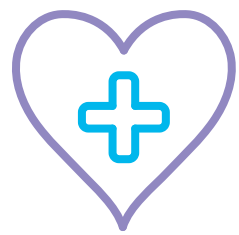


Mamalilikulla First Nation Mission Statement: Working together to build a strong, proud, healthy, informed, and respectful Mamalilikulla community to meet the needs of our people together



# MAMALILIKULLA FIRST NATION



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



## NEED TO SEE A DOCTOR? INTRODUCING THE FIRST NATIONS VIRTUAL DOCTOR OF THE DAY

Virtual Doctor of the Day is intended for individuals who do not have a regular doctor or nurse practitioner or who may be unable to access their regular practitioner due to disruptions in service during the COVID-19 crisis.

How does it work? First Nations clients in BC call a central toll-free number (1.855.344.3800) to be connected to a doctor or nurse practitioner using videoconferencing. Appointments are facilitated by a team of trained Medical Office Assistants. To participate in the video appointment, clients and providers will need access to:

1. A laptop, smartphone or tablet with a built-in microphone
2. A headset or ear buds (if there is no private space available for the video call)
3. An internet connection

The free service is available seven days a week from 8:30 a.m. - 4:30 p.m. To allow those in greatest need to access the service, the FNHA encourages clients with existing primary care providers to continue to connect with those providers.



## WHAT'S INSIDE THIS ISSUE:

HOME-SCHOOL

Activities That Kid's  
Should do

Language

Where Frugal Gets a  
Facelift

Jordan FunCheapFree  
Cleaning zones

Age Appropriate Chores  
That Kids Can (And  
Should) Do!

Shopping Tips

## RECOGNIZE HOME-SCHOOL IS NOT SCHOOL

The most important caveat about temporary homeschooling is that it simply isn't school. Kids accustomed to the school environment won't be as focused. Lessons won't be as professional as the ones they're used to getting. And since local governments are encouraging everyone to minimize interactions with others, socialization will be tough.

Kimberly Fox, staff developer for The Reading and Writing Project at Columbia University in New York, said it's important for parents to suspend disbelief and doubt and lean into the new format. "We don't have to be school," said Fox, who lives in Brooklyn. "Under these circumstances, we're not going to entirely replace all of the structures that happen at school. But we can do a couple of things to make kids feel more secure and to make us feel like we're making the most of this time."

## LET KIDS BE A PART OF THE DECISION-MAKING

Many schools and school districts have set up online learning platforms or sent kids home with packets of schoolwork to complete. These assignments are non-negotiable. Beyond these requirements, however, parents can give their children a say in what else they'll learn. Jamie Heston, a board member of the Home-school Association of California, said the best way to do this is to have your kids make a list of things they'd like to do and learn. From there, she said, you can whittle down the options as a family. "There are lots of ways you can have fun and have it be educational, [and] not just be sitting at a table with a book open," said Heston, who lives in Hayward, California. Possibilities include math and chemistry through baking; botany through gardening; basic carpentry; or learning about space through a mobile app.

## MAKE A SCHEDULE

Once you and your children have identified the subjects they will study, make a schedule and display it prominently so everyone in the family knows what's coming and when it's over. Most kids work off a schedule in their classrooms, so recreating something similar at home can ease the transition to a different learning environment for the foreseeable future. At the same time, said Jen Reyneri, who has home-schooled two sons (ages 16 and 12), each family should embrace the opportunity to create a rhythm of life that works for them.

"Include chores, family dinners or breakfasts, and family projects in your new family routines," said Reyneri, who runs a blog and co-owns an Italian restaurant in Hobe Sound, Florida. "Because this is such a unique situation, it's also OK to let everyone sleep in a bit later. "Other options for a schedule might include basics such as math, writing, reading and music (to name a few). Some families might also set aside time for educational games accessed by computer or mobile device. For parents who are planning to cultivate a more project-based learning environment — rebuilding a car engine, for instance — put that on the schedule, too.

