

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



18 Indigenous books and video games to read or play

Indigenous comics

Napi and the Rock - Napi (say "naw-pea") is a trickster character and the digital comics are based on thousands of years of stories shared by the Blackfoot Indigenous people to empower and educate others about the world around them. Brand new stories launch every month. Ask your local library or your guardian to find this digital comic online for you.

Snowguard - The newest Marvel superhero is an Inuit teenager named Amka Aliyak from Nunuvut — also known as Snowguard. Amka gains superpowers when she tries to release the spirits of the land who have been captured by a villain using the energy of the land. Amka will be part of the Champions, which also includes teen versions of Spider-Man, Ms Marvel and the Hulk.

The Wool of Jonesy - The Wool of Jonesy is a comic by Dine writer and artist Jonathan Nelson that tells the story of a sheep (named Jonesy) and his adventures on the rez. As Jonesy heads out to explore life after high school, he finds himself discovering and dreaming.

Sila and the Land - Sila and The Land is a story written by three Indigenous women from their own very unique perspectives — First Nations, Inuit and Métis. Sila, an Inuk girl travels in all four directions learning about the land and the importance of

Hero Twins - This comic, from Navajo writer and illustrator Dale Deforest, follows two warriors of the same name throughout their journey to rid the spirit world of evil spirits. The Hero Twins have long held an important place in the stories of the Navajo people as protectors of the People. Comics are awesome. It's a fact. We're highlighting amazing Indigenous comics we think you'll love. Ask your local library if they have these books available!

Picture books by Indigenous authors

When I Was Eight, We Sang You Home, When We Were Alone, Stolen Words, You Hold Me Up, The Water Walker, Sometimes I Feel Like a Fox, Shi-shi-etko

Indigenous video games

Honour Water/for iPad/Ages 4+, **Never Alone (Kisima Innitchuna)**/for PC, Mac, tablets, phones, PS4, PS3, Xbox, Wii and Kindle/Ages 10+, **Spirits of Spring**/for iPad, iPod Touch, iPhone/Ages 9+, **Thunderbird Strike**/for Windows PC, Android and iOS/Ages 9+, **Sleep Guardian**/for desktop computer

In this issue, we talk about:

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11 VIRTUAL WAYS TO
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18 INDIGENOUS ATHLETES

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National Indigenous Peoples Day



National Indigenous Peoples Day, 21 June, is an official day of celebration to recognize and honour the achievements, history and rich cultures of First Nations, Inuit and Métis peoples in Canada. This day has been celebrated as a statutory territorial holiday in the Northwest Territories since 2001 and in the Yukon since 2017.

WHAT IS NATIONAL INDIGENOUS PEOPLES DAY?

Celebrated in Canada every 21 June, National Indigenous Peoples Day is an official day of celebration to recognize and honour the heritage, cultures and valuable contributions to society by First Nations, Inuit and Métis peoples. National Indigenous Peoples Day is the same day as the summer solstice (the longest day of the year) and was chosen for its important symbolism to many Indigenous peoples (see Religion and Spirituality of Indigenous Peoples in Canada.)

DID YOU KNOW?

National Indigenous Peoples Day is a statutory territorial holiday in the Northwest Territories, established in 2001, to honour and acknowledge its Dene, Métis and Inuvialuit peoples. National Indigenous Peoples Day also became a statutory territorial holiday in the Yukon in May 2017.

HISTORY OF NATIONAL INDIGENOUS PEOPLES DAY

In 1982, the National Indian Brotherhood (now the Assembly of First Nations) first suggested establishing “National Aboriginal Solidarity Day” as a day of recognition. In 1990, Quebec became the first province or territory to establish 21 June as a day to celebrate Indigenous culture. Tensions between Indigenous and non-Indigenous peoples in 1990 (see Oka Crisis) and 1995 (see Ipperwash Crisis) led to renewed calls for a national day of recognition. The Sacred Assembly, a national meeting of Aboriginal and non-Aboriginal spiritual leaders organized by Elijah Harper in 1995, encouraged the federal government to establish “National First Peoples Day” as a day of unity and acknowledgment. The Royal Commission on Aboriginal Peoples also recommended establishing a national day of recognition in their report, released in 1996. On 13 June 1996, Governor General Roméo LeBlanc announced the government’s intention to have an annual, national celebration of Indigenous peoples. Later that month, on the 21st, Canada celebrated its first National Aboriginal Day. In 2009, the House of Commons unanimously passed a motion to make the month of June National Aboriginal History Month (now National Indigenous History Month). This month-long awareness campaign highlights Indigenous history and cultures as well as contemporary issues in Indigenous communities across the country. On 21 June 2017, Prime Minister Justin Trudeau announced plans to change the name of National Aboriginal Day to National Indigenous Peoples Day, reflecting a national and international preference for the term Indigenous, rather than Aboriginal, in most cases. Some people, especially those in Indigenous communities, have called on the federal government to make National Indigenous Peoples Day a statutory holiday. Action #80 of the Truth and Reconciliation Commission report calls on the federal government to establish a statutory holiday – National Day for Truth and Reconciliation – to recognize the dark legacy of residential schools and to honour the survivors. Whether National Indigenous Peoples Day should become the National Day for Truth and Reconciliation, or whether Canada should recognize two (or any) statutory holidays honouring Indigenous peoples, is still a matter of public debate.

What led to the creation of National Indigenous Peoples Day?

National Aboriginal Day (now National Indigenous Peoples Day) was announced in 1996 by then Governor General of Canada, Roméo LeBlanc, through the Proclamation Declaring June 21 of Each Year as National Aboriginal Day. This was the result of consultations and statements of support for such a day made by various Indigenous groups:

- in 1982, the National Indian Brotherhood (now the Assembly of First Nations) called for the creation of National Aboriginal Solidarity Day*
- in 1995, the Sacred Assembly, a national conference of Indigenous and non-Indigenous people chaired by Elijah Harper, called for a national holiday to celebrate the contributions of Indigenous Peoples*
- also in 1995, the Royal Commission on Aboriginal Peoples recommended the designation of a National First Peoples Day*

On June 21, 2017, the Prime Minister issued a statement announcing the intention to rename this day National Indigenous Peoples Day.

