

NORTH

NORTHERN FIRST NATIONS HEALTH AUTHORITY NEWS | MARCH 2024

ALL NATIVE Basketball

LET'S GOOO!!!

We won't
AHOUSSAHT
Never
back
down

JAN ^{RRRR}T
OR
BUST
Denendeh
Beavers

TO
TERRACE
balls

SHARING STRENGTHS

OVER 1100 PLAYERS COMPETE
AT JR. ALL NATIVE IN TERRACE

HAVE WE GOT A
JOB FOR YOU!
DETAILS ON PAGE 4

STORIES FROM THE LAND

VIDEOS AVAILABLE TO ASSIST
COMMUNITY WATER MONITORS

IN THE GALLERY

THE BASKETBALL COURTS
ARE BOUCING!

TRADITIONS, TEACHINGS & TALKS
ALL ABOUT SMUDGING



NORTHERN REGION
First Nations Health Authority

COMMUNITY BASED WATER MONITORS HAVE NEW TRAINING VIDEOS

COMMUNITY BASED WATER MONITORS OFTEN LOOK AFTER DRINKING WATER SYSTEMS IN FIRST NATIONS COMMUNITIES. These dedicated people sample water for various contaminants and send their specimens to labs for testing. They are community heroes!

On National Indigenous Water Operators Day, March 21, the FNHA released four training videos on its YouTube channel (<https://www.youtube.com/firstnationshealthauthority>) to help the monitors with these processes:

1. How to Pick Your Water Sample Sites (3:46): <https://youtu.be/VJ8s6hNPz-k>
2. How to Take a Water Sample (5:26): <https://youtu.be/XOj7tCBnZrM>
3. How to Process Drinking Water Samples in your Community (7:52): https://youtu.be/N0zrW_BtgGs
4. How to Use a Colorimeter to Measure Chlorine (7:38): <https://youtu.be/HCKVNaRorrs>

We had a lot of fun with this project as FNHA team members became scriptwriters, filmmakers and actors.

Erin Nielsen, northern manager for Environmental Public Health Services, and the team involved in the Drinking Water Safety Program wrote the scripts

and made sure the information was correct. Cori Johnson (and her soon-to-be-famous insect tattoos) starred in and narrated the videos and explained various procedures. And Carol Whetter filmed the scenes and provided the clips and sound bites to the film editor at CFNR, Rob Young. All the sound was recorded at UNBC's CFUR studio.

Along the way we had guest appearances by Phyllis Seymour, water monitor for Lheidli T'enneh, environmental health officers (EHOs) Blake Blok (playing a courier) and Joey Cheng (playing himself), and Ivan Paquette impersonated an EHO. All could be nominated for acting awards!

With so many of our communities being remote and COVID keeping people at home for the past few years it's been a challenge to provide face-to-face training. We hope these videos will be a useful resource for all our hard working community based water monitors. If you ever have questions, contact: environmental.health@fnha.ca



Phyllis Seymour and Cori Johnson on location at Lheidli T'enneh. Filming for videos began in 2022 and four are now available for reference.

Download a digital copy of NORTH:
<https://fnha.bmeurl.co/10E6B310>

SHARING STRENGTHS

HOOPS PROVIDE FOCUS, FUN AND FRIENDSHIP FOR YOUTH

UNDER BRILLIANT BLUE SKIES AND SNOW CAPPED MOUNTAINS, 85 TEAMS SPENT THE WEEK AT THIS YEAR'S JR. ALL NATIVE BASKETBALL TOURNAMENT HOSTED BY THE NISGA'A NATION.

The Gitlaxdax Nisga'a Dancers blew the roof off the SportsPlex at opening ceremonies which took place on unceded Tsimshian territory in Terrace on March 17. Fans and family cheered continuously as teams entered, and players danced and smiled, proud to represent their communities.

"I've never heard the arena so loud," said Mike Davis, a manager with the organizing committee.

The journey to JANT 2024 started a year ago for teams. Fundraising—up to \$20,000 or more per team—is yearlong. "It brings communities closer together when they have to raise money.



Mike Davis, manager with the organizing committee, says everyone loves seeing family members from away.

And it's definitely good for the mental health of our children. Kids are involved and it gives them a sense of belonging, whether they are beginners or pros. Life skills develop too: self-discipline and working hard in school," added Davis.

At a U17 game between Laxgalts'ap and Fort Nelson the stands were full of cheering fans. "Hey, cousin!" said a fellow who grinned hugging a woman. JANT provides an opportunity to reconnect with family who have moved and to make lifelong friendships. JANT also gives kids an opportunity to play competitively and later move into college ball.

