

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

## WHAT'S INSIDE THIS ISSUE:

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**Meal Planning For My Family Of 8 for \$25/Week!**

**7 Side Hustle Ideas for Canadians (That Actually Work)**

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## WATERMELON-LIMEADE SLUSHIE

<https://www.myrecipes.com/recipe/watermelon-limeade-slushie>

Yield 4 Servings

Ingredients

1 quart seeded watermelon chunks

1/2 cup sugar

3/4 cup fresh lime juice (5 to 6 limes)



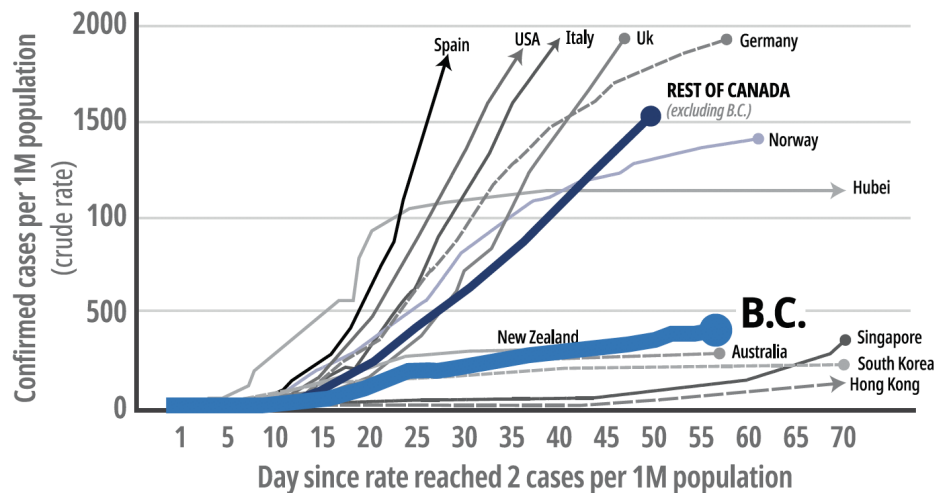
Step 1 - Line a large rimmed baking sheet with wax paper. Spread out 1 quart seeded watermelon chunks and freeze for 2 hours or freeze overnight. (If freezing overnight, put chunks in a large plastic bag first.)

Step 2 - In a small saucepan, cook 1/2 cup sugar and 1/4 cup cold water over medium heat, stirring, until sugar is melted. Stir in another 1/4 cup cold water, let cool, then stir in 3/4 cup fresh lime juice (5 to 6 limes).

Step 3 - Blend melon and lime mixture in 2 batches. Pour into glasses. Garnish with melon or lime wedges.

# HOW WE'LL KEEP TRANSMISSION LOW

As of May 1, 2020, more than 2,100 British Columbians have tested positive for COVID-19 and more than 100 people have died. As the pandemic hit B.C., we asked British Columbians to do their part and they took action to stay home and help flatten the curve. With each day, the rate of growth in COVID-19 cases has steadily declined and more than 1,350 people have recovered. And we have the lowest mortality of any jurisdiction in Canada, the United States and western Europe with more than 5 million people.



## What the New Normal Means for You

B.C.'s progress in the fight against COVID-19 is a direct result of the sacrifices and decisions that we have all made. To continue to protect seniors and at risk people and ensure that our health care system can respond to this dangerous virus, means that we all have to keep doing our part – at home, in the community and at work.

- stay at home and keep a safe distance from family when you have cold or flu symptoms, including:
  - Coughing
  - Sneezing Runny nose
  - Sore throat
  - Fatigue
- No handshaking or hugs outside of your family
- Practice good hygiene, including: Regular hand washing
- Avoiding touching your face
- Covering coughs and sneezes
- Disinfect frequently touched surfaces
- Keep physical distancing, as much as possible when in the community and where not possible, consider using a non-medical mask or face covering
- And in personal settings when you're seeing friends and family who don't live with you: Only get together in small groups of around 2 to 6 people and keep a physical distance
- If you are at greater risk (over the age of 60 or with underlying medical conditions), be informed of your risk, think through your risk tolerance and take extra precautions.