How does the Government of Canada support National Indigenous Peoples Day?

National Indigenous Peoples Day is part of the Celebrate Canada program, which also includes Saint-Jean-Baptiste Day (June 24), Canadian Multiculturalism Day (June 27) and Canada Day (July 1). The Government of Canada supports National Indigenous Peoples Day. It provides resources, ideas for events and funding opportunities for community celebratory events.

National Indigenous Peoples Day: 10 ways to celebrate

Every June 21st, thousands of Indigenous Peoples celebrate National Indigenous Peoples Day (NIPD). This is a special day to acknowledge the unique heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis peoples in Canada. Joining in the celebrations is a wonderful way to learn more about Indigenous Peoples and cultures in your area.

In the northern hemisphere, the longest day and shortest night, the summer solstice, happens between June 20 and June 22. The summer solstice is of cultural significance for many cultures around the world. June 21st was chosen as the date for National Indigenous Peoples Day (formerly Aboriginal Peoples Day) in 1996.

Here are some suggestions on how to celebrate or commemorate this meaningful day.

1. Check out local listings of National Indigenous Peoples Day celebrations and plan to attend with family, friends, colleagues
2. Spend the day learning about the Indigenous history of where you live or work
3. Learn some greetings in the Indigenous language of where you live or work
4. Seek out an Indigenous restaurant or food truck
5. Seek out music by Indigenous musicians
6. Visit an art gallery that features Indigenous art
7. Read a book by an Indigenous author; we also have lots of free eBooks you can download
8. Watch a movie by an Indigenous director
9. Fill in our Personal or Professional Pledge of Reconciliation and discuss with family, friends and colleagues
10. Read and discuss the 10 Guiding Principles of Reconciliation from the Truth and Reconciliation Commission Report with family and colleagues:
 1. The United Nations Declaration on the Rights of Indigenous Peoples is the framework for reconciliation at all levels and across all sectors of Canadian society.
 2. First Nations, Inuit, and Métis peoples, as the original peoples of this country and as self-determining peoples, have Treaty, constitutional, and human rights that must be recognized and respected.
 3. Reconciliation is a process of healing relationships that requires public truth sharing, apology, and commemoration that acknowledge and redress past harms.
 4. Reconciliation requires constructive action on addressing the ongoing legacies of colonialism that have had destructive impacts on Aboriginal peoples' education, cultures and languages, health, child welfare, administration of justice, and economic opportunities and prosperity.
 5. Reconciliation must create a more equitable and inclusive society by closing the gaps in social, health, and economic outcomes that exist between Aboriginal and non-Aboriginal Canadians.

6. All Canadians, as Treaty peoples, share responsibility for establishing and maintaining mutually respectful relationships.
7. The perspectives and understandings of Aboriginal Elders and Traditional Knowledge Keepers of the ethics, concepts, and practices of reconciliation are vital to long-term reconciliation.
8. Supporting Aboriginal peoples' cultural revitalization and integrating Indigenous knowledge systems, oral histories, laws, protocols, and connections to the land into the reconciliation process are essential.
9. Reconciliation requires political will, joint leadership, trust building, accountability, and transparency, as well as a substantial investment of resources.
10. Reconciliation requires sustained public education and dialogue, including youth engagement, about the history and legacy of residential schools, Treaties, and Aboriginal rights, as well as the historical and contemporary contributions of Aboriginal peoples to Canadian society.



Many cities in Canada are less than a hundred years old. But aboriginal people have lived in this land for more than a hundred centuries. . . On June 21st, this year and every year, Canada will honour the native peoples who first brought humanity to this great land. And may the first peoples of our past always be full and proud partners in our future.

Governor General Roméo LeBlanc

11 Ways to Virtually Celebrate National Indigenous Peoples Day

In National Indigenous Peoples Day: 10 ways to celebrate we have suggestions for celebrating this important day. Most of the suggestions involve attending an event or visiting a site. What a difference a year makes. National Indigenous Peoples Day 2020 celebrations are among the many events that have been cancelled due to the pandemic. We didn't want you to miss out so we've compiled a list of 10 activities you can enjoy at home.

Here are some suggestions for celebrating, learning, listening and laughing:

1. Summer Solstice Indigenous Festival Live-stream the virtual edition of the Summer Solstice Indigenous Festival from June 1 to 21.
2. PowWows Springtime is PowWow time for many Indigenous cultures in both Canada and the U.S. PowWows are joyous and beautiful expressions of culture meant to uplift people after the winter. This year, due to the pandemic restrictions, PowWows have gone online so you can still enjoy the dances, the regalia, and feel your spirit uplifted.
3. Podcasts are a series of audio files that are available online and most are structured like a TV or radio show; some are stand-alone while others have multi episodes and even seasons, and others have featured guest speakers.
4. Videos What are the key issues for Indigenous Peoples in Canada? Bob Joseph explains in this video:
<https://www.youtube.com/watch?v=2zuRQmwaREY&feature=youtu.be>
5. Films & Documentaries The expression "the camera never lies" should be taken with a grain of salt when looking at how Indigenous characters have been portrayed in Hollywood over time. Reel Injun, listed below, provides more context. Indigenous representation in movies about Indigenous Peoples has come a long way.
6. Listen to and learn about some Indigenous musicians
7. Sports
8. Discover Indigenous humour CBC's Unreserved devoted an episode to Indigenous comedy:
 - a. <https://www.cbc.ca/radio/unreserved/stand-up-sketch-and-satire-the-rise-of-indigenous-comedy-1.5425646>
 - b. Two of the many Indigenous comedians: Charlie Hill at the Winnipeg Comedy Fest, Don Burnstick
 - c. Visit a Museum Collection Online
 - d. Museums and Indigenous Peoples have historically had a difficult relationship. In Aboriginal Repatriation - Aboriginal Peoples and museums we provide some background on the relationship. Knowing the history of how museums formerly built up their collections provides an understanding of why museums were included in the Truth and Reconciliation Commission of Canada's 94 calls to action. Here's a call to action specifically for museums:
9. Here are some online stories from the Canadian Museum of Human Rights website:
 - a. Approaching the human rights stories of Indigenous peoples
 - b. Picking Up the Pieces: The Making of the Witness Blanket
 - c. Dick Patrick: An Indigenous veteran's fight for inclusion
 - d. Childhood denied
 - e. Bringing the ancestors home
10. Take our Indigenous Relations training - We've been offering Indigenous relations training since 2002 and have trained thousands of people, in all walks of life, all across Canada. You can enroll in our Indigenous Relations Academy or join one of our Virtual Classrooms in a time zone near you.
11. Take a Pledge of Reconciliation

