

Nedusneke-ne BuK'oh Nuts'oodilh

"Following the Path of Our Ancestors"

Winter 2020



Nezul Be Hunuyeh

Child & Family Services Society

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*“With the winters cold upon
us,
And the darker days begun,
Let us remember that the
creator is sending out a
reminder
That each cycle must begin
again,
from death comes new life
And ending bring new
beginnings.”*

K'an 'et, khi 'uhoont'oh.

(It is now winter)

Tsibalyan T'o Program

Tsibalyan T'o

4121 Lakeshore Drive, Tache

Program has been temporarily closed
due to Current COVID outbreak

Watch for opening in the New Year

Help us welcome Anastasia to the program!

Hi, my name is Anastasia Sam also known as Stasia. I am a member of Nak'azdli Whut'en and sit with the Lusilyoo clan. I am a Pipe Carrier in the Sweat Lodge. My recent work experience includes working with children at Nak'al Bun Elementary. I have four children, and one grandson. I enjoy applying my creativity while supporting young minds.

My passion for working with children and helping them grow led me to Nezul Be Hunuyeh Child & Family Services.



Nak'azdli location is OPEN!



The Tsibalyan T'o Program was developed in response to a community identified need to promote early childhood development and provide parenting support to families with young children. The program has been operating in Tache for several years from Eugene Joseph School and more recently from Lower Road in Tache. Due to the success of the program, we are pleased to announce the opening of a location in Nak'azdli. Our grand opening has been postponed due to COVID restrictions; however, staff have been busy ordering materials, furniture, developing programming, and connecting with families to deliver home activity kits.

What we do at Tsibalyan T'o:

- Language and Culture
- Arts & Crafts
- Circle time -singing nursery rhymes and reading books
- Play time for kids
- Parenting Support



The Program has been temporarily closed due to COVID Restrictions

Watch for opening in the

Snacks provided

Transportation provided

“To help parents feel empowered and supported”

Tsibalyan T'o Program



Condolences

Gerald Thomas Anatole



Elijah West



*The Nezul Be Hunuyeh Team
extends our deepest condolences
to the families of
Gerald Anatole and Elijah West
and all those who have lost loved
ones during this difficult time.*

DECEMBER

December 6

**National Day of
Remembrance and
Action on Violence
Against Women**

December 10

Human Rights Day

December 21

**First Day of
Winter**

December 24

Christmas Eve

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**



POLAR EXPRESS 2020

NATIONAL DAY OF REMEMBRANCE AND ACTION ON VIOLENCE AGAINST WOMEN



The National Day of Remembrance and Action on Violence against Women is about remembering those who have experienced gender-based violence and those who we have lost to it;

The National Day of Remembrance was established in honor of 14 young women who, because of gender based violence, were murdered in Montreal, 1989. As we mourn their loss and honor their memory, we reaffirm our commitment to fight the hatred that led to this tragedy. In Canada and around the world, women, girls, LGBTQ2 and gender diverse individuals face unacceptable violence and discrimination. Gender-based violence in Canada has been magnified and amplified by the COVID-19 pandemic. There have been reports from police services, shelters and local organization of an increase in calls related to gender-based violence across Canada during the pandemic.

Domestic violence impacts the entire community. If you, or someone you know is being abused please reach out.

DECEMBER 10

HUMAN RIGHTS DAY

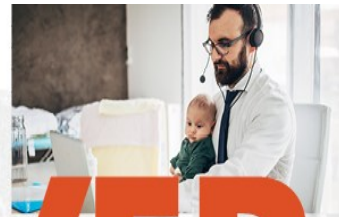


FIGHT
inequality

PROMOTE
sustainable development



END
discrimination



**RECOVER
BETTER.**

STAND UP FOR HUMAN RIGHTS



ENCOURAGE
participation and
solidarity



DID YOU KNOW?

Article 1 in the Human Rights :

“All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.”

For more fundamental Human Rights visit :

<https://www.un.org/en/>

In 1948 the United Nations developed a document known as the *Universal Declaration of Human Rights (UDHR)* which proclaims the inalienable rights of all human beings regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property birth or other status.

In spirit of the COVID-19 Pandemic, the theme this year is *Recover Better– Stand up for Human Rights*.

