

# **Nedusneke-ne BuK'oh Nuts'oodilh**

## **"Following the Path of Our Ancestors"**

**Fall 2020**



## **Nezul Be Hunuyeh**

### **Child & Family Services Society**

**Photo by: Daniel Stanyer**



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“Hoonust'i' whusainya”

# September 2020

**September 22– First day of Fall**

**September 30– Orange Shirt Day**

## World Suicide Prevention Day

September 10

Every year there are approximately 4000 deaths by suicide in Canada. Working together to prevent suicide is a message from communities everywhere coming together to recognize the impact of suicide and to strive to prevent it.

The hopelessness and despair that lead to thoughts of suicide can feel very isolating. A small act of kindness, or reaching out to check in on a person who might be in crisis can make all the difference.

When someone is struggling....

- ⇒ check in with them regularly; see how they are doing
- ⇒ Listen supportively to what they have to say
- ⇒ Remember that you don't have to have all the answers
- ⇒ Know and introduce the resources of their area, if they need additional support
- ⇒ Be prepared to assist them in finding information, but don't take over as that reinforces their sense of helplessness.

Resources are available to you and your community. Search the CASP Directory at [www.suicideprevention.ca/need-help](http://www.suicideprevention.ca/need-help)

**FORT ST. JAMES OFFICE:**  
PO Box 1180 700 Stuart  
Drive West Fort St.  
James, BC V0J-1P0  
Phone: 250.996.6806  
Toll Free:  
1.866.996.0015 Fax:  
250.996.6977

**PRINCE GEORGE OFFICE:**  
1444—9th Avenue Prince  
George, BC V2L-5N9  
Phone: 250.561.0790 Toll  
Free: 1.855.562.0790  
Fax: 250.561.1590

**WEBSITE:**  
[www.nezulbehunuyeh.ca](http://www.nezulbehunuyeh.ca)

**Facebook Page:** For more  
information on Events &  
Programs "Nezul Be  
Hunuyeh Child & Family  
Services"



# PARENTING THROUGH STRONG EMOTIONS



- ✓ Are your child/youth's emotions out of control, too intense, sensitive, or explosive?
- ✓ Do you struggle with behavioural problems at home or school?
- ✓ Perhaps you'd just like to know more about supporting your child/youth with their strong emotions?

*Then you will benefit from our Parenting Through Strong Emotions 4-part series for parents & caregivers! You do not have to be a client of Intersect to attend, any caregiver in the community is welcome.*

*Due to Covid-19, we are currently offering this group virtually through Zoom - No registration required.*

**WHEN?** Wednesdays from 6:00-7:30 pm

**How?** Go to our Intersect webpage – programs/groups tab

or click here <http://www.intersect.bc.ca/groups.php> for the zoom link

<b>Session #1</b> (MUST ATTEND PRIOR TO OTHER SESSIONS) <b>What's Going on with my Kid?</b>	<b>September</b> <b>9</b>	<b>October</b> <b>7</b>	<b>November</b> <b>4</b>
<b>Session #2</b> <b>What is emotion coaching?</b>	<b>September</b> <b>16</b>	<b>October</b> <b>14</b>	<b>November</b> <b>18</b>
<b>Session #3</b> <b>What's getting in our way?</b>	<b>September</b> <b>23</b>	<b>October</b> <b>21</b>	<b>November</b> <b>25</b>
<b>Session #4</b> <b>What about behavior?</b>	<b>September</b> <b>30</b>	<b>October</b> <b>28</b>	<b>December</b> <b>2</b>

Closed Nov 11th



Phone for more information: 250-562-6639, email [info@intersect.bc.ca](mailto:info@intersect.bc.ca) or check our website at [www.intersect.bc.ca](http://www.intersect.bc.ca)

Are you a talented young artist with a passion for your community? Contact us for information on an



## Ti Dulk'un Yoh Land Based Healing Treatment Program

**Nak'azdli Health Center is now taking applications for TWO families per intake to participate in Ti Dulk'un Yoh Land Based Healing Treatment Program**

**Intakes October 5-8 & October 19-23**

**For more information, or to apply for the Family Healing program please contact Nak'azdli health Center or email [landbasedhealing@nakazdli.ca](mailto:landbasedhealing@nakazdli.ca)**

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*"Put love into what you do, because it passes on the positive energy."*  
-Carla Howell

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Strong communities are the foundation of individual wellness. Each person in the community has strengths, skills and knowledge that are valued. With diversity of skills and knowledge we can work together to promote a thriving community.

We are seeking nominations that highlight one individual community member to honor their strengths or knowledge.

Please send the name and reason(s) this person should be recognized to:

Email: [kstrongboag@nbh.ca](mailto:kstrongboag@nbh.ca)

### Ingredients:

- ♦ 2 chicken breasts
- ♦ 1 medium onion, diced
- ♦ 3 carrot, diced
- ♦ 3 celery stalks, diced
- ♦ 3/4 cup frozen peas
- ♦ Chicken broth

# Terry's Table

For more recipes visit <https://www.facebook.com/>



## Chicken Pot Pie

### Instructions

1. Put your chicken breasts in a pot with chicken stock covering them. Bring to a boil, turn the heat down and cook for 20-25 mins. Let cool and cut up into chunks. Save the chicken stock. If you are using left over chicken, just cut up into small pieces.
2. While the chicken is cooking, wash and cut up for carrots and celery. Cut up your onion. Set these aside.
3. Once the chicken has cooled and is cut up, put it back in the pot on med-high heat.
4. Add your onion, carrots, and celery. Stir well.
5. Bring to a boil then turn the heat down and let simmer for about 15 minutes.
6. Put 1/2 cup flour in a cup and add water, mix until it is thick with no lumps.
7. Add chicken and veggies, stirring constantly. This should thicken the mixture, like a stew. Taste and add spices if needed. Add chicken OXO for more flavor if needed.
8. Add your peas and mix in.
9. Put in a 13 x 9 x 2 pan and cover with biscuit dough.
10. Cook at 400 for 30 minutes. Biscuit topping should be brown and chicken mixture should be bubbly.



*"Budget friendly home cooked meals you can whip up in less then an hour."*

*- Terry Eastman*

Hello from Terry's Table!

I am Terry Eastman, I work in the NBH Prince George office as the Social Work assistant. I have been the unofficial cook and bannock maker here for many years! I inherited my love of cooking and baking from my mom, Betsy.

Due to the pandemic, we started doing videos teaching healthy, budget friendly home cooked meals.



The videos were enjoyed by many who watched and participated, and you can view the videos



## Why is Orange Shirt Day Important?

Orange Shirt Day September 30th was coined Orange Shirt Day in recognition of the harm done from the Residential school system to children's sense of self-esteem and wellbeing, and as an affirmation of our commitment to ensure that everyone around us matters.