Podcasts IIST

Native Currents
This Land
Red Man Laughing
Coffee With My Ma
All My Relations
The Jig Is Up
Missing and Murdered:
Finding Cleo

Films & Documentaries

Reel Injun (trailer)

50 Years of Indigenous-Made Cinema in Canada: A Celebration (Article)

NFB library of films about Indigenous Peoples
Reel Canada catalogue of Indigenous Made Films

Shadow of Dumont (trailer)

Rhymes for Young Ghouls (trailer)

Blood Quantum (trailer)

Smoke Signals (trailer) featuring Dr Evan Tlesla II Adams, Deputy Chief Medical Officer of Public Health, Indigenous Services, and Adam Beach

Stolen Spirits of Haida Gwaii (movie)

Thunderheart (trailer)

Windtalkers (trailer)

Searching For Winnetou (documentary)

Maker of Monsters: The Extraordinary Life of Beau Dick (documentary)

Celebrate 18 Indigenous Athletes for National Indigenous Peoples Day

Indigenous athletes often face tremendous difficulties beyond the rigours of training for their sport. They are frequently from geographically and economically challenged home communities which means access to elite training facilities and resources for training and travelling for training can be limited. During national and international competitions, they can be subjected to institutionalized racism and stereotyping. The Truth and Reconciliation Commission of Canada included four calls to action for sports and recreation. Here's just one:

Andrea Alfred (1968-) Bodybuilding Kwakwaka'wakw Andrea Alfred started bodybuilding at 50 years of age, took first place in her very first competition, the Popeye Fall Classic, which qualified her for the Nationals and Pro/Am competitions.

Caroline Calvé (1978-) Olympic Alpine Snowboard Algonquin heritage Caroline Calve won Gold in the World Cup PGS (parallel giant slalom) event at Carezza, Italy - becoming the first female Canadian alpine snowboarder to win a World Cup. She won a Silver medal at the same event the following year. And the year after that, in 2014, she won her second World Cup event, parallel slalom, in Moscow.

Brigitte Lacquette (1992-) Hockey Cote First Nation and Métis heritage Brigitte became the first Indigenous athlete to compete on Canada's women's Olympic hockey team when she competed at PyeongChang 2018, taking home the Silver medal.

JR Larose (1984-) Football One Arrow First Nation JR LaRose played for the Edmonton Huskies for three seasons (2005-2007) and won the 2005 Canadian Bowl with that team. He spent nine seasons in the CFL with the Edmonton Eskimos and B.C. Lions, winning the Grey Cup with the Lions in 2011.

Jesse Cockney (1989-) Cross-Country Skiing Inuvialuit Jesse Cockney won three Gold medals at the 2011 Canada Winter Games and finished sixth in the classic sprint at the 2011 FIS World Under-23 Championships. He competed in two Olympic events: Sochi 2014 and PyeongChang 2018

Sharon Firth (1953-2013) and **Shirley Firth** (1953-) Cross-Country Skiing Gwich'in First Nation Sharon and Shirley Firth were among the first Indigenous athletes to represent Canada at the Olympics. They competed in four Olympic Games (Sapporo (1972), Innsbruck (1976), Lake Placid (1980), and Sarajevo (1984) and are the only female Canadian skiers to do so. They are both Members of the Order of Canada; they both received the Golden Jubilee (2002) and Diamond Jubilee (2012) Medals and were inducted into Canada's Sports Hall of Fame (2015).

Allan Lafond (2002-) Football Pasqua First Nation Allan Lafond was nominated four years in a row for 6 Nations Elite Development Camp, a First Nations camp to showcase talented football players from throughout the province; he made the top 100 player list for Football Saskatchewan in 2018. He has been recruited to play college football at Dalhousie University in Halifax

Waneek Horn-Miller (1975-) Water Polo Mohawk of Kahnawake Waneek Horn-Miller first rose to fame during the Oka Crisis (1990). She was fourteen at the time and while passing through a crowd, carrying her younger sister, she was stabbed by a soldier's bayonet which narrowly missed her heart. In spite of that life-threatening injury, she did not give up training and went on to be a Gold medalist in water polo at 1999 Pan American Games and Co-captain of Canada's first Olympic women's water polo team (2000).

"She was a key player on the water polo team at Carleton University, where she studied political science (graduating in 2000). The team won the Ontario University Athletics championship in 1994-95 and 1995-96, and Horn-Miller became the first woman at Carleton to be named Female Athlete of the Year three consecutive times (1994-97). She was also named to the junior and senior All-Star Canadian water polo teams from 1991 to 1999. During this period, Horn-Miller competed at the North American Indigenous Games as well, winning 20 Gold medals between 1990 and 1997, including one in rifle shooting."

