



JULY 2020

*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*



MAMALILIKULLA  
FIRST NATION

## Covered in This Months issue:

FORESTY UPDATE

GUARDIAN UPDATE

CANADA DAY

MONEY TALK

INEXPENSIVE MEALS

SUMMER IDEAS

HOBBIES

SUMMER LEARNING

THE GOOD SAMARITAN

## Why Family Time is Important

- To build a stronger bond with your family
- To make time to talk and listen
- To teach your children important lessons of life
- To show affection, appreciation, and encouragement
- To instill family values in your children
- To inculcate family rituals and traditions
- To accept the differences in each person
- To keep in touch with friends and relatives
- To share the chores
- To help and connect better with your children

One of the most overlooked aspects of education today is parental involvement. Many parents don't realize the importance of family time and how important it is to involve themselves in their children's learning.

All parents and family members need to find time and make the effort. Research shows that when parents involve themselves in the family, their children:

1. Get superior grades and test scores.
2. Graduate from high school at higher rates.
3. Are most likely to go on to higher education.
4. Have more positive attitudes and behave better.

WRITTEN BY HARLEENA SINGH

I am an odd number. Take away a letter and I become even. What am I?

Answer is on the back page





## MFN FORESTRY CONSULTANT

Things are starting to get going again in the forestry department. We have two logging projects that are in the works. The first is a 24,000 cubic meter helicopter show located at Hoeya Sound. The start date for this project is within the next two to three weeks. It is another partnership agreement with BC Timber Sales (BCTS). This will be the second sale of a total of three with BCTS. The last of the three sales we have is our Village Island sale. This sale is for a total of 64,000 cubic meter. The layout of the cut blocks is complete. The last part of the preparation for this sale is the construction of a log dump on Village Island. The construction of the log dump is set to begin in two to three weeks. It is expected that it will be completed by late September. If the log market is favourable we will advertise the Village Island sale this Fall. We hope to generate revenue for future projects with these sales.

## BC TIMBER SALES - GOALS, OBJECTIVES & PRINCIPLES

BC Timber Sales (BCTS) generates economic prosperity for all British Columbians through the safe, sustainable and reliable development and auction of public timber, and by playing a pivotal role in the ministry's reforestation strategies.

We are committed to pursuing excellence in all aspects of our business, focusing on results and maintaining effective, meaningful relationships with stakeholders and First Nations.

### Goal & Objectives

BCTS has one goal and three objectives set within our three overarching principles of:

- Forest sector safety
- Reconciliation with Indigenous peoples
- Sustainable forest management

### Goal

BCTS's goal is to provide credible representative price and cost benchmark data for the market pricing system through auctions of timber harvested from public land in B.C.

### Objectives

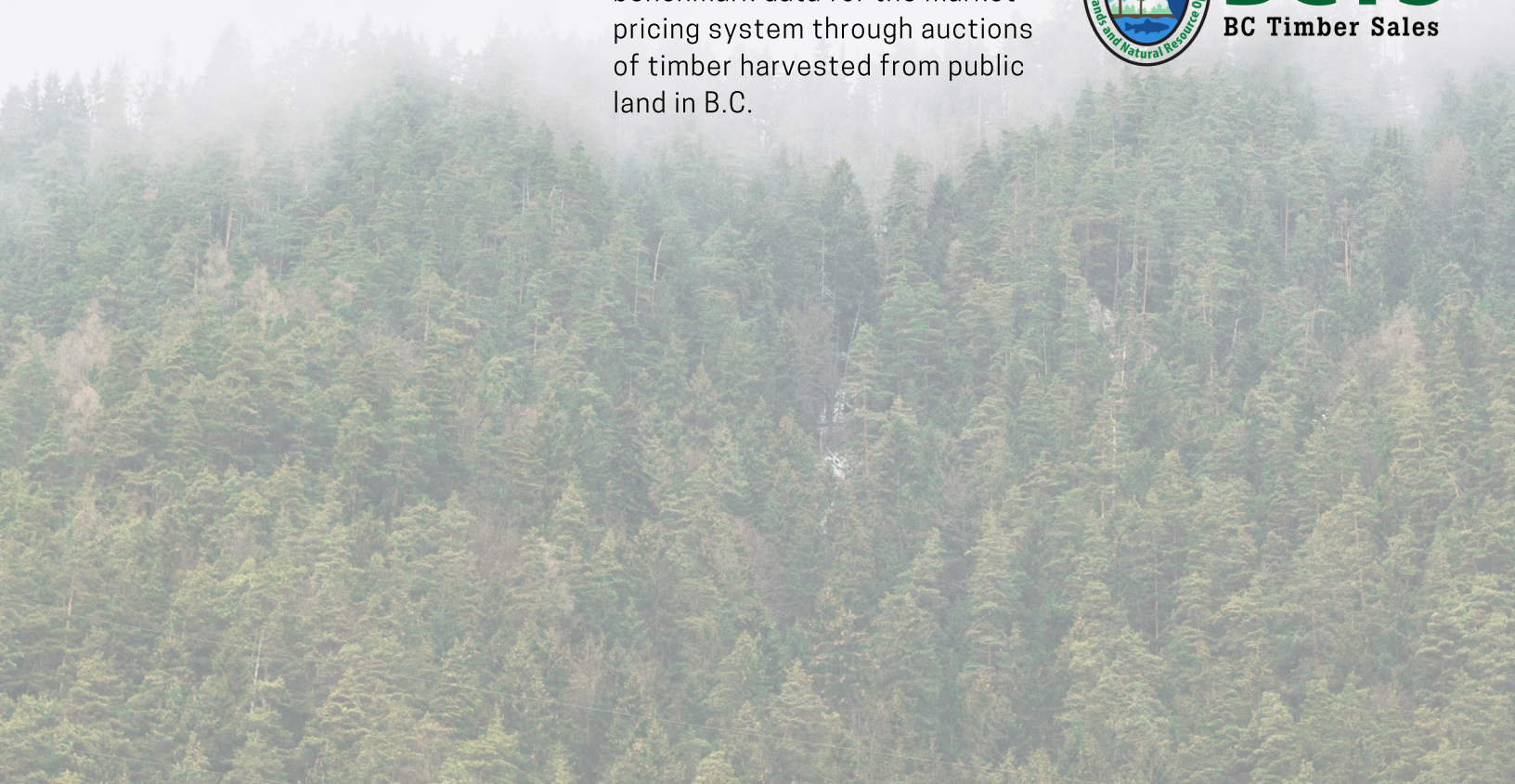
**Objective 1:** Sell the full BC Timber Sales apportionment over the business cycle, consistent with safe practices, sustainable forest management, and reconciliation with Indigenous peoples.