# WHAT THE NEW NORMAL MEANS FOR EMPLOYERS AND PUBLIC INSTITUTIONS

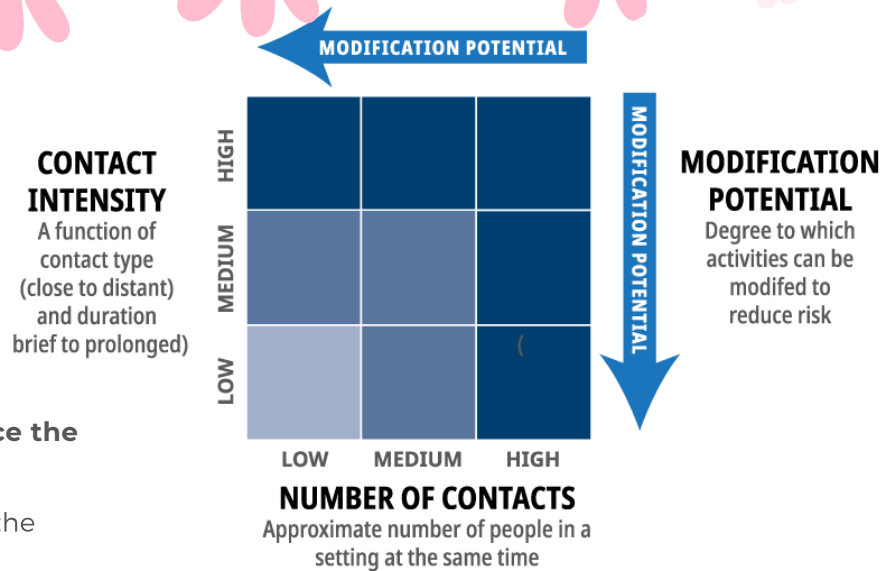
The risk of transmission at busy workplaces and other institutions is a direct function of two variables: the number of contacts (the number of people present at the same time) and the contact intensity (the type of contact ie. close or distant and the length of contact ie. brief or prolonged). These are factors that we can rate as low, medium and high risks.

**Based on these factors, steps can be taken to reduce the risk, including:**

- Physical distancing measures – measures to reduce the density of people
- Engineering controls – physical barriers (like Plexiglas at checkouts) or increased ventilation
- Administrative controls – clear rules and guidelines
- Personal protective equipment – like the use of non-medical masks

**These modifications and controls, combined with the following measures, can reduce the risk of transmission.**

- Create clear workplace policies that ensure people with cold or flu symptoms do not come to work
- Implement sick day policies that allow people to be off or work safely from home when they are ill or have symptoms of a cold or flu
- Provide work from home options, when possible, to reduce contact intensity. When it's not an option, consider measures such as staggered shifts and virtual meetings as much as possible
- Implement strategies that reduce the number and intensity of contacts – from greater use of non-medical masks to more checkouts and increased shopping hours
- Clean “high-touch” areas in workplaces and retail outlets frequently and provide hand sanitizer at entrances
- Focus on higher-risk employees including those over the age of 60 and those with underlying medical conditions – from more flexible hours, to work from home options and workspace accommodation



## Phase 1 Where we are today

- Essential Services Operating During COVID-19
- Essential health and health services
- Law enforcement, public safety, First Responders and emergency response personnel
- Vulnerable population service providers
- Critical infrastructure
- Food and agriculture service providers
- Transportation
- Industry and manufacturing
- Sanitation
- Communications and information technology
- Financial institutions
- Other non-health essential service providers



## **Phase 2 Mid-May onwards**

- Restoration of health services
- Re-scheduling elective surgery
- Medically related services: Dentistry, physiotherapy, registered massage therapy, and chiropractors
- Physical therapy, speech therapy, and similar services
- Retail sector
- Hair salons, barbers, and other personal service establishments
- In-person counselling
- Restaurants, cafes, and pubs (with sufficient distancing measures)
- Museums, art galleries, and libraries
- Office-based worksites
- Recreation and sports
- Parks, beaches, and outdoor spaces