## BUILD IN RECESS

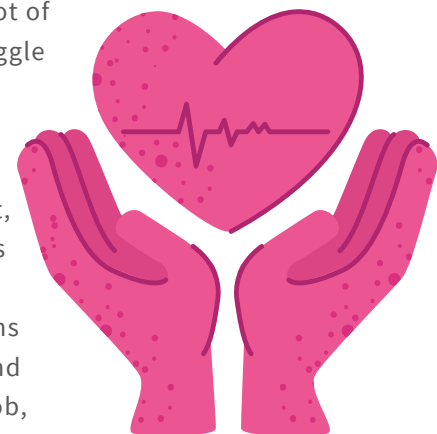
All traditional school programs incorporate some sort of recess or outdoor time, and a home-school schedule should be no different. Dr. Jessie Voigts, a homeschooler and founder of Wandering Educators, a global community of educators sharing travel experiences, said it doesn't matter if this time is structured or unstructured, so long as the kids get outside. "A walk in the woods is not only healthy for your body and spirit, but your mind, too," said Voigts, who has a PhD in international education and is based in Kalamazoo, Michigan. "What new plants are growing? What bugs can you find under decaying logs? Count the tree rings in a downed tree. Reroute a waterway in a little creek. See how the sun moves through the sky. There are so many ways to learn."

## GET CRAFTY

Art is an important part of education, and homeschooling also provides parents with an opportunity to get creative with crafts. Amanda Kingloff, founder of Projectkid.com, a website with tips for crafting, suggested getting creative with materials for different art projects every week. In particular, Kingloff advised reusing washers, buttons, fabric swatches and ribbons, as well as used jars, plastic bottles and cardboard tubes from toilet paper rolls to form the basis for recycled art. "You probably have these things around the house anyway," said Kingloff, who lives in Brooklyn. "Many of these materials allow kids to create three-dimensionally without the challenge of sculpting something or making something out of clay. "Kingloff noted it's important that parents don't stress about the mess these projects create, since that only detracts from the fun. "Put down an oil cloth and let it get messy," she added. "Nobody worries about the mess at school."

## ACCEPT YOUR LIMITS

Children aren't the only ones relegated to working from home in the immediate future. Many parents with office jobs have been asked to do the same. This means that hundreds of thousands of mothers and fathers likely will be forced to balance homeschooling with their day-to-day responsibilities at work. It means a whole lot of parents will be forced to juggle like court jesters and circus clowns. Andrew Matranga, a college professor and father of three in Longmont, Colorado, said he thinks it's "ridiculous" to be expected to shoulder the dual burdens of educating his children and the responsibilities of his job, so he's just going to do what he can. "We just need to try to do our best, whether we're teachers, parents or working professionals," he said. "There's no map for this journey that we're on."



# Some Activities That Kids Should Do Each Day

## 1. Reading:

Reading books at their just right level (not too easy, not too hard) - if you do not have access to books there are online resources. reading books they just want to read (might be easy or might be too hard and they just look at the pictures)listen to books read to them (an adult or older sibling reads to them or they go online and listen to books read to them)talk about reading (have conversations about what they are reading)

## 2. Writing:

This could look like keeping a daily journal of what they are doing, writing letters to real people via mail or email, writing stories, making lists, etc. They could write a letter of gratitude to someone and share why they are thankful for them. Remember drawing and writing go hand in hand. Your child communicates their ideas using both drawings and words. Drawing is okay, in fact it is an important part of their writing development.

## 3. Math:

Cooking, baking, counting, board games, card games, online math games I will be sending some math activities.

## 4. Physical Activity

## 5. Learning about something they are

**interested in.** What are they curious about? It could be a topic, such as an animal, or a hobby like how to build something. They could learn about it using books or online and then present their learning to their family or even send me pictures.

### A possible schedule:

Work with your child to set the schedule

#### Reading for 30 minutes

Play time or outside physical activity break

#### Writing 30 minutes

Play or outside physical activity break

#### Math 30 minutes

Play or outside physical activity break

#### Reading 30 minutes

Play or outside physical activity break

Self-directed learning time (maybe a project they want to work on or learn about) Play or outside physical activity break\*Obviously this does not include snack/eating breaks. Work with your child to create a quiet place to for them to work. Consider setting a timer so your child knows how long they are expected to do something. All these are just suggestions. Please do what works for your family.



