

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

AUGUST
2020



<https://www.cdc.gov/coronavirus/2019-nCoV/community/disinfecting-building-facility.html>

- Wear disposable gloves to clean and disinfect.
- Clean surfaces using soap and water, then use disinfectant.
- Cleaning with soap and water reduces number of germs, dirt and impurities on the surface. Disinfecting kills germs on surfaces.
- Practice routine cleaning of frequently touched surfaces.
 - More frequent cleaning and disinfection may be required based on level of use.
 - Surfaces and objects in public places, such as shopping carts and point of sale keypads should be cleaned and disinfected before each use.
- High touch surfaces include:
 - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

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Create Our Own Laws?!

What Bill C-92 means for the MAMALILIKULLA FIRST NATION

By Tasleem Mall

Bill C-92 came into effect on January 1st, 2020.

This legislation not only recognizes, but affirms, that Indigenous Nations across this land called Canada, have always had the inherent right to exercise jurisdiction over matters relating to the protection, safety and health of Indigenous children.

This legislation states that Nations can proceed with creating Laws, about the protection and safety of the Nations children, and these laws will have equal force alongside or in replacement of federal law.

The current council and Designated Band Representative (DBR) are in process of announcing intention to proceed in governing over matters related to children and family development, protection and prevention.

Chief and Council are working with the DBR on how to support the membership to help us inform this process.

At this time we are unsure about what the law-making process will involve. Once we establish a way to communicate that is confidential, and easy for all the membership to provide their input, the Chief and Council will develop ways to support the membership to be involved in creating laws for our families and children.

We want & need to know your thoughts, experiences and ideas about how to strengthen our relationship with MCFD; how you want to heal from intergenerational trauma; how you want to address violence and addictions in our communities; and what you are wanting and willing to do to keep our children safe...

The Elected Chief Richard Sumner and Councillor John Powell have been collaborating with Sasamans Society, Kwakiutl District Health and other community partners over the last three years to develop an Agreement with the local Ministry of Children & Family Development (MCFD). The first Agreement document was signed in 2018.

The Agreement states all the ways in which the Mamalilikulla First Nation has the right to be involved in matters relating to the safety and protection and health of Mamalilikulla children and families.

In January of 2020, Elected Chief Councillor Richard Sumner and Designated Band Representative, Tasleem Mall, invited 6 MCFD team leaders and 7 child protection workers from the ministry in Campbell River, to renew this Agreement. We held a circle to read through the Agreement, line by line, and had some discussions on how to continue a collaborative relationship and ways to move forward together in a good way.

We will be re-signing the agreement in the Fall of 2020, after we make some important changes and additions.

This year's PROGRESS with MCFD:

We are making gains!

Here are some highlights from the past 7 months...

- 1) We prevented an unnecessary removal
- 2) We delivered 5 cultural kits to children and youth who are in the care of the ministry; and are currently working on their Cultural Safety Agreements to make sure that parents, family members and children stay connected
- 3) We are starting to receive more consistent phone calls from MCFD child protection workers to involve us in major decisions affecting our children and families
- 4) We are involved in placing more children in the care of their family members instead of in foster care placements
- 5) We successfully reunited a family with their children from another province (not an easy task, but we did it!)

We have a long road ahead to start exercising our inherent rights over matters relating to children and families, but we are "getting ready"!

xwanalala!

We will be creating a portal on our website for all Children and Family matters... it will give you access to the

- Agreement between Mamalilikulla First Nation and MCFD;
- Information about Bill C-92 and jurisdiction;
- The Aboriginal Policy and Practice Framework;
- Information about the Band Representative position;
- Information Sharing & Confidentiality;
- A safe and private place to ask questions and to share your thoughts and experiences

And much more to come...!

As the Designated Band Representative for Children and Families, I am looking forward to supporting your Nation in creating your own Laws, and to hearing all your thoughts and ideas about your dreams for the future of your children !!!

Gilakas'la

I am humbled and honored to work, live and play on the traditional unceded territory of the We Wai Kum, We Wei Kai and Laichwiltach Peoples of this land we call Campbell River.