The Pandemic has separated us by six feet and changed our lives in many ways. The pandemic also exposed some systematic failures, inequalities, exclusion and discrimination. December 10th is an opportunity to reaffirm the importance of human rights supporting global interconnectedness and shared humanity.

Recover Better– Stand up for Human Rights campaign highlights the need to address inequality. For that, we need to promote and protect economic, social and cultural rights.

WE ARE RECRUITING!

Nezul Be Hunuyeh Child & Family Services Society



Community Advocate– Binche Whut'en Full-Time Fort St. James

Key Areas of Responsibility:

- Work with families involved in the Child Welfare System
- Work with families to develop prevention and safety plans
- Attend Family Court on behalf of community and Binche Whut'en
- Laisse between Binche Whut'en, Nezul Be Hunuyeh and the Ministry of Children and Family Development

Caregiver Support Worker Full-Time Fort St. James

Key Areas of Responsibility:

- Work closely with the Support Services Manager around developing Caregivers Support Program
- Develop and document individualized service plans for caregivers
- Collaborate with Nezul Be Hunuyeh staff and other professionals
- Attend meetings with caregivers and other school/

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

Family Preservation Worker Full-time Fort St. James

Key Areas of Responsibility:

- Establish supportive relationships with clients
- Develop and document individualized service plans for clients
- Collaborate with Nezul Be Hunuyeh staff and other service providers
- Attend meetings and appointments with clients to provide advocacy and support.

WE ARE RECRUITING!

Nezul Be Hunuyeh Child & Family Services Society



Community Advocate

Full-Time Prince George

Key Areas of Responsibility:

- Attend with Ministry of Children & Family Development (MCFD) workers for callouts, meetings, and home visits with Tl'azt'en, Nak'azdli, and Binche members in the area to provide support, information, and advocacy
- Assist in the developments of Child Safety Plans and/or Family Service Plans in collaboration with the family MCFD, and the Band
- Assist community members involved in the Family Court System to secure legal representation
- Attend family court to provide information, support, and advocacy to Tl'azt'en, Nak'azdli, and Binche members
- Maintain contact with community Band Reps for consultation, planning and to receive direction regarding Family Court matters
- Collaborate with MCFD and the NBHCFS Family Service Worker for joint planning to facilitate the transfer of files to the NBHCFS Family Service Worker
- In collaboration with NBHCFS staff, co-facilitate group programming as require

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.
- Transport youth to appointments, shopping, school, leisure activities as required
- Perform residence maintenance, janitorial, and basic housekeeping and ground maintenance as required

The best time to begin a new career is now!

CELEBRATING COMMUNITY MEMEBERS



Stephanie Erickson

I am Stephanie Erickson of the Lusilyoo Clan in Tl'azt'en Nation. S'uloo is late Bonnie Erickson and s'uba is Dwayne Smith. I am honoured to be born in, be educated on, and live in Lheidli T'enneh Unceded Territory. Snachailya nohts'utni nohkeyoh njan nghunusahdil (You have honoured me for welcoming me to your territory). I recently earned my Master of Education in Counselling degree from UNBC in Prince George. The territory of which I have grounded myself in Nowh Whooelh (Looking Two Ways; Dakelh | Nak'azdli Dialect) variation of Two-Eyed Seeing: The way of knowing and being that brings together the best of Indigenous knowledge with the best of Global knowledge systems for the benefit of All Our Relations.

In 2009, I began my post secondary education journey driven by a passionate duty to bring the knowledge and skills I obtained back to our people. After my undergraduate degree, I landed

myself in a humbling position working for my community at Nezul Be Hunuyeh. This learning experience called me back to university in 2017, studying harder and learning the skills I needed to be of service to our people and community in a more impactful capacity. I bring forward the lessons grounded in healing myself through learning indigenous ways of knowing and being and merging it together with my counselling skills in a holistic fashion. Furthermore, throughout my educational journey I welcomed three children into my heart which created motivation to heal deeper and find ways to heal and release intergenerational trauma. Motherhood comes with many lessons and blessings which has only enriched my ability to heal and grow as my children have become my greatest teachers.