Joseph Benjamin Keeper (1886-1971) Distance Running Norway House Cree First Nation Joseph Benjamin Keeper was on the Canadian team that competed in the 1912 Olympic Games in Stockholm. He raced in the 5,000 and 10,000-meter races, finishing fourth in the 10,000 event which no other Canadian to date has managed to match or supersede. He is considered one of Canada's greatest distance runners, is a member of the Canadian Olympic Hall of Fame and was inducted into the Manitoba Sports Hall of Fame in 1984. Keeper joined the army in 1916, and as a member of the 107th Pioneer Battalion, his outstanding aptitude for distance running was put to use as a dispatch carrier. In 1917, he and Tom Longboat won the inter-Allied cross-country championship near Vimy Ridge.



Reginald Joseph Leach (1950-) Hockey Berens River First Nation Reginald Leach, known as The Rifle because of his blazing shot, is the first Indigenous superstar in NHL history. He was one of the NHL's top scorers in the 1970s and early 1980s with 666 points (381 goals, 285 assists) in 934 games with the Flyers, California Golden Seals, Boston Bruins and Detroit Red Wings. He is the only forward in NHL history to win the Conn Smythe Trophy as the best playoff performer on a losing team. He was appointed to the Order of Canada for his work with Indigenous youth in sports, received an honorary doctorate from Brock University (he left school in grade eight); he has spoken at the United Nations about the importance of sports for Indigenous people worldwide, and he was inducted into the Philadelphia Sports Hall of Fame.

Tom Cogwagee Longboat (1886-1949) distance runner Onondaga First Nation Tom Cogwagee Longboat dominated distance races pre-World War I. He ran the 1907 Boston Marathon in a record time of 2:24:24 over the 24-1/2 mile course, four minutes and 59 seconds faster than any of the previous ten winners of the event. He became famous for his endurance and the way he finished a race with a spectacular burst of speed. He gave up his lucrative running career in 1916 to enlist in the Canadian Armed Forces where his endurance was invaluable as a dispatch carrier in France; he was wounded twice and declared dead once.

Alwyn Morris (1957-) Canoe - Kayak Sprint Mohawk of Kahnawake Alwyn Morris, with his kayaking partner Hugh Fisher, won Gold in the K-2 1000m and bronze in the K-2 500m at Los Angeles 1984 Olympics. While standing on the Olympic podium, Alwyn raised an eagle feather in acknowledgement of his heritage. The partners also won K-2 1000m Silver at the 1982 World Championships and qualified for the 1988 Seoul Olympics but were eliminated in the semi-finals for the K-2 500m. Alwyn is a member of the Order of Canada, was inducted to Canada's Sports Hall of Fame, a 2-time winner of the Tom Longboat Award and recipient of the National Aboriginal Achievement Award (now Indspire), in the sports category.

Allan Lafond (2002-) Football Pasqua First Nation Allan Lafond was nominated four years in a row for 6 Nations Elite Development Camp, a First Nations camp to showcase talented football players from throughout the province; he made the top 100 player list for Football Saskatchewan in 2018. He has been recruited to play college football at Dalhousie University in Halifax

Jim Thorpe Wa-Tho-Huk (1888-1953) pentathlon, decathlon, football, baseball, basketball Sac and Fox Nation, Oklahoma Jim Thorpe was one of the most versatile athletes of modern sports: he won Olympic Gold medals in the 1912 pentathlon and decathlon, played American football (collegiate and professional), professional baseball, and basketball. He was the first Native American to win a Gold medal for the United States. In 1950, he was selected by American sportswriters and broadcasters as the greatest American athlete and the greatest gridiron football player of the first half of the 20th century. At the Olympics, he won four out of five events in the pentathlon, winning the Gold medal. He then competed in the three-day decathlon, which is 10 events in all the major track and field disciplines. On the first day of competition, he ran the 100-meter dash in 11.2 seconds - a time that was not equaled until 1948. The next day, his shoes were missing so he wore two mismatched shoes found in the garbage. One shoe was too large so he wore extra socks to make it fit. Wearing mismatched shoes, he won the high jump and then won the 110-meter hurdles with a time of 15.6 seconds. No Olympic athletes matched that time for almost 40 years. On the third day, still wearing those mismatched shoes, he ran the final event - the 1,500-meter run in 4 minutes, 40.1 seconds. After his performance, King Gustav V of Sweden donned him "the world's greatest athlete."

Mark Vincent Perkins (1981-) Baseball Métis heritage Mark Vincent Perkins was a pitcher in the Caribbean World Series in 2009. He pitched in Rome for the World Cup of Baseball in 2009. He pitched for New Hampshire Fisher Cats, Toronto Blue Jays, Chicago Cubs and Iowa Cubs; he also pitched for Leones de Ponce, Dominican Republic.

Carey Price (1987-) Hockey Ulkatcho First Nation Carey Price is considered to be one of the best goaltenders in the world by many colleagues, fans, and one of the greatest goalies in the history of the Montreal Canadiens. He won Silver medals at the World U-17 Hockey Challenge in 2004 and the International Ice Hockey Federation (IIHF) World U18 Championship in 2005, and in 2007 he won a Gold medal at the World Junior Ice Hockey Championships in Sweden. Price was named to the Canadian Olympic Hockey Team in 2014 and won a Gold medal at the Winter Olympics in Sochi. He earned the tournament's top goal tending award, from the IIHF directorate. In 2016 Price went undefeated to win his first World Cup of Hockey championship.

Gaylord Powless (1946 - 2001) Lacrosse Six Nations of the Grand River Gaylord Powless was the signature player on the Oshawa Green Gaels' junior lacrosse dynasty of the 1960s. The Gaels won the Minto Cup all four years that he played on the team. He also won the 1971 Mann Cup and was a marquee player in three different professional leagues. Gaylord Powless and his father, Ross, are both members of the Canadian Lacrosse Hall of Fame and the Ontario Lacrosse Hall of Fame. In 2017, Powless was elected to Canada's Sports Hall of Fame.