Orange Shirt Day originated in Williams Lake, BC., as the legacy of St. Joseph Mission (SJM) Residential School (1891-1981). Esketemc (Alkali Lake) Chief Fred Robbins, a residential school survivor, envisioned this day every year that would commemorate the residential school experience, and honor the healing journeys of survivors and their families.

Phyllis (Jack) Webstad, a Residential School Survivor, spoke to her experience on the first day of residential school when her shiny, new orange shirt, bought by her grandmother was taken away from her as a six year old girl. This experience was similar to many children's, and became the slogan for this now widely honored event.



For more information on Orange Shirt day, and this amazing organization visit:

<https://www.orangeshirtday.org/>

# WORKING AS ALLIES KEEPING OUR CHILDREN IN THEIR COMMUNITY

Are you ready to open your home to our children and youth as a Family Care Home?

- |  |     |
|--|-----|
| 1. I have enough room in my home for an additional child(ren)/youth .                                | T/F |
| 2. I am ready to have a safety inspection of my home done.   | T/F |
| 3. I am in good physical, emotional and mental health.   | T/F |
| 4. I have never had a valid case with an agency due to abuse or neglect.                             | T/F |
| 5. I am single, married, divorced or widowed (all situations can apply!)                             | T/F |
| 6. I care about the wellbeing, safety and healthy development of children and youth in my Community. | T/F |
| 7. I am ready to begin the home study process now.   | T/F |

If you answered "TRUE" to all of the statements, you are ready to begin the process of becoming a resource Parent!

For more information please contact:

Ashley Burt

Resource Worker

Phone: 250-561-5191

aburt@nbh.ca

Katie Strong-Boag

Resources and Recruitment

Phone: 250-561-5191

kstrongboag@nbh.ca

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## *Children need you!*

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### Nezul Be Hunuyeh

The name Nezul Be Hunuyeh was chosen after much deliberation by Elders. According to the Elders, the name means "Bonding with the Spirit" in Dakelh language. It acknowledges the bonding process in the child-caregiver relationship. It also reminds us that caring for, and maintaining these relationships is a sacred responsibility

for the Nezul Be Hunuyeh team.

Being a caregiver gives you an opportunity to create a positive difference in the life of a child. It can be the small things that make it all worth it— like the smile of a child . All children deserve to have a supportive, and nurturing family.

### About Becoming A Caregiver:

Nezul Be Hunuyeh is looking for individuals, couples, or families that are ready to make a positive difference in the life of a child. We strive to find caring, compassionate homes within our communities. With your help we can support our neighbors, friends and children of Nak'azdli Whut'en, Binche Whut'en, and Tl'azt'en Nation.

If you are interested in becoming a caregiver and would like more information, please contact us today!



*How can we work together to keep children in  
community?*

# Kin Caregiver

**Kinship care** is when primary care of a child/youth is provided by an out-of-home relative. Traditionally when there was a challenge within a family unit, extended family members helped or took over the care of the children. One of Nezul Be Hunuyehs goals is to work towards Kinship care, keep children connected and comfortable within their families, and minimize the amount of change or uncertainty that can come with coming into care. We are honoured to work with, and support Kin Caregivers in our community!

If you are ready to support children in your family and community, please contact the Nezul Be Hunuyeh Office or:



**Ashley Burt**  
Resource Worker  
Phone: 250-561-5191  
[aburt@nbh.ca](mailto:aburt@nbh.ca)



**Katie Strong-Boag**  
Resources and Recruitment  
Phone: 250-561-5191  
[kstrongboag@nbh.ca](mailto:kstrongboag@nbh.ca)

# OCTOBER IS FOSTER PARENT APPRECIATION



October is Foster Parent Appreciation Month in British Columbia, an opportunity to recognize and celebrate the contributions of those individuals who open their hearts and their homes to children in need. It is my privilege to introduce Celena Bylycia, one of the many amazing people who for the past 25 years has been providing care for children from Tache, Nak'azdli and Saikuz.

As I pulled up to her home on a sunny fall day, I was greeted by Celena and a young man who was there helping her with fall clean up. I was surprised and delighted to reacquaint myself with a former child in care who is now a young man. Despite "aging out

" several years ago it is evident that he still considers Celena's place as "home" and is a regular visitor. I discovered during the course of our conversation that the young people who have lived in Celena's home over the past 25 years

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*"You don't need a degree, you just need love and patience."*  
- Celena Bylycia

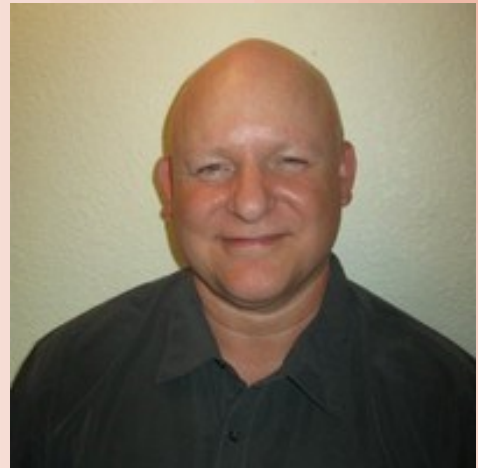
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When asked what inspired her to begin her journey as a foster parent, Celena explained that after raising her own family, she still had lots of room in her heart and now also her home for more children. She has never looked back. Celena has been one of those people who understands the need for children to know who they are and where they come from. She didn't need a detailed cultural safety agreement to outline expectations for ensuring the children in her home maintained connections with their family culture and community. Rather, she took advantage of every opportunity to visit community, to attend family gatherings, cultural events, and visits with family members. She has built real relationships with the children's families. Over the years Celena has hosted many birthday celebrations, grad celebrations and other special occasions at her home where the extended family is welcomed and encouraged to attend. Christmas has always been a special time at Celena's where she continues to host Christmas Dinner for all those who have called her place home.

Celena's message for those who are considering fostering "You don't need a degree, you just need love and patience. The rewards " an opportunity to make a difference in the life of a child, to support them in making good choices and in reaching their full potential." Although Celena has officially retired from fostering it is clear she will never

# October 2020

Peter Hopwood M.A.,R.C.C.



Foster Parent Appreciation Month

National Fire Safety Week                      October 4-10

Mental Illness Awareness Week              October 6-12

Healthcare Aide Day                              October 25

Halloween    October 31

Women Talking Circle Thursdays 7-9:00pm @ Fireweed

**Mental Health & Addictions  
Clinician  
Cell: 250-640-4510**

Peter Hopwood has been a practicing Mental Health Counsellor since graduating with his Master's Degree in Psychology in 2010. Over the past ten years, Peter has worked with children and youth, families and adult individuals in the Prince George/Vanderhoof/ Fort St. James region. For the past six years, he has lived and worked exclusively in the Fort St. James area. The vast majority of experience gained working with First Nations Members and in First Nations communities.

Currently Peter works for Northern Health as a member of the Mobile Support Team working in the Tl'azt'en, Binche and Nak'azdli communities. His services include Mental Health and Addictions Counselling as well as providing help navigating Federal and Provincial Government bureaucracies.

