

Nedusneke-ne BuK'oh Nuts'oodilh "Following the Path of Our Ancestors"

Spring 2021



Nezul Be Hunuyeh
Child & Family Services Society

Photo Credit: Victoria Jenkins

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March 2021

March 1 Self Injury/Harm Awareness Day

March 2 Dr. Suess Birthday

March 8 National Women's Day

March 17 St. Patrick's Day

March 18 Global Recycling Day

March 20 First day of Spring

Sunday, March 20th, marks the first day of Spring. This day is significant because the length of the days, and nights are equal everywhere in the world. After this day, for us in the Northern Hemisphere, the days get longer, and the nights get shorter.

'Olulh 'úhoont'oh.

(It is Spring)

Spring Activity List

1. *Plant something*
2. *Pick berries*
3. *Harvest spruce tips*
4. *Pick fiddleheads*
5. *Track beaver/ muskrat*
6. *Pick dandelions*
7. *Tap birth trees*

Spruce Tips can be used just like a fresh herb. They can be chewed, dried, minced or made into tea.

Spruce Tips have been said to be a natural cold remedy, traditionally used to soothe coughs and sore throats.

Simply pop off the soft green tips of fresh growth on the spruce trees.

Spruce tip tea Ingredients:

Small handful of tips, hot water, and cinnamon and honey to taste.

Tips will dull in colour and sink to the bottom as tea brews.



SOCIAL WORK MONTH

TO ALL OF OUR SOCIAL WORKERS, WE SAY THANK YOU
FOR YOUR DEDICATION TO HEARTLAND



There is an ongoing need for Social Workers in Northern rural communities. At Nezul Be Hunuyeh, we recruit community members whenever possible. Many of our current Social Workers are members of the communities we serve, as well as the surrounding areas.

Nezul Be Hunuyeh is supportive of our staff members education goals. The passion and dedication our team members show, shines through the work they do within the communities we serve. Building capacity in the communities is one of the goals at Nezul Be Hunuyeh,.

Help us send our appreciation to our Social Workers:

Michelle Chase
Danielle Rasmussen
Michelle Morris
Stevie Anatole
Jessica Skerlak



Sharon Prince
Katelynn Buchner
Patrice Moonie
Ursula Ho Lem
Rachel Klassen
Sandra Morton



Dr. Suess Day

March 2

“The more that you read, the more things you will know! The more that you’ll learn, the more places you’ll go!” - Dr. Suess

Celebrate and Promote Reading!



On Dr. Suess Day, Thing 1 and Thing 2 made an appearance at Nak’al Bun and Eugene Joseph Elementary Schools! The children were very excited to have this COVID-19 friendly visit from their favorite Dr. Suess characters!



For the past **4 YEARS**, Nezul Be Hunuyeh has promoted literacy and reading through organizing a book drive in Tl’azt’en and Nak’azdli. New and gently used books have been generously donated by community members in and around Fort St. James, and Nezul Be Hunuyeh.



Tsibayan T'Ot'o

Keep your eye out for an outdoor Garment Grab and Barbeque!

Nak'azdli location

Tl'azt'en location

Over the last few months, we have been busy working with families in Tl'azt'en, Binche, and Nak'azdli through the early years program. Online participation in the program has been increasing and has kept staff busy creating, shopping, and delivering supplies for activities. These deliveries for families are great to stay engaged in a COVID friendly way!

If you would like to be involved



Family Day Basket

Winner Bobbi-Lynn George



Valentines Day Craft

Supplies delivered to all those in



The packages ready for delivery!



Various crafts and
activities





YOU MATTER.
SELF INJURY AWARENESS DAY.

Self injury /Harm Awareness Day March 1, 2021

What is self-harm?

Self harm is any action or behavior that causes harm to someone in an attempt to deal with overwhelming thoughts and feelings.

Who does it?

Self-harm is something that can affect anyone.

Is it common?

Self-harm is common and affects more people than you think.

Stress is a part of life, but can often lead to overwhelming feelings. When we are feeling overwhelmed it is important to take a step back and practice healthy coping strategies to *let stress go*.

