

JULY 2021 | NINAK'WANX 2021

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



The staff members at the Mamalilikulla FN band office would like all information to be in members' hands. We apologize for any inconvenience of missing deadlines. To our knowledge, Facebook was the fastest way to reach members. Using Whatsapp is through the internet. You do not need a cell phone. You do not need minutes, just a wifi connection and one device. Then touch of a button, you can contact family members, leave texts for the office, and PDF files right to your device.

Would you please let me know if you are interested in Whatsapp?

Twyla Edmonds

Communications Officer

communications@mamalilikulla.ca

Ph: 250-287-2955

Toll-free 1-888-287-2955

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GROCERY CARDS - COVID 19

SAVE ON FOODS

The MFN has received some funding from ISC/INAC for Covid food security. We will be issuing more grocery cards. Please contact the band office if you wish to have your name added to the list.

At this time, the band office is closed to the public, but we can make arrangements for pick up on the patio by request for our members who live in Campbell River, or will be travelling through Campbell River. For our out-of-town members we will put your grocery card in the mail.



For the members who did **NOT** receive the 5th issuance, this post was shared on our Facebook page on June 23.



FORESTRY UPDATE

Our Forestry Department has been hectic these past months. It started with our successful Timber Sale on Village Island early this year. The winning bid was a local British Columbia Company that owns a large sawmill in Vancouver, Teal Jones, a sawmill company that operates out of the lower mainland.

One policy we do appreciate is that Teal Jones has not exported logs since they began their operations in 1947. Their forester keeps us informed weekly on the progress made to harvest the timber on Village Island. They expect to complete the harvesting on Village Island by this Fall. We have toured the Island and saw the progress made to date—and milled by Teal Jones. The roads are near completion, and the first Log Booms have been towed to Powell River for sorting. After the logs are sorted and scaled, they will be transported to the Teal Jones sawmill.

We are in discussions with other licensees to partner with the Nation in the coming months. We have some excellent opportunities coming up with the recent announcement by the BC Government of more timber volume to be awarded to First Nations. The Government now recognizes that First Nations have not been recipients of their territories' forest resources.

We look forward to a prosperous year ahead as there are new opportunities the Nation has not seen before. Our Chief and Council are very supportive of the new forestry opportunities we will be involved in this year. Our Band Council has directed our forestry department to be aware that best environmental practices must be at the top of the list when any project is being done.

ON THE BRIGHT SIDE



- Dottie Barnes**
Thank you so much for the fish 🐟 1
- Nancy Chickite Dipsu**
Thank s ❤️ 1
- Janine D Puglas**
Thank you ❤️ 1
- Jim Sewid**
Thank u mamalilkulla band for the fish from me and my family 1
- Ken George Puglas**
Thank you ❤️ 1
- Marilyn Puglas**
So happy i am impressed with our band....sad that I couldn't make it...but there is always next time...thanks for all you do for the band members...😊 1
- Louise Hunt**
❤️ Gilakas'la ❤️ 1
- Sherry Sewid**
Yes so thankful . Thank u C&C 1
- Richard Coon-Gladstone**
Thank you i am home now got in around midnight working on jarring now Very much appreciated 1
- Darlene Flanders**
For the fish..... muchly appreciated 1



thank you ❤️

- Shirley Robinson**
Yes mom enjoyed big time. 1
- Dorothy Humdzidi Price**
Thank you so much for the fish c&c n gwabalis for getting the fish. Got my jarring done 1



- Chip Mountain**
Thank you so much for the fish 😊 1

- Shirley Robinson**
Thank you for the fish, it is going to br delicious 2

- Elizabeth Oakley**
Thank you so much for everything you do for the band. 2

- Delores May Joseph Williams**
Thank you so much! ❤️ 1

Thank you so much to our Band for the fiss I'm in heaven right now feeling blessed



- Edna Puglas Gilakasila**
Supper was great 2

- Gayle Webb**
Thank you so very much, it is greatly appreciated. A big thank you my beautiful neice 🙏 Darlene Ward and her wonderful husband 🙏 Dale Ward for picking up for our family! You both have very big hearts! 1



WARM WEATHER SAFETY IN A TIME OF COVID-19

<http://www.bccdc.ca/about/news-stories/stories/2020/warm-weather-safety-in-a-time-of-covid-19>

Hot weather can affect everyone's health but seniors and persons with chronic poor health are at greater risk. Here are some tips for keeping cool and COVID-19 safe.