**Objective 2:** Generate direct net revenue and indirect revenue for the Province over the business cycle.

**Objective 3:** Continuous business improvement – within BCTS, across government and with third parties. The achievement of our goal, objectives and principles supports the outcomes of economic prosperity, sustainability, business excellence, safety and reconciliation for the benefit of all British Columbians.



**BCTS**  
BC Timber Sales







# Guardian Update



Good day Mamalilikulla Band Members,

We hope you are all doing well

We just wanted to give membership a quick update on our guardian program that started in the beginning of June 2020

Our focus is to complete our deliverables within the traditional territory. We are collecting valuable data for the Nation to help better understand what's happening in our watersheds, marine life, and logging activities within the territory.

We will also be doing an environmental beach cleanup in September 2020. We are pretty excited for this to happen as it has been a long time coming.

Our guardians also have a lot of training going on this year as well. One of the most important training sessions will be Geographical Response Plan training for oil spills and marine emergencies that might occur within our territory. This training will be done with Coast Guard in late September 2020.

We are excited to start building relationships with industry and government officials, so we can move forward in a healthy way.

Wishing you all the best,

Jake Smith, Guardian Manager & Frances Roberts, Marine Project Coordinator



*Jake Smith*



*Frances Roberts*



## What I choose to celebrate on this day called 'Canada Day'

I was going to ignore Canada Day. It is a holiday I don't celebrate. But everything I see — on TV, on Facebook, on Twitter, flags everywhere I look — makes it hard to forget what is happening around me.

As a First Nations person without a treaty or any agreement with Canada, I am not a part of Canada and do not want to celebrate a country that took First Nations' lands away without legal means and has colonized our people, through laws and policies, to be the poorest of the poor.

I am tired of saying this — I have been saying this since the early 80s and nothing changes. I don't want to sound like a broken record so maybe a change in messaging will help. I want change. I want progress. I want to change the narrative for positive action to happen.

### Today I am celebrating the following:

I celebrate that First Nations stand strong as generations of people who are committed to protecting and practicing our rights and way of life.

I celebrate that our title is still intact and that no matter how much governments want to say the land is theirs, they still have to settle honourably with us. We were here first and the land was not taken in war, by treaty, or discovery or terra nullius and our title still exists.

I celebrate the Nisga'a, the Gitksan, Wet'suwet'en and Tsilhqot'in who brought Aboriginal title to the courts until we got a positive ruling.

I celebrate all the generations of ancestors who have fought before us for our land, our resources, our rights and title. Ancestors that were warriors against the colonizing governments who seek to deprive us of everything they have become rich on.

I celebrate the foundations the "old Guard" laid in fighting for our rights and the fact that we have built on those foundations to have our issues elevated to the forefront, and that our issues are prominent in the media every day.

I celebrate our leaders, our elders, our chiefs, our matriarchs, our youth, and our children who are raising their voices to bring attention to issues such as missing and murdered Indigenous women, the need for implementation of the 94 calls to action of the Truth and Reconciliation Commission and the need for First Nations prior and informed consent before there is any development in our territories.

I celebrate that our people have kept alive our laws, our protocols, our knowledge, our culture and language despite all the attempts to assimilate us.

I celebrate our young people who are learning on the land, in our communities by our knowledgeable people, and in universities. They are developing new skills and mechanisms to join us on the front lines in the fight for what is ours.

I celebrate those who stand with First Nation people in our fights against developments that will take away in whole or part our ability to exercise our rights. Some of those developments include mega projects like Enbridge Northern Gateway, Kinder Morgan's Trans Mountain pipeline, Site C Dam, and other projects that deal with pipelines and tankers. Support for First Nations is growing and we are not alone and are a force to be reckoned with.

- First Nations land occupation aims to stop Site C
- Modern day treaties fundamentally reshaping Canada for the better

I celebrate Mother Earth and that we are able to live upon Turtle Island and can survive on everything that grows from her or runs through her.

I celebrate that there are many who are speaking out against climate change and the full scale development of Mother Earth's resources, the pollution of her air and waters, and changing environmental life cycles that can never be recreated. Mostly,

I celebrate the fighting spirit that lies within First Nations peoples across Canada. The spirit that never lets us stop restoring what was once ours, for rebuilding our nations and way of life.

I celebrate the never-ending drive to make a better world for our children, grandchildren and many generations to come, where they can exercise their rights.

I celebrate the fact that we will never give up until there is justice, settlements, compensation, restoring our lands and resources, and that governments need to understand that.

Dr. Judith Sayers (Kekinusuqs) is a strategic adviser to First Nations and corporations



## Canada Day is not a time to celebrate, but hopefully to reflect

This year, health professionals called for restrictions on Canada Day celebrations, including in many cases, the outright cancellation of events for the safety of people during COVID-19. In response, it is likely we will see a Canada Day that looks much different than it has in years past.