Healthy coping can include:

- Talking to a trusted friend/family
- Journaling
- Drawing
- Going for a walk
- Petting a beloved pet

No more (si)lence
Let's make it OK to talk about emotional pain

Self-Injury Awareness Day
www.lifesigns.org.uk/siad 1st March

Life SIGNS
Self-Injury Guidance & Network Support

[@LifeSIGNS](https://twitter.com/LifeSIGNS) [LifeSIGNSonline](https://www.facebook.com/LifeSIGNSonline) [@InstaLifeSIGNS](https://www.instagram.com/InstaLifeSIGNS)

Life SIGNS No more (si)lence
March is 'Tell Someone' month

www.lifesigns.org.uk/siad
Self-Injury Awareness Day 1st March #SIAD

Terry's Table

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



INGREDIENTS

- ◆ 1 lb boneless, skinless chicken breast
- ◆ 1 lg onion, dices
- ◆ 2 tbs oil
- ◆ 1-3 garlic cloves, minced
- ◆ 2 cups broccoli florets
- ◆ 2 cups cauliflower florets
- ◆ 3 carrots, peeled & sliced
- ◆ 1 1/2 tbs flour
- ◆ 2 cups chicken broth
- ◆ Salt & pepper

Easy Chicken, Broccoli, Cauliflower and carrots

Prep your ingredients. Put water on to boil, add pasta/rice/potatoes.

Instructions:

1. In a large skillet, heat 1 tbs oil until it's hot, then add the chicken. Season with salt & pepper. Cook on medium high heat until golden, about 5-7 minutes. Remove chicken from the pan and set aside.
2. There should be some oil left in the pan, but if there isn't, add a bit more. Reduce the heat to medium.
3. Add the onion and garlic, season with salt & pepper, cook for 3 minutes, until the onions are translucent. As the onions cook, they will leave some liquid. Use it to scrape up all the brown bits left over from the chicken. It will add lots of flavor to the sauce.
4. Add the carrots to the skillet and cook for about 5 mins, until the carrots are starting to soften.
5. Add the flour to the skillet and mix it in to the vegetables, until all the flour is absorbed. If your skillet is dry, add ½ to 1 tbs of butter, just enough for the flour to be absorbed.
6. Slowly pour in the chicken broth, stirring so lumps do not form.
7. Bring the broth to a boil and add the broccoli and cauliflower. Turn the heat down so the broth is simmering, cover your skillet and cook the vegetables for 5 – 10 mins, depending on how crispy you want your veggies.
8. Add the cooked chicken back into the pan, cooking just enough for the chicken to heat through. Serve with rice, pasta, or mashed potatoes. Enjoy!

Hello from Terry's Table!

I am Terry Eastman and 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 received my love of cooking and baking from my mom, Betsy. These videos originated due to the pandemic and being unable to host the Family Service group in Prince George. The virtual cooking videos have been a success and will continue. It has given many people the opportunity to try new recipes that are family and budget friendly. I hope you enjoy the cooking videos!



In Remembrance....

Our deepest condolences are with the families, friends, and communities who have lost loved ones.

Tony Quewezance

Ronald Dennis

Thomas William

Leslie Erickson

Dennis Julian

Timothy Haskell

Curtis Lazarre

Rachel Prince

Alec C Joseph

Joe Basil

David Sam

Peter Sam

Thomas Joseph

Edgar John

Simon John

Ruben Johnnie

Craig Prince



Culture Program

Nedusneke-ne BuK'oh Nuts'oodilh

Following the Path of our Ancestors

We had the opportunity to truly embody 'following the path of our ancestors.' It is with much gratitude that we had the experience and guidance in learning to ice fish and how to respect, and honor the catch. Ice Fishing is a COVID friendly outdoor activity. Ice Fishing promotes traditional food and physical activity! Once successfully bringing in the catch, we give thanks to the fish and the spirit leaving an offering of tobacco.



Nedusneke-ne BuK'oh Nuts'oodilh
Following the Path of our Ancestors



We had the rare opportunity to be able to witness an Elder taking apart an eagle. This Eagle will be used for educational purposes only on behalf of Nezul Be Hunuyeh.



Culture Program

Welcome to the NBH Team!



Ashley Perry has lived in Fort St. James since 2013 and has recently completed her Bachelor of Arts degree with a major in Psychology. Ashley joined the Nezul Be Hunuyeh Team in January 2021 as a Youth Outreach Worker.

“My goal is to provide guidance and mentorship, promote independence and empowerment, as well as engagement in their culture and community”.