Healing is a brutal process. It is messy, it is overwhelming, it is painful. However, healing is the change that you get to choose, whereas the trauma you had survived was not your choice. My choice to heal came when I realized I had two choices on my path: the path of feeling the pain (my pain, my ancestral pain, and my family pain) and moving through it, or denying my pain and continuing to suffer in many other ways (addictions, social media distraction, and other avoidance strategies we all seek momentary comfort in). The choice was easy, I chose my hard. The hard life of healing, growing, transforming, and honouring myself throughout the process. I know how difficult it can be to start reaching out and asking for help. Maybe that process starts with forgiving yourself for the wrongs you have done and being motivated to change and be better for yourself, your family, and your community. But I promise you, once you begin to heal and shift and reunite with the person underneath the hurt and pain, you wish you would have started sooner.

Right now, I am working as a Mental Health Counsellor in Tl'azt'en at the Education Centre bringing the knowledge back to our people. I have created Strawberry Medicine Counselling Services as a business mandated to grow strong hearts for the people. I will continue to seek opportunities to share and exchange knowledge so that we can all heal, grow, and become a stronger Dakelh nation, rooted in connection and indigenous love.

Submitted by Stephanie Erickson

Terry's Table

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



Spaghetti with Vegetable Meat Sauce

INGREDIENTS

- ◆ 1 lb ground beef
- ◆ 1 onion—diced
- ◆ ½ tsp dried basil
- ◆ ½ tsp dried oregano
- ◆ 2 cloves garlic
- ◆ 2-3 stalks of celery
- ◆ 1 zucchini—shredded
- ◆ 2 carrots—shredded

Instructions:

1. Add ground beef to a pot or a large deep skillet. Brown the ground beef over medium heat until cooked through. While the ground beef is browning, finely dice the onion and mince the garlic.
2. Once the ground beef is cooked, drain off any fat.
3. Add the onion and garlic, sauté until onion is soft and transparent.
4. While the onion and garlic are sautéing, shred the zucchini and carrots with a cheese grater.
5. Add shredded zucchini, carrots, basil, oregano, pepper and salt.
6. Sauté for 7-10 minutes.
7. Add pasta sauce, heat through on medium heat and let simmer on low heat.
8. Put your water on for the spaghetti and cook according to directions. Drain in a colander and return to the pot.
9. Put some spaghetti on a plate, add sauce. Top with parmesan cheese and serve with garlic bread. Enjoy!

This month's recipe is a favorite of kids and adults alike! Not only is it delicious, its packed with vegetables—your kids won't even know they are in there!

#momforthewin!

Top with some freshly grated parmesan and pair with some garlic bread!

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!



YOUTH RECOGNITION

Join us in acknowledging Destiny Holdis. Destiny is a familiar face at Nezul Be Hunuyeh Child & Family Service (NBHCFS) events where she is known for her positive attitude and willingness to help. Destiny is a member of Binche Whut'en and sits with the Lusilyoo clan. She is the daughter of Catherine Holdis, granddaughter of Carol Anatole and Ron Holdis and great-granddaughter of Sebastian and the late Betsy Anatole and the late Douglas and Agnes Holdis.

Destiny has goals to become a Social Worker and we are confident she will be successful in any career path she chooses. Although we will miss seeing her as often, we will be following her to see where her journey leads. .



Destiny Holdis

“You are off to great places, today is your day! Your mountain is waiting, so get on your way!”- Dr. Seuss

Coming of age is a term used to describe the transition between childhood and adulthood. Traditionally this milestone was marked by the onset of puberty. Nezul Be Hunuyeh acknowledges this milestone when youth turn 19 and leave the care of the Agency.

This stage of development can be a difficult transition for some who do not feel prepared to leave the security of childhood behind. Ceremony helps the youth to step into the future with the support of their family and community.

Youth who are coming of Age are acknowledged at our Heart and Dreams events each year. The young person is placed in a nest of tree boughs representative of their home. Family members, community members, and others who are part of their support system gather the circle around the youth. An eagle feather is passed to each person in the circle who share messages from the heart.

The youth is gifted and blanked by Clan Grandmothers to remind them where they come from and also to remind them their Clan will always be there to support them. Symbolic gifts of family, food, wellness and spirit are then presented by community elders and knowledge keepers. Once the ceremony is completed, the youth will leave childhood behind as they step out of the nest and exit the building. They are then welcomed back to the circle as a young adult.