Tasleem Mall



COVID 19 EMERGENCY FUNDS

REVENUE	Covid 19 funds received from ISC		
Date			
March 23 2020	ISC Covid funds	\$	12,788.00
April 6 2020	ISC Covid funds	\$	64,241.00
	Total Revenue from ISC/INAC		\$ 77,029.00
EXPENSES			
April - August 2020	GIFT CARDS for food security	\$	40,438.13
	Emergency Shelter for band members	\$	5,346.24
May - August 2020	FOOD FISH - processing & deliveries to Vancouver/Nanaimo/Courtenay	\$	3,907.82
	Personal Protective Equipment/ Safety equipment	\$	7,700.97
	Laptops -students working remotely (Grades 3-12)	\$	13,555.05
	2% Administrative support - postage for mail outs of covid info and gift cards, etc.	\$	1,540.58
	Total Expenses		\$ 72,488.79
	BALANCE		\$ 4,540.21

August 17, 2020


UPDATE ON COVID-19 FUNDING

Re: \$75 Million in funding announced by the Federal government for Urban and off-reserve Indigenous Organizations and communities.

I wanted to update our membership on the funding announced by the Federal government a few weeks ago. Their announcement is somewhat deceiving. It would appear that they are distributing funds to each nation for their off-reserve population. When in fact the government is giving the funds to off reserve organizations such as Friendship centres. The Mamalilikulla First Nation applied for funding to assist with food security for our members. We applied directly to this funding stream as all our membership resides in urban and off-reserve areas. We were denied. Many first nations were denied funding. Instead we have been told to direct our members to their local Friendship centres. Unfortunately for our members, most do not live near a Friendship Centre to access any support.

To date MFN has only received the \$64, 241,00 in Covid19 emergency funding from ISC/INAC that we reported to membership back in April. In addition to the \$12,788.00 that ISC/INAC gave us from surplus dollars they had left on March 31, 2020. For a total of \$77,029.00 in Covid funds. We have used some of this money for the first issuance of grocery cards back in March/April. This initiative was geared to our Elders, and most vulnerable members. It grew from there and was provided to our band members upon request.

As this pandemic is new to all of us, we need to continue to be prepared for a second wave of the virus. Things are not back to normal, nor will they be anytime soon. We want to ensure that we will be able to provide financial support in the event a member succumbs to Covid-19. They will require financial support for their household and immediate family. The criteria for the emergency funding we received are specific for this type of scenario.

Respectfully,

 Administrator



What are Daily Affirmations?

Written by Jack Canfield

Daily affirmations are to the mind what exercise is to the body. Repeating affirmations helps to reprogram the unconscious mind for success. It helps eliminate negative and limiting beliefs and transforms your comfort zone from a limited one keeping you trapped in mediocrity to a more expanded one where anything is possible. It helps to replace your "I can't's" with "I can's," and your fears and doubts with confidence and certainty.

How Affirming Phrases Can Keep You Focused.

Affirmations are reminders to your unconscious mind to stay focused on your goals and to come up with solutions to challenges and obstacles that might get in the way. They can also create higher vibrations for happiness, joy, appreciation, and gratitude that then, through the law of attraction, magnetize people, resources, and opportunities to come to you to help you achieve your goals. Whether you know it or not, you are always using affirmations... but usually not ones that will bring you what you want.

These are things like:

- "Everything I eat goes straight to my hips."
- "I am never going to meet somebody I can love."
- "I never catch a break."
- "No matter what I do, I never seem to get ahead."

How to Create Positive Affirmations

The daily use of positive affirmations interrupts and eventually totally replaces this barrage of negative thoughts and beliefs. To achieve this, you must continually flood your subconscious with thoughts and images of the new reality you wish to create.

I am going to share with you two sets of guidelines for creating powerful daily affirmations that work—the long form and the short form.

Here are the eight guidelines for creating effective affirming statements. You may want to write these down. They are also in my book *The Success Principles*.

1. Start with the words "I am." These are the two most powerful words in the English language.
2. Use the present tense.
3. State it in the positive. Affirm what you want, not what you don't want.
4. Keep it brief.
5. Make it specific.
6. Include an action word ending with -ing. Include at least one dynamic emotion or feeling word.
7. Make affirmations for yourself, not others.

Here's an example of an affirmation following these guidelines:

"I am joyfully driving my new red Porsche Carrera convertible down the Pacific Coast Highway in Malibu."

Or if you are more ecologically minded, you can make that a new Tesla.

You can use the following simple formula:

"I am so happy and grateful that I am now ..." and then fill in the blank.

Some examples would be: I am so happy and grateful that I am now earning \$150,000 a year.

"I am so happy and grateful that I am now celebrating having achieved my ideal weight of 140 pounds."

One of my most famous affirmations is:

"I am enjoying living in my beautiful beachfront villa on the Ka'anapali coast of Maui or somewhere better.