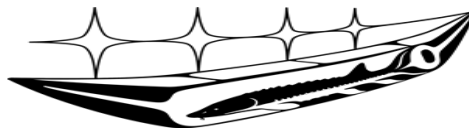


Kristi Howell joined the Nezul Be Hunuyeh Team in December 2020. Kristi lives in Fort St. James and is a mother to three beautiful children. Kristi has been working in Early Childhood Education for 6 years.

“I’m excited to be with the Nezul Be Hunuyeh team as the Nak’azdli Tsibalyan T’o Coordinator and look forward to working with the families of Nak’azdli. “



Melanie Ubleis joined the Nezul Be Hunuyeh Team in January 2021. Melanie grew up in Fort St. James and brings many years of Financial Management experience. Melanie holds delegations of Chartered Professional Accountant (CPA) and Chartered General Accountant (CGA)



Beauty of Spring

The old man was sitting in a lodge, by the side of a frozen river. It was near the end of winter, the air was not cold and his fire was almost out. His hair was long and grey and his body trembled when he moved because of his great age. Day after day he sat alone listening to the storms passing by and watching the snows fall through the doorway.

One day while his fire was dying a young man entered the lodge. He moved quick and effortlessly. His eyes were bright and he wore a headband of braided sweetgrass and carried fragrant sweet flowers in his hand. "Welcome young man," said the elder, "I am happy to see you. Tell me stories of what lands you have seen. Tell me what you have done and what you can do and I will tell you my stories and my deeds."

The old man put sage into the fire and let the sweet smelling smoke rise into the air and fill the lodge and they began to share their stories. "I am Winter" said the old man. "My breath can freeze the river turn water crystal clear and hard as stone." "I am Spring." Answered the young man. "I breathe, and the flowers rise up from the ground of the forest and meadows." "I shake my hair" said the old man, "and the snows cover the Earth. The leaves fall from the trees and my breathe blows them all over the land. The birds fly away and animals hide them selves from the cold." "I shake my hair," said the young man, "and warm showers of rain fall on the Earth. The flowers rise out of ground, and grass grows thick and green. My song calls the birds back and they fly happily from the south lands. The warmth of my breathe frees the rivers of ice. Music fills the forest and wherever I walk the Earth rejoices."

While they told their stories a beautiful change took place. The Sun began to rise. A gentle warmth took over the land. Winter became silent. His head lowered and the snow outside the lodge melted away. Spring grew more radiant and rose joyfully to his feet. The Robin and Bluebird began to sing on the top of the lodge. The River murmured and danced by the lodge door, and the fragrance of flowers came in on the gentle wind.



Story Submitted by Dennis Cumberland

How can we work together to keep children in community?

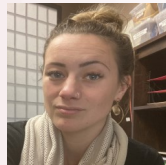
RELIEF CAREGIVERS WANTED!

- * Relief caregivers provide part-time, temporary, and short-term care to children in community
- * Having a network of relief caregivers can prevent children from leaving their communities, and can provide regular opportunities for children who are living away, to come home regularly to spend time with family, friends, and to attend community events and activities.
- * Becoming a relief caregiver is a simple process!
- * Becoming a relief caregiver is a good opportunity for families to decide if opening as a full family care home is a fit for their family.

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 the communities we serve. With your help, we can prevent children from leaving community and provide meaningful opportunities to children who are living away to be able to return home.



Ashley Burt
Resources Social Worker
P: 250-561-0790



Katie Strong-Boag
Resources and Recruitment
P: 250-561-0790

Happy Women's Day!

We hold up our hands to these

powerful women.



The patience to understand, the willingness to do hard work, and the heart to care can only be found in a powerful woman.

Chief Aileen Prince, Nak'azdli Whut'en

Chief Beverly John, Tl'azt'en Nation

Chief Tracy Anatole, Binche Whut'en





The Fisher Ts'ekoo (women) of Nezul Be Hunuyeh

Led by our Cultural Coordinator Jolene Prince, this group of amazing women bundled up and headed out on the ice to set line with hopes of catching the big one.

Over the week they pulled in four fish but the best was saved for last when they pulled an 8 pound tsintail that found its way to the lunch table for a feast of fish and chips.

We were fortunate to have the company of Elders Doreen Austin and Genny Pierre who stopped by to share their knowledge, wisdom, and guidance with this upcoming generation of Dakelh Elders.

Mussi Cho Doreen and Genny and Happy Ts'ekoo Day to all our amazing Fisher Women.