## **Phase 3 June to September**

- Hotels and Resorts (June 2020)
- Parks – broader reopening, including some overnight camping (June 2020)
- Film industry – beginning with domestic productions (June/July 2020)
- Select entertainment – movies and symphony, but not large concerts (July 2020)
- Post-secondary education – with mix of online and in-class (September 2020)
- K-12 education – with only a partial return this school year (September 2020)

## **Phase 4 To be determined**

- Activities requiring large gatherings, such as:
- Conventions
- Live audience professional sports
- Concerts
- International tourism

The timing of a safe restart of night clubs, casinos and bars is a more complicated consideration. As with other sectors, industry associations will be expected to develop safe operations plans, for review, that are in keeping with Public Health and Safety Guidelines, as well as WorkSafeBC. Resources to assist businesses and sectors as they restart their activities including new Health Guidelines and Checklists are available from WorkSafeBC.

## **Reopening our Parks**

Reopening B.C.'s iconic parks will come in rapid stages. Our priority is providing safe access and services to people across the province while maintaining the safety of staff and park operators. BC Parks and Recreation Sites and Trails BC will reintroduce services in keeping with direction from the Provincial Health Officer. Parks Reopen May 14, 2020 Beginning on May 14, 2020, those BC Parks, recreation sites and trails that can accommodate physical distancing will reopen for day use only. This will include day-use sites and protected areas

- Parks and recreation sites that can safely provide existing service levels, such as garbage disposal and washroom facilities, will do so.
- These facilities will be cleaned more frequently
- Some areas and facilities remain closed, including playgrounds, picnic shelters and visitor centers.
- Check the BC Parks website for the most up to date information



## Reopening our Schools

As COVID-19 spread, governments everywhere took action to reduce in the classroom learning.

For most British Columbians with young children, this meant having to stay at home to look after their kids.

While many workplaces have made work-from-home accommodations, that hasn't been an option for everyone.

Our schools and educators rose to the challenge with online instruction and resources to keep our kids learning, but this placed a heavy burden on parents to support their kids as they learned at home.

We know there is no substitute for in-class instruction — and an important step toward our recovery is getting kids back into the classroom, so parents can get back into the workplace.

Initial health data indicates children are less affected than adults by the COVID-19 virus. Public health staff and officials will continue to review the health data. And the Ministry of Education and school divisions all around B.C. are reviewing options to allow for a safe return to school.

An announcement on a phased approach to resuming in-class instruction will be made in the coming weeks.

This will not be a return to normal. With weeks left in the school year, we anticipate many kids will not return to the classroom until September.

But we are also exploring ways to safely get some kids back to school before the summer, to allow more parents to return to work. How these changes unfold are the focus of intensive discussion among Ministry of Education officials, school trustees, the BC Teachers' Federation, CUPE, and other education sector partners.

For more information on protective measures that will be required of schools and post-secondary institutions, please refer to the [BC COVID-19 Go-Forward Management Strategy \(PDF, 634KB\)](#) and the [BC COVID-19 Go-Forward Management Checklist \(PDF, 320KB\)](#).

## Reopening Child Care & Summer Camps

Summer camps and child care services give our kids the chance to explore their interests and develop physically, mentally and emotionally. They also allow parents to continue to work knowing that their children are being well taken care of.

Like all businesses, child care centers and camps will need to take additional precautions to maintain the health and safety of their employees and the children they are caring for. For many child care centers that operated as essential services during the pandemic, they have already adapted and are operating safely. But reopening more child care centers will be a key part of getting more parents back to work.