Spencer O'Brien (1988-) Snowboard Haida and Kwakwaka'wakw heritage Spencer O'Brien is a four-time Winter X Games Medalist and won the 2012 World Snowboarding Championships. In 2013, she won Gold at the FIS World Championships, helping her qualify for the 2014 Sochi Winter Olympics. In the 2015 Winter X Games, she became the first woman to successfully land a Backside 900 trick. During the 2016-17 FIS Snowboard World Cup, O'Brien won the Silver medal.

Tips to Help Your Children Enjoy Sports

Although after-school sports are a fixture at most schools, recently collected data suggests that the number of children participating in sports is decreasing every year. Below are possible reasons for the downward trend and how you can inspire your children to enjoy sports.

The Verdict Is In

Many kids are moving away from organized sports. With the obesity epidemic in America, this is not a move in the right direction. What are some reasons that your child might not be interested in playing a sport this season?

- 1. Too Much Pressure** Kids like to play with other kids and have fun. But the emphasis on the importance of winning is often paramount to any enjoyment they may get from participating in the sport itself. For parents who live vicariously through their kids, the weight can be crushing.
- 2. Negative Feedback** Every game played is something that your child can be proud of, regardless of whether or not their team wins. Constant negative feedback is not an incentive to keep playing your best – it's a quick way to inspire stress, shame, and anxiety in your child's approach to playing sports and staying active.
- 3. Exhaustion** Practices and games can be long and exhausting for children, especially after a long day at school. Running kids into the ground is detrimental to both their minds and their bodies. While it's important to instill the practice of an active lifestyle in your kids, it's also important to make sure that your kids live a balanced life.
- 4. Lack of Interest** Not all kids are soccer players or ice skaters or artists. Get to know your child and what sincerely interests them. Figuring out what sports and activities are truly enjoyable for them will help them to become more individualized and happy beings.

<https://childdevelopmentinfo.com/child-activities/tips-to-help-your-children-enjoy-sports/#gs.8ocgao> | Child Development Institute

How To Help Your Kids Enjoy an Active Lifestyle

Here are some ways to gently coax your kids into lifelong enjoyment of group activities.

- 1. Pep Talk** Kids put a lot of pressure on themselves to perform. Ease their anxiety by encouraging them to always do their best but reminding them that winning isn't the only thing that matters. Stress that they're there to have fun and not to take themselves too seriously.
- 2. Positive Feedback** Support your kid whether they win or lose. Cheer for them and be positive about their game performance.
- 3. Practice Is Not Bootcamp** Talk to your child's coach if you think they're going overboard. While learning discipline and dedication through playing organized sports is perfectly acceptable, your kids are playing sports to be active and have fun. Your child should not be too tired to function regularly in school, do homework, spend time with family and friends, and do other fun activities. Nor should your child's coach treat his players like they're recruits.
- 4. Encourage Time Away** Sports take up a lot of time. Find ways throughout the week for your kids to do other things that they enjoy. The summertime is a particularly opportune time to introduce your kids to new activities that aren't available during the school year.

Ages 2 to 5

Toddlers and preschoolers are beginning to master many basic movements, but they're too young for most organized sports. Toddlers who participate in organized sports typically don't gain any long-term advantage in terms of future sports performance.

For children in this age group, unstructured free play is usually best. This may include:

Running
Hopping, skipping and jumping
Tumbling
Throwing and catching
Swimming
Riding a tricycle or bicycle
Climbing on playground equipment

Ages 6 to 9

As children get older, their vision, attention spans, motor coordination and skills, such as throwing for distance, improve. They're also better able to follow directions. Sports and activities that may be appropriate for this age group include:

T-ball, softball
baseball
Soccer
Running
Gymnastics
Swimming
Tennis
Martial arts
Dancing
Jumping rope
Rollerblading
or ice skating
Hiking
Skiing

Carefully supervised strength training is OK beginning at age 7 or 8 in kids who are motivated. The focus should be on proper technique and movement.

Ages 10 to 12

At this age, most children have mature vision and the ability to understand and recall sports strategies. They are typically ready to take on complex skill sports, such as football, basketball, hockey and volleyball. Keep in mind, however, that growth spurts caused by puberty can temporarily affect a child's coordination and balance.

Whatever sports your child participates in, ensure that he or she has a foundation of proper technique and movement. Coaches and sports professionals, such as golf and tennis pros, can be helpful resources.

LinkedIn Learning

Business Topics

Professional Development

Business Analysis and Strategy

Business Software and Tools

Finance and Accounting

Training and Education

Human Resources

Small Business and Entrepreneurship

Sales

Customer Service

Leadership and Management

Project Management

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Creative Topics

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Online AEC Training

CAD

Web Design

User Experience

3D and Animation

Art and Illustration

Video

Motion Graphics and VFX

Photography

Audio and Music



How LinkedIn Learning Perfectly Fit Levi's Need for a Global Learning Solution

Levi Strauss & Co. was founded in 1853, at the peak of the Gold Rush, in the untamed west. To this day, their brand still reflects that, as a pair of Levi's jeans symbolizes rugged individualism and a bias toward adventure. Interestingly, as well as it being the brand story, it's also the story behind the brand – Levi's culture also rewards new ideas, individualism and gumption. Partly for that reason, in 2017 the company had no real centralized learning and development team, and there was no company-wide training program. "We were kind of like the Old West," said Micki Raubitschek, who became Levi's first real head of L&D in 2017. "Everyone was on their own, trying to figure out how to make things work."

There were a few challenges with this. They included:

- If employees did get stuck, they were forced to find their own means (Google, YouTube, etc.) to figure it out.
- While Levi's has always valued internally mobility, there was no tool to help employees learn the skills they needed to advance to the next level.
- Levi's is an international company. With no single learning platform, employees across the globe were having wildly different learning experiences.