WORKING AS ALLIES KEEPING CHILDREN IN 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/youth T/F
2. I am ready to have a safety inspection of my home completed. 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

Katie Strong-Boag

Resource and Recruitment

Phone: 250-561-5191

Children need you!

Nezul Be Hunuyeh

The name Nezul Be Hunuyeh was chosen by Elders of Nak'azdli Whut'en and Tl'azt'en Nation for the Child & Family Services Agency that would serve their communities.

According to the Elders, the Dakelh meaning of these words translates to "Bonding with the Spirit". This translation acknowledges the bonding process in the child-caregiver relationship and reminds everyone that caring for and maintaining these relationships is a sacred responsibility.

Becoming A Caregiver

Being a caregiver gives you an opportunity to make a positive difference in the life of a child. All children need safety, security, support and nurturing to help them reach their full potential .

We are seeking individuals, couples, and families within our communities who want to make a difference in the life of a child .

With your help , we can create positive change so no child will have to recover from their childhood .

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

“Let us remember it takes a whole community to raise a child.” - Nancy Tom



“Let us remember that it takes a whole community to raise a child and that we need to always be aware that little eyes are watching and listening and that whatever you do they will do also. We need every one of you out there to make a difference in a child’s life today: perhaps just by lending a listening ear, praising your child or any other child for the little things they do, telling them it’s okay if they make a mistake, respecting them for who they are and not being judgmental, gently talking to them about the facts of life, making time to do something special just for them such as birthdays or going out for lunch, offering them a safe place if they need one, and the list could go on and on. These are the basic things we need to be aware of each and every day because it sure doesn’t cost much to tell a child they’re worth it. If each of us that are here today could do this then we are on the road to building our Nations to where we once were as strong caring families who stepped up to care for their own. Mussi Cho for listening and my

How can we work together to keep children in community?

Become a Kin Caregiver!

Keep children with their families—Grandmas, Grandpas, Aunts, Uncles, Community Members

Kinship care - a term used for the raising of children by grandparents, other extended family members and adults with whom the child has a close family like relationship when the parent is unable to do so. Legal custody may not be involved and the child may be related through ancestral lines, marriage or adoption. This arrangement is also known as Kincare or relative care.

Kincare givers reduce the trauma children experience when they need to leave their homes, allow children to maintain connections to their community, culture, school and family members and increase the likelihood of reunification with their parents. It keeps children out of the foster care system. Grand family is another term that has been recently developed to describe families engaged in kinship care.

We hold up our hands in acknowledgement of the many Kincare givers in the communities we serve. Nezul Be Hunuyeh delivered 70 appreciation baskets in December to these amazing individuals for their commitment and willingness to open their homes and their hearts.



**Christmas baskets for our
Kin Caregivers! Thank-you for all that
you do!**



Ashley Burt
Resources Social Worker



Katie Strong-Boag
Resources and Recruitment

Do you know a Kin Caregiver who should be honoured from our Community?

NEZUL BE HUNUYEH

24 DAYS OF CHRISTMAS—2020

Nezul Be Hunuyeh Child & Family Services Society delivered an online 24 days of Christmas contest for people to take part in on Facebook. Each day a challenge to spend time with family doing some sort of Christmas or winter activity was posted and people had the day to get the challenge completed and submit the child's photo to be entered into the weekly draw. All entries were then added to the Grand Prize draw that took place on December 31 !

Thank you to all those who took

WEEK ONE
WINNER!
Family
Arts and Crafts

Mabel Felix
Children



WEEK TWO WINNER!
Family Game Pack
Emily Prince



NEZUL BE HUNUYEH

24 DAYS OF CHRISTMAS—2020



WEEK THREE
WINNER!

Family Movie
Night

Anita Joseph



GRANDPRIZE WINNER!!

55" Smart TV—Lilly Moise



JANUARY

*this year's
resolutions*

THIS YEAR I WILL

Start a new habit:

Read a good book:

Learn a new skill:

Go on a visit to:

Break a bad habit:

January 1

New Years Day

Something you may not
know about New Years....