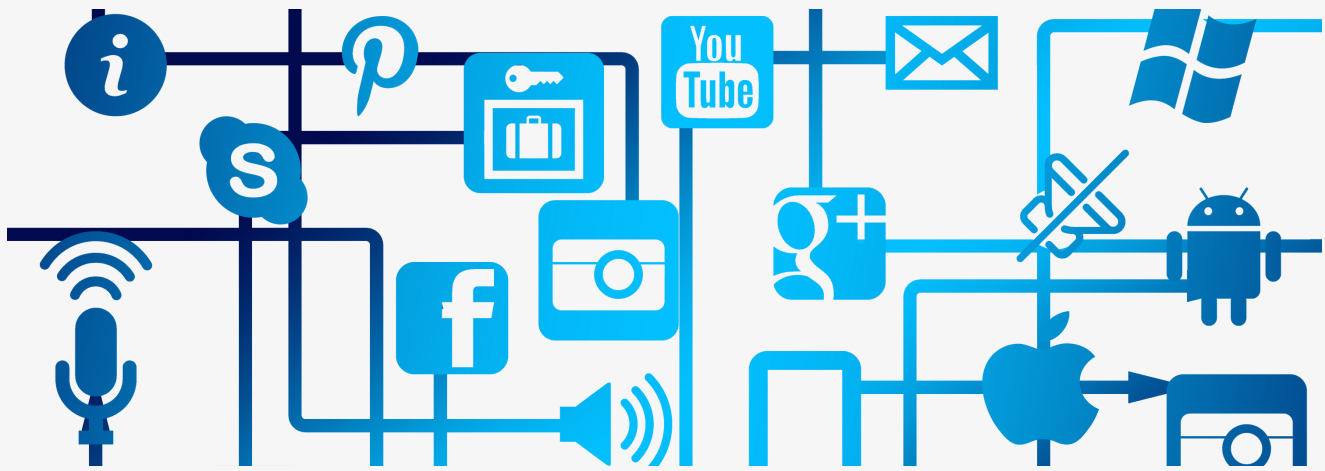
Outdoors

- Protect yourself from the sun by staying in the shade, avoiding direct sun mid-day, wearing a hat and protective clothing, using sunscreen, and wearing UV-protective eyewear.
- Seek cooler, breezier areas when outdoors, such as large parks near to water with lots of trees.
- Stay hydrated – drink water regularly, even more than you think you need.
- Take it slow with outdoor activities – rest and relax often if you feel fatigued.
- Avoid crowded spaces and maintain a 2-meter distance from others as much as possible.
- NEVER leave children or pets alone in a parked car. Temperatures can rise rapidly in enclosed vehicles, becoming much hotter than the outdoor temperature.



Indoors

- Seek out an air-conditioned facility (such as a shopping centre, library, community centre or restaurant).
- Check the website of your municipality for locations of air-conditioned facilities.
- At this time the risks from extreme heat exceed risks from COVID-19. While the Extreme Heat Alert is in place:
 - No one should be denied access to these centres because of concerns about crowding or physical distancing.
- Make your home as comfortable as possible.
- Close blinds and shutters during the daytime and open them at night. Open your windows at night to let in cooler air. If you have children in your home, make sure you've taken precautions to prevent falls from windows and balconies.
- If you have air conditioning, use it to take the edge off indoor heat -- but don't over-cool and remember that circulation of fresh air is important for reducing COVID-19 risk.
- If you don't have air-conditioning, take shelter in the coolest room in your home and use a fan. Blowing a fan across a pan of ice water can create a cool breeze.
- Cool showers and misting yourself and your clothing with cool water will help keep you from overheating
- Stay hydrated---drink water regularly, even more than you think you need.
- Relatives, friends, and neighbours should check in regularly with vulnerable people by phone or video.



WHAT IS WHATSAPP? A GUIDE TO NAVIGATING THE FREE INTERNET-BASED COMMUNICATION PLATFORM

by Grace Eliza Goodwin

WhatsApp might be a little-known messaging app in the US, but in many parts of the globe, it's an essential part of everyday life. The Facebook-owned app is easily one of the most popular messaging services in the world.

To understand WhatsApp's popularity, you need to understand it was one of the first mobile apps to offer free, internet-based messaging. Instead of sending texts using cellular-data networks, where fees may apply, WhatsApp primarily relies on a Wi-Fi connection to send and receive messages and calls for free.

Fast forward to now: WhatsApp is preferred by over 2 billion users for its ability to streamline communications, no matter their device or location.

Not only is WhatsApp simple to use, it also offers far more features and customizations than traditional SMS messaging — all for free. If you're already familiar with the app, you may be interested in our favorite WhatsApp tips and tricks.

But if you're a newbie, you'll want to check out our guide below. From how to sign up to WhatsApp's best features, here's everything you need to know to get started.

How does WhatsApp work?

The main draw of WhatsApp is it allows you to send and receive calls and messages using only an internet connection, which means it's virtually free to use and ideal for international calling. There are no fees to sign up, and no data plan allowances to worry about.

While WhatsApp is similar to other messaging services like iMessage or Messages by Google, it still offers a few key advantages, the most significant being cross-platform functionality (between Android and iOS, for example).