We are following the path of our Ancestors



April 2021

April 1	April Fools Day
April 2	Good Friday
April 4	Easter Sunday
April 7	Easter Monday
April 21	Administrative Professionals Day

April Fools Day has been celebrated for centuries dating back to 1582. April 1st is known as a day for tricks and practical jokes.

The historical Julian and Hindu Calendar marked the first day of the year as April 1. After the new year had been officially moved to January 1st, those who failed to recognize the change of the New year were called "April Fools." The traditional April Fools prank was to place a paper fish on peoples back which symbolized a young, easy caught fish; a gullible person.

Celebrate Administrative Professionals Day April 21, 2021



Please help us celebrate the Administrative Team at Nezul Be Hunuyeh! They help the agency continue to function and stay organized.

Thank You and all those in this profession for all your hard work and dedication.

Luisa Simms

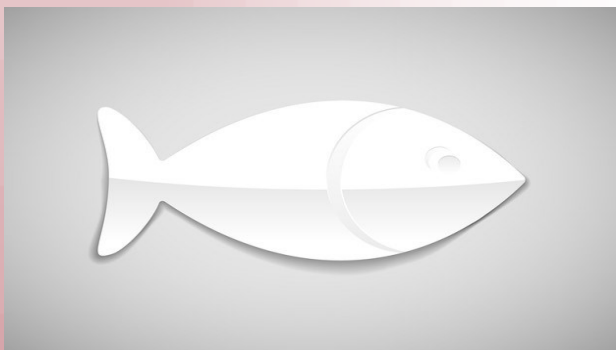
Melanie Ubleis

Casandra Thomas

Angie Dhaliwal

Rachel Robert

Terry Eastman



WE ARE RECRUITING!

Nezul Be Hunuyeh Child & Family Services Society



Youth Mentorship Worker **Casual Positions, Fort St. James**

Key Areas of Responsibility:

- Assist youth in successful transition to adulthood and live successfully in a residential setting through life skills, enhancement/development and connecting youth to available community resources
- Participate in assessment, goal setting, creating personal service plans and program planning for youth living in the residence
- Actively participate in all in-house activities
- Recognize and respond to potential emergency situations
- Perform administrative tasks such as documentation, statistical record keeping, program planning, report preparation, and client contact notes.

Cultural Youth Worker **Full-Time Fort St. James**

Key Areas of Responsibility:

- Develop and Co-Facilitate group programming
- Connect with youth on a one-on-one basis to outline service goals and develop service plans to improve overall wellbeing.
- Work with youth to develop life-skills and enhance social-emotional regulation through a cultural lens.
- Collaborate with community partners to assist in providing cultural programming.
- Assist in notifying caregivers and adoptive parents of cultural events as required.

Casual Family Connections Workers **Fort St. James**

Key Areas of Responsibility:

- Transportation and supervision of visits between children and their families
- Schedule visits as required

Casual Receptionist **Fort St. James**

Administrative Assistant **Full-Time Fort St. James**

Key Areas of Responsibility:

- Provide Administrative Assistant to the Administration Manager and Nezul Be Hunuyeh Team
- Maintain file management functions as per NBHCFSS and Government policies and procedures.
- Updating of physical and digital filing systems
- Assist with development and dissemination of policies and procedures.
- Assist with the development and delivery of training to

RECOGNIZING KIN CAREGIVERS



Louisa Alexis &
Granddaughter Avery

Louisa Alexis chose to take her grandchildren into her home, which prevented them from going into Ministry care. I was deeply moved by my conversation with Louisa about her experience as Kin Caregiver, and the wisdom she shared. Louisa described her experience as rewarding, stating “when I first got them [her grandchildren] they were like a closed flower. Now I have been able to watch them grow and bloom.” Louisa draws on her memories of her own grandma, and the good values that she instilled; a grandmothers love and lessons are gifts to their grandchildren. “It means a lot,” mentioned Louisa, “to be able to help keep her grandchildren with family and not have them taken into the welfare system. Our traditional way is to look after our own. It is not always easy, but we take it one day at a time. Sometimes there are trials, but we always have guidance; that is when we need a higher power, Jesus and the spirit, to guide us through.” Louisa expressed how much she had learned from her grandchildren; how they teach her patience, joy, and to be a little girl again.

