

GOOZIH DUST'LUS



CARRIER SEKANI
FAMILY SERVICES

July/Aug 2020

Mother in Need

Trina Nooski, mother of five, is in dire need of a kidney donation as she continues her battle with Chronic Kidney Disease

Help on the Way

CSFS moves forward on a new addictions and mental health centre, which will help address the ongoing Opioid Crisis

New LGBTQ2+ Website

A new website is coming that will serve the LGBTQ2+ community in an exciting new way

Photo by: Gina Isaac



“Summertime is always the best of what might be.”

- Charles Bowden

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An Update on the COVID-19 Pandemic

As COVID-19 rebounds and case numbers continue to reach new heights, Carrier Sekani Family Services (CSFS) would like to remind everyone to take the proper precautions in an effort to keep communities safe. British Columbia was successful earlier this year in ‘flattening the curve,’ allowing restrictions to be lifted. The numbers, though, are quickly rising, due in large part by people in their 20’s and 30’s, whom are engaging in social interactions that have allowed for close contact for longer periods of time. The good news, though, is that the number of hospitalizations remains low.

At its peak, 150 people in BC were hospitalized with COVID-19, with 70 of those in intensive care. Despite the rising infection rates, the average rate of hospitalizations are down significantly to

well under 20 percent through the months of July and August.

Schools are slated to reopen in September, and many sport groups are restarting under new protocol while the province remains in Phase Three of reopening. This means we need to continue to protect ourselves against COVID-19 now more than ever.

To ensure the safety of Elders and the most vulnerable, continue to wash your hands regularly, carry hand sanitizer, wear a mask when out in public, and practice physical distancing. Keep your social bubble small, and keep your distance. As always, if you get sick or show any symptoms related to COVID-19, stay home; call 811, get tested, and prepare to self-isolate. Every little bit helps as we head into Fall and Winter, a time that many experts expect a spike in infections.

At CSFS, we continue to follow all Provincial and Federal Public Health Guidelines. Many of our programs will continue to operate under strict protocols. To learn more, you can go to our webpage at www.CSFS.org, or contact your local program or service provider.

If you find yourself struggling and need mental health support, remember we are here for you. Seek help, and talk to someone. There are also 24-hour options to help in times of crisis:

Kuu-us Crisis Lines:
Adult: (250) 723-4050
Child/Youth: (250) 723-2040
Northern BC Crisis Lines:
(250) 563-1214
First Nation Crisis Lines:
1 (800) 588-8717
Youth Crisis Line: 1 (866) 661-3311
24-hour help line: 1 (800) 784-2433

Welcoming Rhoda Hallgren

CSFS would like to welcome the new Director of Community Health, Rhoda Hallgren.

Rhoda is from Lake Babine Nation, is part of the Bear Clan, and grew up in Burns Lake. Rhoda is coming from First Nations Health Authority (FNHA), where she was working as the Community Engagement Coordinator with eight of the CSFS Member Nations, so she is already familiar with many of the Nations we serve.

As Director of Community Health, Rhoda will be fulfilling a crucial role at CSFS. For those Nations that are under health transfer, Rhoda will collaborate with community leadership and government bodies to coordinate the development of community health with the primary goal

of ensuring the health and wellness needs of each community are met.

Rhoda is excited for the opportunity to establish a holistic approach to health and wellness in collaboration with funding bodies.

“The on-the-land funding and ability to connect with traditional healers, including the funding available to promote traditional practices in the Nations we serve is what I am pretty excited about. Since I am moving over from a funding body, I hope to be able to provide assistance to communities in moving their health programming forward in promoting health and wellness within a community-driven scope.”

During her spare time, Rhoda likes

to sit down with a good book by one of her favourite authors, Stephen King. Rhoda also enjoys books by King’s son, Joe Hill.

Rhoda is looking forward to meeting many from the Nations we serve. Look for her as she begins her work at CSFS!



LGBTQ2+ Website Launching Soon

Carrier Sekani Family Services (CSFS) is thrilled to announce that the Nanki Nezulne (Our Two Spirits) Adult LGBTQ2+ Health and Wellness Services program will be launching a new website for the LGBTQ2+ community in the near future.

This new program aims to provide holistic health and wellness support for adult members of the LGBTQ2+ community in the Nations we serve. The development and implementation of our practices are determined through partnerships and collaboration with Carrier and Sekani people.

them. We have named the program Nanki Nezulne (translated from Dakhelh to English meaning ‘Our Two Spirits’) to emphasize our utmost priority to incorporate Carrier and Sekani culture.”