Perhaps less fireworks, parades, or neighbourhoods painted red and white. And while COVID-19 is one legitimate and pressing reason we shouldn't be gathering in mass numbers to celebrate on July 1, this year especially, there are so many more.

Over time the media has covered more and more activism and advocacy from Indigenous people, especially post-Canada 150, calling for the condemnation and cancellation of Canada Day. Canadians have often not taken very enthusiastically to these calls.

Whether it is a genuine love for Canada, the parties that take place, or simply gratitude for a day off work, Canada Day is a day to look forward to for so many people living here. But for many Indigenous people, including myself, Canada Day is not a time to reflect on our pride for this country, but rather how much it has and continues to take from us.

When I see people waving their flags and celebrating with their families, I can't help but wonder how deeply they've thought about this celebration.

Just last year, the Final Report of the Murdered and Missing Indigenous Women and Girls Inquiry concluded that there is an ongoing genocide taking place in Canada; as of tomorrow's celebration only nine out of the 94 Calls to Action from the Truth and Reconciliation Commission have been implemented; COVID-19 has illuminated how Canada's neglect of poor, racialized, isolated, and institutionalized communities has left them especially vulnerable during this pandemic; and we are currently seeing one of the biggest civil rights movements of our time putting a spotlight on the systemic racism and violence against Black and brown bodies in the United States, and in Canada, too. I fail to see a country to be proud of. I fail to see how we can justify a celebration.

I'm hoping that the state of the world, and the extra time many of us have this year, will allow more Canadians to reflect on why they look forward to Canada Day. It may be perceived fairness, progressiveness, and a kind reputation — but considering all the reasons above, and others, aren't these reasons are more aspirations than they are realities? Is any reason worthy of more emphasis than those reasons of injustice Indigenous communities, allies, and other marginalized groups have put forward?

On Canada Day I promise to wake up, call other Indigenous people in my life and check in. The day is always a taxing, and often harmful, one. I will reflect on the 153 years my communities have resisted and survived in spite of genocide and injustice, and I will talk about the future we need and must fight to see — a future in which holidays aren't celebrating a day which only exists at the costs of others lives. I hope Canada can do some reflecting and fighting too.

Riley Yesno is an Anishinaabe writer, public speaker and student at the University of Toronto.

### “I AM REFUSING TO BE NEGATIVE”

On this day that is called "Canada Day," I am refusing to be negative and repeat the same message I have been giving for too long because it hasn't worked.

Today, I focus on what I celebrate for this part of Turtle Island. We are here to stay, we will not be silent and we will continue our struggle on the land, in the courts, in international forums, in the media, whatever works. On this day called "Canada Day," I hope Canadians stop and think about what is missing and wrong in this great land that is still First Nations land, and look for ways to change the narrative we have been bogged down in for far too long. - Judith Sayers



# Money Talk

## ORGANIZE YOUR GROCERY SHOPPING - LAUREN CAHN

### Use last week's receipt

Self-proclaimed supermarket guru Phil Lempert suggests starting this week's grocery list with last week's grocery store receipt. With that in hand, dig through your cupboard, your fridge and your freezer and cross off the items you don't need. Be sure to look in the back recesses, because our cupboards tend to have lots of blind spots. That said, Lempert understands we all need a few impulse purchases here and there, so he suggests drawing three horizontal lines at the bottom of your old receipt. These are for three impulse items you'll allow yourself to buy. But limit them to three, because impulse purchases add up quickly (as much as 40% of your typical grocery bill!).

### Maintain a database

Kendal Perez, a savings expert at CouponSherpa.com, suggests maintaining your shopping list digitally (she uses Google Keep for hers). This way you can simply copy and paste the ingredients of your favorite online recipes into a list. Each week, print out the list and check off the items you need. "This way, you don't find yourself buying duplicates 'just in case' or failing to realize you need something after you've already left the store," Perez explains. To level up, Perez suggests planning the week's meals before going through your list. And then, once you've got that routine down, start using an online coupon app like Flipp or checking in with Coupon Sherpa's grocery coupons to craft your weekly menus based on what's on sale that week.

### Create a "plan of attack"

Jenny Butler owns a small business writing family histories and is a supermarket super-saver. "Plan your trip to the grocery store strategically," she advises. By that, Butler means envisioning a plan of action for once you get to the store. "Organize your shopping list in terms of aisles so you're not constantly going back and forth within the store to pick up desired items." As an additional benefit, this reduces the opportunity for impulse buys. As for the list itself, Butler enhances it with the Out of Milk shopping list app on her phone, which further guarantees she will not skip items. It also allows her to maintain different lists for different stores.

### Organize by your budget

Natural living blogger Maat van Uitert agrees with Butler's method of aisle-centric organizing, but she adds another layer: order the aisles in terms of your budget. "Plan to pick up the least expensive items first, the items that are the most versatile (such as canned tomatoes), and items you can buy in bulk. If you reach your budget before finishing your list, you can rest assured your cart will be full of items you can use in more than one meal."

### Make sure you clearly designate your coupon items

It only makes sense that this tip comes from savings expert, Cherie Lowe, who is also known as the Queen of Free by her many online fans. "Once you've settled on the items that are to be on that week's shopping list," says Lowe, "figure what coupons you have and place asterisks beside the corresponding items." Because you've made the list first, you won't be tempted to buy things you don't need just because you have coupons.

### Use visual aids as reminders

You know that feeling: you've made your shopping list and checked it twice. But once you're in the store and standing in front of myriad items, you start to doubt yourself. Did you really see basil in your spice rack? Or was that oregano? (And speaking of spices, have you tried this spice-rubbed salmon recipe yet?) If that's you, then the founder of PromotionCode, Mike Catania, feels your pain and offers the following solution: Take photos of what's inside your cabinets. If it seems like overkill, ask yourself if you'd rather purchase that third bottle of dried basil leaves instead.