Baby New Year has been a symbol of the holiday since around 600 B.C., starting in ancient Greece when an infant was paraded around in a basket in celebration of Dionysus, the god of fertility. The baby represents a rebirth that occurs at the start of each new year

Look up facts about New

January 18

Blue Monday

A few mood boosting film
ideas to watch on Blue
Monday:

* Coco



BLUE MONDAY

January 18, 2020

Blue Monday is the name given to a day in January (typically the third Monday of the month) claimed to be the most depressing day of the year. Signs of depression can include lack of motivation, agitation, loss of interest in things previously enjoyed, or disruptions in sleeping and eating.

What is it that causes us to be the most depressed on this day?

Some suggestions include the long, cold, dark nights and short days, recovery from all the Christmas cheer and unpaid bills from over spending through the holidays.

**Be kind with yourself this
January 18th**

Call a friend-Pamper yourself-Get Active

Recipe for a Good Mood



+



+



Take a cold shower to increase endorphins

Listen to music to increase dopamine in the brain

Take a power nap to boost energy & cognitive functioning



+



Snack on dark chocolate for its mood-boosting compounds

Spend time in nature to improve your well-being

**Take a walk and find out who is
adventuring in your
community!**

Animal tracks can be found all around us. They are a powerful learning tool to identify wildlife sharing your space. Take the time to slow down, and explore nature in a mindful way. Our ancestors relied on this skill to obtain food. This skill has been passed down and contemporary hunters and trappers still use the animal tracking skills to plan where to lay traps, and to ensure a successful hunt.

Do you know someone who traps?

Do you know someone who knows how to identify animal tracks and can track animals?

Find someone in your community who does this!

See what tracks you can find in your area.

Take a photo, identify the animal, keep a journal.



Photo Credit to Ft. St. James

Snowshoeing

Winter and the Brave Girl

There was a time the people did not yet make permanent dwellings and they made shelters with small trees and boughs. This worked well in the Spring, Summer and Fall for they could move about the land in pursuit of animals they needed for food. When winter came it was far too cold and when cold winter spirit blew in from the North howling and biting, the people were forced to travel south which created other problems. It forced them from their homeland and into land that was patrolled by the enemies.

The people heard and felt the winter spirit approaching. They gathered the belongings and got ready to travel the hard dangerous migration south but one of their Daughters refused. She said she was tired of running from the winter spirit so she would stay behind. They pleaded with her but she refused and they could wait no longer and they left the girl behind with much sorrow in their hearts for they feared the worst. Weeping and full of sadness for her they left.

The girl started to build a new structure from logs and earth partially dug into the earth she had seen this in her mind, this was the first pit house. She gathered food, wood, and clothes made from animal skins and she worked very hard to be ready as the winter spirit moved south with a terrible howling the cold took over the land.

The winter spirit came upon the dwelling howling and bashing trying to get into the new home the girl had constructed . From inside she could feel and hear the terrible attacks from the

Inside he found the girl on the other side of a large fire singing. He was terrible and frightening creature and wore a headdress of feathers made of large ice cycles and a terrible angry face and breath that cut and bit anything it contacted. She just kept singing and this mesmerized the winter spirit and he just sat across from her listening to the beautiful songs. Soon his headdress started to melt and water ran down his face like tears and he began to melt. He suddenly realized what was happening and he panicked and jumped up and ran out and took off back towards the North.

When Spring arrived the people returned and they all feared the worst for the girl who stayed behind. They discovered this strange dwelling and they carefully approached hearing the beautiful song coming from inside and the fear and sorrow was quickly over taken with Joy and happiness as they realized she had survived the winter.

From then on the people were never forced



Story Submitted by
Dennis Cumberland

YOUNG WARRIORS

The Young warriors is a leadership program for children and youth based on a calendar of traditional seasonal activities. Two groups are led by three cultural workers, knowledge keepers and Elders. The Young Warriors receive hands on teachings to introduce cultural and traditional ways. This program serves youth ages 9-12 years old.



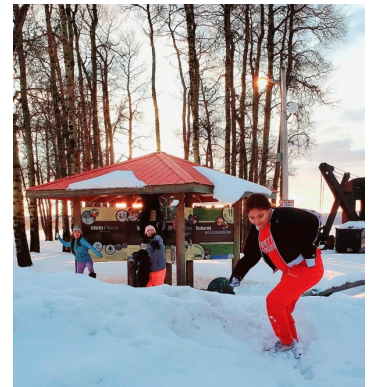
Young Warriors were headed to the forest to practice lighting campfires and

The Young Warriors learn about their culture, history and themselves by participating in traditional activities, and listening to the stories of group leaders.