If anyone wants to go into a Substance Use treatment facility, Peter is available, in community, to assist in providing the five or six counselling sessions often required before entering Treatment. In addition, Peter has training in SMART Recovery facilitation and is currently facilitating one group in Fort St. James. He plans to provide more SMART Recovery meetings depending on community interest.





# Welcome to the NBH Team!

We are pleased to announce that Melanie Lansall has joined the NBH



## Melanie Lansall

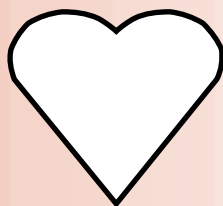
Melanie will provide mental services and emotional support to the children and youth in our care. Melanie previously worked with children at Nakal Bun school as well as surrounding communities. Melanie will be at the office in Fort St James one day a week and can provide services in Prince George as well. Melanie can also work with families to provide support with parenting and other emotional wellness needs. Melanie is from the Tsay Keh Dene Nation and is passionate about the communities and people she works with. Melanie has her MSW, RSW, is a clinical hypnosis therapist as well as trauma counselling and trained in EMDR.

Melanie's services can also be accessed via telephone or in person sessions.

## COVID-19

We are living in unprecedented times. Amidst the uncertainty, one thing we can rely on is the power of shared experiences, and the strength of our community. We are all in this together!

What are you doing for your emotional, mental, spiritual physical health thorough the pandemic?



# How is the Nezul Be Hunuyeh team keeping ourselves, and communities safe?

Nezul Be Hunuyeh Child and Family Services Occupational Health and Safety COVID-19 Response  
Revised June 25th, 2020

*“Each contact you make, is a contact you share with the next people you meet”*

## The following precautions have been put in place:

- Hand sanitizer will always be located at the front door
- Bleach solutions, cloths and/or sanitizing wipes will be available at various locations throughout each location
- A glass shield has been installed at Reception
- Signage placed outside front door reminding anyone they are not to come in the building if feeling unwell
- Markers and signage have been displayed to indicate physical distancing and direction of traffic inside
- Family Visiting room in both locations will be unavailable for use until further notice

Any staff or community members feeling unwell are not to come to the office, or phone the office for direction.

## Entering Offices:

- Everyone must sanitize and/or wash hands
- Use handwashing procedures as posted throughout the offices
- Staff to sign in/out at the posted location using pen provided; pen to be placed in used bin

- Conjunctivitis (eye infection)
- Headache
- Loss of taste or smell

- A rash on skin or discoloration on fingers or toes
- Difficulty breathing or shortness of breath

Symptoms of COVID-19 may include but are not limited to:

- Fever

## WE ARE HIRING!

Full-time Early Years Assistant  
Tache Tsibalyan T'o

We are offering an exciting opportunity to become part of a passionate, dedicated and skilled team. Under the supervision of the Support Services Manager, the Early Years Coordinator to provide caregiver education and support at the Tsibalyan T'o Program in Tache.

### Key Responsibilities:

- Assist in program development, planning and implementation
- Build supportive relationships with program participants
- Transport of participants as needed
- Grocery shop and food preparation
- Documentation
- Collaboration with NBH team

### Successful applicant with demonstrate:

- Ability to build helping relationships with participants
- Work within the NBH team, and independently
- Proficient computer abilities
- Strong written and interpersonal communication skills
- Knowledge of Dakelh Culture

# TSIBALYAN T'O

(Eagles Nest)

Parenting in a positive way, and building healthy bonds with our children can be impacted by our emotional/physical/mental/spiritual wellness.

Parents feel a bond with their children in different ways. Some parents feel an overwhelming attachment at birth, and others can take days, months, or longer.

We need to bond and build relationships for our holistic health. When we are feeling emotionally/spiritually/physically and mentally well, we build bonds and healthy attachments. When we are feeling out of balance, we can struggle to meet the needs of children..



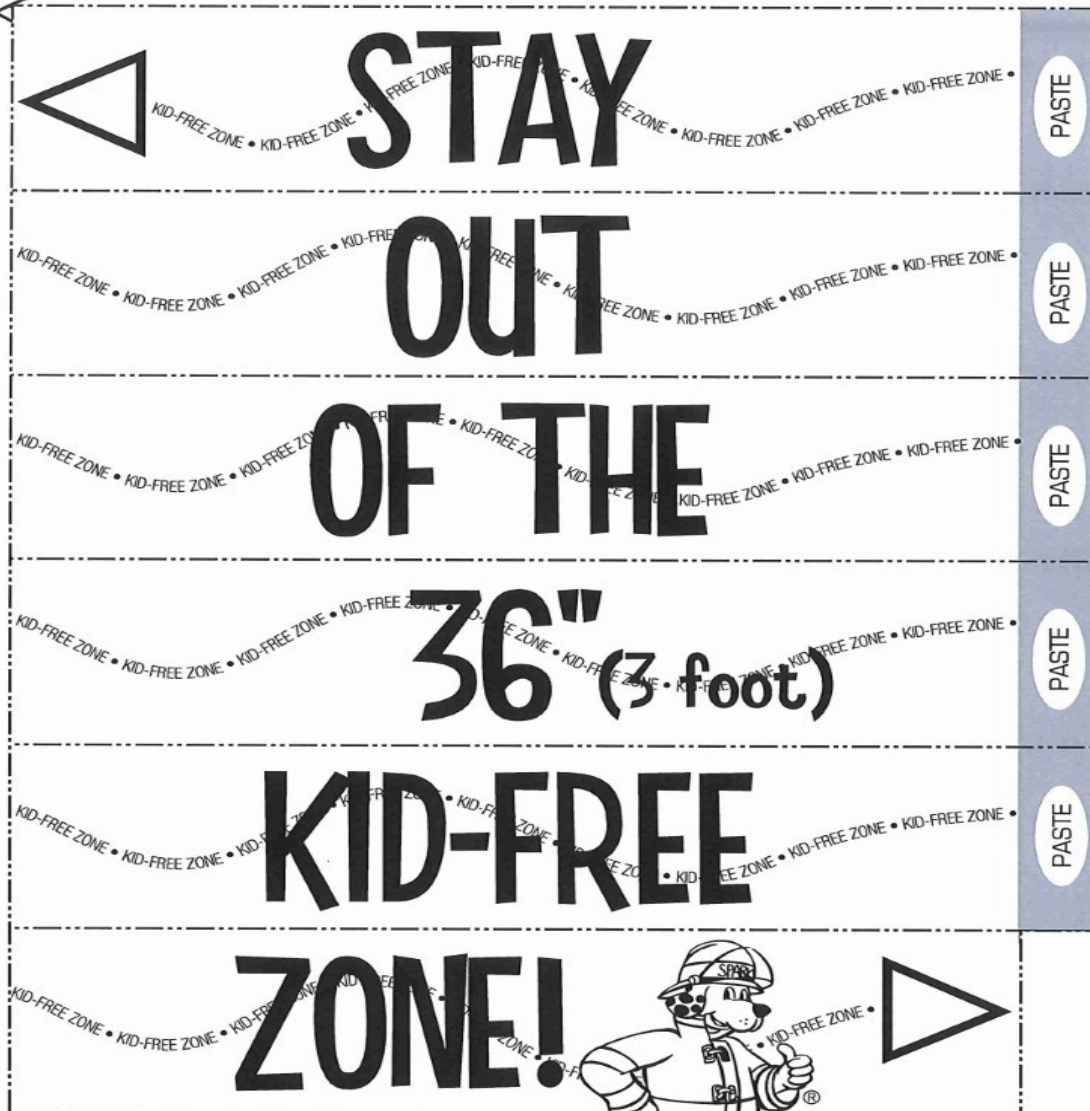
**Tsibalyan T'o (Eagle Nest) is an Early Years drop in program for families with young children ages 0-6. The program is designed to provide an environment where young children can interact with each other in early learning activities such as arts & crafts, language and culture for healthy social, emotional and spiritual and physical development. Qualified educators facilitate a safe, relaxed environment and are available to support parents and young children with any questions, concerns or challenges.**

