

'MAGWABO'YI / OCTOBER 2019

MAMALIKULLA FIRST NATION NEWSLETTER



Mamalilikulla First Nation Mission Statement:
Working together to build a strong, proud and healthy Mamalilikulla community

Mamalilikulla First Nation Vision:

Our Vision for the future is to serve our community with respect, fairness, transparency and accountability, promoting equality, prosperity and well being while engaging and supporting our people; honoring our past, present and future generations and creating opportunities for a strong, self, sufficient sovereign Mamalilikulla First Nation.



Halloween Safety Tips

- Do not use masks. Masks make it hard for children to see what's around them, including cars. Try a non-toxic make-up kit instead.
- Make or buy costumes in light-coloured material.
- Place strips of reflective tape on the back and front of costumes, so that drivers can better see your child.
- Costumes should fit properly to prevent trips and falls. Avoid items such as oversized shoes, high heels, long dresses and long capes.
- Dress your child for the weather. Add layers if needed.
- Put your child's name, address and phone number on his costume.
- Children under 10 should be accompanied by an adult for trick or treating.
- Keep in mind that gum and hard candy can pose a choking risk for young children.

Covered in this month's issue:

- *REVEALING THE POSSIBILITIES*
- *A WORD FROM THE CHIEF*
- *DANDELIONS ARE NOT WEEDS*
- *LANGUAGE PLAN*
- *FORESTRY UPDATE*
- *ROCK SCALING OPERATIONS*
- *UBC CERTIFICATE PROGRAM*
- *ANNUAL GENERAL MEETING*
- *BIRTHDAY WISHES*
- *PACIFIC BLUE CROSS HEALTH BENEFITS*



A Word From The Chief

Hello,

Chief, Council and staff are looking forward to the AGM on November 16th, at the Quinsam Hall. I will provide more of a summary of the past year at the AGM, so my contribution to this month's newsletter will be short. The past year has been another of growth, and our Nation has evolved in many ways. As we take on the management of our lands and resources, endeavor into tourism, and continue to grow as a Nation, Chief, Council and staff remain dedicated to delivering service and programming to members, and we thank you for your support over the past year. I look forward to seeing you at the AGM.



Have a safe and happy Halloween!