"I started writing that affirmation in 1989 and in 2011 – that's right, 22 years later, I had something better!

Make sure to take 5 to 10 minutes every day to repeat your affirmations – preferably out loud with high energy and enthusiasm.

The best times are early morning and right before you go to bed.

Action Item: Create New Positive Statements for Yourself

Write down 3 affirmations for yourself that affirm you having already achieved 3 of your goals and dreams. Then, write down the time of day that you will commit to practicing your affirmations. Is it when you wake up in the morning? Before you go to sleep? Mid-day when you need a pick-me-up? Or maybe after your daily meditation when your subconscious mind is primed? And to hold yourself accountable, go ahead and leave a email with your chosen time of day. I'll follow up with you to make sure you're staying on track!

How to Turn Limp Affirmations Into Mantras for Success!

To affirm something is simply to declare that it is true. So, creating and using affirmations should be a breeze, right? Actually, the true art of the affirmation is both subtle and profound. Despite the popularity of this technique, some people use affirmations that are bland and perhaps even self-defeating. When creating your affirmation, remember that even minor variations in wording can make a huge difference in the results you get. Since your words literally have the power to create your circumstances, invest a few minutes now to take your affirmation skills to a higher level.

Consider the following statement:

"I will quit smoking with ease and joy, remembering the effects on my physical and mental health and preparing to live a longer life."

List of Positive Feeling Words for Affirmations

Below I have included a list of positive feeling words that you may want to use when creating your daily affirmations. Remember, when creating affirmations you want to create positive, self-affirming, self-empowering statements that uplift and inspire you – that raise your emotional set point and your self-esteem.

Adored	Dynamic	Graceful	Noble	Spectacular
Alive	Eager	Gracious	Open	Strong
Amazing	Easy	Grateful	Optimistic	Tender
Appreciated	Empowered	Happy	Opulent	Terrific
Appreciative	Energized	Harmonious	Passionate	Thrilled
Awesome	Enlightened	Hopeful	Peaceful	Tranquil
Blissful	Enthusiastic	Inspired	Playful	Trusting
Bold	Excited	Invigorated	Positive	Unlimited
Brig	Exhilarated	Irresistible	Powerful	Uplifted
Brilliant	Expanded	Jazzed	Precious	Valuable
Calm	Exquisite	Joyful	Proud	Vibrant
Cheerful	Extraordinary	Joyous	Quiet	Vivacious
Cherished	Exuberant	Jubilant	Radiant	Warm
Clear	Fabulous	Juicy	Ready	Welcomed
Comfortable	Flowing	Kind	Receptive	Whole
Confident	Focused	Light	Refreshed	Wise
Content	Free	Lovable	Relaxed	Wonderful
Courageous	Focused	Loving	Relieved	Worthy
Creative	Free	Luxurious	Renewed	Yummy
Decisive	Frisky	Magical	Resilient	Zestful
Delicious	Fun	Magnificent	Satisfied	
Delightful	Glorious	Marvelous	Sensational	
Divine	Glowing	Miraculous	Serene	

Five Daily Affirmations Guidelines to Follow

By using the guidelines found below, you can transform limp affirmations like that into mantras for manifesting a huge change in your life!

The following points are key:

1. Enter the "now" Start your affirmation by entering the present tense. Take the condition you desire and declare it to be already true.
2. Be positive Our sample affirmation keeps the focus on smoking—the condition that you do not want. Instead, shine a light on what you do want—to be smoke-free. A related reminder: Our subconscious mind skips the word not. So, delete this word from your affirmations. "I am not afraid of public speaking" gives us the message that you are afraid. Use, "I feel at ease as I speak in public."
3. Be concise Shorter is better. Affirmations with fewer words are often easier to recall, especially in situations when you feel some stress. Rhyming makes your affirmations even more memorable. For example, "I am feeling alive at 185."
4. Include action Whenever possible, affirm yourself as a person who takes action. For example: "I am gratefully driving my new Porsche along an open highway." Action engages the Law of Attraction, creating new results in our lives and opening us to further inspiration.
5. Include a feeling word Powerful affirmations include content and emotion. Content describes the specific outcome that you desire. Emotion gets to the heart of how you feel about that outcome. For a more potent affirmation, add both elements. Consider this affirmation: "I am supporting my children to fully come forward into the world." The content of this statement is clear. Yet it lacks an emotional charge. Breathe life into this affirmation by adding an active expression of feeling: "I am lovingly supporting my children and encourage them to fully express their unique talents and gifts." You will know that you have a powerful affirmation when you feel a surge of emotional energy. The force of feeling jumpstarts you into action.