Tache is offering flexible Schedules! Program will operate Monday to Thursday, hours to be determined. Due to Covid 19 restrictions, program must comply with Worksafe BC and NBH policies and procedures



# FIRE SAFETY WEEK OCTOBER 4-10

Make your own  
**Kid-Free Zone Marker!**



1. CUT ALONG ALL THE DASHED LINES (ASK A GROWN-UP FOR HELP).
2. USE GLUE TO PASTE THE RECTANGLES TOGETHER INTO A LINE.
3. HAVE A GROWN-UP HELP YOU MEASURE THE **KID-FREE ZONE** IN FRONT OF THE STOVE.

CHECK OUT **SPARKY.ORG** FOR MORE FUN!

THE NAME AND IMAGE OF SPARKY ARE TRADEMARKS OF THE NFPA.

## Parents and Caregivers,

Cooking is the No. 1 cause of home fires and home fire injuries. This year's Fire Prevention Week™ (FPW) campaign, "Serve Up Fire Safety in the Kitchen!™", works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

FPW is a perfect time to complete this cooking safety checklist together. If you checked **YES** on all the boxes, great job! If some boxes are checked **NO**, work together as a family to turn them into a **YES**.



## SERVE UP Fire Safety IN THE KITCHEN!™

***The Fire Department has responded to many different types of incidents over the last 12 months. Here are some key points to help keep you Fire Safe!***

from light switches and thermostats

### Fireworks

Fireworks are often used to mark special events and holidays. However, they are not safe in the hands of consumers. Fireworks cause thousands of burns and eye injuries each year.

### Cooking Safety

- When you are cooking food, check it regularly, remain in the home, preferably in the kitchen while food is cooking, and use a timer to remind you that you are cooking and be careful to not get distracted by tv's and smartphones.
- Call a qualified electrician or your landlord if you have: Frequent problems with blowing fuses or tripping circuit breakers

- 1) A tingling feeling when you touch an electrical appliance
- 2) Discolored or warm wall outlets
- 3) A burning or rubbery smell coming from an appliance
- 4) Flickering or dimming lights
- 5) Sparks from an outlet or arcing sounds coming

### Home Safety

- Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Hoarding is a condition where a person has persistent difficulty discarding possessions. The large amount of possessions fill the home and prevent the normal use of the space. Living space becomes cluttered and fire hazards increase.
- Hot liquids from bath water, hot coffee and even microwaved soup can cause devastating injuries. Treat a burn right away. Cool the burn with cool water for 3–5 minutes. Cover with a clean, dry cloth. Get medical help if needed.
- Smoke alarms are a key part of a home fire escape plan.

***A huge shout out to our Fire Chief Steven DeRousie for going above and beyond for our community!***

***For more information visit the facebook***



Phone: (250) 996-8670  
Email: [firechief@fortstjames.ca](mailto:firechief@fortstjames.ca)  
374 Manson Street,  
Box 1087  
Fort St. James, BC  
V0J 1P0

# NOVEMBER 2020

Domestic Violence Awareness Month

Aboriginal Veterans Day      November 8, 2020

World Kindness Day      November 13, 2020

## Honoring Indigenous Veterans

November 8th is a day of remembrance and commemoration of the contributions of Indigenous Veterans in the First and Second World Wars, as well as the Korean War.

Indigenous people of Canada have a long and proud tradition of military service in Canada. Our heroes brought with them the extraordinary skills of patience, stealth and marksmanship. These skills developed through hunting practices made many of these soldiers successful snipers and reconnaissance scouts.

We would like express our gratitude for the contributions Indigenous veterans have made to Canada and the World.

For information on Veterans from our community, visit the Carrier Linguistics Society!

121 Kwah Road, Fort St. James, British Columbia V0J 1P0  
(250) 996-3386

## ABORIGINAL VETERANS DAY NOVEMBER 8, 2020



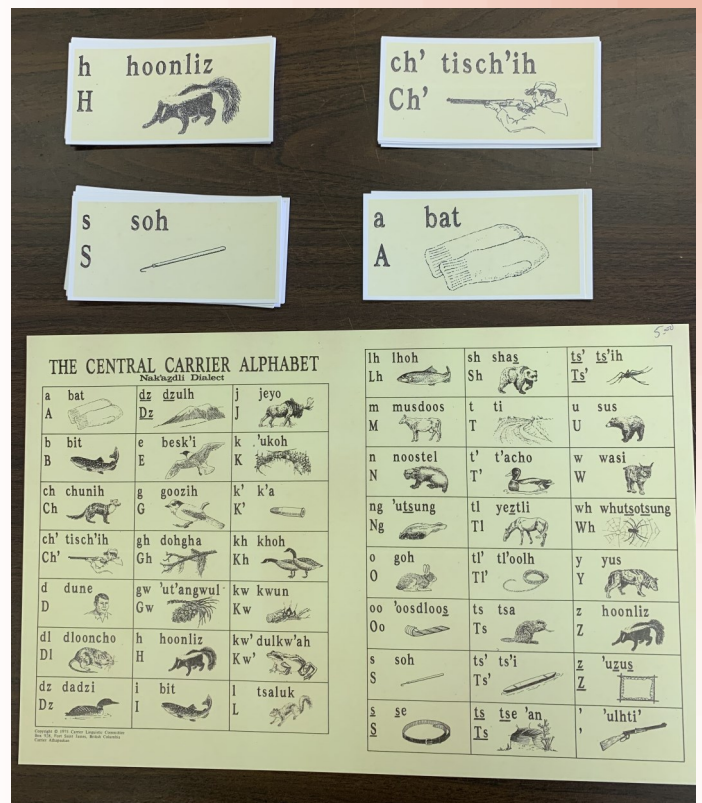
*Musi*



# Carrier Linguistics Society

Language is the foundation of culture. Words are powerful instruments for stories, traditions, culture and identity. What an honor it was to spend time in the store listening to Sara Sam describe the work, attention and care put into writing, translating and preserving language and teachings.