Raubitschek and her team wanted to change that by investing in an online learning solution that would solve all their needs – provide that just-in-time learning while also supporting those bigger employee goals, like taking the next step into management. And, they wanted something that could scale globally, so all employees would have the same opportunity. So, they started researching. After looking at 20 platforms, Levi's elected to go with LinkedIn Learning. The results have been fantastic. The company rolled out the platform to all 5,200 salaried Levi employees on Oct. 8, 2018. As of Feb. 1, 50% of employees have activated their license, completing an astonishing 23,000+ videos. It's also saved Levi's a "significant amount of money" in certifications alone, according to Raubitschek. "LinkedIn Learning is like having a trouble-solver in your pocket," one Levi employee emailed to the L&D team. "Every time you need to learn something new, you just have to look for it and you will have a bunch of good options that you have never imagined."

Why Levi's Invested In LinkedIn Learning: The Tie to LinkedIn

So why did Levi's choose LinkedIn Learning, over the 19 other learning platforms they researched? Yes, it had the content. Raubitschek and her team were already familiar with Lynda.com and knew about the strong course library LinkedIn Learning offered.

But the deciding factor was that Levi employees already knew and used LinkedIn. Since their main goal as an L&D team was to get a learning platform people would actually use, it made sense to pick a tool that was connected to a platform (LinkedIn) employees were already using. And therefore, they'd be much more likely to use LinkedIn Learning.

"Where are people gravitating to already?" Raubitschek said. "Google, YouTube and LinkedIn. So that makes it a really easy convergence; it's a lot less challenging to get people to adopt it."

How Levi's Rolled Out LinkedIn Learning to 5,200 Employees: It Started with an Insight-Gathering Pilot

Levi's made the decision to test LinkedIn Learning in mid-2018. But, they wanted to see if employees would really use it.

"I am a penny pincher," Raubitschek said. "I firmly believe in not spending money if the company is not going to use it."

"So, they piloted it with 500 employees. And, to make it a true test, Raubitschek didn't game the system. In fact, she intentionally piloted it with two employee sets – an IT group and a global merchandising group – that were both extremely busy and arguably the least likely to use it. Levi's L&D team also didn't overly promote LinkedIn Learning during the pilot. They wanted to see if people would use it naturally, instead of "bribing" people to use it, Raubitschek said.

So, how did the pilot go?

"Crazy good," Raubitschek said. "Within the first three days, we hit the benchmark for the first month in terms of activation."

"We had the pilot scheduled for five months," she added. "And we knew within the first two months it was a go."

"That made the decision easy to invest in LinkedIn Learning for all 5,200 Levi salaried employees. But the pilot provided another benefit as well – it helped inform best practices for the company-wide rollout."

Technology Topics

IT Infrastructure Training

Cloud Computing Courses

Data Science Courses

Web Development

Software Development

Security

Database Management

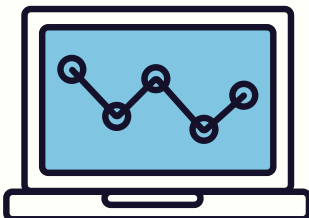
IT Help Desk

DevOps

Mobile Development

Network and System Administration

Internet of Things (IoT)



For example, some people were unsure how to get started on LinkedIn Learning, so the Levi L&D team created a video on where to start with the platform. The L&D team also learned about what courses best resonated to whom, which helped sharpen their course recommendations. Then came the rollout to all 5,200 employees. While Raubitschek is a big believer in letting things happen organically, the L&D team (and others) did market LinkedIn Learning in these creative ways:

- A themed newsletter, with learner success stories. Each month, Levi Talent Coordinator Caley Van Brunt sends out a learning newsletter to all employees. Two standout components of her newsletter:
 - There's a theme. Each month, the learning offerings in the newsletter unite under one theme. For example, January is review season, so the newsletter features LinkedIn Learning courses and videos on how to set great goals.
 - Learner success stories. Along with learning offerings, Van Brunt often interviews an early adopter of LinkedIn Learning and puts their story in her newsletter. She asks them, among other questions, how they fit learning into their day and the value they've gotten from LinkedIn Learning.
- Using it in lieu of expensive in-person training for certifications. Many members of the Levi's IT team wanted to either earn or maintain their PMP® certification for project management. But that used to mean sending them to in-person courses, which is expensive to the company and inconvenient to the employee. Now, with LinkedIn Learning offering PMP® courses, the IT staff can earn their continuing education units around their schedule, for a fraction of the cost. "That is like a gift-with-purchase with LinkedIn Learning," Raubitschek said. "We saved significant amounts of money just in the certification area alone."
- For the LATAM team, a particularly clever "learning passport" program. Talk about gamification. To promote LinkedIn Learning, Senior HR Advisor Rene Carranza created and delivered a physical "learning passport" to each employee in the Mexico office and distribution center. Then, when an employee finishes a course, they get a stamp in their passport (similar to a real passport, where you get a stamp for each new country you visit). This has gotten competitive among employees and has driven strong adoption of LinkedIn Learning.

The Results: One Centralized Learning Platform People Actually Use, a More Agile L&D Team and a Reinforcement of the Levi Culture

What are the results of LinkedIn Learning so far? It starts with the engagement. The usage of LinkedIn Learning at Levi's is far above industry benchmarks for activation and engagement at this point for any learning tool, as employees are flocking to the platform. What does that mean? Raubitschek talks about LinkedIn Learning solving for those two needs for employees globally – the "oh crap" moments where someone has to learn something at the moment, and the bigger career development pushes where people learn over the long term. Interviews with Levi employees speak to both being served through their experience with LinkedIn Learning. Here are three unvarnished emails from employees to the Levi L&D team:

- "LinkedIn Learning is especially nice to have when you don't necessarily have the time or can meet the schedule for a traditional class. Continual learning is a great way to keep the brain young."
- "(LinkedIn Learning) is invaluable! I love having access to so much content for both professional and personal development and it's all free to me to use."
- "It is great to have such a powerful tool with such a large list of courses that cover a range so wide of application fields. It is great to have them available from everywhere, including the mobile. And also great for our personal development."