Teams from all over BC can enter four categories: U17 Male or Female, and U13 Male or Female. JANT rotates between the North, Central and South.

The Nisga'a Nation won the bid last year and formed a committee with reps from their four communities, Laxgalts'ap, Gingolx, Gitlaxt'aamiks and Gitwinksihlkw, along with urban members.

The courts were busy from 8:00 a.m. till almost midnight daily. The biggest venue was the SportsPlex where two portable courts were installed and three local schools provided the remaining venues.

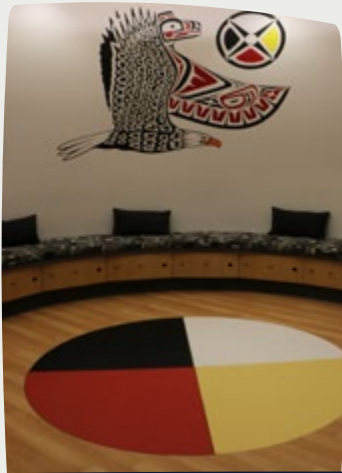
"We couldn't do this without the help of our sponsors and over 200 volunteers who are the heart and soul of making this tournament happen," said Mike.

And the memories live on!



This year's tournament was hosted by Nisga'a who started a youth tournament in the 70s to give kids something to do during spring break.

HAVE WE GOT A JOB FOR YOU!



- ✓ POSITION: Regional Manager, Primary Care
- ✓ LOCATION: Northern Region
- ✓ SALARY RANGE: \$94,623 - \$111,321 - \$128,020

You are responsible for establishing, coordinating and implementing primary care initiatives in northern First Nations communities.

KEY TO THIS POSITION IS DEVELOPING AND INTEGRATING PRIMARY CARE MODELS THAT REFLECT FIRST NATIONS VALUES AND SUPPORT WHOLISTIC WELLNESS. The region will look to you as a senior manager, to work with health partners, community leadership and FNHA staff in a good way, always displaying cultural safety and humility in your actions and work. You seek out best practices to share, including education, program planning and evaluation. And you are committed to improving the quality of health care services in the North.

If this sounds interesting to you, [the posting is here](#).

The FNHA offers employee benefits from day one, a good pension plan, ample vacation plus 14-stats and 5 personal days.

FNHA JOB OPENINGS IN THE NORTH (click for more info)

Admin Assistant, Nursing:

- [Lheidli T'enneh](#)
- [Fort St. John \(casual\)](#)

Community Engagement Coordinator

- [Carrier South](#)
- [Finlay/Dakelh](#)

Data Collector, Reg. Health Survey

Environmental Health Officer Northeast

Environmental Health Officer Northwest

Family Physician Gitksan Wet'suwet'en

Family Practitioner, VDOD

[Family Practitioner, VSUPS](#)

[Indigenous Educator, Harm Reduction](#)

[Indigenous Student Program](#)

[Project Manager, Land Based Healing](#)

[Psychiatrist, VSUPS](#)

[Reg. Mental Health & Wellness Liaison](#)

[Reg. Manager, Mental Health & Wellness](#)

[Reg. Manager, Primary Care](#)

[Regional Planner \(2\)](#)

[Sr. Analyst, Cultural Safety & Humility](#)

NURSING

Community Health Nurse:

- [Witset](#)
- [Nurse Practitioner Gitksan Wet'suwet'en](#)
- [Primary Care Nurse, FNV DOD](#)
- [Primary Care Nurse, FNV DOD \(0.6 FTE\)](#)
- [Primary Care Registered Nurse Hagwilget](#)
- [Regional Nurse Manager](#)
- [Sr. Clinical Services Lead, Virtual Health & Wellness](#)

Check out all our jobs at
fnha.ca/careers

TRADITIONS, TEACHINGS AND TALKS

Smudging

WHY DO PEOPLE SMUDGE?

Smudging—where a person infuses the energy from certain plants over themselves, an object or a place—connects people to the Creator and provides a way to gain spiritual protection and blessings. The smudge is believed to purify and cleanse, bringing balance to energies to heal the mind, body and soul. These benefits grow with regular practice. Smudging is often done in preparation for prayer or prior to a spiritual gathering.

HOW TO PREPARE SMUDGE

Harvesting various types of smudge can involve ceremony and it is best to learn from a local knowledge keeper.