The Carrier Linguistics Society offers material ranging from children's' stories, to education tools and stories.



## Carrier Linguistics Society Price List

Alphabet Charts.....	\$5.-00
Central Carrier Maps.....	\$10.00
Central Carrier Dictionary.....	\$5.00
God's Warrior(Ray Pince).....	\$5.00
Lame Girl Book.....	\$10.00
'Olulh (Carrier only).....	\$7.00
Play it Safe.....	\$7.00-\$10.00
The Boy Who Snared the Sun	
Coloring book.....	\$8.00
Legend/story.....	\$12.00

# OUR LOCAL HEROS

## Remembrance Day

I went for a walk, along about dark  
My path took me through the Veterans' Park.

The lights were shining clear and bright  
So I stopped for a while under a light.

I paused for a moment to sit and remember  
What it must have been like in that November.

When friends and loved ones came back from war  
And others whose faces we'd see no more.

All those brave men who fought and died  
We all remember with so much pride.

I hope there will never be another war  
And there shall be peace for ever more.

## Landon Hill

Bernard Sagalon

World War I

Alexis Song

World War I

George Todd

World War I

Lance Corporal Alex Alexis

World War II

David Benoit

World War II & Korean War

Laurence Billy

World War II



(John Boyd / Library and Archives Canada / PA-61412)

## *Tenazdoodli*

*(Let us pray)*

Harvey Leon

World War II

Private Bernard D. Michel

World War II

Private Morrison Murdock

World War II

Private Bob Prince

World War II

March 25, 1921– June 3, 1992

Gunner Fredrick Prince

World War II

Private Herbert Prince

World War II

April 10, 1916– February 3, 1945

Knowledge used in this article was retrieved through a book available at the Carrier  
Linguistics Society store:

Sam, Lillian. Honouring Our Native Veterans. Ft.St. James, British Columbia,  
Canada: Carrier Linguistic Society, 2016.

# OUR LOCAL HEROS

William Basile

World War I

November 8, 1896– June 24, 1968

Soloman Prince

World War II

Eugene Joeseeph

World War I

April 6, 1895– August 23, 1978

Private Jack Rossetti

World War II

Phillip Tyee

World War II

Albert Prince

U.S.A Navy, First Marine Corp, Vietnam

R.C.A. James T. Prince

Served in the Royal Canadian Navy

Beth Cook (Sam)

Served in the Royal Canadian Air Force

Mark (Mac) William Prince

World War II

December 13, 1914– November 5, 1995

Emile Lawrence

World War II

October 14, 1921– January 17, 1985

Ananie Prince

World War I

January 17, 1891 –September 16, 1978

Gunner, Private James Rosetti

World War II

March 12, 1913– August 17, 1958

Gunner Thomas Prince

World War II

January 25, 1911– August 22, 1977

Edward Prince

Served in the Royal Canadian Air Force

Born March 21, 1945

John Tremblay

Enlisted in the United States Marine Corps

Alec David

World War II

Private Ray Prince

World War II

Knowledge used in this article was retrieved through a book available at the Carrier Linguistics Society store:

Sam, Lillian. Honouring Our Native Veterans. Ft.St. James, British Columbia, Canada: Carrier Linguistic Society, 2016.





## CANADA REMEMBERS

### INDIGENOUS VETERANS

#### INTRODUCTION

The First Nations, Métis and Inuit people of Canada have a long and proud tradition of military service to our country. While exact statistics are difficult to determine, the rate of Indigenous participation in Canada's military efforts over the years has been impressive. These determined volunteers were often forced to overcome many challenges to serve in uniform, from learning a new language and adapting to cultural differences, to having to travel great distances from their remote communities just to enlist.

#### FIRST WORLD WAR

The First World War raged from 1914 to 1918 and more than 4,000 Indigenous people served in uniform during the conflict. It was a remarkable response and in some areas, one in three able-bodied men would volunteer. Indeed, some communities (such as the Head of the Lake Band in British Columbia) saw every man between 20 and 35 years of age enlist. Indigenous recruits joined up for a variety of reasons, from seeking employment or adventure to wanting to uphold a tradition that had seen their ancestors fight alongside the British in earlier military efforts like the War of 1812 and the South African War.

Many Indigenous men brought valuable skills with them when they joined the military. Patience, stealth and marksmanship were well-honed traits for those who had come from communities where hunting was a cornerstone of daily life. These attributes helped many of these soldiers become successful snipers (military sharpshooters) and reconnaissance scouts

(men who stealthily gathered information on enemy positions). Indigenous soldiers earned at least 50 decorations for bravery during the war. Henry Louis Norwest, a Métis from Alberta and one of the most famous snipers of the entire Canadian Corps, held a divisional sniping record of 115 fatal shots and was awarded the Military Medal and bar for his courage under fire. Francis Pegahmagabow, an Ojibwa from Ontario, was another elite sniper and would be one of the very few Canadians to receive a Military Medal with two bars for his repeated heroic acts during the conflict.

Edith Anderson Monture, a young woman from the Six Nations Grand River Reserve in Ontario, served in a different way. In 1917, this nurse who had been working in the United States went overseas to help the sick and wounded in an American military hospital in France. She later spoke of the destruction she had witnessed:

*"We would walk right over to where there had been fighting. It was a terrible sight—buildings in rubble, trees burnt, spent shells all over the place, whole towns blown up."*

#### THE SECOND WORLD WAR

When the Second World War erupted in September 1939, many Indigenous people again answered the call of duty and joined the military. By March 1940, more than 100 of them had volunteered and by the end of the conflict in 1945, over 3,000 First Nations members, as well as an unknown number of Métis,



Inuit and other Indigenous recruits, had served in uniform. While some did see action with the Royal Canadian Navy and Royal Canadian Air Force, most would serve in the Canadian Army.

While Indigenous soldiers again served as snipers and scouts, as they had during the First World War, they also took on interesting new roles during this conflict. One unique example was being a "code talker." Men like Charles Checker Tompkins of Alberta translated sensitive radio messages into Cree so they could not be understood if they were intercepted by the enemy. Another Cree-speaking "code talker" would then translate the received messages back into English so they could be understood by the intended recipients.

Indigenous service members would receive numerous decorations for bravery during the war. Willard Bolduc, an Ojibwa airman from Ontario, earned the Distinguished Flying Cross for his brave actions as an air gunner during bombing raids over occupied Europe. Huron Brant, a Mohawk from Ontario, earned the Military Medal for his courage while fighting in Sicily.

Indigenous people also contributed to the war effort on the home front. They donated large amounts of money, clothing and food to worthy causes and also granted the use of portions of their reserve lands to allow for the construction of new airports, rifle ranges and defence installations. The special efforts of First Nations communities in Ontario, Manitoba and British Columbia were also recognized with the awarding of the British Empire Medal to acknowledge their great contributions.