1. Create a family language plan.
2. Use everything you know throughout the day.
3. Make your language visible in your home.
4. Use your language for activities and games with your family.
5. Make using your Indigenous language at home feel normal.
6. Dedicate space in your home to your Indigenous language.
7. Plan family language nights.
8. Take it one day at a time.
9. Once you learn a word or a phrase in your language, don't say it in English again!
10. Celebrate your language growth.

<b>A a</b>	<b><u>A</u> <u>a</u></b>	<b>B b</b>	<b>D d</b>	<b>Dł dł</b>	<b>Dz dz</b>	<b>E e</b>
[a]	[ə]	[b]	[d]	[dł]	[dz]	[e]

<b>G g</b>	<b>Gw gw</b>	<b><u>G</u> <u>g</u></b>	<b><u>G</u>w <u>g</u>w</b>	<b>H h</b>	<b>I i</b>	<b>K k</b>
[g]	[g <sup>w</sup> ]	[ɠ]	[ɠ <sup>w</sup> ]	[h]	[i]	[k]

<b>Kw kw</b>	<b><u>K</u> <u>k</u></b>	<b><u>K</u>w <u>k</u>w</b>	<b><u>K</u> <u>k</u></b>	<b><u>K</u>w <u>k</u>w</b>	<b><u>K</u> <u>k</u></b>	<b><u>K</u>w <u>k</u>w</b>
[k <sup>w</sup> ]	[kʰ]	[kʰ <sup>w</sup> ]	[q]	[q <sup>w</sup> ]	[qʰ]	[qʰ <sup>w</sup> ]

<b>L l</b>	<b>Ł ł</b>	<b>M m</b>	<b>N n</b>	<b>O o</b>	<b>P p</b>	<b><u>P</u> <u>p</u></b>
[l]	[ł]	[m]	[n]	[o]	[p]	[pʰ]

<b>S s</b>	<b>T t</b>	<b>Tʰ tʰ</b>	<b>Ts ts</b>	<b>Tsʰ tsʰ</b>	<b>Tł tł</b>	<b>Tłʰ tłʰ</b>
[s]	[t <sup>h</sup> ]	[tʰ]	[ts <sup>h</sup> ]	[tsʰ]	[tł <sup>h</sup> ]	[tłʰ]

<b>U u</b>	<b>W w</b>	<b>X x</b>	<b>Xw xw</b>	<b><u>X</u> <u>x</u></b>	<b><u>X</u>w <u>x</u>w</b>	<b>Y y</b>
[u]	[w]	[x]	[x <sup>w</sup> ]	[χ]	[χ <sup>w</sup> ]	[j]

,

[ʔ]

# Kwákwala Phrases

Check how it's pronounced here:

<https://www.firstvoices.com>

Kwákwala - Phrases



angwasida gukwi Joe's? - Who's house is that Joe's?

kí. kí'si he gukwas Joe. - No. That is not Joe's house.

a'yu'sala'mas? - Do you understand?

a'yu'sala'man - I do understand

kí'san a'yusala - I do not understand

angwaxtas? - What is your name?

nugwa'am (eg. Pewi) - My name is (eg. Pewi).

dukwala'mas? - do you see?

dukwala'man ttaxa \_\_\_\_ . -  
I see the \_\_\_\_.

dax'ida's xus ha'me'yus - Get your lunch(food)

digal'dzuda - Wipe the table

dzagat'anda's - Put your jacket on

dukwala gaxan - Watch me

la'amxdas ham'x'ida'? - Did you eat yet?/Have you eaten yet?

dzakwaxstalaxdan - I had/ate dinner

angwasix k'as'ane' gada? - Who's shirt is this?

Nusux k'as'ane' - It's my shirt.

# Kwákwala Words

Check how it's pronounced here:

<https://www.firstvoices.com>

Kwákwala - Words/Landscape



awa'esala

sea foam

am'amayex'agw

is gravel

dza'lat

lake

gwe'nagwisex

something down the  
beach

kālnas

road, highway

kidādzu

grass, lawn

na'ange

mountains

# Where Frugal Gets a Facelift

## How To Budget and Where To Start

### KNOW YOUR "IN"COME—NOT JUST YOUR INCOME

The very first thing you need to know before creating a budget is how much money comes IN (get it... "IN"come!?) every month. This should be easy! No, this isn't your salary, it ONLY includes what actually hits your bank accounts after taxes and withholdings. Don't trick yourself by dividing your annual income by 12 because your numbers will be off!