Chief Richard Sumner



Revealing the Possibilities

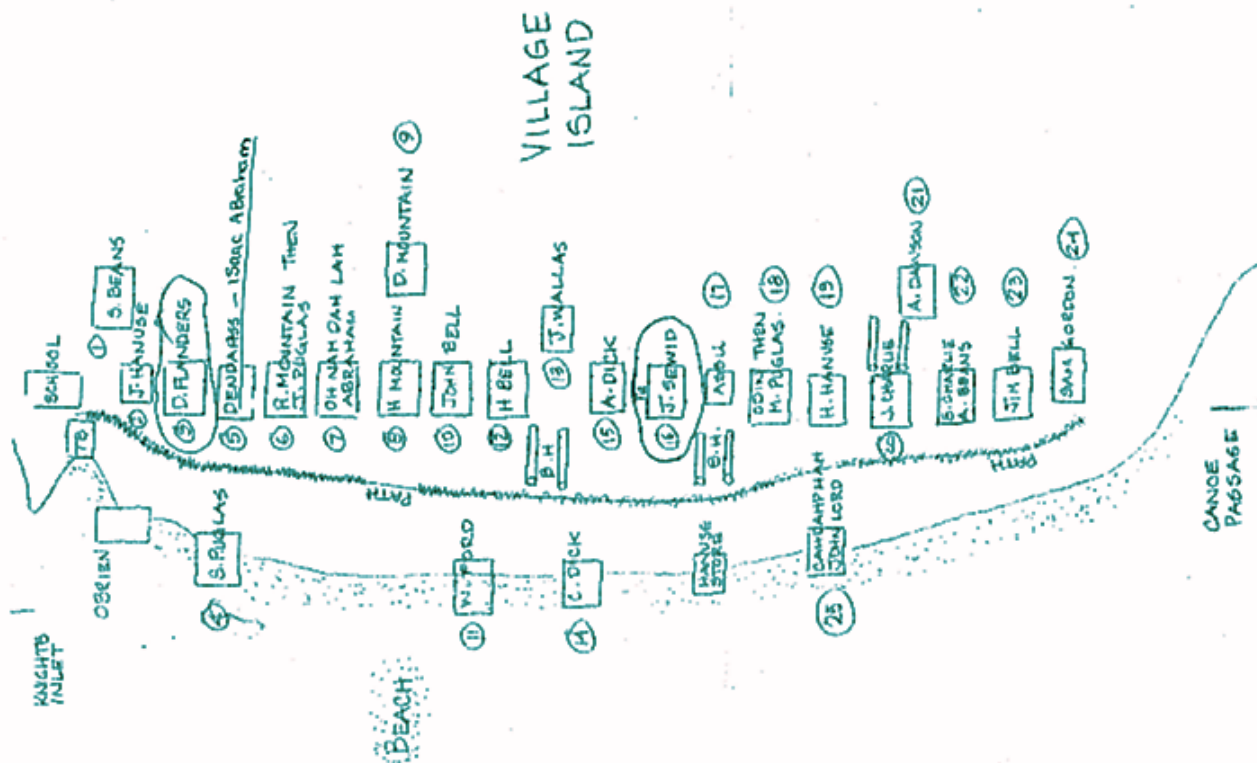
On September 12, 2019, MFN Councillors and staff arrived in the Broughton Archipelago with a handful of First Nations Health Authority (FNHA) officials, eager to show our guests our homelands, starting with Compton. Although we didn't spend much time there, it was long enough to share with the health officials its importance to us as it is currently headquarters for the Guardian Watchmen Program.

Then, we set off to Village Island, where our new dock stood long and proud, taking us to our new Guardian cabin, built by the Guardians with help from a contractor. Once in the village, Councillor John Powell gave us an historical tour of the island. As we visited the remaining homes and big house, we could tell there were bears on our trail, and sure enough, we turned the corner only to smell fresh bear *!@%, which quickly had us turn around and go back towards the circle!!! However, bears couldn't dampen our spirits!!! We toured the beach, said a few prayers, sang a song and enjoyed a bagged lunch. While sharing our thoughts of gratitude for the day.

The purpose of our trip was to bring FNHA out to see firsthand the land we once lived on. We wanted them to see how the brush had been cleared, the grass seeds had been planted, and the trails that were made for easy access. The key points that were discussed:

- The urgency and importance of learning our language before it is lost
- The language classes we want to start in Vancouver, Campbell River and Alert Bay
- Learning what the knowledge keepers know, so we can pass down the information from generation-to-generation.

We want to start a language program. The classes we want to conduct will consist of teaching the language and traditional knowledge in a 40-week program, ending in a celebration on Village Island for two days of language immersion, speaking only Kwak'wala. We are looking for funding to make this vision a reality.



Dandelions Are Not Weeds

Only in the twentieth century did humans decide that the dandelion was a weed. Before the invention of manicured lawns, dandelions were more less praised as a natural medicine, food source and out-right magic. Back in the day, grass was dug out to make room for the dandelions – just imagine!

Top 10 Health Benefits of Dandelion Stronger Bones

Dandelions are calcium-rich, which is the main element required for the growth of strong, healthy bones. They are also high in antioxidants like Luteolin and Vitamin C, which protect from loss of bone density and bone weakening.

Liver Health

One of the greatest benefits of dandelion is how it is nourishing and healing to the liver. Dandelion has been shown to improve hepatic function by detoxifying the liver and re-establishing hydration and electrolyte balance. It also increases the production and release of bile.

Diabetes

Dandelion helps stimulate the pancreas to produce insulin and helps regulate blood sugar levels. It is also a natural diuretic, and thus encourages urination. What does this have to do with diabetes? It helps remove excess sugar and salt from the body and reduces sugar build-up in the kidneys (thus helping reduce the risk of renal problems in diabetics).