## THE KOREAN WAR

The Korean War erupted in 1950 and several hundred Indigenous people would serve Canada in uniform during the conflict. Many of them had seen action in the Second World War which had only come to an end five years earlier. This return to service in Korea would see some of these brave individuals expanding on their previous duties in new ways.

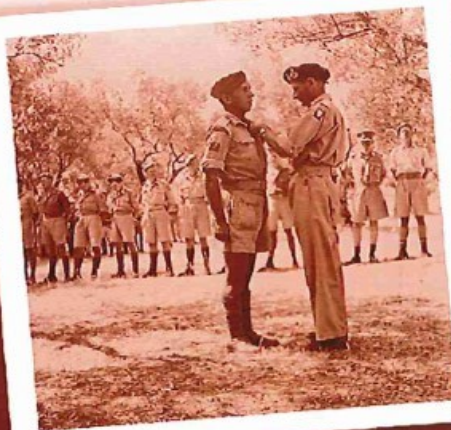
Tommy Prince, an Ojibwa from Manitoba, served with the Princess Patricia's Canadian Light Infantry in Korea. He would draw upon his extensive infantry experience in the Second World War with missions like a "snatch patrol" raid. Prince was second-in-command of a rifle platoon and led a group of men into an enemy camp where they captured two machine guns. He also took part in the bitter Battle of Kapyong in April 1951 which saw his battalion subsequently awarded the United States Presidential Unit Citation for its distinguished service—a rare honour for a non-American force.

## POST-WAR YEARS

Indigenous men and women have continued to proudly serve in uniform in the post-war years, as well. Like so many of those who have pursued a life in the military, they have been deployed wherever they have been needed—from NATO duties in Europe during the Cold War to service with United Nations and other multinational peace support operations in dozens of countries around the world. In more recent years, many Indigenous Canadian Armed Forces members saw hazardous duty in Afghanistan during our country's 2001-2014 military efforts in that war-torn land.



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Closer to home, Indigenous military personnel have filled a wide variety of roles, including serving with the Canadian Rangers. This group of army reservists is active predominantly in the North, as well as on remote stretches of our east and west coasts. The Rangers use their intimate knowledge of the land there to help maintain a national military presence in these difficult-to-reach areas, monitoring the coastlines and assisting in local rescue operations.

### LEGACY

The story of Indigenous service in the First and Second World Wars, the Korean War and later Canadian Armed Forces efforts is a proud one. While exact numbers are elusive, it has been estimated that as many as 12,000 First Nations, Métis and Inuit people served in the great conflicts of the 20<sup>th</sup> century, with at least 500 of them sadly losing their lives.

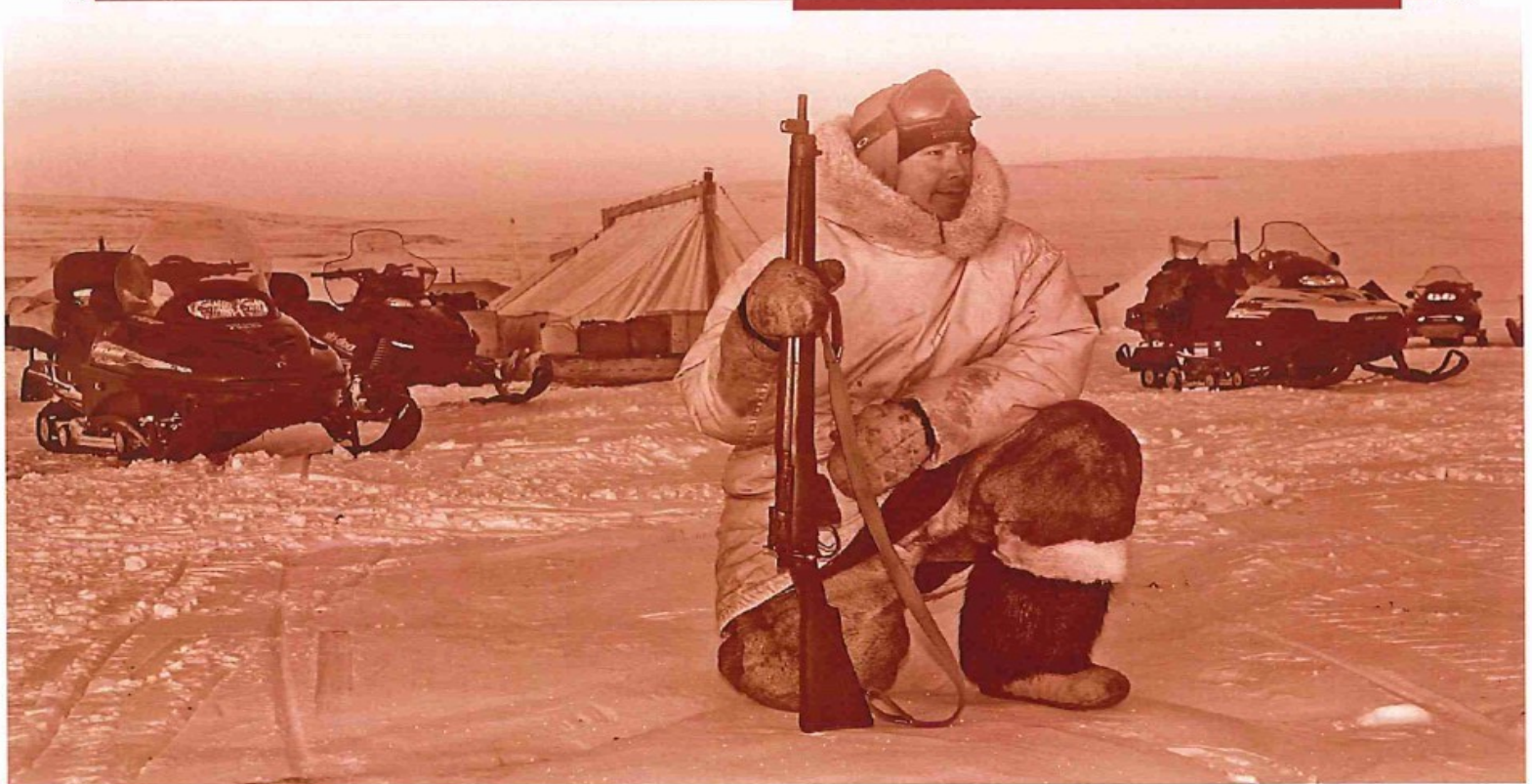
This rich heritage has been recognized in many ways. The names given to several Royal Canadian Navy warships over the years, like HMCS *Iroquois*, *Cayuga* and *Huron*, are just one indication of our country's lasting respect for the contributions of Indigenous peoples. This long tradition of military service is also commemorated with the striking National Aboriginal

Veterans Monument in Ottawa. This deeply symbolic memorial features a large bronze eagle at its top, with four men and women from different Indigenous groups from across Canada immediately below. A wolf, bear, bison and caribou—powerful animals that represent “spiritual guides” which have long been seen by Indigenous cultures as important to military success—look out from each corner. Remembrance ceremonies are held at this special monument, including on National Aboriginal Veterans Day which is observed each year on November 8.

