada and in CSFS. Every year on September 30, we commemorate the lives of Indigenous children who were subjected to the residential school system. We take this day to acknowledge and honour their resilience, and further educate ourselves on the history and ongoing impacts of colonization.

We wear orange shirts to display our support and as a reflection of our service and dedication to build respectful meaningful relationships with the people and the nations we serve.





CULTURE CORNER

Living Life with Integrity

By: Helen Michelle, Skin Tyee Nation

Integrity means we act in the best interest of others, acting in support of the collective good and consider the community and the organization in what we do. At CSFS we support, encourage and celebrate our coworkers. We celebrate and take pride in our service, how our work is making a positive impact in the communities we belong to and serve.

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Hear from Helen Michelle, Hereditary Chief Ludukes, Skin Tyee first nation living in Grassy Plains, south side of Burns Lake.

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Integrity means we act in the best interest of others, working together as a team, the more the merrier.

Growing up as a little girl, for as long as I could remember, we would hunt, fish, berry pick, and make medicines in our respective communities. Our way of life is to share with our families and with people close by. We all strive to work hard together and try hard in our workplaces too. We hold each other up, help one another, support one another, get along and learn from each other.

We also take the time to reward each other every now and then, appreciating the hard work that has been done. Performance is very important. If you work hard, you will succeed. As an individual you have to think ahead.

My grandpa always told us, "think ahead, you're going to get ahead and it'll get you places." They told us growing up, "when you get a job, do a really good job. If you work hard and get better and better, you will get a really good job."

To move you up, you have to earn it. You have to work your way up.

It is like that with CSFS staff, you have to work hard to succeed, serving people and meeting them at their level. It definitely helps get you to more places. I'm not only saying this out of experience, but being involved with CSFS since the beginning of time. I've been around the organization for a long time and retired as soon as I turned 65. I am 69 years now, and I still work hard, doing good things for people, always there willing to help in any way I can.

Always look to help and encourage one another. Work together as a family. That is what I always did, helping a lot of people. That's what you should strive to do. Work together as a team and you will all succeed.



Helen Michelle sharing at the CSFS All Staff Feast

Lake Babine Community Member Starts Practicum with CSFS



Kelly Tizya is a practicum student at Foundry Burns Lake applying what she learns in the classroom to help young people access peer support and wellness services. She belongs to the frog clan of Lake Babine Nation, and was raised in Burns Lake for most of her childhood and spent part of her teen years and young adulthood living in Vancouver to be with her paternal grandmother. She returned to Burns Lake when she was 27 years old to raise her family

Kelly has a diploma in Education and is pursuing another degree in Bachelor of Arts with a major in First Nations studies at the University of Northern BC. "What I'm loving about the First Nations studies program is the fact that it raises my awareness and broadens my perspective about our history. Being Indigenous, witnessing documentation in textbooks about the truths of my culture and history in an academic environment is so empowering," says Kelly.

Growing up Kelly was exposed to both rural and city life. When she was younger, she was raised in Burns Lake where her mother is from before moving to Vancouver where she lived with her paternal grandmother. "The difference between the city and rural life is clear. What I love about Burns Lake is the strong kinship, level of safety and the relationship the people have with nature. Vancouver has also its perks because there are lots of opportunities available. However, it was stressful to live that far away from family."

Foundry Burns Lake is hosted by Carrier Sekani Family Services, the foundry unites multiple partner organizations to address the health and wellness needs of young people aged 12 to 24 and their families who live in the Burns Lake area.

Kelly currently works in two departments in Foundry Burns Lake, shadowing the physical literacy aspect with Amy Merrit as the head, and Randi Mondor supporting Foundry's resources. The physical literacy program is designed to help encourage communities to start taking care of their physical health and finding innovative ways to use the land and its resources to help increase physical activity.

"The strength-based approach that Amy and her team uses is inspiring. The team spends time building relationships and earning the trust of community members - children, teenagers and even down to the elders. They develop a program based on the feedback collected and not what they think the community needs," explains Kelly. Using a strength-based approach to health and wellness is one of Carrier Sekani

Family Services strategic priorities to supporting member nations on their journey to self-sufficiency.

She supports both teams in diverse ways by helping with administrative duties, research and data analysis, and these hands-on experiences are essential in bridging the gap between classroom learning and practical application therefore reinforcing her understanding of concepts. "I participate in meetings and listen in on how to develop new programs, process of getting funding and how to set up the right teams. I was also involved with planning for the groundbreaking even though I didn't get to attend," explains Kelly. At the end of her practicum, Kelly hopes to seek exposure about CSFS Human Resources procedures ranging from cultural safety, organizational structure in the child and family research departments, and event planning.

Kelly is in her final year in her Bachelor's program, and after graduating her goal is to be admitted into the Masters of Education in Counselling program this fall and to continue to improve on her skills to help empower communities and allies. Mushi cho Kelly for your dedication to supporting Indigenous communities.

Photo Submissions



Photo By: Nathan Dennis



Photo By: Jocelyn Williams



Photo By: Tracey Joseph Williams (Carla Lewis Photography)

Want to show off 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 Jordan Cryderman at jcryderman@csfs.org.

PG Sobering Centre Opens its Doors

More people in Prince George and the surrounding area have access to a new sobering centre operated by Carrier Sekani Family Services in partnership with the Province of British Columbia. The centre is currently supporting clients overnight, from Thursday to Sunday at 1133 Second Ave.

"Carrier Sekani Family Services is happy to provide the services of the new Prince George Sobering Centre," said Travis Holyk, Executive Director of Health Services with Carrier Sekani Family Services. "We see this as a required part of the care continuum for vulnerable community members in Prince George."

The centre is a 10-bed facility that provides a safe space for people 18 and older who are intoxicated from

alcohol and/or other substances and unable to safely care for themselves. Various support services, such as referral to community resources, laundry facilities, snacks and a safe place to sleep, will gradually be added until the centre is able to support clients seven days a week, 24 hours a day.

"There is a vital need for people to have access to sobering and assessment services close to home," said Jennifer Whiteside, Minister of Mental Health and Addictions. "Together with our partners at Carrier Sekani and Northern Health, we're bringing these critical services to Prince George to save more lives and keep people safe."

People can refer themselves or they can be referred by a family member,

supportive care person, health-care providers, emergency services or other community partners. The Prince George Sobering Centre is a critical part of the Province's work to improve access to mental-health and addictions care so more people can get the services they need in their communities.

For referrals and inquiries, on the Sobering Centre, visit: www.csfs.org/services/sobering-centre

To learn about mental health and addictions support, visit: MentalHealthAndAddictionsCare.gov.bc.ca

To learn about mental health and addictions resources in Northern Health, visit: www.northernhealth.ca/services/mental-health-substance-use



CSFS Sobering Centre Staff



CARRIER SEKANI
FAMILY SERVICES