Urinary Health

As mentioned above, dandelions are a great natural diuretic, and so they help eliminate toxic build-up in the kidneys and urinary tract. The anti-microbial properties of dandelion also prevent bacterial growth in the urinary system, which is great for individuals suffering from recurring urinary tract infections

Better Skin

Dandelion is an excellent detoxifier and antioxidant, making it one of the best herbal remedies for treating acne and other skin problems like psoriasis and eczema. It helps purify the blood, and improves liver function, both of which result in beautiful, glowing skin. The major chlorophyll content in dandelion greens is also a win-win for skin health.

Cancer

Another important use for dandelion is its powerful effects against cancer. Many studies have found that dandelion root extract is effective in the treatment against leukemia and breast cancer. It acts by inducing apoptosis in leukemia cells, while leaving healthy cells alone. It also has a positive impact against cancer cells that are resistant to chemotherapy. A 2011 Canadian study found skin cancer cells treated with dandelion root extract started dying off within just 48 hours of treatment. Dandelion root has also been shown to be effective against pancreatic cancer and prostate cancer.

Jaundice

Thanks to the liver-healing abilities of dandelion, it also helps with jaundice, a disorder of the liver, where it overproduces bile and messes with the body's metabolism. Dandelion helps regulate bile production, and promotes urination, helping to get rid of excess bile.

Gall Bladder Disorders

Dandelion leaf is great for stimulating a sluggish gallbladder (the organ that stores and excretes bile as the body needs it). Gallstones can even be flushed out by using a combination of dandelion and milk thistle.

Digestive Issues

Dandelion contains mucilage and inulin, which soothe the digestive tract and make food processing easier. It is also a great source of dietary fibre, which is crucial for proper intestinal health and improving gut flora. If you suffer from constipation or diarrhea, eat some dandelion greens!

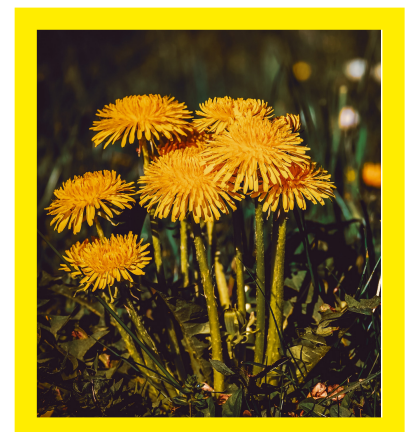
Circulatory Health

The high levels of iron, B-vitamins and protein in dandelion make it a perfect food to eat if you suffer from anemia or other blood-related disorders. Dandelion is also a natural diuretic, so it helps lower blood pressure by getting rid of excess salt in the body. The fibre in dandelion is also helpful in reducing cholesterol, which we all know is an integral part of maintaining a healthy circulatory system.

Want to research further on Harvesting, Processing and some of the many Uses of Dandelions? This information was gathered from the following web address:

<https://livelovefruit.com/health-benefits-of-dandelion/>

This information is for Educational and Informational Purposes only. It is not intended to diagnose, treat, prevent or cure any disease.



Keeping Language Alive

1. Create a family language plan.

- Use your family language plan to identify your family's needs and goals and to guide you as you get started.

2. Use everything you know throughout the day.

- Use any words and phrases you know whenever you can.
 - For example, if you are able to write in your language, make lists for grocery shopping or running errands in the language.

3. Make your language visible in your home.

- Label household items. When you learn a word or phrase, label the item or location in your home. Include the action phrase that goes with it.
- Create a seasonal chart in your language to talk about the seasons and the different cultural activities associated with the seasons, months, and weather.

4. Use your language for activities and games with your family.

- Try learning your Indigenous language together as a family outside on the land.
 - For example, go for a walk and talk about what you see.
- Use your language for cultural activities.
 - For example, learn words related to berry picking, canning fish, or tanning hides.

