

MARCH 2020 | K'WIK'WA'LANX 2020

MAMALIKULLA FIRST NATION

Mamalilikulla First Nation Mission Statement: Working together to build a strong, proud, healthy, informed, and respectful Mamalilikulla community to meet the needs of our people together

In order to create a strong, self-sufficient and independent Mamalilikulla Nation, we seek opportunities to bring our community together and build capacity amongst members through joint interest of our land, language, and culture



Introduction to Designated Band Representative Tasleem Mall

In 2019, Mamalilikulla partnered with Sasamans Society to provide Designated Band Representative (DBR) support to the Nation to work with our families and youth in navigating the Ministry of Children and Family Development (MCFD) system.

Tasleem was hired to provide supports to families by going to meetings with parents and child protection workers, and she is there to ensure that parents have a voice in the process and that parent's realities are considered when big, life-changing decisions are being made about their children.

CONTENT

- Designated Band Representative
- Comprehensive Community Planning
- Caregiver Appreciation Day
- Cultural & Education Gathering
- Indigenous Trades
- Indigenous Forestry Career Fairs
- UBC Certificate Program
- COVID-19 Fact Sheet

Designated Band Representative

As Band Designate, Tasleem also supports family members who step into the role of caregiver when parents are taking the time to heal or access services and supports. The Band designate also ensures that children who must go into ministry care, remains connected to their families and community, so long as it is safe for the children. Tasleem works closely with the Chief and does not make any major decisions without consulting with the Chief.

Tasleem knows that this work is deeply personal and believes in the right of parents having choice to work with the ministry without her involvement. She also believes that her role is important to support the right of the First Nations of this land, the families and the community, to transform the way MCFD works with Indigenous People. She is humbled to be in this role.

As a Registered Social Worker with a Bachelor's degree in Social Work, Tasleem is accountable to the British Columbia College of Social Workers. This means that Tasleem must operate under the regulations of this professional institution in all matters related to working with the public, including confidentiality, ethical integrity and the respect for the intrinsic worth of all people. She also does so from her Heart.

Over the past 6 years, Tasleem has participated in many opportunities to learn from Indigenous leaders, community members and Indigenous First Nations teachers about the legacy of colonialism, the impacts of residential schools. She feels blessed to have been able to participate in the Big House of the Komox First Nation on many occasions... as this is the territory where she lives.

She has been witness to the signing of the Emergency response protocol against racialized discrimination; has participated in the calls to action regarding the Implementation of UNDRIP; has walked beside women, men, children and Elders for Honoring our Sisters Walk for Missing and Murdered Indigenous Women and Girls.

The most intense learning that Tasleem encourages everyone she knows to participate in, is Kathy Camilleri's "Building Bridges to Understand the Village" teaching.

This experience was so powerful and will forever ground her in the reality that Indigenous People are the only People who can make life changing decisions about their families and children.

This is the work that drives her each and every day to try to build relationships and to support the work of changing the relationship between Indigenous Nations and government systems on this land called Canada.

Relationship building is the cornerstone to this practice, and Tasleem looks forward to being able to learn from the People of Village Island as she pursues this work.



SASAMANS SOCIETY
VOICES OF OUR CHILDREN

Comprehensive Community Planning

The CCP Department has been working hard on the following projects:

1. The Comprehensive Community Plan - a final document is being created highlighting everything that has taken place over the past 2.5 years, including the outcome of all the community engagement workshops where planning was conducted. The final document will serve as a guide for Chief and Council to initiate and action projects to meet the goals set out by you, the MFN membership.
2. Cultural workshops - a priority determined by you, the membership. A series of cultural workshops have been conducted since December and this month is the final workshop for this series. We are currently conducting Button Blanket Workshops on Saturdays and Sundays on the following dates:
 - March 14, 15, 21 & 22

These workshops have been well-attended and very successful and even though they look complete, there is an additional element to them that is not yet seen, which is the addition of language. The workshops are all video recorded and will be edited to include Kwak'wala and English oral and written instruction. When completed, the videos will be available for membership to learn how to make button blanket dolls, drums, and traditional ceremonial aprons and button blankets.



A Message from Sharon Marshall, CCP Coordinator:

I would like to thank everyone for participating in all the community engagement workshops, the contests, our trip to Village Island, —everything I have done to help you create your vision for the future of Mamalilikulla and to celebrate who you are. This experience has been very rewarding for me and I am very grateful to have had the opportunity. As you may or may not know, my contract expires at the end of this month and due to a lack of funds, it will not be renewed, therefore, I bid you all farewell and am sure I will see many of you here and there as I continue my work with Indigenous organizations, doing what I love to do.