This new website will be the landing



NANKI NEZULNE

LGBTQ2+ members, even after launch.

“Through partnership and collaboration with Carrier and Sekani people, we hope to continue to develop sustainable and valued resources that community members find beneficial.

We hope our website is a catalyst for LGBTQ2+ events, celebrations, educational sessions etc. in each of the Nations we serve. We hope our website becomes a centralized resource of LGBTQ2+ services and information for the Carrier and Sekani people.”

The website is expected to be live sometime this Fall, so look

From the onset, Brittany Clark-Wakefield, Mental Health Clinician and Adult LGBTQ2+ Program Developer, said the project has been utilizing a “Two-Eyed Seeing Approach,” which seeks to combine Indigenous and Western philosophies and knowledge.

“We have sought out Carrier and Sekani Knowledge Holders and Elders to assist us with first-hand knowledge and experience of cultural and traditional practices to incorporate within our programs, activities, events, celebrations, and therapeutic practices.”

As the program continues to grow, Clark-Wakefield says this emphasis on Carrier and Sekani culture will continue.

“We hope Carrier and Sekani people can continue to provide us with insight of their cultural beliefs about the LGBTQ2+ community, and services they wish to have accessible to

page for the Nanki Nezulne program, and will serve as a safe space for LGBTQ2+ members. CSFS supports an inclusive and accepting environment to visit and find information about programs and services that CSFS offers, as well as other resources to assist members of the LGBTQ2+ community.

Clark-Wakefield says that the program’s resources “will primarily be facilitated online to ensure the privacy and accessibility for all clients and community members.”

The website will also be home to announcements regarding the Nanki Nezulne program, including LGBTQ2+ specific events, activities, and celebrations. The website will include a blog, a resource page, a way to book an appointment, and even a live chat with a counsellor.

Clark-Wakefield says that the program will continue to develop the website to better support its

for further updates as we get closer to bringing this new resource to the LGBTQ2+ community.

Spirit Bear Animated Film Coming Soon

Carrier Sekani youth have collaborated on the theme song for an upcoming Spirit Bear animated film.

The theme song was first written by the youth in collaboration with the First Nations Caring Society over Zoom. The six youth then came to Prince George to record the song, which will be featured in the film. Cindy Blackstock and Mary Teegee have also voiced characters in the film.

Look for the film to be screened at the Prince George Drive-In Theatre on October 3rd!



Mother In Need

Trina Nooski, mother of five, is in desperate need of a kidney. Who will be her hero?

A mother of five is fighting for her life as she battles Chronic Kidney Disease, and will continue to undergo treatment. But now she urgently needs your help – she needs a new kidney.

Trina Nooski was diagnosed with Stage 4 kidney disease in 2015, and has been battling it ever since with medication and doctor appointment after doctor appointment. However, in 2019, things changed for Trina and her family – she was pregnant.

Trina was advised to not keep the baby because of her health concerns, as taking the baby to term would add extra strain to her already weakening body. Over time, she would eventually have to be put on dialysis, further putting her own life at risk.

Despite her health challenges, miraculously Trina survived the pregnancy and Easton Nooski was born on September 28, 2019. He was premature, but expected to lead a happy, healthy life. Trina's case was so extraordinary, medical students were brought to her room regularly to ask questions.

Nine months later, Trina now has five children to care for, and her kidney disease has progressed. She now requires three dialysis appointments a week to manage her health, all while

trying to raise her five children. Each appointment takes five hours, precious time she needs with her family. While dialysis is keeping her alive, it isn't a solution. What Trina needs is a new kidney, and soon, as her condition continues to worsen.

Trina's mother, Alberta Charlie, is active on social media asking for

"She wants to see them grow up, see them graduate. Her kids need her, they need their mom."

help, hoping someone, somewhere will be able to donate a kidney. Despite her efforts, she has not been successful but that will not stop her. She does it because she knows just how important Trina is to her family.

"She wants to see them grow up, see them graduate. Her kids need her, they need their mom."

Finding a donor will not be easy. It requires to first find people who are willing to donate, and then get tested to see if they are a match. Alberta hopes that at least one person will step forward for her daughter.

"Please give Trina a chance at life. We can live with one kidney. Her two are barely surviving."

To help spread awareness, Trina's

mother has set up a Facebook page called "Kidney ForTrina," which has helped tremendously in spreading the word on social media. Trina's story has been picked up by media and aired on television, only helping to spread the word even further.

