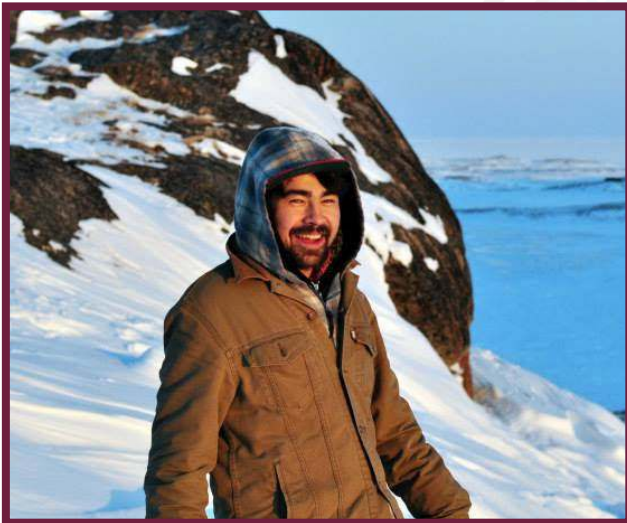


STAFF LETTER - CHRISTOPHER STARR

Our Staff Letter this month is from Community Analyst Christopher Starr



In March of 2020 I finished an internship at the United Nations Operations and Crisis Centre in New York City. The department was responsible for monitoring ongoing and emerging crises around the world, particularly focusing on countries with UN peacekeeping operations. While interning there, my mom jokingly asked if we were monitoring First Nations in Canada. She has worked for our band office at Thunderchild First Nation for decades and sees first hand the issues that emerge, particularly as illicit substance use has increased in our community in

recent years. Being at the UN provided insight into how the global community attempts to prevent crises from emerging through supporting the institutions that provide benefit to community members. I am grateful to now be working with Strategies North, where rather than being in a Manhattan office analyzing issues from afar, we get to work with community leadership first hand to support key initiatives within their respective communities. Whether the project is related to education, health, agriculture, wealth creation, or the variety of other projects that bring benefit to communities - collectively these all play an important role in sustaining prosperous community dynamics. At Strategies North, we greatly value our role to be working with our clients to support this important work, and I look forward to supporting our clients through key initiatives that benefit community members and bring pride to our ancestral legacies.

Christopher Starr

Welcome Colson!



Colson Fellers is a Fort St. John based Web Developer for Strategies North currently studying at Van Arts for Full Stack Web Development. With a background in Construction and Graphic Design he pursued Full Stack Web Development to help smaller communities and businesses build and maintain modern and innovative websites. Colson brings a combination of front and back end coding skills along with a comprehensive knowledge of design and layout. In his spare time he enjoys playing music, building websites, and reading.

We're very much looking forward to bringing your expertise to the Strategies North team!

Darren's Education Corner

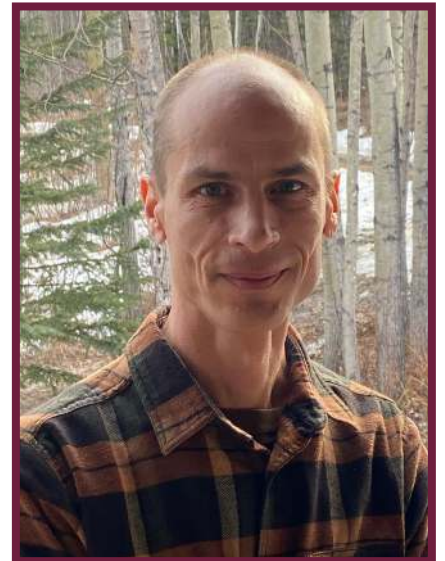
Please Pass the "SEL"

We've identified that relationships are the number one indicator for student academic success, so how do we build relationships with the young people in our sphere of influence?

Although building relationship (with anyone) is not a process that relies on a specific formula, there are some things to keep in mind if we are to be intentional about making a connection with our students.

Most experts agree that in order to promote academic success, we must always be aware of social-emotional learning (SEL). SEL is a process we go through when we become self-aware, develop self-control and interpersonal skills. These attributes are essential whether applied to school, work or simply life in general. Those who possess strong social-emotional skills are better able to cope with, and grow through experiences encountered in life.

If I have confidence in my relationship with my teacher (social), I am more likely to feel empowered and happy (emotional), about facing new challenges in my learning. I feel better about myself and I have the confidence that my teacher is on my side if I need them. The structure of the academic world sometimes forgets that information is only a small part of the learning process. As a teacher, I need to build on ways to *connect* my students to new knowledge.



Darren Shankel

NUU-CHAH-NULTH SPRING HALIBUT RECIPE

Halibut is a culturally significant food source for the Nuu-chah-nulth people of Vancouver Island's west coast. Not only is it delicious, but extremely healthy. This Spring recipe with fresh hemlock will be a crowd pleaser.



Ingredients:

- 2 halibut fillets
- 1 onion, thinly sliced
- 2 ½ Tbsp local honey (more if needed)
- 1 handful fresh hemlock spring buds

Directions:

1. Place a layer of onions on the bottom of baking pan.
2. Put 2 halibut fillets side by side on top of onions.
3. Add salt and pepper to fillets.
4. Place a second layer of onions on top of fillets and cover lightly with honey minced with fresh hemlock tree** spring buds.
5. Add a touch of olive oil.
6. Place uncovered in the oven for 25-30 minutes at 350°F.

Source: <https://www.foodnetwork.ca/recipe/baked-halibut-with-fresh-hemlock-spring-buds/18523/ext>

FIRST NATIONS WELL BEING FUND

The First Nations Well Being Fund provides funding for projects that are related to community well being and efforts that reduce poverty in the community. There are two different funding streams under which to apply:

1. Community Projects Overview - For a community that wants to undertake projects that promote wellness and reduce poverty, ie.) Community gardens & cultural initiatives.
2. Planning Projects Overview - For a community who wishes to engage in planning and community engagement activities in order to develop a project plan.

Funding Amount:

\$25,000 to \$105,000 depending under which stream you are applying and how many Nations are partnering for the same project (up to three).

Eligible Applicants:

First Nations and Tribal Councils

Submission Deadline:

May 30th, 2021

KEY DATES

April 9th: Investment Readiness Program -
Canadian Women's Foundation

Deadline to Apply

April 14th: FCC AgriSpirit Fund - Farm Credit
Canada

Deadline to Apply

April 16th: Strengthening Communities' Services - Civicinfo BC

Deadline to Apply

May 14th: Community Workforce Response Grant - Indigenous Communities Work BC

Deadline to Apply