## BUYING BULK

### Why buy in bulk? Doesn't it cost more?

Sales are your best friend! If the item is on for \$2 when regular price is \$4.75 stockpile and you won't need it for another couple month's, using your spare cash to stockpile helps you keep spare cash. For instance if you don't need toothpaste but it went on sale for \$3 for a pack of 4, take it home and for couple month's that is no longer on your list. Make your "big shop" a regular shop, set a date every month/every other month that you know your inventory will be getting low match to what is on sale. Now I'm not saying buy 10 of each item this is more based on sale items, spare spending money and if that small bottle of shampoo is \$6 and the bigger one is \$7 but the amount is 2 small bottles to the one, do the math buying bulk/buying bigger is not always better, sometimes buying smaller in more quantity is better then buying bigger, you just have to keep your eyes on how much is in the product and how much the product is itself.

### 30+ Things Frugal People Always Buy in Bulk

Shampoo & Conditioner	Canned Goods
Soap & Body Wash	Pasta
Toothpaste	Vinegar
Dental Floss	Meat
Deodorant	Sugar
Feminine Products	Flour
Diapers & Wipes	Seasonings
General First Aid	Coffee
Laundry Detergent	Trash bags
Dryer Sheets	Plastic Bags (freezer bag, sandwich bag)
Dish Soap	Paper Towels
Floor Cleaner	Toilet Paper
Bleach	Pet Food
Frozen Fruits & Vegetables	
Snacks	
Condiments	

### DIY Laundry Detergent for Sensitive Skin

8 cups of baking soda  
6 cups of Super Washing Soda (in the laundry aisle)  
2 bars Dr. Bronner's Castille soap, grated

Mix all the ingredients together and store in an airtight container. If you want, you can pulse the grate soap in a blender or food processor along with some of the baking soda to make the soap finer. It blends better that way-up to you!

### To Use:

Add 1/8 to 1/4 cup of detergent (depending on the load size) to the detergent compartment of your washing machine. If you want to eliminate fabric softener from your list of things you buy that has yucky chemicals in it, add 1/2 a cup of white vinegar to the fabric softener compartment. Your clothes come out just as soft and there is no vinegar smell.

**FAQ:** Does this work for HE washing machines? Yes it does. I have an HE machine and it works just great.

Does this detergent work on the cold setting? Yep! The soap dissolves just fine in cold water.

Does it work well on stains? Yes! I still pretreat really icky stains before I wash, and this detergent works just as well (if not better!) on stains as my previous store bought detergent.

**How much detergent does this make?**

I usually wash one load of laundry per day, and this is about a three month supply.



# Inexpensive Meals for Large Families

## EASY MEALS

### TURKEY AND BEAN CHILI

You'll need the following ingredients:

2 tablespoons olive oil

1 pound ground turkey

1 bag of frozen, chopped onion and green bell pepper

1 cup frozen corn

2 cloves garlic, peeled and minced

1 15-ounce can pinto beans, drained and rinsed

1 15-ounce can white or red beans, drained and rinsed

1 10.5-ounce can diced tomatoes and chilies (optional)

2 tablespoons chili powder

1 tablespoon ground cumin (optional)

1 teaspoon dried oregano

3 cups water

Heat the oil in a large pot over medium heat. Once it starts to ripple, add the ground meat. When just about cooked through, add the onion and bell pepper. Cover with a lid to cook for about 5 minutes, until softened. The onion should be slightly translucent. Add garlic and stir, cooking for about a minute. Next, add the beans, can of tomatoes, corn and spices. Stir to combine, then pour in three cups of water. Bring the mixture to a boil, then turn the heat down to low, cover and simmer for about 20 minutes. Keep an eye on the chili and stir often to prevent it from sticking to the bottom of the pan. Portion the chili into bowls, then serve with tortilla chips, grated cheese or cilantro.

### GARLICKY PASTA

You'll need the following ingredients:

¼ cup melted butter

½ cup panko (Japanese breadcrumbs)

1 pound whole wheat pasta (or try spelt, black rice ramen or quinoa)

4 tablespoons olive or other vegetable oil

1 head of garlic, cloves peeled and minced

2 pounds washed and chopped cooking greens (such as spinach, kale, Swiss chard or mustard greens)

Dried Italian herbs, salt and pepper, to taste

Heat the butter in a sauce pan over low heat and add two cloves minced garlic. When the garlic begins to brown slightly, add the breadcrumbs and stir until panko is golden brown. Bring a 6-quart pot of salted water to boil. Add the pasta and cook according to the directions on the package, until al dente. Don't overcook or you'll have mushy pasta. Drain the pasta, but preserve about 1 cup of the cooking water.

Heat the oil in a large skillet. Add the rest of the minced garlic and cook for about 30 seconds, until slightly golden and very fragrant. Add chopped greens and cook until they wilt. You'll most likely have to add them in handfuls at a time. Cook the greens for a few minutes, then add the pasta.

Stir in some of the reserved cooking water to make a sauce. Start with half a cup and add more if the pasta mixture seems dry. Add the dried herbs, salt and pepper to taste, then put the pasta mixture into a large serving bowl.

Top the pasta with the breadcrumbs. You can also toss in some grated Parmesan cheese. Divide the pasta into six bowls and serve

## FIVE INEXPENSIVE MEAL IDEAS

### 1. Grilled Cheese and Tomato Soup

A classic for lunch or dinner, grilled cheese and tomato soup is cheap whether you make your own soup or use a box of prepared soup. A quart-sized box of soup costs around \$3 and will feed four people. How much you spend on the bread and cheese can vary, but you can often find packaged sandwich bread for \$2 per loaf and an 8-ounce block of cheese for around \$5 or \$7. If you prefer the taste of homemade soup, Rachael Ray has a simple recipe that you can make for about \$5, depending on how much ingredients cost in your area.

