

# GOOZIH DUST'LUS



CARRIER SEKANI  
FAMILY SERVICES

Mar/Apr 2020

## Welcoming a New Generation

Nadleh Whut'en welcomed babies and toddlers with a traditional ceremony

## Coming Full Circle

Damien Ketlo delighted to play hockey with friends and family once again

## Elder Wisdom

Rita George shares her experiences using parts of a beaver to grant strengths to children

Photo by: Jordan Cryderman



“When a flower doesn’t bloom,  
you fix the environment in  
which it grows, not the flower.”

-Marie the OT: Occupational Therapy Resource Blog

Photo by Cynthia Williams

# CONTENTS

## News

- 2

**CSFS Addresses COVID-19**  
CSFS has adapted in many ways to continue providing for the Nations we serve
- 2

**The Trickster Raven, or COVID-19?**  
Sarah Hein thinks the Raven may have taken a new form
- 3

**Culture is Healing**  
The Safe House in Burns Lake is now open
- 13

**Recognizing Our Own**  
CSFS gives thanks to Cathy Scott and Dr. Travis Holyk for their work at the 2020 Winter Wellness Hockey Tournament

## Features

- 10

**Guest Writer**  
Dr. Christina Dobson: Managing Stress During COVID-19
- 11

**Recipe**  
Deer Roast by Liz-Patricia Austin
- 12

**Photo Submissions**  
Share your photos right here



Writer / Editor / Designer: Jordan Cryderman  
Editorial Director: Marlaena Mann  
Managing Editor: Robert Doane



# How CSFS is Addressing the COVID-19 Pandemic

In light of the ongoing COVID-19 pandemic, Carrier Sekani Family Services has had to adjust its program delivery in an effort to practice physical distancing to protect our clients and employees.

Many of our services have adapted their delivery to function without physical contact. This includes telephone or internet methods (such as video conferencing). For example, family services are organizing video calls between families.

CSFS is engaging with the Nations we serve in unique ways via social media. Recently, we hosted a Facebook live stream with Dr. Christina Dobson, where she answered your questions about staying mentally well during the COVID-19 pandemic. We have also been curating Virtual Storytime, an ongoing video series

where we read childrens' stories and share them on Facebook. We finished a Protect Our Elders campaign, a video series of influencers, such as Grace Dove and Damien Ketlo, urging the youth to practice physical distancing to protect our Elders. Community Kitchen is also being done virtually, where volunteers cook on camera and share the recipe with the viewers.

At the onset of the COVID-19 pandemic, CSFS formed an Emergency Response Committee to help monitor the ongoing situation, and to adapt to any developments in the pandemic. The committee continues to meet virtually through Zoom to plan preventative measures in collaboration with provincial health officials.

On our Facebook page, CSFS provides daily updates on confirmed cases in BC. We also summarize

the prime minister's daily updates in point form for easy readability.

Warner Adam, CEO, assures all those we serve that the organization is doing its best to support everyone.

"CSFS takes the health and safety of its staff and community members seriously, and it is our priority to ensure we can provide guidance to all of you in the weeks and months ahead."

With the uncertainty surrounding this crisis, Warner knows we'll get through this together.

"One of the greatest strengths of our people is our care and compassion for one another in times of need. I would also like to extend my gratitude to all of the health care professionals working hard in our communities during these challenging times."

# The Trickster Raven, or COVID-19?

The Raven is a prominent figure in many myths and legends. Sarah Hein of Stellat'en First Nation, and former CSFS employee of 18 years, says that many different cultures across Canada have a legend about the Raven, and is often portrayed as a trickster.

There are many meanings that can be associated with the Raven. It could mean news is on the way, whether good or bad, or a raven may visit you if you're feeling loss or sorrow. Some say it could even be a bad-omen. The Raven is a trickster and can transform into whatever it wants to be. He can change his appearance and his behaviour to what he wants to be.

Sarah believes that the Raven may have shown itself in a new form.