### CANADA REMEMBERS PROGRAM

The Canada Remembers Program of Veterans Affairs Canada encourages all Canadians to learn about the sacrifices and achievements made by those who have served—and continue to serve—during times of war and peace. As well, it invites Canadians to become involved in remembrance activities that will help preserve their legacy for future generations. To learn more about the role played by Indigenous people in our country's military efforts over the years, please visit the Veterans Affairs Canada website at [veterans.gc.ca](http://veterans.gc.ca) or call 1-866-522-2122 toll free.

*This publication is available upon request in alternate formats.*





# Community Service:

November is Domestic Violence Awareness Month

Programs & Services:

*"Hope, Understanding  
& Clarity"*

All services provided are strictly confidential and free of charge.

Stopping the Violence is a support program available to women who have or are experiencing abuse. One-on-one support is provided.

Our goal is to empower women while respecting her rights to make her own decisions. The Women's Wellness Worker will support those decisions without being judgmental or critical.



## Statistics:

On average, every six days a woman in Canada is killed by her intimate partner. In 2009, 67 women were murdered by a current or former spouse or boyfriend.

Half of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 16.

In just one year in Canada, 427,000 women over the age of 15 reported they had been sexually assaulted. Since only about 10% of all sexual assaults are reported to the police, the actual number is much higher.

Long-term exposure to these traumatic events can affect children's brain development and ability to learn, and lead to a wide range of behavioral and emotional issues such as anxiety, aggression, bullying, phobias, and insomnia. Children who witness violence in the home have twice the rate



## How to access Fireweed

**Self-Referrals are Welcome!**

**Drop-in or scheduled appointments  
available**

**Contact Us:**

# Community Resources:

## **VIOLENCE IS EXPERIENCED IN MANY WAYS. PHYSICAL IS ONLY ONE FORM.**

### **IT IS ALSO...**

- **SEXUAL**
- **EMOTIONAL**
- **MENTAL**
- **SPIRITUAL**
- **CULTURAL**
- **SYSTEMIC**
- **FINANCIAL**

RCMP Fort St. James	(250)996-8269
RCMP Tl'azt'en	(250)648-3680
RCMP Takla	(250)562-5749
Ambulance	911
RCMP Based Victim Services	(250)996-0044
Family & Sexual Violence	(877)280-5355
Family Crisis Line	(800)563-0808
Fireweed Safe Haven	(250)996-8000
Nechako Valley Community Services	(250)996-7645
NIH Mental Health & Addictions	(250)996-8411
Medical Clinic	(250)996-8291
Northern Interior Health	(250)996-7178
Nak'azdli Health Centre	(250)996-7400

## **STOPPING THE VIOLENCE PROGRAM**

### **CONFIDENTIAL SUPPORT**

## “Trauma Healing is Possible!”

Fireweed Safe Haven, Transition

House: Staffed 24 hrs. daily - 7 days a week, eight-bed safe house for women and their children who are fleeing violence and abuse. Fireweed Safe Haven provides a safe and supportive environment where both mother and children are given the opportunity to heal while adjusting to their new surroundings.

Linda's Place, Second Stage Housing: subsidized, supportive housing where single women or women with children may stay up to one year. Our caring and professional staff support the women to achieve their goals and to develop necessary skills to live independently and self-sufficiently.

Stopping the Violence Counselling Program: individual and group counselling for women who have been impacted by abuse and/or violence from relationship, sexual assault, or childhood. Individual support offers women a safe space to address issues that arise from their experiences and strives to empower women to make decisions that feel right for her.

Outreach Support Program: support women and their children search for safe and affordable housing and other needs, advocacy support and accompaniment to appointment or meetings, help connect to services and resources within and outside of the community, and provide prevention support around safety to live free from violence.

Supportive Recovery Program: available to assist women with their sobriety, by providing a drug and alcohol free, supportive



# **WOMEN'S TALKING CIRCLE**

A safe space to share,  
listen, and heal

**OCT 1 - DEC 17**  
**THURSDAY EVENINGS**

**7-9PM**

161 Goodwin Building - Fireweed Collective  
Society - 250.996.1214 - [fire.or@telus.net](mailto:fire.or@telus.net)



# KIDS ZONE

## WORD SEARCH

'	oo	i	t	gh	u	<u>ts</u>	s	o
a	n	z	i	l	a	l	u	h
	a	u	d	a	a	a	w	
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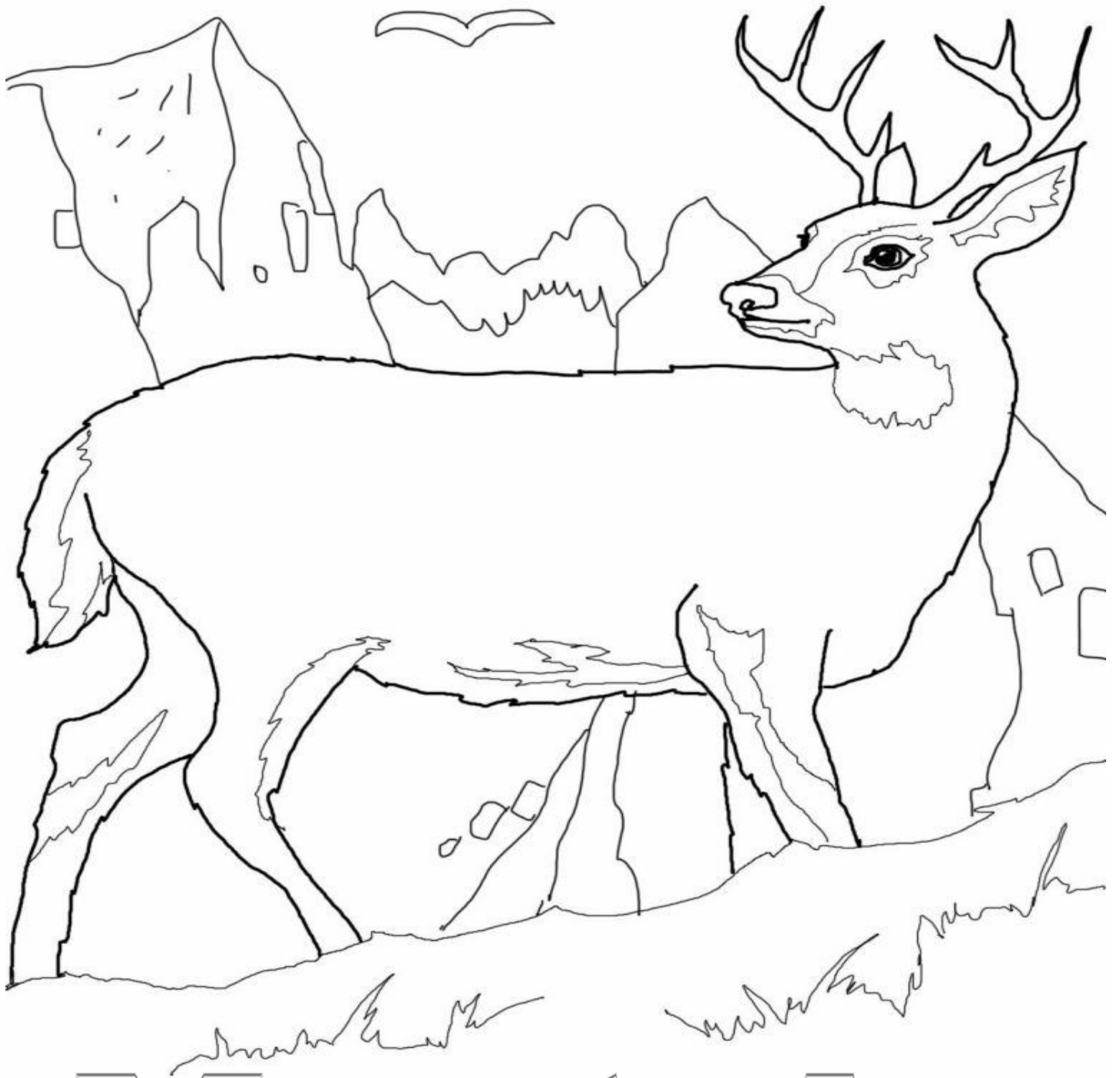
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<https://www.firstvoices.com/explore/FV/sections/Data/Athabasca/Dakelh/Nak%E2%80%99azdli%20Dakelh>