It is through the power of knowledge and shared experiences the youth are supported to honor themselves and learn new skills.

What we have learned through COVID is that our attention and connection to the land is just as important now, and is an opportunity to reconnect with our traditional ways of living.

The Young Warriors have been



Connection, snowshoeing and



*Took a hike to the pictographs
over by Stones Bay.*

RECOGNIZING KIN CAREGIVERS

“It takes a community to raise a child,” let us raise our hands up to Pauline and Howard for fully embracing the philosophy. Pauline Lee and Howard Monroe are two of these caring individuals who have gone above and beyond to ensure two youngsters did not have to leave their community when their Grandmother passed away.

“Remember to have patience.”

Pauline is the boys great aunt. With the support of her partner Howard, they are providing a safe and loving home for the boys and ensuring their connection to family, community and culture is maintained.

In addition to providing physical stability and meeting their daily needs, Pauline and Howard provide ongoing support and advocacy on their behalf when needed. When asked what the experience has been like so far, Pauline stated that it has been great. It is a much different experience then raising your own children. She offers the advice to anyone thinking about taking on extended family members who need a loving supportive home to “do it,” and remember “the most important thing is to have patience.”



MUSI

COVID-19

ACHES

ACUTE CARE

ASYMPTOMATIC

BATS

CAREGIVERS

CASES

COMMUNITY

CONTACT

CONTAGIOUS

CORONAVIRUS

COUGH

DOCTORS

ESSENTIALS

FEAR

FRONTLINE

GLOVES

HEADACHE

HOSPITAL

ICU

ISOLATE

JOB LOSSES

LOCKDOWN

LONG TERM CARE

LUNGS

MASKS

NURSES

NURSING ATTENDANTS

OUTBREAK

PAINS

PANDEMIC

PARAMEDICS

PATIENTS

K L N W O D K C O L C O M M U N I T Y E P P
A S E T A D P U E C A R E G I V E R S T S M
E A S A E S O N Y N N U R T G L O V E S Y K
R S E E S S A A C S R I F T E A C H E S R I
B Y S S C Y E I E S K S A M W S I X F E E T
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U P O S R N R P E O R E S N T F S I P H O E
O T L E L U A Z T H M H T E E E E R N I C H
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L M O I D T I E N A M C E O L C T U R N R A
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E Y A A S R S O E E N T T I O O T I O R M E
R S S R S F E C N I S I A T C N R R S A R H
P O H A R N A D S T O S C G O A E T I M E C
S B O U H R I R N N A O E R N V N E T E T O
S A R Q E Y U A S E D G F C E I D O I D G N
E T T S G N U L P N S C I F O R S E V I N T
S S A E N I C C A V M S A O D U E R E C O A
A S G A C I M E D N A P C R U S G I U S L C
C R E S T R I C T I O N S F I S C H E N S T
F O S R L A T I P S O H S T A Y S A F E U S

PPE

PRECAUTIONS

QUARANTINE

RECOVERY

RESTRICTIONS

RUNNY NOSE

SIXFEET

SORE THROAT

SPREAD

STAY SAFE

SYMPTOMS

FEVER

NURSING

HOMES

TIREDDNESS

VACCINE

VENTILATORS

As directed by the PHO, you should avoid non-essential travel at this time.

Do not travel to other regions inside or outside of the province unless it is essential.

If you decide to travel for essential reasons, take the same health and safety precautions you do at home.

- Wash your hands often
- Practice safe distancing, 2 m
- Spend time outdoors and only with your household
- Clean spaces often

If you are feeling sick, stay home. No exceptions.

If symptoms develop while travelling, self-isolate immediately and contact 8-1-1 for guidance and testing.



FEBRUARY

GROUNDHOG DAY

February 2 is an annual day of awareness for anyone trying to predict if spring will come early. When the groundhog is said to come out of its hole at the end of hibernation it will look to see if he can see its own shadow. If the animal sees its shadow (if the weather is sunny) it is said to predict spring coming six weeks early!