### START A BUDGET BY TRACKING MONTHLY EXPENSES

If you're living paycheck to paycheck, you may not even be aware of where some of your money goes! The best way to figure this out is to go back and track all monthly expenses for the last 3-6 months. Make an organized list of all monthly expenses and make sure you don't forget any!

Once you've written down all of your monthly expenditures and you have a pretty good idea where your money is going, add it all up and compare that total to your monthly income. Are you spending more than your paychecks allow? Are you spending less, but unsure where the remainder of the money is going? Is a portion of your paycheck going toward credit card debt just to make minimum payments? If your current situation leaves you with little to nothing left after monthly expenses, there are two options for you.

Either increase your income or decrease your spending. It is really that simple!

### INCREASE YOUR INCOME

Increasing your income can seem like such a daunting task, but really, the sky is the limit! Just be careful not to spend too much money hoping to make money. That can be a recipe for disaster! Instead, use materials you already have or can get for free (or cheap) to start your side hustle. (Like creating digital art on the iPad pro you got for Christmas last year!)

### A FEW WAYS TO MAKE MORE MONEY

- **Ask for a Raise** – We know this one may not apply to everyone, but depending on your circumstances at work, this may be just where you need to start! Work hard and make yourself valuable to your company—it WILL pay off, hopefully in the form of a raise!
- **Begin a Side Hustle** – Clean a few friend's houses! Do you have a musical gift? Get permission to play on a busy downtown street on weekend nights for tips. Can you sew, make jewelry, or create digital art? Create a good of some sort to sell online. Open an Etsy shop and sell to people all over the world! Pick up some contract work for companies looking for tasks to be completed. Become a shopper for Instacart.
- **Get a Second Job** – Remember, this doesn't have to be forever! If you can swing it, a second job can be a quick way to increase income, enabling you to pay off any debt you may have eating up your paycheck. If you're looking for a weekend job, try waiting tables at a fancy, high-end restaurant. You may be surprised to learn how much you can make in tips in one weekend

However you decide to increase your income, keep track of every penny just like it was a part of your monthly paycheck. It can be too easy to see that money as "extra," spend it here and there and before you know it—it's all gone, and you have no idea where it went!

### DECREASE YOUR SPENDING

If increasing your income is not an option for you, the only other option is to decrease your spending. Don't worry, it will be easier than you think! If you are truly ready to be free from the paycheck to paycheck life, it WILL require some sacrifice. Just remember your WHY and keep big picture goals in mind! Take that list you made earlier—when you tracked all your expenses for the last 3 months—and start cutting!



## COMMON "OPTIONAL" EXPENSES

- **Cut Cable and Other Subscriptions** – We like to think of television and entertainment as a basic need sometimes, but it isn't! Cancel all of your subscriptions. This includes cable, Netflix, Hulu, Pandora, Spotify—anything you subscribe to for entertainment! It may only be a few dollars here and there, but you'd be surprised how much those total up to. Remember, this isn't forever!
- **Sell Your Car** – We know it sounds crazy, but it can be done! If your situation allows you to walk or bike most places, do it! Not only will you save a ton of money on that car and on gasoline, you'll probably get in killer shape, too! Bonus!!
- **Cut "Luxury" Spending** – This includes eating out, pedicures, manicures, clothing, expensive makeup and even haircuts! Anything that is not a basic "need," needs to go! You can do it!

Restricting spending on an already tight budget may not seem like fun, but it's really not about limiting yourself. It's about making sacrifices here and there to allow you to afford the things in life you never dreamed you could! So, you've committed to increasing your income or decreasing your spending... or, better yet, BOTH! What now?

## START A BUDGET AND FOLLOW THE 70% RULE

Now that we understand how much money you actually make and where it all goes, it's time to make a budget! Here at Fun Cheap or Free we live by the 70% rule. The greatest thing about this principle is that it will work for ANY budget and it tells you exactly what to spend, save and invest!