Trina says that since media picked up her story, the support has been great.

"I'm getting tons of messages from people I don't even know... asking how to proceed with becoming a donor. I'm in awe for how many people are coming up to me through the kindness of their own hearts... it's overwhelming, but a good overwhelming."

Many people have been getting tested to determine if they are an eligible donor. However, there has been no further progress, and Trina's condition continues to decline.

If you would like to learn more about the process of becoming a living donor and determining if you are a match, you can visit www.transplant.bc.ca/health-info/organ-donation/living-donation.



CSFS Moves Forward with New Addictions and Mental Health Treatment Centre

The new centre will be crucial in addressing the Opioid Crisis in BC.

Carrier Sekani Family Services (CSFS) is one step closer to providing year-round residential addictions treatment.

Although details are pending, CSFS is closer to finding a home for its proposed treatment centre which, tentatively, would be located within Saik'uz territory. Right now, work is

underway with the Province of BC to re-zone land to ensure the project can come to fruition. Nevertheless, CSFS has other options for the location of the treatment centre.

The project has been a long time coming for those seeking help with addiction. Since 1993, CSFS has offered cultural healing to the Na-

tions we serve. For the last 27 years, an addiction recovery program has helped change lives from the shores of Ormond Lake using an "on the land" cultural healing philosophy. This new treatment centre will build upon the decades of this work.

The need for mental health and addictions treatment in Northern

BC is even more pronounced than ever. Statistics Canada reports suicide rates among Indigenous people are twice the national average, and Alberta and BC hospital records show Indigenous people, particularly men, are admitted more frequently than other residents. Furthermore, according to the BC Centre of Disease Control (BCCDC), recent reports from the Northern Health authority showed the highest rate of overdose deaths in BC.

The vision for the proposed treatment centre is one that would include a detox unit, residential treatment, and even extended care housing. The planned co-ed facility would include at least ten detox beds while providing housing for more than 35 residents at a time. Most importantly, it will provide a one-of-a-kind service in collaboration with the Nations we serve. It is a facility that Chief Corinna Leween, President of CSFS says has been a long time coming.

"We no longer have to rely on sending members outside our ter-

ritory and can get the help they need right in our back yard and within the confines of our cultural practices for healing our people."

CSFS has hired an architectural firm to assist with the vision, planning, and construction. It will be designed in a way to promote Carrier culture and a "culture as healing" philosophy, building on the core values of CSFS as a whole and the relationships it has with the Nations we serve. When completed, services will not only be provided at the centre, but across Member communities in conjunction with the centre.

CSFS has worked very hard in advocating for the treatment centre. CEO Warner Adam says that many of our Elders, who now have passed on to the spirit world, identified the need for a treatment centre over 25 years ago.

"Their dreams will become a reality and I ask that they guide in the development and operations for the centre so that it will provide good medicine to our people."

The opening of the proposed treatment centre itself is to be determined.

Amidst the COVID-19 pandemic, the impact of the Opioid Crisis in BC has been devastating.

From January 2020 to May, overdose rates amongst Indigenous peoples in BC increased by 93 percent compared to the same time period in 2019. A possible cause for this increase could be a direct result of the disruption of services during COVID-19. There is a strong possibility for people to feel isolated and lonely during this time.

CSFS was able to reopen the Ormond Lake facility once BC entered Phase 3 of reopening the province.

With this new facility that is planned to open in the Saik'uz area, CSFS will be able to extend its addictions services that much further to help combat the Opioid Crisis.



PROGRAM HIGHLIGHT

YOUTH SERVICES

“

The staff are excited to start programming in the centre. I am so proud and happy... the centre looks great and will serve... at-risk youth and young adults for a very long time.

”



Despite the COVID-19 pandemic, Youth Services has continued to adapt to ensure services are maintained, and even expanded upon to bring youth and young adults new and exciting innovations.

While adhering to social distancing requirements and occupancy restrictions, the Vanderhoof Youth Centre has been able to re-engage with youth this summer. The staff have been able to continue to serve the community with

food hampers, as well as with emotional and mental support.

The Vanderhoof centre is also working on expanding its services. A Jr. Walk Tall program is currently in development, and will be running in the near future with groups running two nights a week. The centre is also in the process of hiring more staff with the goal of being open on Saturdays.

On the horizon is an exciting milestone for the Vanderhoof Youth

Centre: its one-year anniversary. October 1st marks the first year in operation for the Vanderhoof Youth Centre in its new location. Look for more on this milestone as we draw closer to the date.