5. Make using your Indigenous language at home feel normal.

- Use your language with your family as part of your daily routines so it feels natural.
- Use your language inside and outside of your home to show that it is important and valued.

6. Dedicate space in your home to your Indigenous language.

- Dedicate a space or activity in your home where only your language is used.
 - For example, you could decide to use only your language in the kitchen, or for activities such as cooking, bathing, bedtime, or brushing your teeth.

7. Plan family language nights.

- Plan family language nights once a week, once every two weeks, or once a month.

- The goal is to make time for you and your family to be together and have fun in the language by playing games, doing arts and crafts, or participating in some other activity.
 - Invite a fluent speaker to join you and your family on these nights.

8. Take it one day at a time.

- Start off slow and be patient with yourself.
- Create a schedule. Choose a day or multiple days of the week where you will focus on the language and pick activities for the days that involve communication.
- Choose a specific part of the day to use your language. You are not putting on the stress of committing to speaking the language full time, but you are at least making it a part of your everyday life.

9. Once you learn a word or a phrase in your language, don't say it in English again!

- This tip is simple, but so important. Once you start learning words in your language, let it replace English in your mind and in your home.

10. Celebrate your language growth.

- Make sure to celebrate your efforts to bring your Indigenous language into your home. Acknowledging your family's language growth is so important. Celebrate what you have achieved, no matter how big or small!

Components of a family language plan

Who will speak the language in your home?

- Your plan might include one parent, two parents, a caregiver, grandparents, or the entire family.

When will you use the language at home?

- Choose specific times, such as during mealtimes, at bedtime, in the morning, or on weekends.
- Identify busy days or times during the week when focusing on your Indigenous language will be difficult.
- Identify days and times when there will be more opportunity to focus on your language, such as weekly night classes, planned family nights, or visits with speakers.

What resources are available to support using your language at home?

- Learn what resources are available in the community and how you can access them. List resources available to you and your family. Include people who can support your language goals, as well as materials such as books, videos, and audio recordings.
- Identify language learning opportunities in the community, such as adult language classes or community gatherings where the language is spoken.
- Create some resources yourself, such as games in the language and labels to put on items around the home.

What are your family goals for learning the language?

- Make your goals realistic. Don't put pressure on yourself and your family to become fluent overnight. Start small. Having many smaller goals and milestones is better than one big goal. For example, an achievable goal could be to learn all the language for one common routine like getting dressed. When you have mastered that, continue to use it and add in a new routine

k'akutlan
 Definition(s): I learn,
 Pronunciation: [ka] (ku) (lan)

KWAKWALA ALPHABET

					a atla 
a anlan 	b bent 	d dagan 	at dit 	dz dzagan 	e egas 
g gah 	gw gwasa 	g gagan 	gw gwagan 	h hamana 	i itaga 
k kagan 	kw kwah 	k kagan 	kw kwah 	k kagan 	kw kwah 
k kagan 	kw kwah 	l lagu 	t tagan 	m magan 	n nagan 
o oga 	p pagan 	p pagan 	s sagan 	t tagan 	t tagan 
ts tsagan 	ts tsagan 	tt ttagan 	tt ttagan 	u ugan 	w wagan 
x xagan 	xw xwagan 	x xagan 	xw xwagan 	y yagan 	o oga 

Forestry

Hello, our forestry activity lately has been about dealing with the cleanup of the unfinished business the previous administration left, such as assessments from 2011 that have not yet been completed. These assessments include free-to-grow surveys, regeneration, stocking, maximum density, etc. The Ministry of Forests have extended the deadline for completion of these legislated requirements until March 31st, 2020. We have hired a contractor who is an assessment specialist to assist us with this.

The successful bidder for our Hoeya Sound timber sale was Coulson Helicopter Logging. Our expected return on the Hoeya timber sale was quite disappointing. We are the victim of the recent downturn in the world log market price. We will wait to advertise our Village Island sale until the log price improves. We anticipate that particular timber sale will occur in the spring of 2020.