Jack Canfield

“

I am attracting joy
into my life.

”

WHAT DOES 'SCRIPTING YOUR LIFE' MEAN?

Scripting your life' is a fun exercise where you get to indulge in your wildest fantasies. It is a powerful "law of attraction" technique provided by Abraham Hicks in their book Ask and It Is Given to help you become an architect of your dream life. Use Abraham Hicks scripting process to write your life story and manifest your desires quickly. To activate the power of scripting you have to write down how you want your present and future life to pan out. It could be anything you want in any area of your life – health, wealth, relationships, etc. Remember! you are the director of your own story, you are also the protagonist of your own story and just go from there.

WHY SCRIPTING IS IMPORTANT?

The process of diving into your mind, pulling out deep rooted desires and putting them on paper is extremely therapeutic. I remember when I did this exercise for the first time I felt very light and clear headed. Writing is a fantastic way to give structure to your life. It gives your mind a map to go from point A to point B in a straight line. Apart from providing structure, scripting your dreams and desires will also put you in a better mood and raise your vibration which is a perfect state to be in for manifestation to happen. Its like giving your subconscious mind a target to accomplish, not just any target though, but a target which is fueled by burning desire.

HOW TO DO LAW OF ATTRACTION SCRIPTING?

You can start by narrating and re-writing your life the way you want it to be, in the now, going forward. Keep the below points in mind to make the process efficient.

- Write in the present tense as if it has already happened.
- Be elaborate and detailed in your descriptions, don't leave out anything.
- Ensure that you write slowly and deliberately.
- Chalk out various characters in your twisted plot.
- Set a time limit within which you want your desires to manifest.
- Create actions plans and daily rituals to get closer to what you want.
- Take action in the real world to get faster results.

While doing this exercise don't hold yourself back, write everything, even your "explicit" desires, as long as they do not harm anyone. Remember this is a fun and positive exercise.

They key is to write what "you" want.

If you write your story from the point of view of others and what they want from you or expect from you then doing this will feel like a chore and nothing will change in your life.

Pay close attention to your emotions and senses while writing, you should get goosebumps and feel all warm and fuzzy inside.Huh! Goosebumps? Warm and fuzzy? Yes, I want your goals to be a bit outside your comfort zone. You must experience a sense "challenge", you know what I mean right? that fun tingly feeling. Use words and adjectives that elicit emotions.

CHALLENGES YOU MAY FACE WHILE DOING 'SCRIPTING YOUR LIFE' EXERCISE

- Its Going To Be Weird:

Some desires that may pop out of your mind can weird you out a little. Don't let that resistance come in your way. Push through and keep writing. Once you get more familiar with your inner self doing this exercise will actually become fun and exciting.

- You May Feel Overwhelmed:

Since you're a beginner, scripting your life in one go maybe a bit too much for your mind. You may feel overwhelmed and end up doing nothing. A simple solution to this would be to start small by 'scripting' one day at a time. Once you get comfortable writing out your ideal day, you can slowly and gradually increase it to your ideal week, month, year and eventually life.

- Taking Out the time:

In this busy life it may become difficult for you take out time for yourself. Plan a day in advance, a date with you. Make this exercise a consistent routine, it could be daily, weekly, monthly, etc. whatever you're comfortable with. Make a promise to yourself that on that day you will script no matter what (barring emergencies).

PRO TIPS TO MANIFEST YOUR DESIRES FASTER

The tips provided below are not compulsory but highly recommended.

Write your life script when your urges are at an all time high sit down and start writing.

Charging your goals with powerful energy is how we give them that "burning desire".

Create a mental movie of your script and visualize it regularly.

Again, imagining your ideal life when you are charged up is the best way to create "burning desire" to achieve your goals.

Read you script once everyday before going to bed at night or first thing in the morning.

Feel gratitude for what you already have and go out and live your life.

Meditate 10-20 minutes everyday.

WHAT DO YOU NEED?

1. Loose papers + folder or a journal
2. Pen [Yes, no typing]
3. A quiet place where you can self-reflect in peace

17 WAYS TO RAISE YOUR VIBRATION FAST

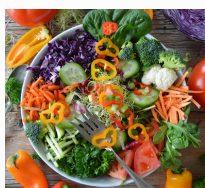
1.State out loud one thing that you are grateful for in that moment.



2.Have a dance party for one



3.Eat more raw stuff. The more organic and unprocessed, the higher the vibe.