Chi Miigwech!
Kinaniskomitin!
Thank you!
Gilakas'la!



Sharon Marshall

Care Giver Appreciation Day

Date When Celebrated : November 13 and/or March 3

This is a very important day of recognition for the tens of millions of Americans, who selflessly give their time to care for those who are ill, disabled, or elderly.

Many individuals and organizations have declared a care giver recognition day on many different dates. The most common of them are November 13, and March 3. We give the nod to November 13, as November is National Caregiver Appreciation Month.

This day of recognition is for both paid and unpaid care givers. We believe unpaid care givers, deserve even more special recognition. They silently go about the task of supporting someone in need, most often a family member. They give their time freely, and often spend their own money in doing so. It can be a thankless task..... without even a thanks from the person being cared for or other relatives who find countless reasons not to help.

Some Interesting Statistics:

- 29% of the U.S. population, some 65 million Americans are care givers in some way.
- According to the U.S. Department of Labor, over 40 million Americans, age 15 or older, provide unpaid care to the elderly alone.



There are some references to this as a "National" day. We found no presidential proclamation or congressional act declaring it as a national day. However, we certainly feel caregivers are deserving of this recognition.

How to Celebrate Caregiver Appreciation Day:

Most care givers, especially unpaid care givers, do not seek or expect any form of recognition. They do what they do, simply because it needs to be done, and it is the right thing to do.

- Give a simple thank you to everyone you know who is a caregiver in any capacity.
- Send a thank you card by mail or email.
- Give them a day off. Take over the role of caring.
- If you are an organization, make up recognition certificates to care givers.

Origin and Date of Caregivers Appreciation Day:

There are many, many individuals and groups who have declared a Caregivers Appreciation or Recognition Day. But, no one individual or entity appears consistently in our research. The roots of these days go back at least to the early 2000's. With a variety of people and entities declaring a Caregiver Appreciation Day, it should come as no surprise that there are many, many dates.





Presents: 2020 Youth and Adult Cultural & Education Gathering: May 8th-9th 2020 Thunderbird Hall, Campbell River BC.

**CALLING ALL YOUTH AND ADULTS from all over
as this is an open Conference.**

Are you interested in Learning about Our Northwest Coast Culture? Then this is the opportunity. Come learn about Our Indigenous Culture and History, come share your knowledge, come learn to make a drum, weave cedar bark, Cook Traditional Foods, make a paddle and more! Let's come together in a healthy way, let's be united and walk side by side to start Reconciliation.

Place: Thunderbird Hall, 1400 Weiwaikum Road. Campbell River BC V9W 5W8.

When: May 8th-9th 2020

Time: May 8th, 5 PM to 9 PM , May 9th 9AM to 6 PM.

Conference Fee: \$125.00 per Youth or Adult which includes their (one guardian if under age of 15) Dinner on May 8th and lunch and dinner on May 9th 2020 along with refreshments throughout each day, all payments and registration forms must be received by April 17th 2020 by 4:00 PM pacific standard time. Please make Cheques payable to NAMWAYUT Cultural Society and mail to : 1-1466 Aupe Crescent, Campbell River B.C. V9H 1G5 or call to arrange e transfers. Any Questions please Contact: Namwayut Cultural Society, 250.895.9142 or email namwayutculturalsociety@gmail.com



Registration Form

Vancouver Island Youth & Adult Cultural and Education Conference May 8th and 9th 2020 in Campbell River BC. Please make Cheque payable to: NAMWAYUT Cultural Society, 1-1466 Aupe Crescent, Campbell River BC, V9H 1G5

Name: _____

Address: _____

City or Town: _____

Postal Code: _____

Telephone: _____

Email: _____

Age: _____

Band or Nation: _____

Name of Escort: _____

Signature _____ by signing this registration form you hereby acknowledge that you will be participating in the 2020 Vancouver Island Youth & Adult Cultural and Education Conference in Campbell River BC on May 8th and 9th 2020, hosted by the Namwayut Cultural Society and Partner. You agree to pay the **\$125.00** registration fee by April 17th 2020 no later than 4:00 PM **payable to Namwayut Cultural Society** and if you choose to cancel it will have to be by April 22nd 2020, by doing so it will enable you to receive a refund of **\$100.00** we will keep the **\$25.00** to cover losses in the organization and administration fees associated with the cancellation. Thank you, Namwayut Cultural Society.