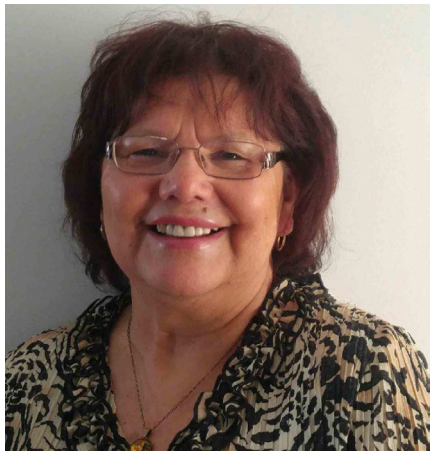
"In my own mind, we have a new trickster added to our legend: the Coronavirus."

Just like the ill-omen that Ravens can bring, Sarah says we need to be careful during these times of the COVID-19 pandemic.

"We have to be really cautious, the trickster can go either way, it can choose many paths... we have to pay attention."

We recently spoke to Sarah Hein over the phone while her and her husband self-isolate to keep safe during this time. She says they are doing anything they can to stay healthy while stuck at home, including eating a healthy diet.

"We try to avoid starchy products, it's gonna make our bums bigger. Big padded bums after this isolation period is over. We gotta be careful about that!"



Sarah Hein

# "Culture Is Healing": Safe House Opens for Families in Crisis



After years of hard work and dedication, the 'Dzee Ba'Yugh' Heart House Safe Home, in partnership with Lake Babine Nation, proudly opened its doors to help families in need. As of March 1, 2020, Indigenous women and children in Northern BC who are affected by family violence can access these services.

The Safe House is located within the urban limits of Burns Lake, and strategically situated at the center of the Highway 16 corridor, or more notoriously known as the Highway of Tears.

The goal is to provide culturally-specific services that many say are sorely lacking in the region. The location is also in close proximity to basic services and amenities, such as the hospital and schools.

Corrina Leween, CSFS Board of Director Chief, said during the planning phase of the Safe House that "it is important for us to provide safe spaces for our most vulnerable citizens."

Leween said that "supports will be made available for the empowerment

of women, along with a plan to create a wellness strategy for the family and Nation. Our objective is to provide a roadmap for individuals escaping family violence to rebuild their lives."

The Safe House offers culturally-appropriate services with a holistic wellness approach. Services will blend evidence-based practices with traditional healing.

Cindy Adam, Safe House Supervisor, says that practicing traditions and culture at the Safe House will help the healing that takes place at the facility.

"Being able to have people access traditional healing methods, access their culture and traditions, those are all forms of healing. Access to elders and knowledge holders is going to be extremely empowering. Culture is healing."

Security is a top priority at the Safe House to ensure safety for all of its guests. The house is surrounded with fences, a secured gate entrance, and video cameras around the perimeter. The house address

and phone number will remain unlisted to remain inconspicuous. All staff will be trained to uphold security measures and protocols.

To access the Safe House, there is a referral procedure, which you can find more about at any of our CSFS offices.

If you have any more questions, feel free to email the Safe House inbox at [dzeeda'yugh@csfs.org](mailto:dzeeda'yugh@csfs.org), which is monitored daily.

## Know someone who has shown extraordinary dedication to their community?

A new reoccurring segment is coming to the Goozih that showcases individuals who exhibit selflessness and commitment to bettering their community.

If you would like to recommend somebody for this segment, please email Jordan Cryderman at [jcryderman@csfs.org](mailto:jcryderman@csfs.org).





# Coming Full Circle

**Damien Ketlo Delighted to Play Hockey with Friends and Family Once Again**

Playing sports has many benefits for your body, but there are also a number of ways sports can help with overall wellness. The 2020 CSFS Winter Wellness Hockey Tournament helped emphasize health awareness, while also serving as a unique platform to host a community health fair.

There have been numerous studies that observe the connection between sport participation and positive mental health. One such study concluded that although sport participation may not actually prevent mental health problems, there is a connection between sport participation and social belonging, which is proven to prevent poor mental health (Jewett et al., 2014, 2).

Other studies have shown that people who exercise more regularly are less prone to developing depression, anxiety, anger, and stress, as well as increasing mental resiliency (Oddie et al., 2014).

The CSFS Winter Wellness Hockey Tournament is aimed at encouraging positive mental health for men and raising awareness for the importance of exercise. And it's also about fun. However, it's important to recognize where stresses and mental strain can occur – which can even come from playing hockey. Hockey goaltenders are under

their own spotlight, one that can be full of praise and glory when a goalie is on top of their game. On the other hand, that spotlight can be scrutinizing if a bad goal is let in or the team loses the game.