Many provinces have an honorary groundhog : Ontario's Wharton Willie, Nova Scotia's Shubenacadie Sam , Manitoba Merv, Alberta Balzac Billy and now BC Vancouver Island Violet . Watch for Vancouver Island Violet to emerge and make her prediction for Spring 2021



FUNNY FACT!

A situation in where a series of unwelcome events appear to be recurring in exactly the

"She lived a never ending groundhog day of laundry"

February 2

Groundhog Day

February 14

Valentines Day

February 15

Family Day

February 24

*"Maybe the journey isn't' so much about becoming anything. Maybe its about
unbecoming everything that isn't really you,
So you can be who you were meant to be in the first place"*

PINK SHIRT DAY

WHAT IS BULLYING?

Bullying is a form of aggression where there is a power imbalance; the person doing the bullying has power over the person being victimized. In addition to any physical trauma incurred, bullying can result in serious emotional problems, including anxiety, low self-esteem, or depression.

CYBER SAFETY STRATEGIES FOR ONLINE & MOBILE SAFETY



1 Use an online nickname that doesn't provide clues to your real identity.



2 Don't open emails from strangers.



3 Don't accept friend invites from strangers.



4 Don't share your personal information (name, family members' names, school, friends' names, age, address, phone number, etc.) with anyone you don't know.



5 Change your passwords regularly, especially if you think someone else might have them. Don't share your passwords, even with friends.



6 Remember to log out of social networking sites like Facebook when you leave a computer.



7 If someone you meet online asks to meet you in person, tell a parent, teacher, or other trusted adult.



8 Never post or forward naked photos of yourself or anyone else.



9 Always use the privacy features of social media sites.



10 Don't share cell phone numbers or email addresses with people you do not know.

IF YOU KNOW SOMEONE WHO IS BEING BULLIED ONLINE:

- When you see someone being bullied online, stand up for them.
- Write down or save what you see and when you see it.
- Help the person being bullied understand that they don't deserve to be bullied. You could do this by phoning them, sending them a private message, email or text, or by speaking with them at school.
- Don't encourage bullying behaviour by participating in a bullying conversation thread or, "liking" or forwarding a hurtful comment.

IF YOU ARE **BEING BULLIED**

- Don't try to reason or communicate with the person who is bullying you.
- Use the "block" feature to prevent the person from contacting you again.
- Tell a trusted adult or contact the Kids Help Phone web site.
- Save any messages you receive as evidence.



Information provided by
redcross.ca/respecteducation
Preventing Bullying



The end of one journey marks the beginning of the next.