There's a third benefit as well – LinkedIn Learning has empowered Levi's L&D team to be more agile. Instead of hearing of a need and spending weeks developing a course, the Levi L&D team can now quickly create a collection of courses and immediately fill it. That also gives the L&D team more time to focus on more strategic ventures, too. Like continuing to develop world-class managers, a focus for the organization as a whole.

"It's helped unlock the L&D team to do more," Raubitschek said. "It enables us to be more agile."

"Bottom line, Levi's culture still maintains the Wild West attitude instilled by its founder Levi Strauss, where individualism and risk-taking are encouraged. LinkedIn Learning has only further bolstered that, as it provides a means for employees to learn the skills they need to accomplish the truly remarkable."

"One of the biggest learnings in my career is not to force people to learn what I think they should learn, but instead ask myself how do I help be a conduit and let them follow their natural path," Raubitschek said. "And help shape it slightly, but let it emerge the right way. That's how you truly build a learning culture."

About LinkedIn

Welcome to LinkedIn, the world's largest professional network with nearly 690+ million users in more than 200 countries and territories worldwide.

Vision

Create economic opportunity for every member of the global workforce.

Mission

The mission of LinkedIn is simple: connect the world's professionals to make them more productive and successful.

Who are we?

LinkedIn began in co-founder Reid Hoffman's living room in 2002 and was officially launched on May 5, 2003.

Today, LinkedIn leads a diversified business with revenues from membership subscriptions, advertising sales and recruitment solutions under the leadership of Ryan Roslansky. In December 2016, Microsoft completed its acquisition of LinkedIn, bringing together the world's leading professional cloud and the world's leading professional network.

You have to pay for a monthly subscription, but very well worth it! You can earn certificates gain knowledge to help you with the online workforce, creating a business or working for an online business. Education is very beneficial for you mom's at home gaining income from home you create your own schedule.

MAMALILIKULLA FIRST NATION
1441 B 16TH Avenue, Campbell River, B.C. V9W 2E4
PHONE NO: 250-287-2955 FAX NO. 250-287-4655

REPORT FROM DARLENE COOK, FINANCE DEPT FOR MAR.31/19 TO MAR.31/20

I would like to report to the Mamalilikulla band members the monies spent on their behalf for this fiscal year:

•	POST-SECONDARY (25 Students funded) LIVING ALLOWANCES @	157,445.00	
	BOOKS AND SUPPLIES @	28,833.53	
	TUITION @	<u>86,135.08</u>	
	TOTAL POST-SECONDARY	<u>272,413.61</u>	
•	ELDERS CONFERENCE TRAVEL	TOTAL	<u>1,044.52</u>
•	2019 CHRISTMAS DISTRUBUTION TO MEMBERS @	TOTAL	<u>75,600.00</u>
•	BAND SUPPORT VIA BRIGHTER FUTURES RE: SCHOOL SUPPLIES @	7,050.24	
	SPORTS / OTHER @	10,650.38	
	GRAD FEES @	600.00	
	MEDICAL TRAVEL @	12,794.24	
	COVID ASSISTANCE	<u>6,766.02</u>	
	TOTAL BAND MEMBER SUPPORT	<u>37,860.92</u>	
•	ANNUAL GENERAL MEETING CAMPBELL RIVER, NOV.14/19 (member and staff travel, hotels, meals, meeting rooms, etc.).		
	TOTAL EXPENSES PAID	<u>15,537.93</u>	

GILAKASLA

Mobile Outreach Unit

MOUHSS

All Primary Services Available.
Doctor and Counselling on board

Weekly Locations

Monday

10:00-11:30

Curling Rink

Tuesday

9:00-11:00

Bylaw Office

Thursday

10:00-12:00

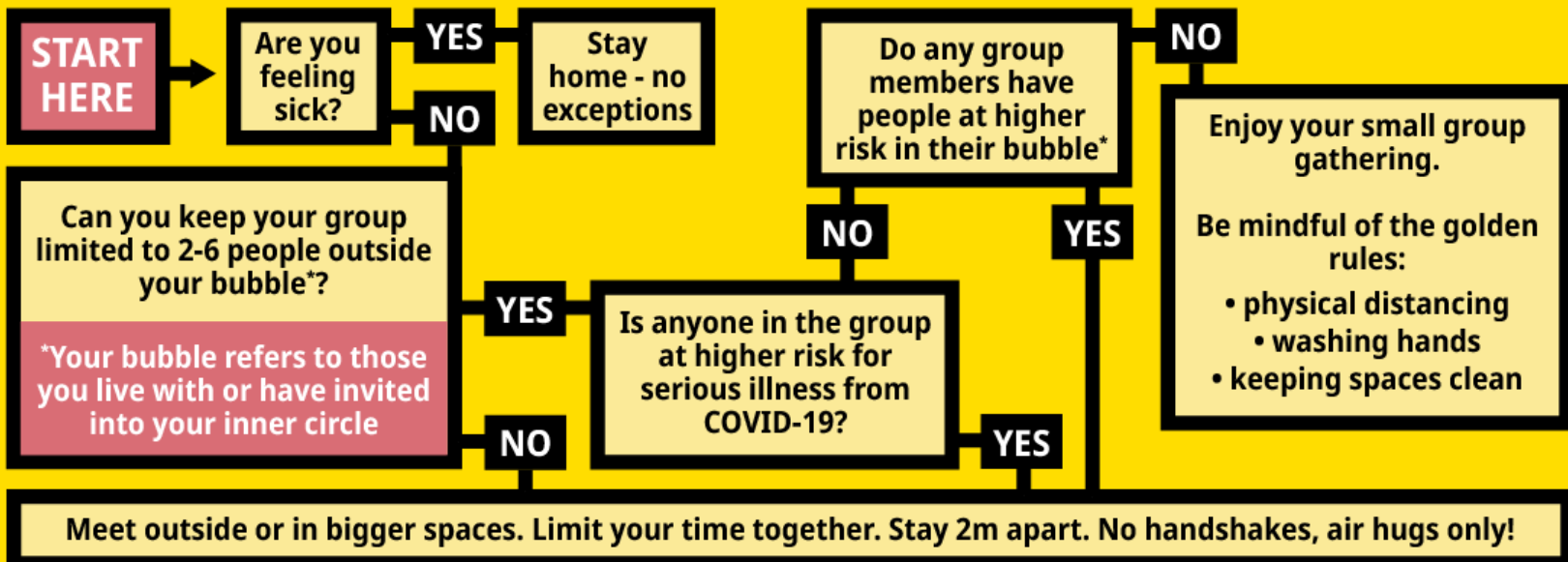
7 Eleven
(Willow Point)