**Damien Ketlo** from the Nadleh Whut'en First Nation is all too familiar with the hardships of the position. But Kelto also knows of the mental benefits of playing a team sport.

"Imagine having a consistent mental and physical outlet almost every day. Go to the rink with all the boys, let off some steam, and call

*"Anytime there was stress in my life, I got to go to the rink."*

it a day. Anytime there was stress in my life, I got to go to the rink."

Ketlo played in the WHL after being drafted by the Regina Pats. Later in his career, he played university hockey at the University of Lethbridge before playing overseas for the Sydney Ice Dogs in Australia's top ice hockey league.

Being away from home for such a large part of his life, Kelto says that even being homesick helped his mental well-being.

"Being away from home for more

than 10 years was definitely hard in regards to my mental health but it was also beneficial. There were times when I felt low, times when I was missing home but I got through it because hockey, even though it was ironic that hockey took me away from home. This in turn gave me a discipline of the mind to get through things when they were tough and to see goals through."

Ketlo was part of the winning team in the 2020 CSFS Winter Wellness Hockey Tournament, but it was returning to his roots that had him excited. "It's everything coming full circle.

I moved away at 15. You go from playing hockey with the locals, your family, and friends and all of a sudden you are across Canada playing with and against strangers. You miss the days of going to the outdoor rink with your cousins and playing hockey just for the love of the game and for hours at a time. This tourney brings that back..."

Damien contributed to our #ProtectOurElders campaign, an initiative to raise awareness around the severity of COVID-19, and how much it affects our Elders, which you can see at our YouTube page!





## Nadleh Welcomes a New Generation

**I**n this stressful and uncertain time, it is important to recognize that life goes on. And that's exactly what many saw as a new generation was welcomed to the Nadleh community. To many, it is the revival of an age-old practice, one that the children of Nadleh are now growing up with.

Before the COVID-19 pandemic outbreak, 20 babies were embraced by the community as part of the Baby Welcoming ceremony in Nadleh Whut'en. Any child born in the past year was honoured – from newborns

to babies now taking their first steps.

Karen George, Community Health Representative at the Nadleh Health Clinic, says that it is important to familiarize the new-born babies and the community.

"We believe babies are our future generation, and it takes a community to raise a child, and I believe our community is very strong in that way. We will support and do everything we can for our children. ... As a community, we are all parents for that child."

Amber George and her daughter, Gracie Elizabeth Sam, met the babies who Gracie will grow up with.

"It's exciting just to know we're going to be watching them grow up along with our babies ... It's comforting ... If I'm not there, I'll always know someone else is there [for my children]."

As each child entered the large gymnasium, Elder Roy Nooski performed a smudge. Everyone gathered around spruce boughs at the centre of the gym in their respective

clans, where each clan leader welcomed the babies and pledged to care for them. Each baby was then gifted a hand-stitched star blanket. Each blanket was hand-stitched by members of the child's own family – grandmothers, aunts and cousins.

Each baby was then bestowed with the strengths and characteristics of an animal, depending on their clan. Nooski says that the beaver tail, when touched across a child's palm grants the child with a hard work ethic.

"Beaver tail, when they slap their hand they can be a hard worker. They can build house, but they'll be shy in public, but they'll be one of the best."

An integral part of welcoming the babies to the community is to introduce them to the Elders at a young age. George says

that learning from birth is key.

"The words that the Elders share with these babies, they understand it. They learn from birth ... When an Elder speaks to a child, it's beautiful to see the reaction on both the child and the Elder's face because they're getting the love and connection through each other."

Mary Teegee, Executive Director of Child and Family Services at CSFS, says it is important for CSFS to continue to provide financial support for events like these, not just for the child but for the well-being of the community.

"We find that many times when we have potlatches or feasts, we recognize and celebrate death, but many times we forget to celebrate life. So the welcoming babies ceremony was

our way of saying 'let's revitalize that, that used to happen a long time ago.'"

Teegee says each nation does the Welcoming Babies ceremony in their own way, and it's really exciting to see how each does it differently.