4.Take an epsom salt bath.



5.Meditate: Light Sourcing is my fave.



6.Find yourself a patch of earth, kick your shoes off and let mother earth do her 'thang.



7.Say NO to something that drains your energy.



8.Have a tech detox



9.Get out of your left brain & into your right by creating something that didn't exist a moment before.



10.Breathe deeply: the more oxygen your cells get, the more alive you will feel.



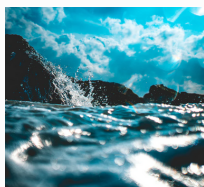
11.Read a high vibe book, like this one (sneaky plug.)



12.Say something nice to a stranger.



13.Head to the ocean and let those negative ions do their thing.



14.Get yourself hugged.



15.Look around and notice something beautiful.



16.De-clutter your work and living space.



17.Call in some high vibe friends who raise you up not pull you down (and maybe do a social inventory while you're at it).



I don't know about you but the past year has been a total whirlwind of crazy energy. In between the eclipse/something always being in freaking retrograde/and all of those full and new moons that just keep coming, I reckon for anyone remotely sensitive it's hard to not let it sway you.

I'm beyond grateful for my daily practice and suitcase full of practical tools learned over the years that have allowed me to bring my vibration back to centre amidst all the increased energy buzzing around.

I believe that our purpose as Lightworkers is to raise the vibration of the planet. I innately knew that when I was younger but had no freaking idea how to do it! But the truth is, it doesn't take a big action to increase your vibration. So this week I've collated 17 of my fave ways to raise your vibration in an instant (accompanied by some of my all time fave gif lols).

"No matter what I do, I never seem to get ahead."



REBECCA CAMPBELL
SPEND MORE TIME WITH YOUR SOUL

Get Back to Your Roots – 5 Ways to Use Nature to Stay Grounded

Being grounded is a popular phrase in the yoga community. While it may sound like you have to lie on the ground to achieve this – it is much less literal than that. It is more of a state of being.

In our modern society, we constantly deal with the pressure of daily life and its inevitable obligations and to-do lists. The stress and lack of feeling grounded and centered stems from spending so much time indoors, behind desks, and staring at computer screens. It's so important that we all take time to step away, step outside, and get back to our roots . . . literally!

Nature is an endless and gracious teacher. To get grounded, we must immerse ourselves in nature and observe the ways in which we can draw inspiration from its calm and grounding energy.

Get out in nature to get grounded with these 5 tips:

1. Take a Nature Walk

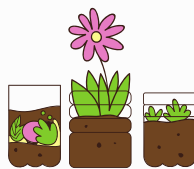
This sounds simple, but it's actually quite spectacular. Just take a walk! Throw on your walking shoes or go barefoot and joyfully immerse yourself in nature. As you walk, observe the beauty around – the swish of the wind in the trees, the different colors of plants, the soft dirt or crunch of leaves, and sounds of birds singing. Allow your mind to take a break as you mindfully bring your awareness to all your senses – the green that attracts your eyes, the smell of plants, the warm sun, or the cool breeze on your skin. Breathe in the beauty and you'll soon feel all your modern-day stresses slip right off your shoulders.

2. Meditate Under a Tree

When we take the time to slow down and connect with nature, we invite nature to connect with us. Find a tree to meditate under and breathe consciously or try a pranayama practice. Begin to notice the way the tree moves with the wind, the bugs crawling on it, and the firm roots. As you focus on the movements and behavior of the tree or plant, also keep your focus on your breath – and open your heart and mind to absorb the peace and wisdom of nature. This is an excellent meditation in nature, but can also be done if you're stuck inside – all you need is a little imagination. New to Pranayama or Conscious Breathwork? Watch this: [Guided Pranayama and Mindfulness Meditation for a Calm and Peaceful Mind](#).

3. Get Dirty

Connecting with the earth can be a very beneficial therapy technique. Touching soil with your bare feet and hands transfers healing microbes to your body – and helps boost your immune system, ease stress and tension, and promote happiness and a sense of well-being. Studies have shown that *Mycobacterium vaccae* can improve the gut-brain connection as the microbes are transferred from the earth to your body. Why do you think people enjoy gardening so much (#5 below)?! It is not only a calming and meditative activity, but you can literally become happier and healthier from touching the earth.