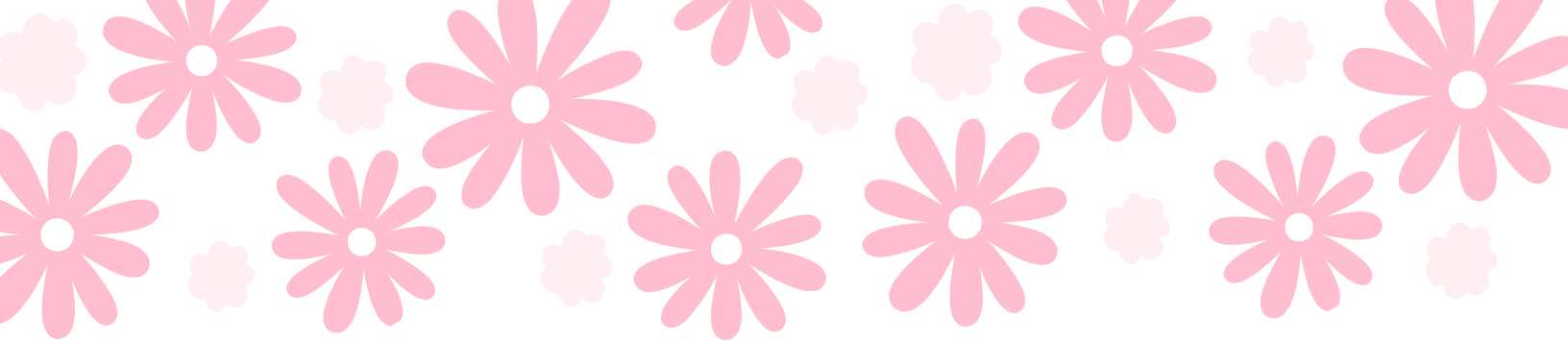
The basics will include routine daily screening of staff and kids; frequent cleaning; and ensuring staff and children who have cold or flu symptoms do not attend child care or summer camps.

But these sectors will also be required to review and work through new practices in their specific sectoral standards such as the Child Care Setting Practice Standards.

For more information on protective measures that will be required of day cares and summer camps, please refer to the [BC COVID-19 Go-Forward Management Strategy \(PDF, 634KB\)](#) and the [BC COVID-19 Go-Forward Management Checklist \(PDF, 320KB\)](#).







## HOW TO ASSIGN A MEAL TO A DAY

As I'm doing my meal planning, I write down everything that I have and will need for each meal. This includes what I'll need to use from my inventory, what I'll need to buy from the store, and what I'll need to do for the meal (such as making rice, baking bread, and roasting veggies).

Then I'll figure out the best day to have that meal. If you'll look at the list below, you can see that I'm making rice twice this week. We're having white rice with egg rolls and Mexican rice with the taco lasagna. Instead of making two separate batches of rice for each of those meals, I chose to make the egg roll meal first.

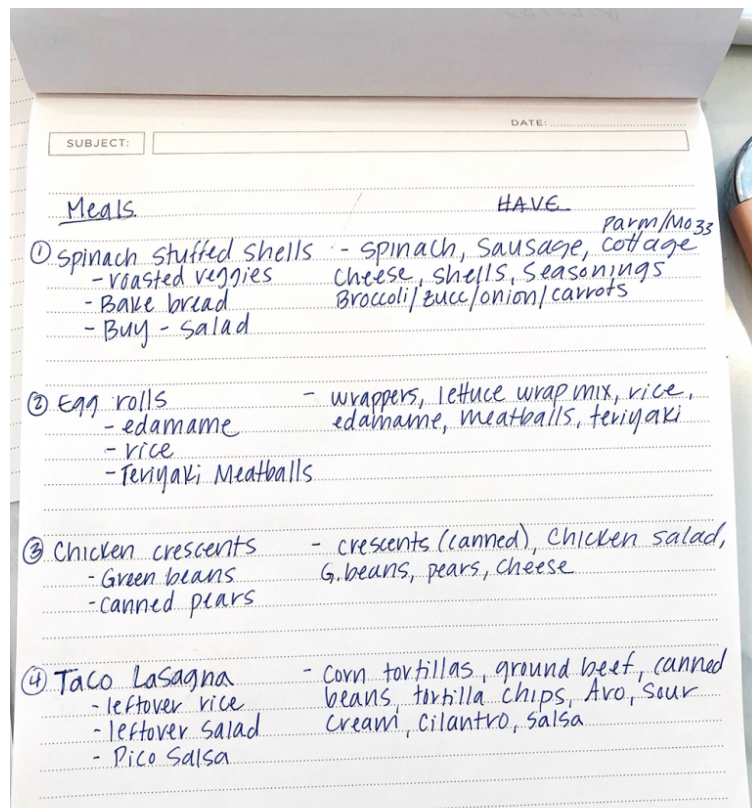
I can grab my Instant Pot and make a double batch of white rice in no time. I'll serve half of it with the egg rolls meal. Then, I'll take the leftovers and transform it into Mexican rice to eat with the taco lasagna meal. When you think this way and re-purpose your leftovers, it makes your life so much easier!