### 2. Vegetable Frittata

Eggs often cost a couple of dollars per dozen and are an easy ingredient for a cheap meal for a large family. A frittata, which is an egg casserole full of vegetables and cheese, is easily customizable. Eating Well offers one option with mozzarella, basil and zucchini that costs less than \$3 per serving.

Making a frittata is easy. Simply cook your veggies in a large skillet, add some cooked meat or other protein, then pour beaten eggs in the mixture. Use two eggs per serving. Cook the eggs a bit on the stove top, and then slide the entire skillet into a preheated oven and cook until the eggs are set.

### 3. Chicken and Rice Casserole

Lean protein, grains and vegetables – a chicken and rice casserole offers plenty of nutrition for a low price. It's often one of the more popular quick, cheap meals for families since it relies on packaged, inexpensive ingredients and comes together in a snap.

The Pinning Mama has a chicken and rice casserole recipe that uses canned cream of chicken soup, budget-friendly minute rice, frozen broccoli, and shredded chicken breast. The recipe comes together and bakes in less than an hour, making it a good pick for busy weeknights.

### 4. Huevos Rancheros

Here's egg again, taking the starring role in an inexpensive meal. You might see huevos rancheros on the breakfast or brunch menu at restaurants, but it is also a satisfying meal to make for dinner. Usually, the recipe uses fried eggs, corn tortillas, and black beans, all of which cost a few dollars. Babble has a cheap and healthy spin on the traditional huevos rancheros recipe. The blogger adds some sautéed kale to the mix for a nutritional boost that won't drain your budget. If kale isn't on sale at your supermarket, choose a cheaper cooking green.

### 5. Taco Lettuce Wraps

Tacos are a cheap meal, but not necessarily the healthiest. Skinny Taste has found a way to make tacos healthier, by replacing the high fat, high-calorie crispy shells with crunchy lettuce leaves. Iceberg lettuce tends to cost less than \$3 a head, so it's a more wallet-friendly pick, too.







# Summer Ideas for Families During COVID-19



## With family

- Do chores
- Help with gardening/yard work
- Prepare a meal
- Take care of siblings or pets

## With community

- Deliver groceries to those in need
- Sew masks for others
- Offer virtual tech help to seniors
- Write thank you notes to first responders and frontline workers
- Support a cause your care about virtually by writing letters to elected officials or participating in community organizing via text or phone
- Provide dog walking and pet care services to neighbors

## EXPLORE A PERSONAL INTEREST

- Read for pleasure
- Conduct a family history project
- Interview a role model
- Learn how to code
- Take an art class
- Do science experiments Try a new exercise/sport

## LEARN A LIFE SKILL

- Budgeting
- Cooking
- Car maintenance
- Navigating with a map and compass
- Riding a bike
- Meditation

## FIND OR CREATE A JOB (virtually or IRL)

- Be a virtual babysitter
- Tutor younger students
- Start your own business: car washing, landscaping, house painting
- Be an online museum docent

## PRODUCE (AND CONSUME) MEDIA

- Make a short film or family video, stop motion videos, podcasts, etc
- Create a YouTube channel
- Start an online book or movie club
- Watch a documentary
- Follow current events
- Expand awareness of diversity, equity, and inclusion (DEI) related topics

## (RE)CREATE SUMMER FAMILY RITUALS

- Go on a backyard camping trip
- Learn to cook family recipes
- Research a destination and "travel" somewhere in the world
- Host game nights
- Exercise together
- Explore local parks and hiking trails
- Read aloud as a family
- Schedule routine video chats with extended family and friends
- Have your child organize online summer parties

## Old-fashioned fun

- 1. Family game night:** Have a weekly game night, and rotate who chooses the game. We'll be playing Monopoly this weekend at my house. The first time, we'll use the Hasbro rules. The second time, we may use the lesser-known rules from The Landlord's Game, the original game created by Elizabeth Magie Phillips.
- 2. Family movie night:** Show a movie on the main television in your home (we have one TV, so this is easy). Serve popcorn and sodas and sing along to "Mary Poppins," watch Luke Skywalker and Darth Vader duke it out in "Star Wars" or watch a modern Disney classic.
- 3. Family dance party:** Host a family dance party to all sorts of different music and show the kids you can boogie (or salsa). Invite more guests via Zoom.

**4. House or neighborhood scavenger hunt:** Set up a scavenger hunt with clues at the end that involve a prize such as a favorite dessert or the winner's choice of movie night pick.

**5. Create light:** Make candles from scratch with yummy smells to give as presents.

**6. Face painting:** Learn to face paint and practice on each other. Hold a contest over Zoom to vote for "best paint job," "most realistic," "best superhero" and "scariest animal."

**7. Do a puzzle:** If you're bored with your puzzles, trade with a neighbor.

**8. Lego challenges:** Give everyone a bag of Lego pieces and charge your crew with building a house, a store, a park, their school or a castle in the sky — and then set the timer. Creativity wins! (There are great 30-day Lego challenges to be found online.)

**9. Raise a glass to freedom:** Sing straight through Lin-Manuel Miranda's "Hamilton." Not for little kids — we get it — but you can pretty much sing your way through the entire musical. Little kid substitute: "Mary Poppins," of course.

**10. Each one, pick one:** Each member of the family gets to pick something from his or her personal list for the whole family to do together. One rule: No picking something you already know another relative hates. Not fun!

**11. Create a splash pad:** Before there were nearby pools or even living in a beach town, we'd turn on the hose in the backyard to cool down. Sometimes we'd add plastic bags on a slope to make a slip and slide.