Please Scan and Email the form and letter of interest to: namwayutculturalsociety@gmail.com



Save the Date

March 30, 2020

Come and join us at our

Indigenous Trades & Apprenticeship Forum

in partnership with the **Indigenous Training Authority (ITA)**

POSTPONED

of a day of engagement and collaborative conversations with Indigenous community supports and ITA.

Monday, March 30, 2020

9:00 am - 4:00 pm

Maritime Heritage Centre

Campbell River

(Lunch provided)

More details will be coming soon!

Please RSVP to:

Barb Clarkson at bclarkson@nviats.com

or by phone at 250.286.3455



JOB | TRAINING | EDUCATION

INDIGENOUS FORESTRY CAREER FAIRS



POSTPONED

VICEREGY | March 26, 2020
10am - 3pm @ Coast Mountain College

MERRITT | April 7, 2020
10am - 3pm @ Nicola Valley Institute Of Technology

CHILLIWACK | April 9, 2020
10am - 3pm @ University of the Fraser Valley

CAMPBELL RIVER | April 15, 2020
10am - 3pm @ North Island College

**TONS OF
DOOR PRIZES
& FREE LUNCH!**

Find out more and register for free at:
www.forestrycouncil.ca/cpages/career-fairs



Aboriginal Health and Community Administration

UBC Certificate Program

Presented in partnership by UBC Extended learning and the UBC Centre for Excellence in Indigenous Health.

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.

By taking this program, 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
- Policy, Evaluation, and Research
- Information Management
- Indigenous Health and Wellness

Program Format

- 11-month program commencing annually
- five residence weekends at UBC Vancouver with online assignments and discussion in between
- final residency includes a community immersion experience and graduation

Outstanding Program Award

North American University Continuing Education Association (UCEA)

Program Excellence Award

Canadian Association for University Continuing Education

endedlearning.ubc.ca/ahcap

604.827.4234

ahcap.exl@ubc.ca



“

I gained practical health care skills and knowledge I can use to help my community grow into a healthy Nation.

Lois Williams



Student, UBC Certificate in Aboriginal Health and Community Administration

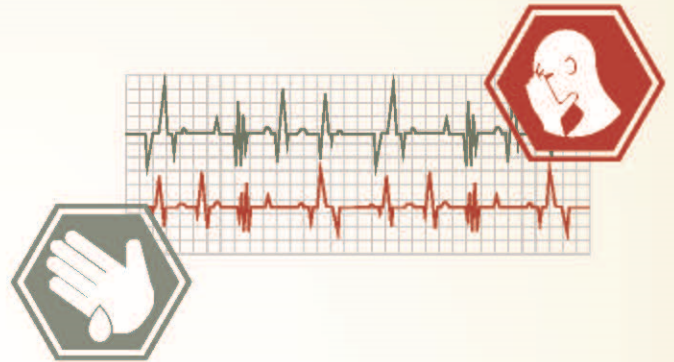


CORONAVIRUS FACT SHEET

The Assembly of First Nations (AFN) is providing this overview of the coronavirus, and information on resources in your region. As the situation is evolving rapidly, please visit the Public Health Agency of Canada and Indigenous Services Canada for the most updated information.

Canada's Chief Public Health Officer, Dr Theresa Tam, has assessed the **public health risk of COVID-19 within Canada to be low.**

- Coronaviruses in general are part of a large family of **viruses** which may cause illness in people and in animals. Human coronaviruses are common and are typically associated with mild illnesses, like the common cold.
- Coronavirus Disease 2019 (COVID-19) is a new disease that has not been previously identified in humans.
- Those who are infected with COVID-19 may have little to no **symptoms**. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.
 - Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known infectious period for this disease.
 - Symptoms have included fever, cough, difficulty breathing, pneumonia in both lungs.
- Coronavirus infections are **diagnosed** by a health care provider based on symptoms and confirmed through laboratory tests.



- Currently there is **NO vaccine** to protect against 2019 novel coronavirus infection.
- The flu vaccine does **not** protect against coronaviruses.
- For now, there is no **specific treatment**. Most people with the common coronavirus illness will recover on their own and your health care provider may recommend steps you can take to relieve symptoms.
- Common **prevention measures** for viruses, such as the COVID-19 and influenza, include:
 - Regular hand washing with soap and warm water or an alcohol-based hand cleanser.
 - Covering your mouth and nose when coughing and sneezing.
 - Avoid close contact with anyone showing symptoms of a respiratory illness, such as coughing or sneezing.