I always work in one or two nights for leftovers. That allows us to clean out our fridge and keeps us from being wasteful. Our world changed once I learned how to reheat and re-purpose our leftovers properly! Yours will too, so make sure that you check this post out!

## WRITE YOUR MEAL PLAN OUT

Once I know what meals I'm having, and the order that I need to have my meals in, I write them down on a magnetic dry erase board that we keep on the fridge. My meal planning board is a great way for the whole family to see what we're having for dinner every night.

So there you have it! If you want more details on how to meal plan, make sure that you check out [THIS post](#).



## Meal Planning For My Family Of 8 for \$25/Week!

Today, I'm showing you how I do my meal planning for my family of 8. To make it even better, my budget is \$25/week. It's doable and easy!

# 7 SIDE HUSTLE IDEAS FOR CANADIANS (THAT ACTUALLY WORK)

## Drive for a Ride Sharing Company

**Earning Potential:** High

**Difficulty:** Medium

**Flexibility:** Flexible

There are a few different ride sharing companies out there. Uber is one of the most popular. It serves 17 Canadian cities, so it covers a lot of ground.

There's a lot of money to be made driving, and some people use it as their only income stream. However, the pay varies depending on what time you work, so it's not totally flexible. Some sources say you can make up to \$22 per hour. Signing up is easy as long as you have a valid license and a vehicle. Remember, any damage or wear and tear to your vehicle comes out of your salary.

Being able to make a lot of extra cash isn't our only reason for placing ride sharing companies at the top of our side hustle ideas list. For those of you living in BC, you're going to be stoked to hear that Uber & Lyft is available as of Sep 2019, and you can drive for them as long as you apply for a Class 4 license.

## Sell Crafts on Etsy

**Earning Potential:** High

**Difficulty:** High

**Flexibility:** Very Flexible

In order to sell on Etsy, you'll need to make something. Check out the site for inspiration. Even people who don't feel very creative can probably find something to try, since the site has a wide variety of goods available.

Some people use Etsy as their primary income source, but it's no easy feat. Being super successful means you'll spend a ton of time making products, and there may be some marketing involved. If you're just looking for a little boost to your monthly income, Etsy offers incredible flexibility. As far as an hourly rate, it all depends on how long it takes to make your product. Most shops make less than \$10 CAD an hour. It's free to post on the site, but when your product sells, Etsy will take a small percentage.

## Take Online Surveys

**Earning Potential:** Low

**Difficulty:** Low

**Flexibility:** Very Flexible

There are quite a few online survey platforms in Canada that pay to complete surveys. Survey Junkie is one of the more popular ones, but others might pay more. If you're serious about online surveys, sign up for as many platforms as you can to maximize income.

The surveys on these platforms are fun. You'll get to give your opinion on a variety of topics, including marketing strategies for new products, local issues, and product branding. Unfortunately, the surveys pay very little. If you're looking for more dollars per hour, pick another side gig. If you just want some flexible, fun money, surveys are one of the best side hustle ideas. I have tried this personally, and while really fun, I don't see how you could make more than \$3 per hour.

