



MAMALILIKULLA FIRST NATION NEWSLETTER

February 2019

A WORD FROM THE CHIEF

Dear Band members,

I hope this month's newsletter finds you and your laxwala well.

I would like to reflect on some of the work leadership and staff have done to bring our band forward, to be progressive, accountable and to serve membership the best we can. Much has been done, but much more lies ahead.

Our First Nation hasn't lived together for decades, and as time goes by so does the loss of community, culture and history. The on-going CCP work has identified many of the band members wishes for the future of the band. Most important is a new land base, with our own homes, Bighouse, school, health and Elders center, etc.

With this mandate, and to fill the memberships wishes, a new reserve would help us reach those goals, but also help us retain culture, our history, identity and rebuild our community, as well as our nation.

I want to thank members for all their CCP input and encourage everyone to get involved in the future of the band. This will take time, I appreciate the encouragement, patience and understanding of membership as we work hard to nation build.

A key part of our nation building will be education and our youth. Leadership recognizes this and wants to encourage, promote and invest in our youth for the future. If you would like to contribute to our nation building, please consider joining our Elders and Youth committees; contact Sharon at the band office.

For Post-Secondary funding please contact Sonia at the band office.

Until next month, all my relations

Richard Sumner

GOVERNANCE

Chief and Council and I are pleased to enclose the Mamalilikulla First Nation (MFN) Election Code for the membership to review. This Code was derived from a standard template provided to MFN by Indigenous Service Canada (ISC) that is used by many First Nations. This template was taken and modified by myself with input from Chief and Council and advice from ISC Headquarters and then was reviewed and analyzed by MFN's lawyer.

There will be meetings held in the near future in a few different locations to allow the membership to ask any questions they may have regarding the Election Code. In the meantime, members may contact me, Frances Roberts, governance coordinator by email governance@mamalilikulla.ca or by phone 1-888-287-2955 if you have any questions regarding the Election Code or the upcoming Election, which will be held on Apr.27th, 2019.

I would encourage members to read this Code, as it is the foundation of how the Mamalilikulla First Nation is governed. Also, I urge all members to take the time to vote in the upcoming Election to ensure your voice is heard!

Thank you, Frances



Mamalilikulla Nation Election Information

Hello. My name is Maggie Paquet and I am the Electoral Officer for your election, which will be on Saturday, April 27, 2019. I live in Port Alberni and have been doing First Nations elections for about 18 years. I have conducted about 35 elections under various methods. As you know, Mamalilikulla has a new Custom Code for your election process.

The main stages in your election are (1) the Nomination Meeting, (2) the Candidates' Forum, (3) the two Advance Polls, and (4) the Main Poll on election day.

The Nomination Meeting will be held at the KDC hall in Campbell River on Thursday, March 7, between the hours of 5:00 p.m. and 8:30 p.m. All electors have been mailed a nomination package consisting of the official notice (green); a voter declaration form (yellow), which is a legal document that identifies the elector as the person who is voting; and a nomination form (white) to nominate a candidate for either, or both, chief or council. You may make copies of the blank form if you want to nominate more than one person. The yellow and the white forms must be filled out in full (and the yellow form witnessed) and mailed back as soon as possible. There is an addressed, stamped envelope in the package to send these forms back to me. If you don't receive your nomination package after about a week, please contact me to make sure I have your current address. Any elector may also nominate candidates in person at the Nomination Meeting.

Please try to have as much contact information about your candidate(s) as possible in case they are not present at the meeting. Potential candidates must sign their acceptance or withdrawal form and pay the \$200 fee within 5 days of the nomination meeting or their name cannot be on the ballot. I need to contact candidates as soon as possible to get their forms and collect the fee, which will be held in trust during the election process.

The Candidates' Forum will also be held in Campbell River. The date and place for this has not been determined yet, but the information will be available as soon as it is. The Forum will be live-streamed. Information about that will also be available at the band office, on the band website, and on the Mamalilikulla election Facebook page.

A ballot package will be mailed to all electors over the week of March 18-22. Any elector may vote in person at one of the two advance polls or at the main poll. Please remember to bring your ballot package with you to use it at one of these polls:

1. The first advance poll will be held in Port McNeill on Tuesday, April 23, at the Black Bear Resort meeting room between the hours of 9:30 a.m. and 8:00 p.m.
2. The second advance poll will be held in Vancouver at the Vancouver Friendship Centre at 1607 East Hastings Street between the hours of 8:00 a.m. and 8:00 p.m.
3. The main poll will be on Saturday, April 27, between 8:00 a.m. and 8:00 p.m. at the Thunderbird Hall in Campbell River. The ballots will be counted after the close of this main poll.