Musi Louisa for stepping up, and strengthening your community.

Snachailya

CELEBRATING COMMUNITY MEMBERS



Strong communities are the foundation of individual wellness. Each person 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 an individual to honor their strengths, skills, and/or knowledge.

Please email your nominations to

kstrongboag@nbh.ca

COVID-19

Having a hard time keeping up with all the COVID-19 precautions? Tired of not being able to socialize in person, and being cut off family in other towns? Exhausted from hearing ongoing news and media coverage about the statistics and risk of the current global pandemic? You are not alone, now that we are moving through our 10th month of the pandemic it is becoming apparent that the new effects that we are feeling is called *COVID Fatigue*.

What can you do?

Keep up with your precautions! Dedication to staying home, wearing your masks, and taking proper sanitizing methods supports our health care workers and does your part in flattening the curve.

Keep reaching out to friends and family over the phone and through social media

Get some physical activity– take a hike, or a socially distanced walk with friends.

Take a COVID media break– turn off the news, stay away from your Facebook news feeds, and spend your time focusing on information and activities that you enjoy.



May 2021

May 9

Mothers Day

May 24

Victoria Day

May 31-June 6

Child & Youth In Care Week

On *THIS* Mother's Day...

To those who gave birth this year

WE CELEBRATE WITH YOU

To those who lost a child this year

WE GRIEVE WITH YOU

To those who are foster moms, mentor moms,
and spiritual moms

WE NEED YOU

To those with disappointment, heartache, and
distance from your family

WE SIT WITH YOU

To those who lost their mothers this year

Reality Day Dream. (2021). *On This Mothers Day*. <https://realitydaydream.com/on-this-mothers-day/>

Child and Youth in Care Week

May 31—June 6

Child and Youth In Care week, in British Columbia, is celebrated to raise awareness and change the negative stigma around children in care. The goal is to transform negative perceptions; honoring each individual young persons unique journey.

Children are sacred gifts from the creator; each is born with their own unique abilities, talents, experiences and travel their own path. There are many different reasons and situations that may bring a child into care.

A group of youth in care envisioned and establish this week. The youth wanted to recognize and celebrate each of their strengths; highlighting their identity is not defined by being in government care.

You have the right to:

be safe

be healthy

be heard

be yourself



Page 8

Youth are the future!

Celebrate with them!

Empower them!



It is with gratitude for their contributions to Nezul Be Hunuyeh that we say goodbye to some of the team. We would like to acknowledge and honor the time spent, knowledge and contributions shared that played an important part in our ability to support the communities we serve. Thank-you for your time spent with us, and we wish you the best of luck where your journey leads you next.



Dawn Pius 2016

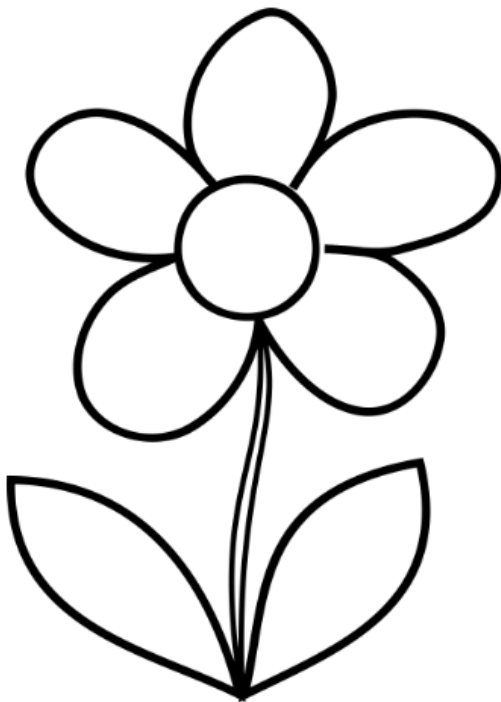
Dawn was part of the Nezul Be Hunuyeh Team for 5 years.

We wish you all the best Dawn!