"Due to the impacts of colonization, the impacts of Residential School, our culture has been weakened, not lost but weakened, and this is a really important way to revitalize and celebrate who we are as Indigenous people. We are still here, we're not going anywhere, and just by welcoming our babies is another way to solidify who we are as Indigenous people, and celebrate our Clan and celebrate who we are."

BesuretocheckoutourYouTubechannel to see a video from this ceremony.



# R I T A E L D E R G E O R G E W I S D O M

“

*'We will always remember what we had done ' in life. The children that forgot about the beaver paws, they said that they'll be forever forgetful.*

”



Rita George says she has had numerous experiences using parts of beaver, both as a child and as a parent.

“When we were little kids, our ancestors gave us beaver paws and they told us to put it in the oven, and go play outside. They tell us not to time it, but whoever remembers the beaver paws that’s in the oven – whoever comes in to take the beaver paws out – the term for that was ‘we will always remember what we

had done’ in life. The children that forgot about the beaver paws, they said that ‘they’ll be forever forgetful!’”

In 2003, CSFS and UNBC collaborated on a research project focused on traditional food and medicine. From the research, a curriculum titled Aboriginal Health Philosophy was created. A number of the research participants noted the use of animals in traditional medicine, including Emma Baker and Bernie Ketlo.

Emma Baker of Stellat’en said that a beaver is considered a hard worker, the fox is cunning, and the bear is strong. Empowering a child with parts of a beaver can provide them with some of many characteristics of the beaver, including a hard work ethic. For some, using parts of the beaver can bestow great strength, while others say you can transfer great swimming ability from a beaver.

Bernie Ketlo of Stellat’en said that by patting a child on the back with a beaver tail, the child

will become strong later in life.

The paws of the beaver can also be used to empower a child with a multitude of strengths. If you rub a child’s hands with a beaver paw, they will grow up to be artistic. Others say that if you want your kids to have busy hands all day, you can also rub their hands with the beaver paws.

Rita George still remembers this lesson to this day, and has passed on a similar tradition onto her own children.

“We turn them on our lap upside down and heat up the beaver tail and tap them through their body, then we touch them with the beaver paws. I’ve done that with every one of my children, and they became really good swimmer(s). They (can) automatically dive underwater and come up at another spot – that’s what the beaver tail does.”

Be sure to check out our video with Rita on our YouTube channel!



# Guest Writer: Stress Management During the COVID-19 Pandemic

By Dr. Christina Dobson and Jordan Cryderman

Our world has entered a new and ever-changing situation with the outbreak of COVID-19. This can certainly cause an increase in stress in some people as we worry about what the future holds. Physical distancing can feel like our sense of community is uprooted, but it does not have to mean social isolation.

So how do you combat worry, practice physical isolation while staying socially connected, and maintain feeling emotionally healthy?

Stress is a normal part of our everyday world. Good stress is motivating. It is the kind of stress that makes you get out of bed in the morning to get things done like get the kids to school or yourself to work.

Stress ranges from good stress to distress. Excessive worry can lead to distress. The problem with our brains is that it can't tell the difference between what we should worry about, or "real worry" (getting food in our homes), and "hypothetical worry" (what might happen if the pandemic becomes worse). Excessive stress will have a negative impact on our whole being. As we move through this situation, it will be helpful for you to determine if you are experiencing excessive hypothetical worry. If you are spending a lot of time talking and thinking about the worst-case scenario (hypothetical worry) you should try to reduce this for the good of your mental health.

It seems like every news article is about COVID-19 and depressing facts and statistics associated with the virus. And while, yes, it is important to stay informed, too much information can be over-

whelming. Finding times to disconnect is important in maintaining a healthy mental state, as getting too absorbed in news and social media can have negative effects.

**Tip** – Once per day, educate yourself on the facts of the situation through a reliable source (i.e. national and provincial health sites) but limit seeking further information from a variety of sources.

Recognizing what we can control and reducing worrying about what we can't control goes a long way in supporting our mental health. This psychological need to control is what has contributed to the hoarding of toilet paper and other products, many of which are in fact counterproductive to the management of this situation.

**Tip** – Focus on what you can control and be mindful of panic controlling. Wash your hands, practice physical distancing, plan for having enough supplies in the house to make minimal outings.