4. Do Yoga in Nature

Yoga on its own is a life changing practice, but when combined with nature, it can be truly transformational. When practicing yoga in nature, you get to experience a sense of calm and a deep connection with nature that just doesn't happen (usually) at your local studio. Most of the time in our practice, we are working to train our minds and bodies to be calm and move with ease. When applying this framework in a beautiful and serene backdrop, it is hard to go wrong. While you move, breathe in the air, observe the colors, and experience the calm of your environment to get grounded. Deepen your roots while practicing yoga in nature! Read this: [Tune into Your Body with These 9 Grounding Yoga Poses](#)

5. Grow a Garden

Gardening is another extremely therapeutic practice and you can incorporate tools #1, #2, and #3 into your gardening as well! Tending to a garden is a very rewarding experience. It takes time and energy but the health benefits are overwhelming. Gardening is a great way of exercising both the body and mind. The act of taking care of something outside of yourself can have a positive effect on your mood and overall feelings about your life. Not to mention the benefits of harvesting your own food. Plant your seeds and watch them grow along with your roots. These tips can help you emulate the plants, animals, and forces that surround us. When we are grounded and cultivate inner peace in our lives, we inspire others to turn to nature (and themselves) for guidance, inspiration, and all the lessons we could possibly need to make it through life. Go to nature and revel in the beauty!



“ The glory of gardening; hands in the dirt, head in the sun, heart with nature . . . to nurture a garden is to feed not just the body, but the soul. – Alfred Austin ”

Paying Scammers with Gift Cards

Gift cards are a popular and convenient way to give someone a gift. They're also a popular way for scammers to steal money from you. That's because gift cards are like cash: if you buy a gift card and someone uses it, you probably cannot get your money back. Gift cards are for gifts, not payments. Anyone who demands payment by gift card is always a scammer.

Many different kinds of imposters ask you to pay with gift cards. Someone might call you and claim to be from the IRS, collecting back taxes or fines. The caller might say he's from tech support, asking for money to fix your computer. The caller might even say she's a family member with an emergency and needs money right now.

But they all have in common an urgent need for you to send money right away. Imposters will sometimes ask you to wire money to them but, increasingly, they tell you to go put money on a gift card. Here's what happens: the caller will often tell you to go buy a popular gift card, frequently, iTunes, Google Play, or Amazon. The caller will tell you to get the card at a particular store near you – often Walmart, Target, Walgreens, or CVS. They may even have you buy several cards at several stores. Sometimes, the caller will stay on the phone with you while you go to the store. Once you buy the card, the caller then will demand the gift card number and PIN on the back of the card. Those numbers let them immediately get the money you loaded onto the card. And once they've done that, the scammers and your money are gone, usually without a trace.

Other kinds of scammers, some of them also imposters, who might demand payment by gift card include:

- callers pretending to be from a utility company, telling you to pay your bill by gift card or they'll cut off your power or water
- sellers on online auction sites who ask for gift cards to "buy" big items like cars, motorcycles, boats, RVs, tractors and electronics
- someone posing as a servicemember to get your sympathy, saying he has to sell something quickly before deployment and needs you to pay by gift card
- callers who say you've won a so-called prize, for a sweepstakes you probably never entered – but first, you have to use a gift card to pay fees or other charges
- someone buying something from you, probably online, who sends a check for more than the purchase price – and asks you to give them the difference on a gift card. (That check, by the way, will turn out to be fake.)

These are all scams. In fact, if anyone tells you to pay by gift card, or by wiring money – for any reason – that's a sure sign of a scam. Every time.

If you paid a scammer with a gift card, tell the company that issued the card right away. When you contact the company, tell them the gift card was used in a scam. Ask them if money is still on the card, and if they can refund your money. If you act quickly enough, the company might be able to get your money back. Be aware that some companies will not return any money even if the gift card hasn't been used. Remember to keep the gift card itself, and keep the gift card receipt. Also, tell the store where you bought the gift card as soon as possible.

Here is a list of cards that scammers often use – with information to help report a scam. If the card you used is not on this list, you might find the gift card company's contact information on the card itself, or you might need to do some research online. The FTC will update this list as new information becomes available.

Report scams

Don't see your card on this list? Search online for how to reach that card issuer. Is there no contact information available? Is the card issuer reluctant to help? And did you lose money to a scammer? Tell your fraud story to the FTC.

Tell the Federal Trade Commission about any type of scam or fraud you detect at ftc.gov/complaint, or call toll-free: 1-877-FTC-HELP.

Report it to your state Attorney General (for a list of state offices, visit <http://www.naag.org/>)

Amazon

- Call 1 (888) 280-4331
- Keep the Amazon card itself and your receipt for the Amazon card.