**12. Have a water balloon fight:** Send your kids outside to battle it out and get soaked or join in on the fun. Fill small balloons inside or with a water hose. Make sure adults also get doused.

**13. Grow herbs, lettuces and flowers:** We're planting cilantro, basil and parsley in our container garden with high hopes for summer. Or have everyone plant sunflower seeds and patiently see whose will sprout first. As it grows we'll measure it, and once it flowers we'll use the seeds to feed the birds. It's also good for us.

**14. Welcome the birds:** The sparrows, goldfinches and pigeons that visit my colleague's backyard are like her new work colleagues. Like her, you can put up bird feeders, a nesting box and a birdbath to attract more new friends. Then head to Audubon.org to identify them.

**15. Smash the virus:** Make a coronavirus piñata, fill it with candy and whack the heck out of it.

**16. Chalk art museum:** Chalk the neighborhood to make outside your kids' art museum — thanks to former CNN staffer Daphne Sashin for the inspiration.

**17. Map the neighborhood:** Walk your neighborhood and see if your family can make a map from your house to another location. If they can't get off your property, have them do it inside. (You'll be surprised at what they might notice.)

**18. Hike the park:** Time to find your nearest state or national park or national forest to get outside (with proper social distancing) to take a walk or hike.

**19. Let's have a picnic:** Picnic or grill in the backyard or in your local park. Grill meat or veggie hot dogs or bring sandwiches or takeout if that sounds overwhelming. Bring a Frisbee or soccer ball and play.

**20. Outdoor game day:** You can invest in a croquet set, ping-pong set up or basketball hoop.





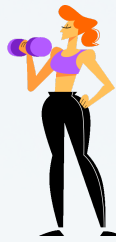
# Hobbies During COVID-19



- Watching TV Shows and Movies
- Reading
- Working Out
- Arts and Crafts
- Board Games
- DIY
- Yoga
- Baking
- Gardening
- Video Games
- Meditation
- Audiobooks
- Writing

## Best Workout Exercises:

1. Lunges
2. Pushups
3. Squats
4. Standing overhead dumbbell presses
5. Dumbbell rows
6. Single-leg deadlifts
7. Burpees
8. Side planks
9. Situps
10. Glute bridge



## Arts and Crafts:

1. Beading
2. Carving
3. Canvas Art
4. Regalia
5. Cedar Weaving
6. Design a shape book for kids
7. Dreamcatcher
8. Doll Clothes
9. Drum making
10. Rattles



## Board Games:

1. Codenames
2. Clue
3. Telestrations
4. Heads Up
5. Yahtzee
6. Guess Who?
7. The Rider-Waite Tarot Deck
8. 5 Second Rule Uncensored Board Game
9. Bicycle Folding Cribbage Board
10. Boggle Classic Game



## DIY:

1. Bird Feeder Wreath
2. Upside-Down Tomato Planter
3. Shoe Holder Planter
4. Reusable "Swiffer" Pads
5. DIY Cabin on a Budget (personal room)
6. Make a Crafting Table Out of a Cabinet
7. Turn an Stool Into a Play Kitchen
8. Bandana Pillows
9. Mason Jar Bathroom Organizer
10. Hand Lettering



## Yoga:

1. Mountain Pose (Tadasana)
2. Tree Pose (Vrksasana)
3. Triangle (Trikonasana)
4. Warrior I (Virabhadrasana I)
5. Downward-Facing Dog (Adho Mukha Svanasana)
6. Upward-Facing Dog (Urdhva Mukha Svanasana)
7. Seated Forward Fold (Paschimottanasana)
8. Bridge Pose (Setubandhasana)
9. Child Pose (Balasna)
10. Savasana (Corpse Pose)

## Baking:

1. Buttery Raspberry Crumble Bars
2. Mint Oreo Cake
3. Ultimate Goey Brownies
4. Chocolate And Strawberry Cake
5. Old Fashioned Sour Cream Doughnuts
6. Coconut Cream Crepe Cake
7. Butterfinger Cookie Dough Cheesecake Bars
8. Meyer Lemon Bars
9. Chocolate Chip Cookies With Nutella, Brown Butter And Sea Salt
10. Blueberry-Streusel Bars With Lemon Cream Filling

## Gardening:

1. Hanging Garden Shelf
2. Pallet Vertical Planter
3. Mini Planter from Wine cork
4. Ikea Hack Planter
5. Light Bulbs Hack
6. Clay Planter
7. Clothes Pin Hack
8. Concrete Planters
9. DIY Rain Barrel
10. DIY Garden Swing

## Video Games:

1. Call of Duty: Modern Warfare
2. Grand Theft Auto V
3. Animal Crossing: New Horizons
4. NBA 2K20
5. Mortal Kombat 11
6. Red Dead Redemption II
7. Minecraft
8. Final Fantasy VII: Remake
9. Assassin's Creed: Odyssey
10. Star Wars: Jedi: Fallen Order



## Meditation:

1. Loving-kindness meditation
2. Mindfulness meditation
3. Mindfulness-based cognitive therapy
4. Breath awareness meditation
5. Yoga
6. Transcendental meditation
7. Visualization
8. Body scan meditation
9. Repetitive activity
10. Chanting



## Audiobooks:

1. Adult Onset by Ann-Marie Macdonald
2. The Conjoined by Jen Sookfong Lee
3. This Accident of Being Lost: songs and stories by Leanne Betasamosake Simpson
4. Lullabies for Little Criminals: Heather O'Neill
5. The Girls with No Names: Serena Burdick
6. White Fragility: Why It's So Hard for White People to Talk About Racism: Robin DiAngelo
7. The Guest List: Lucy Foley
8. Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones: James Clear
9. The Wives: Tarryn Fisher
10. The Ballad of Songbirds and Snakes: Suzanne Collins