If you have any questions or don't get your mailings, please contact me at 1-855-586-8683 (toll-free) or by email: maggie_paquet@telus.net





CULTURAL WORKSHOP INITIATIVE

Since you, the membership have identified Culture as one of the top priorities you wish for us to focus on, and you've asked specifically for cultural workshops, we have brainstormed an exciting initiative we'd like to share with you.

We are looking for people who want to teach something to the rest of the membership by video. For example, I'm sure we have a few members who know how to make bannock or fried bread or know how to traditionally barbeque fish. We would like to have a list of cultural activities that you want to learn and of people who want to teach. Once we have a list of potential teachers and activities, we will take care of all the details, such as where to perform the workshop and film it. Some of the workshops will be held in Campbell River and will be Livestreamed. For those who live further away, but would like to teach a workshop, we will work with you to arrange a mutual location to do the workshop and film it. Once the videos are edited and ready

to share with the rest of the membership, they will be posted on our website under the Resources tab:

www.mamalilikulla.ca/resources/culturalworkshops. We will be posting in the near future a sample video there to help you understand what we're talking about.

A separate Sign-up List is included with this newsletter. If you want to teach a workshop, please sign up and send the list to community.planner@mamalilikulla.ca or fax it to Sharon at 250.287.4655. If you want to teach a workshop that isn't listed, please feel free to add it.

We can offer \$100 to each person who teaches a workshop.

Let's capture some of Mamalilikulla's culture for future generations.

TELL US A STORY



Thank you to those who entered story submissions for the Tell Us a Story contest, on February 5th we did the draw for the \$500 Visa shopping spree, as well as some added consolation prizes (gift cards) for your much-appreciated patience.

Congratulations to the winner of the \$500 Visa shopping spree, Vanessa Mae Flanders. As well as the winners of the consolation gift card prizes, Darlene Flanders, Verna Flanders and Pam Mountain.

You can find the story submissions on our website at the following link:

<https://mamalilikulla.ca/category/tell-us-a-story/>



COMPREHENSIVE COMMUNITY PLAN WORD SEARCH - THE PROCESS

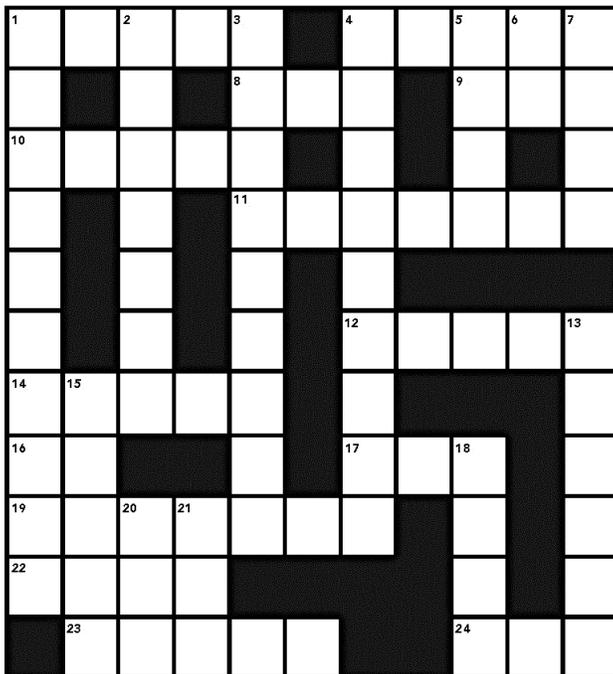
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 D O Z L Q C L N O I N E M E T R U I T N I S N K L P
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 B Q D N S I H H A Y W O R T P L E N T Y E A T I N G
 O F D E V E L O P M E N T X C O M M I T T E E D U M

Level of difficulty: Medium

You can go up, down, forward, backwards and diagonally

- | | | |
|-------------------|----------------|----------------|
| Accomplishments | First | Priorities |
| Actions | Goals | Process |
| Administration | Governance | Projects |
| Analysis Budget | Health | Quick |
| Building Capacity | Housing | Research |
| Committee | Implementation | Resources |
| Community | Infrastructure | Roadmap |
| Comprehensive | Journey | Start |
| Culture | Knowledge | Strategic |
| Development | Land | Study |
| Economic | Language | Survey |
| Education Elders | Membership | Sustainability |
| Election | Mentorship | Timeframe |
| Employment | Mission | Traditional |
| Engagement | Monitor | Transparency |
| Evaluation | Nation | Urban |
| Feasibility | Objective | Values |
| | Outcomes | Vision |
| | Policies | Workplan |
| | Preplanning | Youth |