Once you have the ingredients they should be dried or infused anywhere from 3-12 moon cycles, depending on your traditions.

A single ingredient can be used or combined with others. Ingredients can be bundled together and tied with string or thread, mixed loosely in a smudge pan, braided (sweetgrass) or infused in liquid.

Place the smudge in a cast iron pan, a shell, on a clay plate or, if liquid, in a spray bottle.

HOW TO SMUDGE

There are many different practices and no wrong way to smudge. The smudge can be lit, dry (unlit) or wet. Start with cleansing your hands with the smoke, aroma or liquid as if washing them. Then guide the essence over your head, eyes, ears, mouth, heart, stomach, legs and feet. You can fan the smoke or aroma with your hand or a feather.

If the lit smudge burns out, relight it. Some say it goes out because there is too much other energy around. It could also be because the ingredients are still green.

When you are done, let lit smudge burn out or extinguish it on the ground or on a stone. Always treat smudge as sacred.



TYPES OF SMUDGE AND SOME PROPERTIES

SAGE (VARIOUS KINDS): cleanses, balances, strengthens, blesses, heals, removes negativity from a place, an object or a person, wards off bad feelings and influences

BLUE SPRUCE NEEDLES: cleanses, promotes serenity, grace, mobility

CEDAR BOUGHS: slow burning; perfect for full smudge rituals; renews, protects and grounds

CHAGA: balances the whole body, grounding

FIR NEEDLES: relates to immortality, strength, wisdom

JUNIPER NEEDLES: speaks to staying true to oneself

MAPLE LEAVES: invokes wisdom, balance

PINE NEEDLES: cleanses, protects, invites prosperity, good health; traditionally used to bless a new home

SPRUCE NEEDLES: invites generosity, peace

SWEETGRASS: attracts positive energy, purifies the aura, cleanses

TOBACCO: relates to respect; has immense healing and spiritual meaning

WILLOW: connects to learning from the past, inner visions

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Email SubscribeNorth@fnha.ca

FYI

Celebrate Water Awareness Day with a Grant from FNHA

How can you share knowledge about drinking water and our relationship to water in your First Nations community event?

- Set up tours of the water plant for kids and adults
- Create a colouring book about where water comes from
- Have a “career day” for potential water monitors
- Invite an Elder to recount traditions around water
- Follow the salmon’s route in a canoe outing on the river or lake
- Carve signs with water-related messages or symbols
- Ask an environmental health officer to do a community presentation
- Have a Water Day picnic

This grant is for up to \$5000 and is available year-round. Events need to be held by March 31, 2025 so there’s lots of time to get organized.

More info: <https://www.fnha.ca/about/news-and-events/news/our-community-our-water-grant-opportunity>

Online application: <https://interceptum.com/s/en/FNHA-Water-Awareness-Grant>

Summer Science Camp at UBC for students in grades 9-11. Deadline May 1.

More info: <https://health.indigenous.ubc.ca/home-page/programs/ubc-ssp-vise/>



Haida Gwaii

COMMUNITY NAMES REVERT TO TRADITIONAL ONES ON HAIDA GWAI

On the islands that make up Haida Gwaii, names that were given to villages during colonial times are changing back to their Haida names. The map above shows the villages’ names that will be used going forward.

On the cover

Pride, determination, commitment and competitiveness were on display at the Junior All Native Basketball Tournament hosted by Nisga’a Nation in Terrace in March. This team bus says it all: The Denendeh Beavers have arrived! Driving from way up north, the team proclaimed their intent to any followers. They were in town to compete!



Have a great picture for our cover or a story idea? Send to SubscribeNorth@fnha.ca



THROUGH NORTHERN EYES

THE COURTS WERE BOUNCING IN TERRACE!



Sign up for our eZine.
Email SubscribeNorth@fnha.ca

IMPORTANT CONTACT INFO

FNHA Virtual Doctor of the Day
1-855-344-3800

First Nations Health Benefits
1-855-550-5454

**National Indian Residential
School Survivors Society**
1-800-721-0066

Kids Help Phone
1-800-668-6868
Text "connect" to: 686868

KUU-US Crisis Response
1-800-588-8717

**Mental Health
(no area code needed)**
310-6789

Health Link BC
811

BC Suicide Line
1-800-784-2433
<https://crisiscentre.bc.ca/get-help/>

Northern BC Crisis Line
1-888-562-1214

**Northern BC YOUTH
Crisis Line**
1-888-564-8336

Text: 250-564-8336

National Suicide Crisis Helpline
988 (call or text)