## Writing:

1. Write Every Day
2. Create an Outline
3. Read What You Want to Write About
4. Choose Simple Words
5. Convey Your Message Easily
6. Avoid Filler Words
7. Keep Sentences and Paragraphs Short
8. Invest in an Editing Tool
9. Key Messaging
10. Just Write



## TV Shows:

1. Tiger King: Murder Mayhem and Madness
2. Ozark
3. Locke & Key
4. The Witcher
5. Unbelievable
6. Mindhunter
7. La Casa de Papel
8. When They See Us
9. Queer Eye
10. The Umbrella Academy



## Movies:

1. Murder Mystery
2. Underground
3. The Irishman
4. Triple Frontier
5. Extremely Wicked, Shockingly Evil and Vile
6. The Highwaymen
7. The Incredibles 2
8. El Camino: A Breaking Bad Movie
9. Always Be My Maybe
10. Somebody Great



## Reading:

1. There There by Tommy Orange
2. Three Day Road by Joseph Boyden
3. Starlight by Richard Wagamese
4. Birdie by Tracey Lindberg
5. Tilly and the Crazy Eights by Monique Gray Smith
6. Through Black Spruce by Joseph Boyden
7. The Orenda by Joseph Boyden
8. The Last Beothuk by Gary Collins
9. In Search of April Raintree by Beatrice Mosionier
10. Medicine River by Thomas King





# Summer Learning for kids

According to the National Summer Learning Association, if kids take a break from learning all summer, they not only miss out on new information and skills, they can lose up to three months' worth of reading and math skills from the previous year.

Yet making kids complete workbooks or review flashcards almost repels them from staying educationally engaged. As a mom who homeschooled my two boys for 10 years, I developed some fun (and often sneaky) ways to keep my kids learning all summer long and avoid the dreaded "summer slide."



1. Ask kids to create their own board games. Let them choose something they love (i.e. dogs, cooking, Disney, soccer, etc.), and challenge them to design a board game around their passion. From creating the game board and researching their topic to figuring out the rules and writing simple directions for others to follow, this hands-on activity truly puts the fun in learning.

2. Plan "surprise adventures." Think outside the typical tourist spots for these family field trips. Look for Revolutionary or Civil War reenactments (Greater Williamsburg, Virginia played a prominent role in both wars and has several battlefields to explore). Or factory tours, Renaissance festivals, historic home tours, jazz concerts, ethnic festivals, botanical gardens, county fairs, living history farms, planetariums, animal sanctuaries, historic battlefields, lighthouses, and working ranches.



3. Teach your kids how to play chess. Don't know how? Learn together! (A simple Google search will turn up some great starting points.) Once your kids master the basics, sign them up for a chess club. "Chess trains your brain to think critically to discover like a scientist, create like a technician, innovate like an engineer, and problem solve like a mathematician," explains Wendi Fischer, the Scholastic Director of America's Foundation for Chess, a nonprofit organization that brings chess into schools. "In fact, a third-grade student once told me, 'I like chess because it's sneaky learning.'"



"RELATED: Camp Mom! 20 Activities to Make Summer Awesome for Everyone <https://www.parents.com/fun/games/family/camp-mom-20-activities-to-make-summer-awesome-for-everyone/>

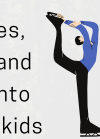
4. Hop on the bus, Gus! The next time you need to run errands with your kids, boost the fun factor (and build real-life skills) by taking a new mode of transportation, such as a subway, train, bus, trolley, or ferry. Ask your kids to help decipher the route and calculate the mileage and time it will take for the round trip.



5. Tap into the power of music. Challenge kids to rewrite the lyrics to some of their favorite songs or create a funny rap about their favorite TV show. Or ask them to put on their "advertising hats" and create a 30-second jingle to market their favorite toy, book, snack, or hobby.



6. Fuel your kids' passions. Whether they're into astronomy, U.S. presidents, music, horses, magic, gymnastics, or science, find age-appropriate ways to feed their interests with books (fiction and non-fiction), magazines, supplies, documentaries, performances, games, activities, field trips, websites, classes, and clubs. By sneaking education into fun activities, you'll keep your kids "accidentally" learning all summer long!



7. Let kids play with tangrams. These traditional Chinese puzzles consisting of seven shapes helps build spatial and geometry skills. For a kid-friendly introduction to tangrams, read Grandfather Tang's Story by Ann Tompert or Three Pigs, One Wolf, Seven Magic Shapes by Grace MacCarone. You can print your own tangrams, buy a more durable set (like Tangoes, Jr.), or solve online tangram puzzles.



8. Teach with movies! After watching a movie together, go beyond "Did you like the movie?" and talk about the movie's themes, such as respect, friendship, or kindness. Ask your kids why they think the characters chose a certain action or what the characters could have done differently for a better outcome. Challenge them to come up with an alternate ending.



9. Got budding artists in the house? Ask them to redesign the cover of their favorite book or DVD. They can experiment with a variety of new images, color, words, and layout using simple art supplies or digital tools.



10. Go letterboxing or geocaching. These outdoor treasure hunts require little more than a simple compass (for letterboxing) or a GPS-enabled device (for geocaching). Participants hide small, weatherproof containers for others to find in publicly-accessible places (such as trails, parks and gardens), and post clues online. "Finders" go online, choose a destination, and use the clues or GPS coordinates to go on a real-world treasure hunt.



11. Declare a weekly "Kids in the Kitchen" day. Get kids baking cookies, and have them double the recipe to help brush up on math skills. Invite them to read through your cookbook, find a dinner recipe, and write a grocery list of ingredients. As they shop with you, help them compare prices, look at price-per-unit, and calculate coupon savings. At home, prepare the meal together as they read, measure and follow directions.