Exciting things are happening for the Prince George Youth Centre too. Coming soon is a brand-new location that will be able to serve at-risk youth and young adults with a wide variety of activities and programs.

The staff have been motivated in building a centre that will be fun, engaging, but also educational for the youth and young adults that access it. It will be a place to come hang out, play some games, watch movies, and other fun activities, but it will also be a place to learn, such as learning how to cook.

Flint Keil, Youth Services Manager, says that seeing the centre come together has been “encouraging and exhilarating.”

“The staff are excited to start programming in the centre. I am so proud and happy with the amazing work that Rivey Renovations has done for us. The centre looks great and will serve a population of at-risk youth and young adults for a very long time.”

Look for more news about the new PG Youth Centre as we draw nearer to the grand opening!

Guest Writer: Self-Care Day is Everyday

By Brian Clyne

Although self-care sounds familiar and self-explanatory, International Self-Care Day is a reminder to discuss what self-care really means, how it improves your everyday life, and how you can practice self-care each day.

Self-care should be practiced all the time; at home, at work, with friends, etc. July 24th is International Self-Care Day, but in reality, every day is Self-Care Day.

Who should be doing self-care then? YOU! However, there are many misconceptions about who should be doing self-care.

Common misconceptions about self-care:

It is only for people with problems: Nope! Anyone can and should do it. We see self-care in our lives every day, such as getting a coffee when we feel like it.

It is a sign of weakness: Not true. Practicing self-care is a great way to better yourself. Focusing on your health early and frequently can keep you going for a long while and allow you to be stronger while doing so.

To do self-care, you have to earn it: Everyone should practice self-care. Self-care can be as simple as being aware of your feelings and working to find balance. It can also help you to be more successful in your life, such as practicing better hygiene like brushing your teeth more often so you don't have cavities and can eat treats to reward yourself with (on occasion, eating too many sweets is another story).

Self-care is optional: Why would

you want to make it an option to take care of yourself? Self-care is part of that maintenance for your motor; it runs better when you take care of it.

Self-care is selfish: There are many things you can do with self-care that can help others, such as volunteering, supporting, or even just talking with others. It is also okay to do self-care by yourself. Remember the first rule of first aid: "you have to look after yourself before looking after others." Self-care is something that helps you, so you can help others.

Self-care can take place wherever you want, but sometimes doing things in the right spot helps. Choose your favourite places based on your own preferences and experiences.

Self-care is one of the many ways to keep healthy, but it can also help to keep your family, and your community healthy. Through supporting yourself to better your own health, you can, in turn, help all those around you.

There are many ways you can practice self-care, and they are completely up to you! There are thousands of ways to practice self-care, however they all centre around some common themes.

Common self-care methods:

Eat healthy: Eat more veggies and fruit and back away from the sugar.

Get enough sleep: Try to plan going to bed earlier to get more sleep if needed. It might take a couple of days to get used to your new routine.

Be proactive about your health: Have you been to the health clinic, dentist, or doctor recently? Have

you noticed any changes or issues? These are all things that you should routinely be getting checked out!

Avoid unnecessary risks: We all take risks in our lives, but sometimes we can better manage those risks. Stressed at work? Maybe put away the cigarette and go for a five minute walk instead.

Physical activity: This is a prescription to go have fun! Go play some games like baseball, or go exploring. Physical activity doesn't need to be a chore, and if it is, change it up!

Self-awareness: Understand what you are feeling and how to manage your emotions. Being aware of yourself and how you feel is important for self-care because it helps you find solutions to your issues and make you happier and healthier.

Take a moment and think about what you can do to include some self-care into your life, and not just once, but every day!



Brian Clyne, Men's Wellness Coordinator

Community Dish

Every Goozih issue, we feature a recipe from a community member.

Soapberry Ice Cream

By Lori Gauthier



Ingredients

1/2 Cup (125ml) fresh Soapberries, washed
1-3 Tbsp Water
Sugar to taste
Vanilla extract to taste

Directions

1. Harvest the soapberries, and wash with clean water, then dry.
2. In a saucepan, simmer the soapberries for 30 minutes on low heat.
3. Remove the berries from heat and let cool.
4. Transfer the berries into an oil-free mixing bowl, and whip with a whisk, hand mixer, or stand mixer. Add water, and continue to mix until the berries become foamy, similar to meringue.
5. Add sugar and vanilla extract to taste.
6. Continue whipping until mixture is foamy to your satisfaction.
7. Chill in freezer until ready to eat.