Check out [www.firstvoices.com](http://www.firstvoices.com) for more activities and teachings!



Yests'e

DEER

# Dak'et

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FALL



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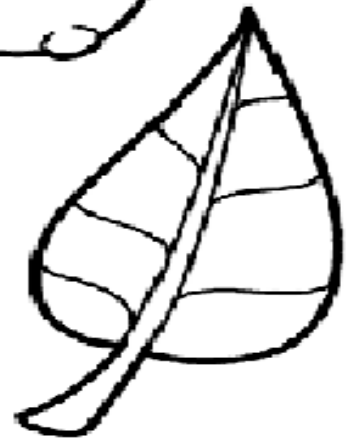
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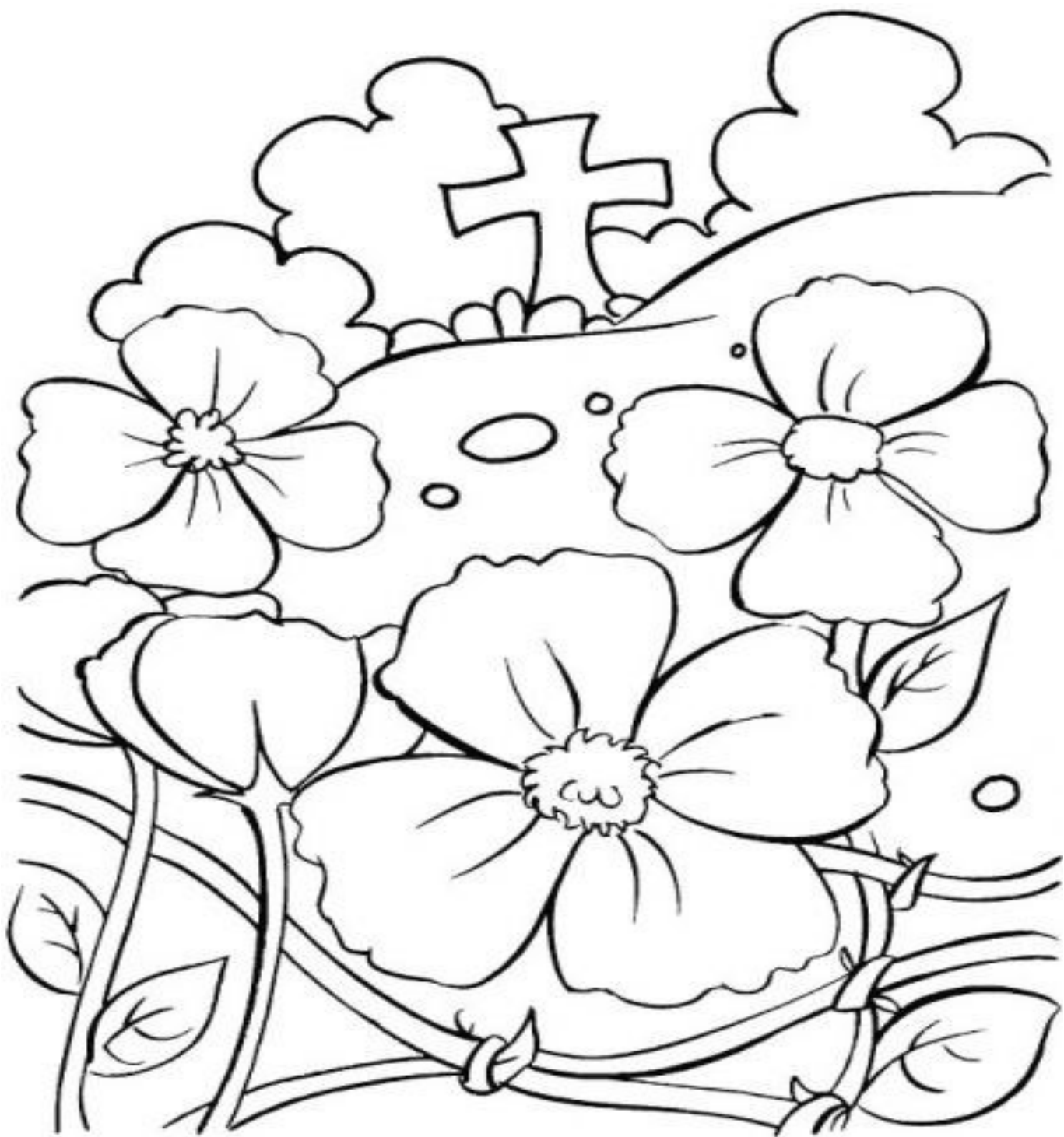
RED



'alinchus nduwhut'en

ORANGE





MUSI



# Nanyoost'enla

(I will see you again)

## Nezul Be Hunuyeh Child and Family Services Society

FORT ST. JAMES OFFICE: PO Box 1180 700 Stuart Drive West Fort St. James, BC V0J-1P0

Phone: 250.996.6806 Toll Free: 1.866.996.0015 Fax: 250.996.6977

PRINCE GEORGE OFFICE: 1444—9th Avenue Prince George, BC V2L-5N9 Phone:

250.561.0790 Toll Free: 1.855.562.0790 Fax: 250.561.1590

WEBSITE: [www.nezulbehunuyeh.ca](http://www.nezulbehunuyeh.ca)