At a glance, WhatsApp may seem like nothing more than a text messaging app, but it can do much more. Here's a brief rundown of WhatsApp's core features:

Voice and video calls: In addition to voice calls, WhatsApp also offers video calls, including a group function, which allows up to eight participants on one call.

Voice messaging: You can record and send voice messages to individual chats or group chats.

Secure messaging: WhatsApp uses end-to-end encryption, a secure communication standard where only the people who are messaging can read the messages.

Photos and video sharing: You can send videos, photos, and GIFs without worrying that your images will be pixelated or not downloadable, which can sometimes happen across SMS messages between different mobile platforms and wireless carriers.

Document sharing: WhatsApp lets you send all kinds of documents, such as PDFs, spreadsheets, and slideshows without the hassle of email or separate document-sharing apps.

Desktop access: WhatsApp offers a desktop version for Mac and for PC.

WhatsApp Business: WhatsApp's dedicated business account is designed so entrepreneurs can showcase their products and connect with their customers on a platform that's convenient and familiar.





HOW TO USE WHATSAPP

To get started using WhatsApp, you'll need to download the app (for iOS or Android) and create an account.

How to create a WhatsApp account on your iPhone or Android to send messages and make calls

After downloading the app, you'll notice you need your phone number to create your account. Unlike some other platforms, WhatsApp doesn't use special usernames. Instead, WhatsApp identifies people by their number. This means anyone who uses WhatsApp is automatically added to your contact list, which makes set up a breeze.

Once you're up and running, you'll want to get familiar with what you can do with WhatsApp, from making international calls to sending voice messages.

Once you set up your WhatsApp account, you can begin sending messages through the platform either to individual contacts, or to groups.

Starting a chat is easy: In the app, select the "Chats" icon from the menu at the bottom of the screen, then select the "New Chat" icon in the top right corner. From there, you'll just need to select a contact.

If you're keen on getting a group chat started, you can host up to 256 participants. Learn how to start a WhatsApp group chat, whether you have an iOS or Android device. Conversely, you may want to know how to join a specific WhatsApp group chat.

Making voice and video calls

In addition to text messaging, you can also make voice or video calls on WhatsApp.

- How to video chat on WhatsApp on an iPhone or Android device
- How to make a call on WhatsApp and start individual or group calls

There are several ways to make calls on WhatsApp, though you can only place a call from the mobile app version of WhatsApp, not the desktop version. You can place individual calls or group calls, in both audio or video, for free on WhatsApp.

Making free international calls

As mentioned, free worldwide calling to family and friends is WhatsApp's most popular feature. As we outlined in our guide to using WhatsApp internationally, if you have access to Wi-Fi, you'll never have to worry about international restrictions or fees.

Even if you use WhatsApp without a Wi-Fi connection, you'll simply be dipping into your data usage, rather than accumulating SMS or cellular charges. And with so many mobile plans today offering unlimited data, you might not even need to worry about finding Wi-Fi access.

Sharing photos and other media

WhatsApp uses the internet rather than a cellular-data network, the images will maintain their original resolution quality.

Files you can send on WhatsApp include:

- **GIFs:** There are several different ways to send a GIF in WhatsApp, the easiest being selecting a GIF from within WhatsApp's internal library.
- **Memojis:** You can incorporate your personalized Memoji avatar into WhatsApp messages with iOS 13 or higher.
- **Documents:** From text documents to PDFs, you can send anything up to 100 MB.
- **Files of all types:** In fact, WhatsApp supports all kinds of file types, from zip archives to HTML files.



SENDING VOICE MESSAGES

In any individual or group chat on WhatsApp, you can send voice messages — a convenient feature if you're not able to type text, or if you prefer to record your voice to get your point across.

To send a voice message, go to any WhatsApp chat, and hold down the microphone icon to the right of the type text box. You'll see the timer begin to tick upward as you record. Once you release your finger from the button, your message will immediately send.

Managing your WhatsApp contacts and messages
Now that you've got the basics down, WhatsApp offers a lot of features for managing your contacts and conversations. For example, you may notice one or two check marks appear beside your messages on WhatsApp. The number and color of the check marks indicate whether your message has been sent, delivered or read.

Here's a short list of some other useful tips:

- How to change the chat background: For those who prefer a customized experience, WhatsApp allows you to change the backgrounds of your messages.
- How to hide your online status: If you're concerned about privacy, you can hide your online, or "Last Seen" status.
- How to block a contact: If you no longer want to receive messages or calls from a specific contact, there are a few ways you can block them, whether or not you've already chatted with them. On the flip side, there's no way to know for sure if someone blocks you, but there are ways you can make an informed guess.
- How to find a contact: What's a messaging app without friends?