Our layout work is almost finished on Village Island. We have laid out the cut blocks using Strategic Forest Management. British Columbia Timber Sales (BCTS) is beginning the construction of the log dump. We have moved the original location of the log dump at the request of the Department of Fisheries. The approval process for the location of the log dump has been a long time in the making.

In summary, our forestry program is meeting all the requirements to be a good steward of the Mamalilikulla traditional territory. We look forward to meeting all the goals we have set for our forestry program. Our partnership with BCTS continues to be one that is meeting all our expectations.

Rock scaling operations crucial to improving fish passage

Rock scalers continue to rappel from the top of the slope to the base, removing hazardous debris and loose rock as they descend. The objective of current rock scaling operations is to stabilize the rock above the river bank where the slide occurred. This operation allows crews to work at the base of the slide safely, when water levels are low enough. Scalers are also using hydraulic and air-powered tools to manipulate rocks to create channels for fish passage. Through the combined efforts of the rock scalers and helicopter sluicing, more than 219,000 salmon have successfully swum past the landslide to date. These successful operations mean that fish transport operations are not required at this time and related equipment is being demobilized where possible. This strategy remains a contingency plan if needed.

Scalers are also working on the west bank to move debris in preparation for a spider excavator and to secure anchors for high-lines. The excavator is a highly specialized piece of equipment that will be lowered down the west slope via cable to an area below the slide. It will support work on rocks that cannot be manipulated by hand. Once installed, anchors for high-lines will allow debris mid-river for manipulation. This is required in order to restore long-term natural fish passage through the Big Bar landslide



Miryke Ciaramidaro and Brady Blaine are rope access technicians working on the Big Bar landslide. Watch the short video [Rope Access Technicians – Big Bar Landslide Rock Scaling Operations](#), by Trevor Mack, for a first-hand view of the rock scaling operations



The image above shows technicians working to manipulate rocks to increase natural fish passage. This has been a successful strategy with lower water levels in the landslide area. Once the spider excavator is in place at the base of the slide, it will support technicians by moving debris that is too big to move by hand.

Aboriginal Health and Community Administration

UBC Certificate Program

This award-winning certificate program is designed for those working in Indigenous communities who want to increase their community's capacity to deliver services, coordinate programs, and promote the health of their people.

Participants learn to:

- write proposals and reports
- make presentations
- understand conflict and manage change
- work with budgets
- use appropriate information technology
- be familiar with relevant policies
- make use of research
- assess community needs
- integrate traditional and western approaches to health.

Course topics:

- Communication and Leadership
- Fundamentals of Administration
- Evaluation, Research and Policy
- Information Management
- Indigenous Health and Wellness

Next session begins in January 16, 2020

Registration Deadline: December 6, 2019

Phone: 604.822.1444

Email: ahcap.exl@ubc.ca



exl.ubc.ca/ahcap

AHCAP1909



THE UNIVERSITY OF BRITISH COLUMBIA
Centre for Excellence in Indigenous Health



THE UNIVERSITY OF BRITISH COLUMBIA
Extended Learning



Mamalilikulla First Nation

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(ph) 250-287-2955 (fax) 250-287-4655 toll free 1-888-287-2955
admin@mamalilikulla.ca

ANNUAL GENERAL MEETING

SATURDAY, NOVEMBER 16TH, 2019
QUINSAM COMMUNITY HALL
2005 EAGLE DRIVE
CAMPBELL RIVER, BC
V9H 1P9

11:30 am – 3:30 pm
Registration 11:30 am- 12 pm
Lunch to be provided at noon

****The AGM is open to all registered band members of the Mamalilikulla First Nation***

TRANSPORTATION

The Chief & Council will be offering travel subsidies for **pre-registered** band members coming from the Mainland as well as members coming from the North island and South Island to attend the one-day event. For those who are unable to attend, the meeting will be Livestreamed. Livestream information will be available online, **in the near future**, via the MFN Facebook Page and the MFN website www.mamalilikulla.ca, so please stay tuned!