12. Get kids reading any way you can, including comic books, magazines, graphic novels, almanacs, joke books, recipes, game instructions, movie reviews, poems, restaurant menus, product descriptions, sports statistics, and song lyrics. And don't overlook the value of listening to audiobooks; they can introduce kids to books above their reading level, writes Denise Johnson, Ed.D., in Reading Online, a publication from the International Reading Association. Johnson, a professor of reading education at the College of William & Mary in Virginia, adds that audiobooks teach critical listening and introduce new vocabulary, among other benefits.

13. Encourage building for both boys and girls Don't toss those blocks once your toddlers reach school age. Even older kids benefit from the process of building a structure because it involves motor skills, creativity, hand-eye coordination, critical thinking, math skills, problem-solving, and spatial awareness. On the product-oriented side, choose from Legos, Keva Planks, CitiBlocs, Magna-Tiles, K'NEX, Tinkertoys, Erector sets, gears, and marble mazes. On the use-what-you've-got-at-home side, repurpose cardboard boxes, cardboard spools (from paper towels, bathroom tissue and gift wrap), toothpicks, craft sticks, and PVC pipe.



By Lisa A. Beach



# THE GOOD SAMARITAN DRUG OVERDOSE ACT IS NOW LAW

## THE LAW SAYS:

If you are at the scene of an overdose and you or someone else calls 911 to get medical assistance, **you are not to be charged with simple possession** (possession for your own personal use) of an illegal substance.

You are also **not to be charged for breach of probation or parole** relating to simple drug possession.



## SAVE A LIFE

Drug overdoses could happen with others around. Staying at the scene is important to help save the life of the person experiencing an overdose.

### Witnesses should:

call for emergency help  
be prepared by carrying naloxone to use if you suspect an opioid overdose

stay calm and reassure the person that help is on the way  
Tell others about the Good Samaritan Drug Overdose Act.

For more information, visit:

[http://www.pivotlegal.org/good\\_samaritan\\_drug\\_overdose\\_act\\_rights\\_card](http://www.pivotlegal.org/good_samaritan_drug_overdose_act_rights_card)

or:

<http://canada.ca/opioids>

September 14, 2017



BC Centre for Disease Control





# Test your knowledge



'waxsan'kwala awigalt'sane' kwaxkwaka galan

## Word of the month

haman: berries, I'm picking  
Pronunciation: [ham] (san)

**Pewi Alfred**

[https://www.youtube.com/channel/UCI4xSA5U7jYWz\\_JsJ7Se1ng](https://www.youtube.com/channel/UCI4xSA5U7jYWz_JsJ7Se1ng)

## Old Indian Woman

From time to time I would sit and LEARN from her.  
On her 107th birthday I visited her and I said...

They took your land?

She said, it wasn't ours to keep.

They gave you smallpox blankets?

She said, but we survived the winter.

They broke treaty?

She said, it was merely paper.

They stampede buffalo at you when you stood by the cliffs?

She said, our spirits flew and became eagles, hawks, and crows.

They killed your leaders?

She said, they became our ancestors.

I was visibly frustrated with my old friend and that's when she smiled and said...

I used to be angry (like you).

Until I woke up and realized my LIFE is their constant failure.

You see, despite their efforts, I SURVIVED...  
and became an OLD INDIAN WOMAN.

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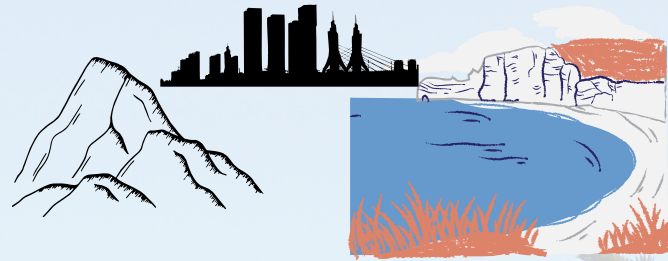
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# Tikwala / To joke

I have cities, but no houses, I have mountains, but no trees, I have water, but no fish. What am I?



A. A Map

What can travel the world while staying in a corner.

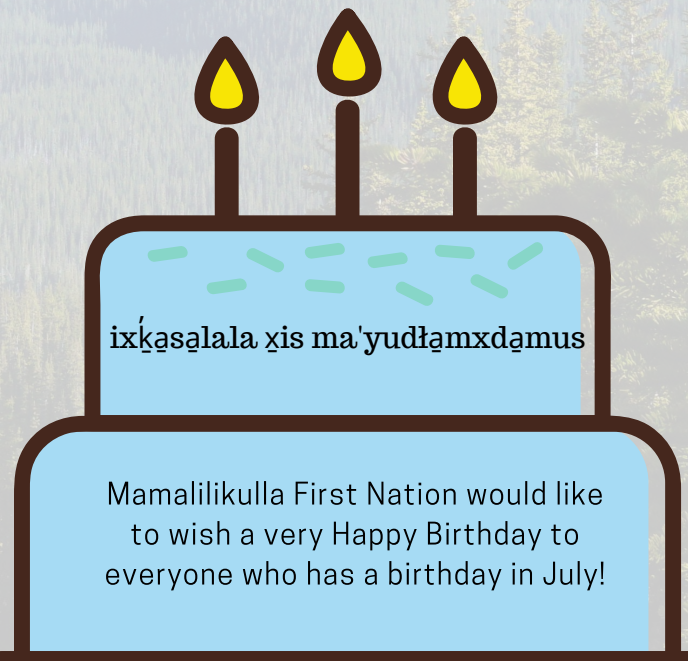


A. A Stamp

What runs all around a backyard yet never moves?



A. A Fence



I am an odd number. Take away a letter and I become even. What am I?

Seven