Although staying home all day may not feel like your regular routine, trying to maintain your regular schedule will help with a sense of normality. Humans like routine! Living a healthy lifestyle can also help with your mental wellbeing. Make sure to prioritize sleep, healthy eating (eat your greens), avoid alcohol, and be sure to move around regularly. Thankfully in today's world, we have social media, texting, emailing, and things like FaceTime, Zoom, Skype, or any other video call apps you may use. Use this extra time you have to connect with those you may not be able to see in person, such as Elders.

Think of ways to "get together" without being in the same place; Face-time a friend over coffee or have a drum group play along over Zoom.

With extra time at home, take a break and ease your mind. Watch that movie you've put off for so long, or play that video game that's burning a hole in your backlog, or read that daunting book series that you all of a sudden have time for. Meditating is another great way to give your mind a break, which you can do on your own, or there's numerous apps available that you can try on your smartphone or tablet.

It is vital for the health of yourself, your family and your community that we all practice these healthy coping mechanisms for our mental wellbeing. Caring for ourselves will allow us to care for others more, and our community will be stronger on the other side of this COVID-19 crisis.



Dr. Christina Dobson, Senior Advisor Health & Wellness Program

## Community Dish

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

### Deer Roast

By Liz-Patricia Austin



#### Ingredients

**Deer meat** (not too big for the pot!)  
**1 1-2 Cup** beef broth  
**2-3 tbsp** red wine vinegar  
**1 tbsp** soy sauce  
**2 tsp** worchestershire sauce  
**1 tbsp** Italian seasoning  
**2 tsp** thyme  
**1 tsp** pepper  
**1 tsp** salt  
**2 tbsp** olive oil  
Dash of sugar  
Garlic powder to taste  
Any vegetables to your liking

#### Directions

1. In a slow cooker or instant pot, combine all ingredients.
2. Add deer meat and any vegetables to mix.
3. For slow cooker, cook for 5 hours.
4. For instant pot, cook for 1 hour.

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](mailto:jcryderman@csfs.org).



# Photo Submissions

Photo By Antoinette Charlie



Fort Babine

Photo By Willie Bertacco



**Want to show off your photos?**  
Send us your best photos, and we'll include our favourites right here in the next issue!  
Submit your photos to Jordan Cryderman at [jcryderman@csfs.org](mailto:jcryderman@csfs.org).

# Recognizing Our Own

Mussi to Cathy Scott and Dr. Travis Holyk for organizing the fantastic 2020 Winter Wellness Hockey Tournament. They truly went above and beyond. Travis helped as a referee during the tournament, and

Cathy organized matches, helped scorekeep, and perhaps the most important job - keeping the Cup shiny which would be awarded to the Black Team as the champion.



## CSFS Welcomes Dr. James Liu

Dr. James Liu has been visiting our communities since 2016. He has taken a year off to attend training in emergency medicine and now will be working in the Burns Lake area.

He started his journey towards medicine after spending 10 years working and volunteering with humanitarian organizations. He is particularly interested in learning about how medicine could be used to help address root causes of sickness for all people.

Dr. James will travel monthly to Southside, Burns Lake, Wet'suwet'en and Woyenne health centers. He will also be available for Telehealth appointments.



Amanda Geortz, Family Preservation

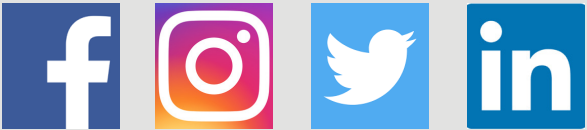
CSFS' Amanda Geortz, Family Preservation Worker, has earned her diploma in Social Work from the College of New Caledonia. Congratulations!

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

Email your submission to our Digital Writer, Jordan Cryderman: [jcryderman@csfs.org](mailto:jcryderman@csfs.org)

## Contact Us

Carrier Sekani Family Services  
987 - 4th Ave  
Prince George, BC V2L 3H7  
T: (250) 562-3591  
General Email Inquiries: [Communications@csfs.org](mailto:Communications@csfs.org)





#CSFS30Years



CARRIER SEKANI  
FAMILY SERVICES  
Creating Wellness Together.

Photo by: Sylvester Joseph