You can follow along with Lori as she demonstrates this recipe on our virtual Community Kitchen program on Facebook. We showcase many recipes that you can make right at home, so be sure to check it out!

Have a recipe to share with us? Your family recipe could be featured in the next issue of the Goozih!

Send recipes to Jordan Cryderman at jcryderman@csfs.org.

Photo Submissions

Photo By: Bonnie Dennis



Photo By: Sara Tibbetts-West



Photo By: Tamara Joan Ketlo

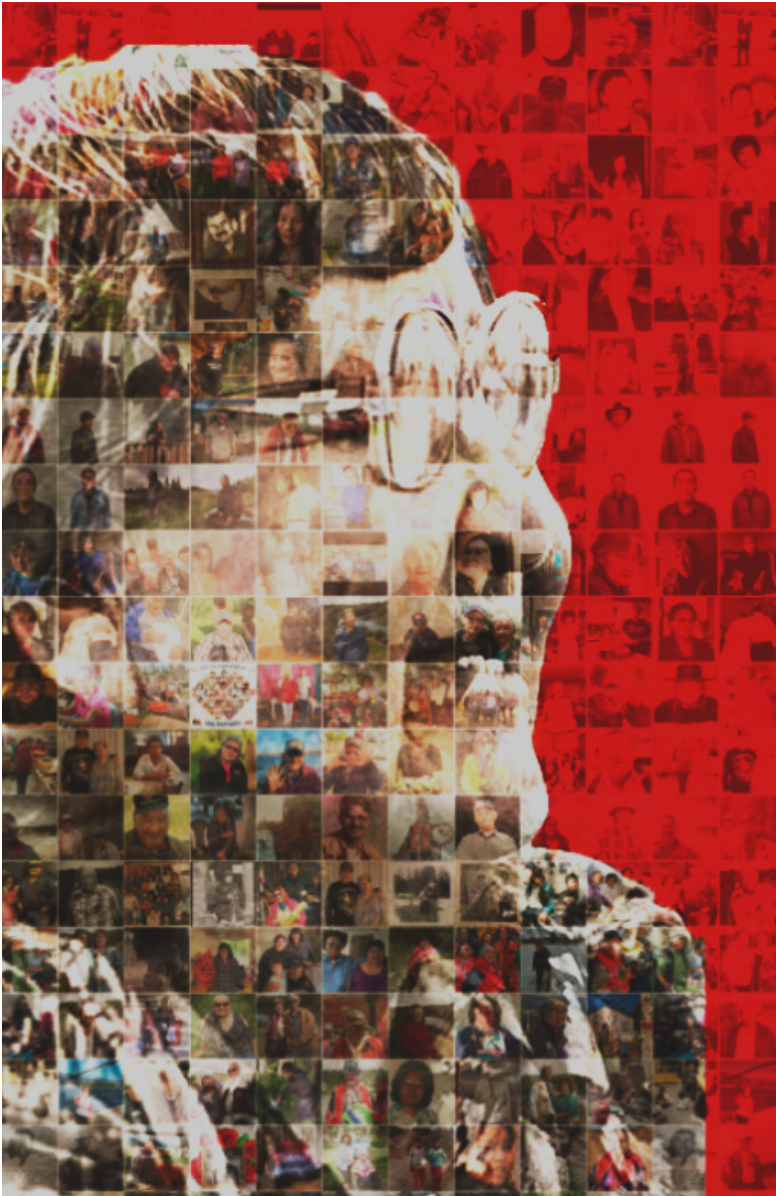


Want to show off your photos?

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.

Save The Date: AGA Going Virtual

To celebrate our 30th anniversary, CSFS will be hosting a virtual Annual General Assembly on September 23, 2020. Look for more information as we get closer to the day!




PLEASE JOIN US VIRTUALLY

ANNUAL GENERAL ASSEMBLY


September 23, 2020

ANNOUNCING
KEYNOTE SPEAKER

Senator Murray Sinclair



#CSFS30Years



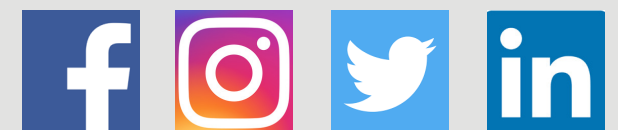
CARRIER SEKANI
FAMILY SERVICES
Creating wellness together.

Have stories or news you would like to share with us?

Email your submission to our Digital Writer, Jordan Cryderman: jcryderman@csfs.org

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