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

Crystal French

Since 2008

Dave Vinson

Since 2010

Edna Cameron

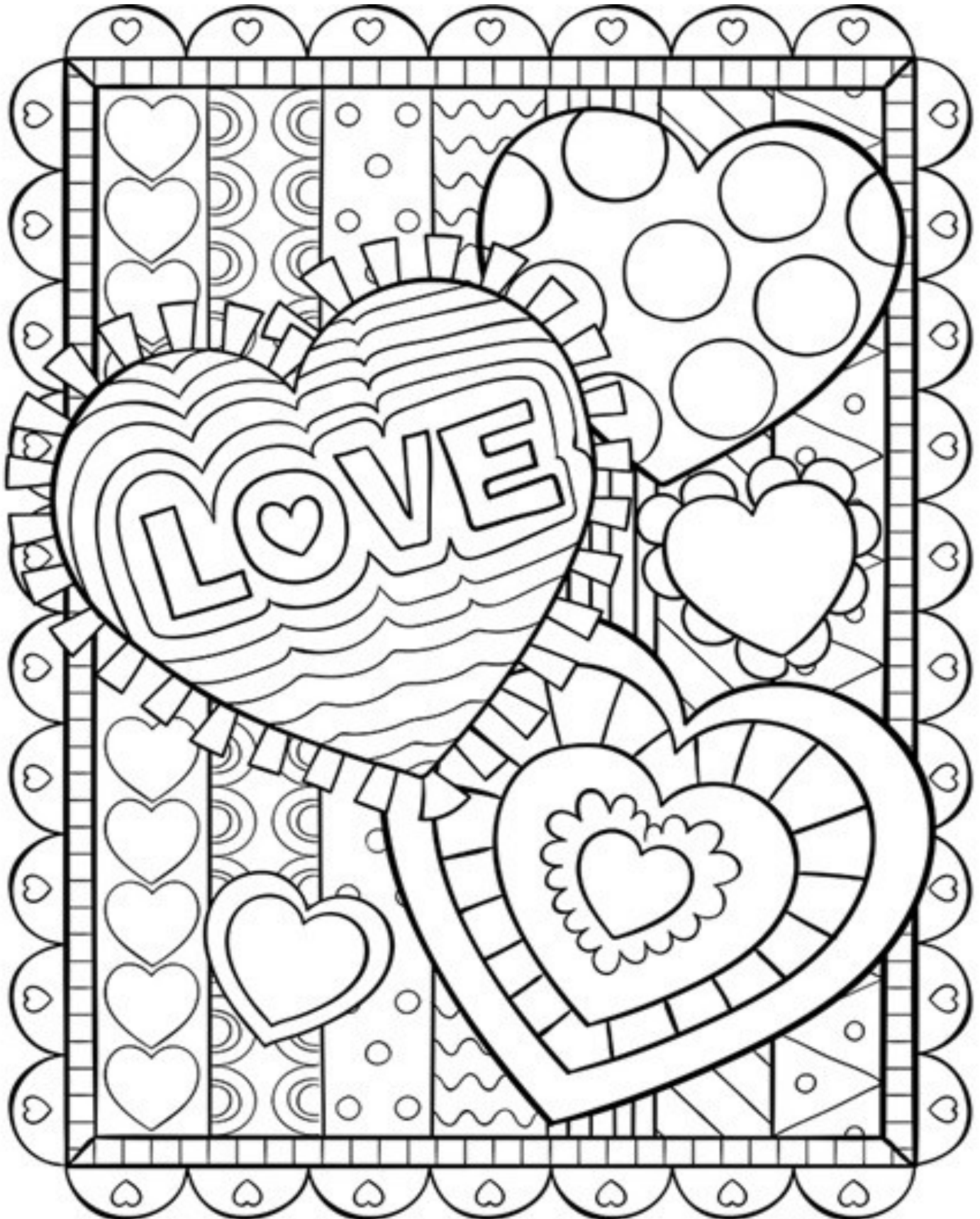
Since 2019

Cathy Playfair

Since 2018

Freida Prince

Valentines Day February 14, 2020



NATURE SCAVENGER HUNT

Family Day February 15, 2020



LOOK

☐

A tree that has lost all of its leaves

☐

An evergreen tree

☐

Thorns

☐☐

A pinecone

☐☐

Animal tracks in the snow

☐

An insect

LISTEN

☐

The wind

☐

A bird

☐

What else do you hear?

FEEL

☐

Something smooth

☐

Something rough

☐☐

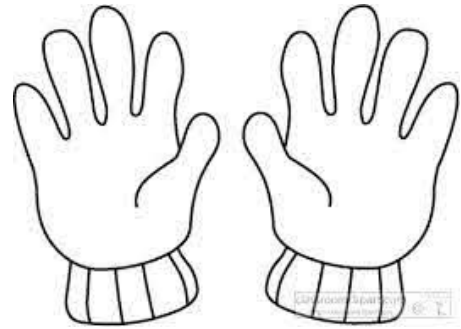
Something wet



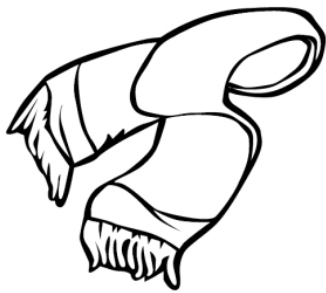
KIDS ZONE



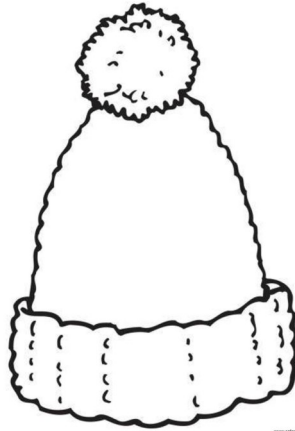
Bat (Mitts)



Luga (Gloves)



Hezdilya (Scarf)



Khitts'oh (Touque)



Dzoot (Coat)

Khith

(Winter)

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 and 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