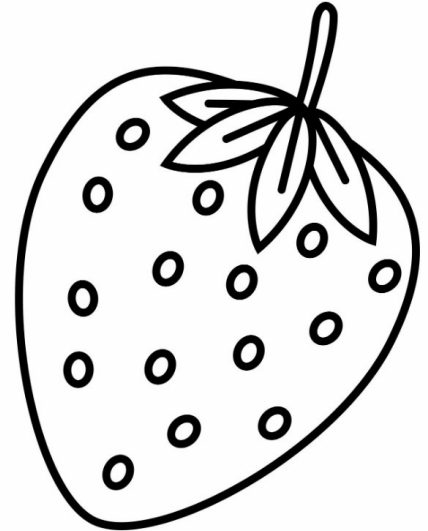
Josh Prince 2018

Katelynn Henkes 2020

KIDS ZONE

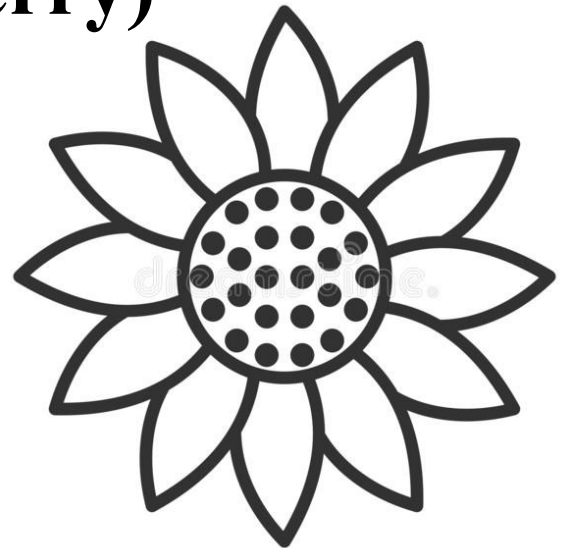


'indai
(flower)



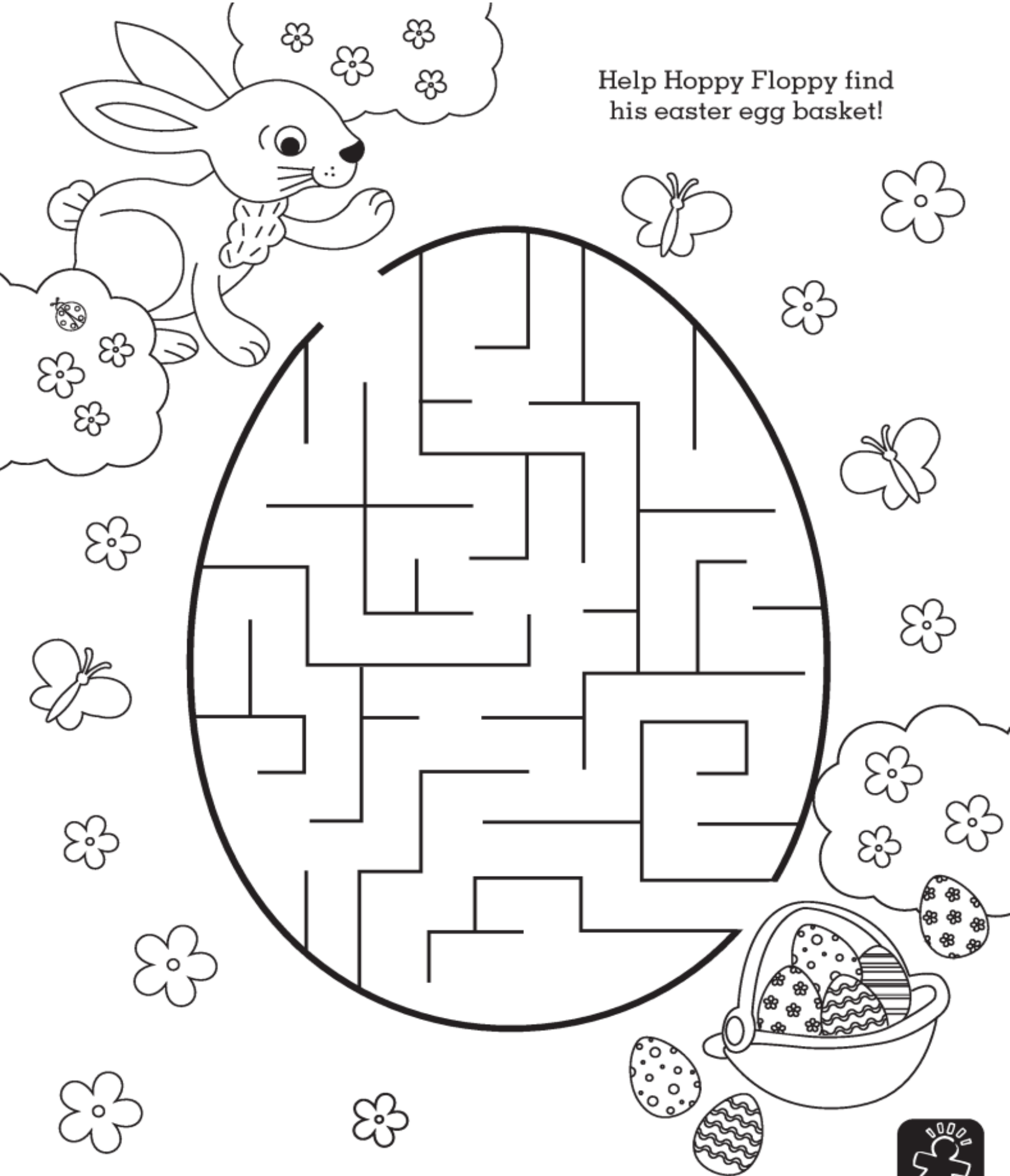
'indzi
(strawberry)