We won't go into the 70% rule in detail here but do yourself a favor and read all about it [HERE!](#) Here's the basic concept: 70% of your income goes toward monthly expenses, 20% goes into savings and 10% gets invested. EASY PEASY.

This principle is a literal life changer! Pay off your high interest debt first, then watch your bank accounts grow! Worry less about unexpected expenses when you have money set aside to cover it. It may take a little sacrifice to get there we promise, you'll be glad you did it!

## HOW TO BUDGET WITH OUR SIMPLE ENVELOPE SYSTEM

We believe when it comes to learning how to budget, the simpler the better! That's why we came up with the easiest envelope system ever! Instead of trying to keep up with a bunch of budget categories, this system only uses three. These include family expenses (expected monthly expenses and bills), grocery, and other. YEP, that's it!!

Learning how to budget with this simple envelope system breaks down your spending in weekly chunks instead of trying to track the entire month. No more running out of money at the end of the month because you overspent during week two! Check out our simplest budgeting system for all the juicy details! Could it be any simpler?? We don't think so!

[HTTPS://WWW.YOUTUBE.COM/USER/FUNCHAPORFREE](https://www.youtube.com/user/funchaporfreetv)

I hope everyone is staying safe and lending hands where needed. Jordan Page, FunCheapOrFree YouTube account helped me budget for a family of 7. My kids and I, with their fathers siblings and mother. I made 500-600 every 2 weeks plus tips, I was the only source of income. Lost i went to Youtube searched for side hustles and frugal living. I must have watched all her video's practiced her tips and it saved me definitely helped me provide for what life threw at me. I hope you take a look at her video's.

Here is her website:

<https://funchaporfreetv.com/how-to-start-a-budget/>



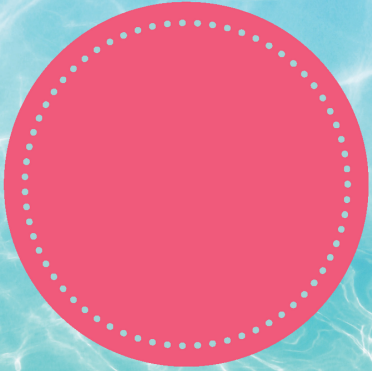


# CLEANING ZONES

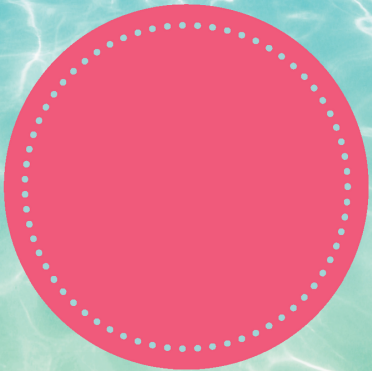
MUST BE DONE BEFORE SCREENS & FRIENDS!

*ZONE*

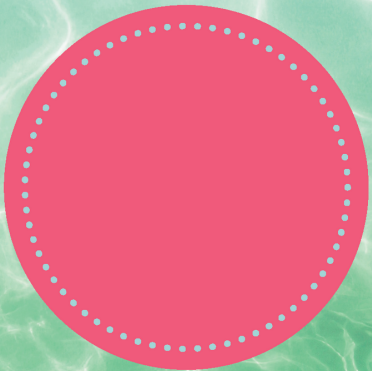
*DUTIES*



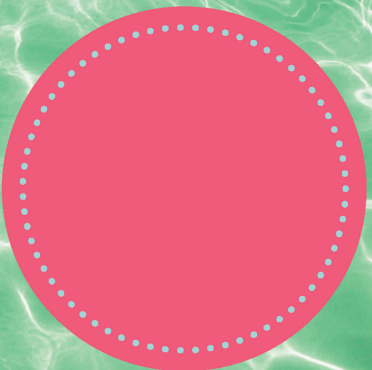
Blank white rectangular area for listing duties for the first zone.



Blank white rectangular area for listing duties for the second zone.



Blank white rectangular area for listing duties for the third zone.



Blank white rectangular area for listing duties for the fourth zone.

# Age Appropriate Chores That Kids Can (And Should) Do! [FunCheapOrFree.com](http://FunCheapOrFree.com)

## CHORES FOR AGES 2-3

These are all super easy age appropriate chores for young kiddos to do. Kids always want to help, so have these be their new chores they do to help out around the house. If you get them started at a young age, then they'll always be ready and willing (in theory, anyways ;) ) to be a part of the family economy.