## Give Tours

**Earning Potential:** Medium

**Difficulty:** Easy

**Flexibility:** Not Flexible

I think giving tours is one of the most amazing side-hustles you can do, and best of all, it's a job that many people forget about when they are looking for a side job. Less competition means more money for you! Anyhow, what could be better than sharing the beauty Canada has to offer with tourists? You can now design your own tour, and share your local knowledge with visitors. Tours by Locals will connect you with tourists in your area. You design the tour, post it, and provide it to any customers who book through Tours by Locals. It's easy to do, as long as you know your home town. You can get creative and do food tours or take visitors on hikes. You have to be available in order to give the tours, so there isn't much flexibility. You can make a lot of money per tour, as high as \$80 an hour. But that doesn't mean your tour will be booked often enough for Travel by Locals to be a hefty income stream.





## **Freelance**

**Earning Potential:** High

**Difficulty:** High

**Flexibility:** Flexible

Freelancing has always been a great side gig, and thanks to the internet, it's even better. Now you can find clients quickly and easily on sites like Fiverr and Upwork. You'll have access to a global market, as well as local Canadian jobs.

You'll need a skill to sell in order to freelance, which is part of the reason why this gig is more difficult than others. You'll also need to interact with clients, which takes customer service acumen. A lot of people start freelancing as a side hustle and turn it into a full-time career, so there's a lot of earning potential here.

The average freelancer makes \$20 per hour.

A lot of skills can be turned into a freelance career. Virtual assistants, content writers, and social media managers are in high demand. You could write resumes, Facebook posts, or do virtual data entry for extra cash without any advanced degree or special training.

## **Teach a Class**

**Earning Potential:** Medium

**Difficulty:** Medium

**Flexibility:** Flexible

Online class teaching is becoming increasingly popular as a side hustle, thanks to its flexibility and potential to make a LOT of money (if you get Popular).

There are a lot of ways to teach a class online these days, and some are more flexible than others. In general, the more flexible options require more up-front work and have a lower earning potential. Sites like Udemy will connect you with a global audience where you can teach your skill, but you'll need to design the course first. Then you can post it for free, and the site will take a percentage of any sales. Some teachers make big bucks, but the average is a few hundred a month.

You can also teach a virtual class, or do virtual tutoring. These are less flexible, but you may make more money actively looking for students instead of passively waiting for them on Udemy. Sites like Cambly offer English tutoring to students from around the globe, and Canadians are welcome. You can make about \$13 an hour if you have a full schedule.

## **Rent Out Your Car**

**Earning Potential:** Medium

**Difficulty:** Low

**Flexibility:** Not Flexible

This isn't exactly a 'side hustle' because you don't need to actually hustle, but we think it deserves a spot on the list.

Turo, the Airbnb of rental cars, now serves Canada. The site allows users to rent out their cars just like Airbnb hosts can rent out their apartments. If you live in a high traffic area, there may be a decent sum of money to be made, but it's not a guarantee.


The downside to Turo is while someone else is driving your car, you can't. People who work remotely or who have alternate transportation available may be fine with that, but that's not likely the case for the majority of car owners. That's why we've rated this option as inflexible.

As far as money goes, in Toronto, you can make up to \$350 per month. That means your car will be out of commission for 8 days a month, too. If the car is returned with damages, you'll need to report it right away to get Turo to cover it.

# READ AT HOME

# BINGO

When you complete a task, color in the box! How many times can you get BINGO? Can you complete the card?

read aloud to someone	read a book about animals	read for 15 minutes	read your favorite book	let a parent choose a book
read under the table	read then draw a picture	read in bed	read a silly book	make a fort and read inside
take turns reading a page with someone	read for 10 minutes		read to a pet or stuffed animal	read while enjoying a snack
read with a flashlight	read on a couch or comfy chair	read a fairy tale	read twice in one day	read a book then retell it to someone
read a book then write a review	have someone read to you	read while snuggling	read in the tub (blanket and pillow)	read for 20 minutes

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No printer? I just wrote mine out on paper.