In order to prepare the transportation subsidy, we will need band members to **pre-register with the band office by 4:00 pm on Wednesday, November 6th, 2019**. We will use the registration information for catering purposes and to determine each member's travel subsidy. You can register via email at reception@mamalilikulla.ca or phone at **250-287-2955** or toll free **1-888-287-2955**.

All members who pre-register their attendance will receive a Save On Foods gift card.





How the Travel Subsidy Works

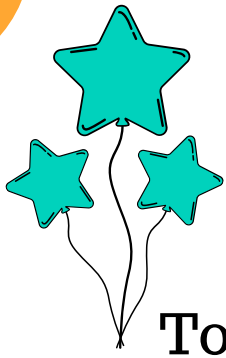
MFN will pay a mileage subsidy to the vehicle operator as follows:

- You are a registered band member
- You are transporting at least 2 other band members
- Each individual band member will be provided with their ferry fare and a dinner allowance.
- Driver's will be issued mileage and ferry fares where applicable.
- **Only registered band members will be subsidized.**

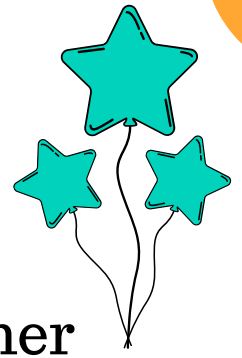
***Cheques will be issued to band members at the
Annual General Meeting
on
Saturday, November 16th, 2019.***

(ONLY IF THEY HAVE PRE-REGISTERED)





Mamalilikulla Band office
 Would like to wish you a very
Happy Birthday!



ixkasa_lala xis ma'yudlamxdamus

To our Chief/gigame', Richard Sumner

ixkasa_lala 47th October 1st

Brad Puglas

ixkasa_lala 2nd October 18th

To Ares Goosehead

ixkasa_lala 34th October 5th

To Richard Gladstone
 Love Mom, Brothers,
 Sister and Little nephew



ixkasa_lala 19th

To Julia Fitzgerald
 Love Mom, Aunty Dottie
 & Family

ixkasa_lala 5th October 14th

Lisa Maracle-Bee

ixkasa_lala 12th October 23rd

To Alexis Puglas

ixkasa_lala 33rd October 15th

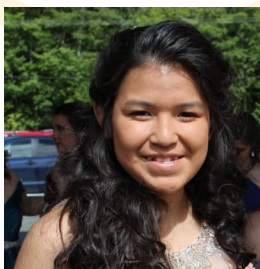
Hank Maracle-Bee

ixkasa_lala 3rd October 24th

Mary Maracle-Bee

ixkasa_lala Birthday October 17th

Jessica Mountain



ixkasa_lala 22nd October 29th

To Pauline Baker
 love you always, Mom,
 Siblings, Grandma,
 Aunty Dorothy and
 Family

GET CONNECTED!



Stay up-to-date with your Medical Coverage

Download the app or register on-line to see what benefits you have, and what benefits you've used.



First Nations Health Authority
Health through wellness

The First Nations Health Authority (FNHA) is set to launch a new health benefits plan that will be more convenient to use and expand benefit coverage in key areas.

On Sept. 16, the FNHA will transition dental, vision, and medical supplies and equipment (MS&E) benefits off the federal Non-Insured Health Benefits (NIHB) program. The FNHA's new partner, BC-based benefits provider [Pacific Blue Cross](#), will administer these benefits as of this date.

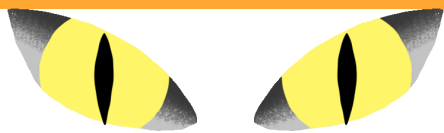
FNHA clients and their health care providers will find the new system easier to use, with fewer requirements for pre-approvals and quicker turnarounds for adjudications and payments.

There will be no reduction to existing coverage, and coverage will be improved for many preventive health services and special needs.