Ebay

- Call 1 (866) 305-3229 right away. Say "representative" after the first prompt. Then say "gift card" after the next prompt to connect with a live representative.
- Forward suspicious emails about Ebay gift cards you bought to spoofer@ebay.com. Include the first 9 digits of your Ebay gift card.
- Keep the Ebay card itself and your receipt for the Ebay card.

Google Play

- Call 1 (855) 466-4438
- Report gift card scams online here.
- Keep the Google Play card itself and your receipt for the Google Play card.

iTunes

- Call Apple Support right away at 1 (800) 275-2273. Say "gift card" to connect with a live representative.
- Ask if the money is still on the iTunes card. If so, Apple can put a freeze on it. You might be able to get your money back from them.
- Keep the iTunes card itself and your receipt for the iTunes card.

Steam

- If you have a Steam account, you can report gift card scams online here.
- Keep the Steam card itself and your receipt for the Steam card.

MoneyPak

- Call 1 (866) 795-7969
- Keep the MoneyPak card itself and your receipt for the MoneyPak card.



Mamalilikulla First Nation

1441 B 16th Avenue, Campbell River BC V9W 2E4
(ph) 250-287-2955 (fax) 250-287-4655 toll free 1-888-287-2955
viband@mamalilikulla.ca

STUDENT SCHOOL SUPPLY ALLOWANCE APPLICATION

STUDENT NAME	DATE OF BIRTH	BAND NO.	GRADE	SCHOOL	AMOUNT

TOTAL _____

Receipts Attached: Yes / No

Parent/Guardian Signature _____

Address: _____

Phone # _____ Email: _____

Date: _____

Payment Authorized By: _____ Dept Code: 8200-883

SCIS – SECURED CERTIFICATE OF INDIAN STATUS

The MFN band office will be offering assistance for those wishing to apply for the SCIS. Please contact Sonia at the band office to set up an appointment.

To apply for the SCIS you will need to provide the following:

- 2 passport photos
- One piece of Government issued ID that contains all 4 required features of **name, date of birth, photo and signature.**

Acceptable IDs:

- ✓ **BC Driver's Licence**
- ✓ **BC Provincial ID (BCID)**
- ✓ **BC Services Card with photo**
- ✓ **Combined BC Driver's Licence and Services Card**
- ✓ **Canadian Passport**

Stores that offer passport photos in Campbell River are:

- Shopper's Drug Mart on the Tyee Plaza
 - Staples at the Discovery Harbour Shopping Centre
 - Photo Tech Foto Source (beside the Royal Bank)
- The cost for the photos average around \$15.00

STATUS UPDATE

On a separate note, I want to update our membership on Indian Registration Rules. As of 2017, the Indian Act with regard to status has been updated as a result of Bill C-3. This refers to the gender equality. These changes were introduced by Bill C-3 which allows eligible children of women who lost Indian Status as a result of marrying non-Indian men to become entitled to registration under paragraph 6(1) (c.1) of the Indian Act. This will, in turn, allow for the registration of the grandchildren.

Eligibility Criteria

1. Your grandmother lost her status or is deemed to have lost her status as a result of marrying a non-Indian prior to April 17, 1985
2. One of your parents is registered or entitled to be registered under sub-section 6(2) of the Indian Act.
3. You or one of your siblings is born on or after September 4, 1951.

So, if your grandmother or mother lost their status due to marriage to a non-Indian, chances are you are most likely eligible for status. If you have applied in the past and been denied, please get in touch with me at the Band office. I can assist you in applying again for yourself or your children. The only requirement is you will need your original long form birth certificate to accompany your application.

SCIS APPLICATION (FAQ)

As ISC (formerly INAC) is working on phasing out the Certificate of Indian Status (CIS) the orange laminated cards. We are encouraging MFN members to apply for their SCIS which does not expire for 10 years as opposed to the orange card which expires in 5 years. ISC does not require you to give up your orange status card when applying for the new Secure Certificate of Indian Status

You will also need to provide 2 passport photos. In Campbell River these can be obtained at Staples at Discovery Harbour Mall, Shoppers Drug Mart on the Tyege Plaze and Photo Tech Foto Source beside Royal Bank.

The following IDs do not have all 4 required features: BC Services Card without photo, BC Care Card, Nexus, Firearms License.

The CIS and SCIS have all 4 required features but need to be supported by other ID not issued by INAC unless using a Guarantor Declaration form.