Mobile Outreach Unit Health Supports & Services

For more information contact
Leanne McIntee: Project Coordinator
250-203-9713

Social gatherings: what to consider



For more information:
Canada.ca/coronavirus

Information for Indigenous communities:
Canada.ca/coronavirus-info-indigenous

COVID-19 UPDATE

Best Practices Surrounding Status Cards During COVID-19

In response to questions received from First Nations members, citizens, and stakeholders, Indigenous Services Canada (ISC) is proactively sharing information to ensure that registered persons with a status card can access programs, services, rights and benefits during the COVID-19 pandemic.

All ISC offices for Indian status and secure status card applications are closed until further notice. Processing times, including return of original documents, are delayed.

In light of these circumstances, ISC is recommending to service providers that they should accept status cards or [Temporary Confirmation of Registration Documents \(TCRDs\)](#) past the renewal date with a second piece of identification. ISC will be reaffirming to businesses and service providers that Indian status does not expire, and that the registration number provided on these documents remains the same and is what is required to confirm eligibility for programs and services.

It is recommended to share this notice with your members, so that they have a copy accessible to them to show services providers in the event there are difficulties.

For more information, please visit [Coronavirus \(COVID-19\)](#) and [Indigenous communities](#) or email the [Public Enquiries Contact Centre](#).



SOMEONE IN THIS HOUSE IS ELDERLY

People that are elderly are at a higher risk to catch COVID-19 and suffer life-threatening complications if they become ill.

Because of this, we are self-isolating and/or practicing social distancing as a preventative measure.

IF YOU FEEL AT ALL UNWELL OR WE DON'T ANSWER THE DOOR, PLEASE UNDERSTAND AND LEAVE ANY DELIVERIES

WORD SEARCH

a	k	l	x	gw	s	'	t	ł	þ
i	-	'	ts	s	a	w	k	a	k
y	x	ts	tt	i	k	a	xw	k	tt
y	'	gw	i	w	x	ł	s	w	y
w	i	ł	a	a	a	kw	i	a	'
w	i	t	k	ł	g	l	n	'	b
y	a	w	k	x	t	i	y	y	w
a	gw	dz	ts	i	a	dz	tt	i	k
t	ł	-	xw	ł	a	a	k	ł	k
k	e	'	w	'	xw	w	a	o	s



kakwas
young spruce tree

lixławis
sea lettuce

łakwa'yi
wild sarsaparilla

kwata
"sticky"

Word of the month

(your) language / yakandas

łaxwe'gila

Meaning: strength, gaining/building

Pronunciation [ła] (xwe') (gi) (la)

Pewi Alfred

https://www.youtube.com/channel/UCI4xSA5U7jYWz_JsJ7SeIng



Pineapple Chicken Skewers:

- 2 cups teriyaki sauce
- 2 lbs. chicken breasts or tenders
- 1 can Del Monte Pineapple Chunks (15.5oz can)

- Optional: sesame seeds for garnish

Lettuce Wraps:

- butter or bibb lettuce
- sliced red bell peppers
- cilantro
- crushed peanuts
- coconut peanut sauce (recipe below)

Coconut Peanut Sauce:

- 1/2 can light coconut milk
- 1/3 cup creamy peanut butter
- 2 tablespoons brown sugar
- 1 teaspoon chili sauce
- 1 teaspoon soy sauce

Now let's dig in!

preheat your oven to 350 degrees F.

slicing your chicken into 2-inch chunks.

marinate chicken in teriyaki sauce for about 30 minutes.

drain your pineapple chunks and place in a bowl.

skewer the chicken and pineapple chunks. Lightly grease a pan with rimmed sides and place the skewers inside. Bake for about 20 minutes or until pink is gone.

extra is the Coconut Peanut Sauce. Just mix all of the ingredients together and you're done. Now, like we said, these skewers are perfect all on their own but if you want to make them into a complete meal, these healthy and delicious lettuce wraps are a great option. Start by adding sliced red bell peppers and the cooked chicken and pineapple from the skewers to a lettuce leaf. Then top with Coconut Peanut Sauce, cilantro, and chopped peanuts. And there you have it! The perfect game day snack!

CONGRATS

Beverly Robinson
Olivia Wildman

2020 GRADUATION

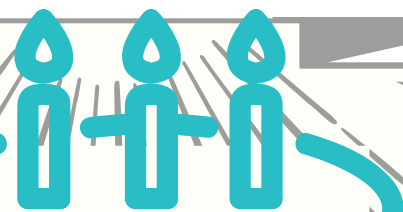
"When you take risks, you learn that there will be times when you succeed and there will be times when you fail, and both are equally important."

—Ellen DeGeneres



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

ixkasalala xis ma'yudtamxdamus



Happy Birthday

ixkasalala xis ma'yudtamxdamus

Shaelon Dawson June 28th

Rabeca Lariviere June 9th