6 Steps to Connect

- Go to www.pac.bluecross.ca
- Click on "Sign In"
- Click on "First Nation Health Authority Clients"
- Click on "I want to register for access to my member profile"
- Enter Status number
- Enter Information:
 - First Name
 - Last Name
 - Birth Date
 - E-mail
 - 3 Security Questions
- Read and Click "I accept the User Agreement & Privacy Policy"
- An e-mail will be sent to the address you gave above. Open your e-mail.
- Click on the temporary password. You will be prompted to change your password. Enter the new password twice. Click on Submit.
- Your profile will open up!

**If you require assistance please call Tanille or
Dianna at 250-286-9766**



To Joke / tik'wala

Why did the ghost go into the bar?
For the boos



What did the one zombie say to the other zombie when they were eating the comedian?

Does this taste funny to you?



Community Corner

Bakuemgyala Language

Ninaqəxʔid (heart is at peace) Tuesday 6:30-8:00
664A Head Start Cres, Campbell River, BC V9H 1P9
Old Quinsam Head start building next to the old hall/soccer field. Every one welcome.

Victoria Native Friendship Center

RAVE hours Tue-Thur 4:00-7:45 Fri 3:00-7:45
231 Regina Ave (250) 384-3211
Facebook page for updates (VNFC Youth Services)

The Native Youth Learning Center

Mon-Thur 4:00-8:00 Friday 1:00-5:00
1618 East Hastings Street
Vancouver, BC V5L 1S6
(604) 379-5133 <https://unya.bc.ca/programs/#calendar>

Word of the month

(your) language
yaqandas

mu'malima

Meaning: Really greatful

Pronunciation

[Mu] (ma) (lima)

WORD SEARCH

w	d	_	a	t	k'w	m	m	x	,
a	i	l	l	l	_	u	d	i	t
m	n	l	a	'	k'	t	n	_	m
d	h	i	kw	i	t	a	k'	t	m
_	a	a	l	'	'	w	a	'	p'
m	k'	xw	l	t	a	x	n	l	a
m	s	a	m	'	s	a	n	a	d
a	m	u	x	u	x	'	k'w	m	m
k'	m	tl	'	_	m	m	m	k'	a
'	u	a	m	'	u	m	'	a	k'



wilkw
cedar - full grown...

kwa'xtlu
cedar - large tree...

danas'mas
cedar small tree

ttamk
yew wood

ttamka
yew wood OR tree

'mumtani,
bark of balsam...

'mumtani,
bark of balsam...

mumxwad
grand fir

ka'mu'ma
hemlock and spruce...

FirstVoices word search

FNHA New Health Benefits

Dental Plan

- More coverage for preventive services
- Crowns, bridges, veneers, inlays, and onlays
- Fewer pre-approvals required

Teeth/gigi

- 2 exams, 2 cleanings per year
- White fillings
- Full and partial dentures
- Night guards
- Dental accidents coverage

Vision Care Plan

Eyes/giga'yagas

No pre-approvals for eye exams & standard eyewear

For clients 18 and younger

For clients 19 and older

- \$100 every year for eye exams
- \$275 every year for standard eyewear
- \$100 every year for eye exams
- \$275 every year for standard eyewear

Medical Supplies & Equipment Plan

- Streamlined process for pre-approvals
- Faster claims processing means supplies or equipment for clients are available sooner
- Faster processing for client reimbursements

Sign up for Pacific Blue Cross and find more information at fnha.ca/benefits



CHRISTMAS BONUSES

CHRISTMAS IS COMING! WOULD YOU
LIKE TO RECIEVE YOUR CHRISTMAS
BONUS?



**Please send updated addresses,
emails, and phone numbers to:**

Communications@mamalilikulla.ca

Mamalilikulla First Nation

1441B 16th Avenue,

Campbell River, BC V9W 2E4

Phone: (250) 287-2955

Fax: (250) 287-4655

Toll-free: 1-888-287-2955