- Dust
- Put toys away
- Feed pets
- Put dirty clothes in the hamper
- Wipe up spills
- Put napkins on the table
- Vacuum with a small or hand-held vacuum
- Clear their own kid dishes from the table
- Water the flowers with a small watering can
- Unload utensils from the dishwasher
- Swiffer the floor
- Use electric sweeper on the floor
- Wipe surfaces with e-cloth (use the code JORDAN for 10% off) Pick up trash

Imagine how much pressure will be taken off of you when you allow your kids to be helpful around the house!

## CHORES FOR AGES 4-5

On to the next one! These age appropriate chores for 4 and 5 year olds are really helpful and you're going to love it when your kids are old enough to start doing them.

- All previous chores
- Make their bed (Beddy's makes this super easy to do! Use the code FUNCHEAPORFREE20 to get 20% off.)
- Bring in the mail/newspaper
- Clear the table
- Pull weeds
- Vacuum with the big vacuum
- Water the flowers with the hose
- Unload the dishwasher
- Wash kid dishes in the sink
- Pick up bedroom
- Match socks
- Put clothes away
- Wipe bathroom sinks and counters with e-cloth (use code JORDAN for 10% off) Fold dish towels
- Pick vegetables from the garden

Learning life lessons and building new habits while also helping mama out? Yes, please.

## CHORES FOR AGES 6-7

There's something about kids being school-age that flips a switch in their brains and opens up the world to all the new things they can do. It's the same for helping around the house! These age appropriate chores are perfect to help them learn new skills, such as how to sort laundry the proper way.

- All previous chores
- Wash produce for meals
- Empty garbages
- Clean toilets
- Sort laundry
- Sweep floors with a regular broom
- Set and clear table
- Help make and pack lunch
- Weed and rake leaves
- Clean bedroom
- Wash windows (that they can reach)

The older your kids get, the more they can do to help you out!

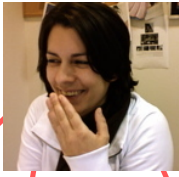
## CHORES FOR AGES 8-9

- All previous chores
- Load dishwasher
- Take garbage out
- Put away groceries
- Help make dinner
- Make their own snacks
- Sew buttons
- Peel vegetables
- Mop floors
- Walk the dog
- Clean out the fridge

## CHORES FOR KIDS AGES 10+

- All previous chores
- Unload dishwasher
- Do their own laundry
- Fold clothes
- Clean tubs and bathroom floors
- Wash the car
- Cook simple meals
- Iron clothes
- Babysit siblings for a limited amount of time
- Clean kitchen
- Change their sheets
- Mow the lawn
- Shovel snow

# Test your knowledge



adalxa dax'id da'tala xadziga

# Word of the month

(your) language / yaqandas

## a'axsila

Meaning: take care of someone or something, to

**Pronunciation** [a] ('ax) (si) (la)

## Shopping Tips For Covid 19

- ⇒ Do not go shopping if you have respiratory symptoms or have been exposed
- ⇒ If you are 65 or older, have pre-existing chronic conditions (i.e. Cancer, HIV/ AIDS, Diabetes, Asthma, Renal disease, Heart disease, etc) or are immunocompromised have someone else shop for you
- ⇒ Make a grocery list prior to shopping to minimize time in the store
- ⇒ Buy for 2 weeks to minimize time in store
- ⇒ Only one person from your home do the shopping
- ⇒ Use disposable grocery bags
- ⇒ If using cloth bags wash after each use
- ⇒ Wipe down shopping cart
- ⇒ Commit to buy what you touch
- ⇒ Use a standard disinfectant to sanitize food preparation areas in your home
- ⇒ Sanitize all boxed, canned, plastic and glass containers that you bring into your home
- ⇒ Wash all fruits and vegetables in hot soapy water for 20 seconds before putting in your fridge
- ⇒ Covid viruses are destabilized with heat, such as cooking and microwaving
- ⇒ Covid viruses can live in freezer up to 2 years, wash containers that go in freezer