For updated national information on COVID-19:

PHAC: www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html

ISC: www.sac-isc.gc.ca/eng/1581964230816/1581964277298

Mamalilikulla Band office

Would like to wish you a very

Happy Birthday!

ixkasalala xis ma'yudtamxdamus

Congratulations to Michael Sommer & his partner
Becky on their baby boy Spencer Sommer 8lbs 4oz

Feb.22/2020

From Chief Richard and Jan



Eric Malley Feb 28th

Falicia Barnes Mar 2nd

Dylan & Dallas Puglas Mar 3rd

Josiah Bruce Mar 6th

Ken Puglas Mar 7th

Kenny Mar 7th

Lily Bell Mar 15th

Winnie Mountain Mar 15th

Kayla Ross Mar 19th

Thomas Mar 19th

Katherine Mar 21st

David Puglas Mar 23rd

Taylor Mountain Mar 24th

Shaye Slaney Mar 30th

Taylor Mar 14th

March: Worm Moon Mar 9, 2020 at 10:47 am

Last Full Moon of Winter

As the Worm Moon is in March, it is usually the last Full Moon before the equinox which can take place on March 19, 20, or 21.

The vernal equinox marks the end of winter, and the start of spring and the Full Moon is named after the earthworms that emerge at this time of year.

There are more around 6,000 earthworm species worldwide. In the US and Canada, there are more than 180 species, and 60 of these are invasive, brought over from Europe, including the night crawler.

The glaciers that spanned across Canada into the northern parts of the US during the last ice age wiped out earthworms. All types of earthworms found in these areas today have been imported, either intentionally by settlers, or accidentally along with plants or in soil used as ballast in ships. In fact, the native forests in these areas do not benefit from earthworms as they eat up the deep layer of slowly decomposing leaves and organic matter covering the soil, known as duff, which is crucial to young trees.





Test your knowledge



k'was'alit ax'atłalud k'was'id i'amł'wat

Word of the month

(your) language / yakandas
ga'agamp

Meaning: grandfathers, grandmothers, grandparents

Pronunciation (ga) [a] (gamp)

Community Corner

Bakuemgyala Language

Ninaqəx?id (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>



To Joke/tikwala



A woman and her husband interrupted their vacation to go to the dentist. "I want a tooth pulled, and I don't want any pain killers because I'm in a big hurry" the woman said "just extract the tooth as quickly as possible and we'll be on our way"

The dentist was quite impressed. "you're certainly a courageous woman" he said "which tooth is it?"

The woman turned to her husband and said, "show him your tooth, dear"



Gratitude Jar

1.THINK ABOUT WHAT YOU'RE GRATEFUL FOR.

The first step is as simple as it sounds: think about everything in your life and choose what comes to mind as your gratitude. Reflect on the people you know, your day-to-day life, where you live and work...is something special standing out?That's your gratitude.

2.HAVE AN OPEN MIND.

Don't judge whatever comes up. Giving gratitude for anything, no matter how silly or small you think it may be, it's powerful.

3.ALLOW YOURSELF TO FEEL GRATITUDE.

Once you've come up with your main gratitude for the day, go a bit deeper into why you chose it. Feel the emotion of gratitude come into your heart, and let it nourish your mind, body, and soul. Gratitude is a powerful emotion that instantly washes away stress and tension. Allow yourself to be healed by it.

4.NOTE YOUR GRATITUDE.

Write down on a slip of paper what you're grateful for and why. Write "I'm thankful for _____ today because..." and fill it in as completely as possible. There's power from writing something down and making it physical.

5.KEEP IT IN YOUR JAR, OR OTHER SPECIAL PLACE.

Your jar can be whatever container you happen to have lying around your house. You could also buy a special container from an antique shop or home décor store if you want something a little more special. Seeing your gratitude jar with all your slips of gratitude in it is a great visual reminder of all the good things you have in your life.

6.SHARE IT WITH SOMEONE ELSE.

Sharing your gratitude practice with another person is amazingly powerful and I sincerely believe it will greatly enhance your results. Will Give THANKS still be effective if you do it on your own? Of course. You'll definitely see transformation if you Give THANKS every day for the next thirty days by yourself. But, if you really want to move mountains - share your gratitude practice with someone else.