Unacceptable IDs include, but are not limited to:

- Social Insurance Cards (SIN)
- Old Age Security cards
- Credit cards/Debit Cards
- Temporary IDs
- Student IDs
- Tribal or band cards
- Loyalty or membership cards
- Certificate of Canadian citizenship (issued on or after Feb 1, 2012)
- Commemorative Citizenship Certificate
- Pleasure Boat License card
- Municipal Identification cards
- Library card

What happens if a document is damaged?

- A document is considered damaged if any of the following are illegible or partially missing: name, date of birth, sex, name of parent(s), date of issue, registration/certificate number.
- A damaged document will need to be replaced before applying for a SCIS.

Who can be a guarantor?

- The Guarantor Declaration form includes a list of acceptable guarantors. This list includes elected Chiefs and Councillors of the applicant's band, Indian Registration Administrators, doctors, dentists, lawyers, accountants, engineers, and registered social workers.
- Processing officers will contact guarantors on occasion (and all references if using the Statutory Declaration in Lieu of Guarantor) to verify the applicant's identity. If the guarantor(s) or reference(s) cannot be reached, the applicant will be asked to provide new guarantor(s) or references(s).

- Applications may be mailed together to save on postage, but it is strongly recommended that they be sealed in separate envelopes inside the outer envelope to avoid mix ups. Each individual application file must have all necessary documentation.
- Original birth certificates and documentation will be returned by the National Processing Unit.
- Applications will be deemed to be received when they are logged by the National Processing Unit. This mean IDs and photos need to be acceptable as of that date.

What happens if an application is deemed to be missing information?

- The National Processing Unit will ask the applicant to provide the missing information with a limited time frame.

How long will it take for a SCIS to be produced?

- The service standard for producing a SCIS is sixteen (16) weeks from the date a fully completed application is received by the National Processing Unit.

What happens if an applicant moves or changes their phone number before receiving their SCIC?

- Applicants can contact the Public Enquiries Contact Centre at 1-800-567-9604. The call center team will take the applicant's information and the National Processing Unit may verify the information with the applicant before mailing the SCIS.

What happens if the SCIS arrives and is lost or stolen later?

- Applicants should inform the Public Enquiries Contact Centre at 1-800-567-9604. The call center team will take the applicant's information and the National Processing Unit will verify the information with the applicant before cancelling the card. Applicants are welcome to reapply for a replacement card.

What happens if someone needs proof of registration quickly?

- Applicants should call the Public Enquiries Contact Centre at 1-800-567-9604 and ask for a Temporary Confirmation of Registration Document (TRCD). They will be transferred to the Winnipeg Processing Unit, who will verify the caller's identity and issue the TRCD.
- The TRCD is a one-page document listing the individual's full name, date of birth, registration date, registration number, and other information. The document can be used to access benefits and services, but it is recommended that the individual also present other ID to confirm their identity.

If you have any questions, or would like to make an appointment to apply for the SCIS, please feel free to contact Sonia at the band office by email or phone:

**admin@mamalilikulla.ca
or 250.287.2955**

**Mailing Applications:
SCIS National Processing Unit
10 Wellington Street
Gatineau, QC
K1A 0H4**

Word of the month

xwanałala getting ready
Pronunciation: [xwan] (ała) (la)

 **Pewi Alfred**

https://www.youtube.com/channel/UCI4xSA5U7jYWz_JsJ7Se1ng

Tikwala / To joke

I used to be addicted to soap. But I'm clean now.

Why was six scared of seven?
Because seven "ate" nine.

Test your knowledge



'waxsan'kwala awigałtsane' kwaxkwaka galkan

Word Search

a	'	g	xw	-	-	k	a	a
a	k	a	'	m	u	k	t	-
-	m	-	'	'	'	a	a	kw
-	n	i	m	a	x	a	k	m
i	n	a	w	a	s	xw	u	k
a	k	m	t	n	'	x	k	ts
i	m	a	d	s	i	-	g	i
'	w	i	'	l	a	k	a	k
k	i	l	a	'	a	k	a	k

kwata
"sticky"

gisdam
young, edible...

kaka'ali
bunch-berry, fruit

kuxwsawani
western dock

kum'aka
old inedible stage...

ku'maki
cow parsnip, large...

kaxamin
'seed like plant'

kaxamin
'seed like plant'

kakali
bunch-berry, fruit

ixkasalala xis ma'yudlamxdamus

Mamalilikulla First Nation
would like to wish a very
Happy Birthday to everyone
who has a birthday in
August!!

Mamalilikulla First Nation
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