Dut'aigaz
(Little
Bird)



Sa'indai

Help Hoppy Floppy find his easter egg basket!



Mothers Day

May 9, 2021

ALL ABOUT
my mom

MY MOM'S NAME IS _____

MY MOM IS _____ YEARS OLD.

MY MOM COOKS THE BEST _____!

MY MOM'S FAVORITE COLOR IS _____

MY MOM LOVES TO EAT _____

MY MOM HELPS ME WITH _____

MY MOM LAUGHS WHEN _____

MY MOM IS REALLY GOOD

AT _____

MY MOM AND I REALLY LIKE

TO _____

I LOVE MY MOM BECAUSE

BY: _____

COMMUNITY RESOURCES:

RCMP Fort St. James	250-996-8269
RCMP Tl'azt'en	250-648-3680
Ambulance	911
RCMP Based Victim Services	250-996-0044
Family & Sexual Violence	1-877-280-5355
Family Crisis Line	1-800-563-0808
Fireweed Safe Haven	250-996-8000
Nechako Valley Community Services	250-996-7645
NIH Mental Health & Addictions	250-996-8411
Stuart Lake Medical Clinic	250-996-8291
Northern Interior Health	250-996-7178
Nak'azdli Whut'en	250-996-7171
Nak'azdli Health Centre	250-996-7400
Tl'azt'en Nation	250-648-3212
Tl'azt'en Health Centre	250-648-3350
Binche Whut'en	250-648-3232
Binche Health Centre	250-648-3673
Ministry of Children & Family Development	250-996-7148
Nezul Be Hunuyeh Child & Family Services	250-996-6806
Omenica Safe Home	250-567-9512
Suicide Prevention	1-800-784-2433
VictimLink BC	1-800-563-0808



Nezul Be Hunuyeh Child an Family Services Society

MAILING ADDRESS

PO Box 1180 Fort St. James, BC V0J-1P0

Fort St. James Office

700 Stuart Drive West, Fort St. James

Phone: 250.996.6806 Toll Free: 1.866.996.0015 Fax: 250.996.6977

Prince George Office

1444—9th Avenue, Prince George

Phone: 250.561.0790 Toll Free: 1.855.562.0790 Fax: 250.561.1590

CHECK OUT NEZUL BE HUNUYEH ONLINE!!

YOUTH SERVICES PROGRAM
Program and support for youth age 12 - 24

CONTACT
NEZUL BE HUNUYEH CHILD AND FAMILY SERVICES
250 996 6806

CONTACT
SHUN HUZNUTA YOUTH MENTORSHIP PROGRAM
250 996 3782

www.facebook.com/nbhyouthservices



[www.youtube.com/channel/
UC6lCtjxCcuMaeJIMi8WFb0g/](http://www.youtube.com/channel/UC6lCtjxCcuMaeJIMi8WFb0g/)

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"Following the Path of Our Ancestors"

WEBSITE: www.nezulbehunuyeh.ca



www.facebook.com/nezulbehunuyeh

Nak'azdli Tsibalyan T'o www.facebook.com/groups/248596043143366

Tl'azt'en Tsibalyan T'o www.facebook.com/groups/550911108669937

Family Preservation www.facebook.com/groups/2379607608739261