Comprehensive Community Plan Crossword



Across

1. Planned initiatives
4. Opposite of urban
8. Bind together
9. Estimated time of arrival
10. Constituent
11. The wealth and resources of a region
12. A situation involving vulnerabilities
14. A useful or valuable thing
16. Just say “_____”
17. The end of an “_____”
19. Events for learning
22. Every one of them
23. Coral “_____”
24. Urgent appeal for help

Down

1. How a community organizes itself
2. The fact or process of doing something
3. The “S” in SWOT
4. Assets, funds, wealth, information
5. Do over
6. Meet you where you’re “_____”
7. Not a hard worker
13. Capabilities
15. Energy panels
18. Requests
20. Chase the “_____”
21. Not “he”



Speaking of Elders & youth, we are excited to announce our new video contest. Please see the attached details that came with this newsletter.

Word of the Month

łaxwala

Pronunciation: [ła] (xwa) (la)

Definition: a loved one, to love



HEALTH NEWS

First Nations Health Authority

Provides travel to medical appointments. You **must** give the band office **10-14 days** notice for us to make the arrangements and provide any funding.

T: 250-830-7436

E: candy-leachickite@fnha.ca

C: Candy Lea Chickite

Any questions or concerns about your prescriptions or anything health related, please contact Candy Lea Chickite
FNHA Health Benefit News

Intertribal Health Authority

Provides eye exams and glasses, medical supplies, equipment and repairs on Vancouver Island. *ITHA **does not** manage Dental, Pharmacy or Medical Travel.

534 Centre St. Nanaimo, BC
V9R4Z3

T: 1-855-550-5454

Wheels for Wellness

Provides transportation to and from doctor appointments for residents living on Vancouver Island.

T: 250-338-0196

KDC Health Walk-In Clinic

All KDC Member Nations are welcome to see the Resident Doctors in the Campbell River Clinic, **every Friday, 9:00-11:30. (Closed February 18th)**

Patients will be seen on a first come, first serve basis, unless you have booked a scheduled appointment prior to your visit. All patients are required to provide their status card and care card number. To book an appointment call **250-286-9766**. NO OPIOIDS prescribed.

Jordans Principle

Help is available. Jordans Principle will support you to get your children and youth the services they need.

T: 1-866-913-0033

fnha.ca/jordansprinciple.ca

jordansprinciple.ca



FNHA HEALTH BENEFIT NEWS

Feb 4, 2019

For enquiries about health benefits you can call the FNHA toll-free number at: 1-855-550-5454. Phone lines are staffed Monday through Friday, 8 a.m. to 4 p.m.

The First Nations Health Authority (FNHA) has put in place a third-party manager Ganhada Management Group, to oversee health service delivery to Inter Tribal Health Authority (ITHA) member communities. Ganhada has taken responsibility for administering payments and ensuring continuity of service delivery through February and March of this year and will also work with FNHA and individual communities to support local health and wellness goals going forward.

ITHA's refusal to cooperate in a transition to alternative service arrangements forced the FNHA to step in to ensure service continuity for First Nations clients.

What is happening to First Nations Health Benefits?

First Nations clients will continue to receive the First Nations Health Benefits, funding and services that they are entitled to. Eligibility, rates and policy for FNHA-funded programs and services haven't changed.

First Nation clients have the option to access Health Benefits including vision, medical supplies and equipment (MS&E), and mental health directly from the FNHA. The FNHA is working with the providers of vision, medical supplies and equipment, and mental health services to make sure they remain ready to serve their First Nations clients.

For more information, please visit the FNHA website. The link is here: <http://tinyurl.com/y7t9xwpr>

COMMUNITY CORNER

Kwakwala Language (Victoria)
1128 Wychbury Ave. Tuesdays @
7:00 PM
For more info: 250-704-6777

Kwakwakawakw Culture Nights
(Victoria)
950 Kings Rd. (CDI College
Gym) Every second Friday 6:00-
8:00 PM Contact Seneca: 250-
508-8173

Bukuemgyala Language Group
(Campbell River)
Old Kwanwatsi Preschool
(behind the Bighouse/Gukwdzi)
Thursdays 6:00-7:30 PM

Have someone you want to congratulate? A birthday? An anniversary? Birth or death of a family member? If you would like to put it in our newsletter email: communications@mamalilikulla.ca

Mamalilikulla First Nation

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