Sharing photos and other media

While WhatsApp's claim to fame is that it uses an internet connection to send and receive messages, you do have the option to use mobile data if you're without Wi-Fi.

This is when it pays to keep a close eye on your settings. Luckily, WhatsApp makes it easy to control your data usage.

If you have a limited amount of data and don't want to be charged data overage fees, you can turn off WhatsApp's ability to use cellular data, so that it's only accessible when you have internet access.

How to backup your WhatsApp chats and data on an iPhone or Android device

To check how much data the app is using, go to the app's "Settings" menu and select "Data and Storage Usage." Here, you can change the settings for "Media Auto-Downloads" so that media such as photos, videos, audio, and documents only download when you're connected to Wi-Fi.

You can also choose to use WhatsApp on a "low data" setting by toggling the "Low Data Usage" switch to "on." For a more detailed breakdown of your data usage, click "Network Usage" to see how much data you're using by category, such as messages sent or received, bytes sent or received via chat media, and more.

- How to add a contact on WhatsApp: Because WhatsApp uses phone numbers, contacts should automatically pull from your contact list. If not, you can manually add in a contact at any time.
- How to delete a contact: If you prefer a neat and organized contact list, you can delete any contact on WhatsApp from the "Chats" screen. Keep in mind that number will also be deleted from your phone's contact list.
- How to delete a group chat: If you are the administrator of a group on WhatsApp, you can delete that group, but only after you've removed every member of the group chat individually.
- How to delete a message: You can delete any message to remove it either just from yourself, or from everyone in the chat. If at any time you would like to recover deleted messages, you can do that, too.

Privacy and security

One of the reasons WhatsApp is so popular is because, unlike SMS, it uses end-to-end encryption, which means nobody other than the message recipients can view your messages. When you make a call on WhatsApp, third parties are unable to listen in to your conversation.

If you want added security, you can set up two-step verification in WhatsApp's settings menu. Here you can choose to add a PIN, or personal identification number, to prohibit anyone from maliciously accessing your account.

You can also share your location on WhatsApp, whether you're trying to meet up with friends or want someone to know exactly where you are. To share your location on WhatsApp, simply tap the "+" icon to the left of the type text box in any chat, and choose "Location."

The bottom line

WhatsApp helped shape modern communications as we know it, and it continues to roll out updates that will only improve the experience. And as Facebook's second-biggest property with billions of dedicated users, it doesn't look like WhatsApp is going anywhere any time soon.

Once you've got the basics down, be sure to check out our roundup of the 20 essential WhatsApp tips and tricks



24 CHEAP SUMMER ACTIVITIES FOR KIDS

https://www.parents.com/fun/activities/outdoor/24-cheap-summer-activities-for-kids/?slide=slide_5a054f85-65cb-4eb7-8dc9-fab0334833ee#slide_5a054f85-65cb-4eb7-8dc9-fab0334833ee

By Robin Westen

backyard obstacle

Construct a backyard obstacle course with hula hoops, jump ropes, sticks, stones, hoses, and other materials from around the house. Your kids can take turns completing it-and the person with the fastest time wins a prize!

Camp in the yard

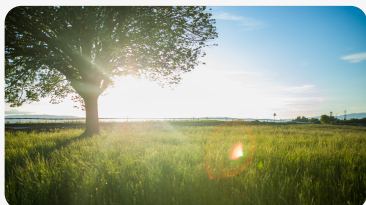
No campground? No problem! Pitch a tent in the backyard and spend the night underneath the stars. This free summer activity has one major benefit over normal camping: There's a working toilet merely feet away!

Plan a bike parade

Encourage your kids to decorate their rides with streamers, stickers, flags, and more-then let them cruise around the neighbourhood to show off their creation.

Make a bird feeder

Invite summertime birds to your yard with a DIY bird feeder. To make it, simply coat sticks with peanut butter and roll them in birdseed. It's the perfect opportunity to teach kids about nature and animals.



Chalk bombs

Kids will have a blast with this idea from mom Lorie King Kaehler, author of *Chalk on the Wild Side*. Use a clean soap-dispenser pump to fill water balloons with a washable chalk-paint mixture (1 cup of water, 2 tablespoons of cornstarch, and a few drops of food coloring). Have your child draw targets on the ground with chalk or just let him go wild. Fire away!

Learn cooking skills

This fun summer activity for kids also has a practical purpose: Teaching little ones to cook. Choose a favourite food-such as grilled cheese or cookies-and make it with your child. She'll feel proud while eating the finished product.

At home picnic

You can host a picnic lunch without leaving your property! Choose a mealtime destination, whether it's a patio table or blanket in the backyard. Prepare picnic staples like sandwiches, load them into a basket, and enjoy dining al fresco.

Paint outside

When painting outside, there's no need to worry about making a mess. Just use washable paint and the medium of your choice, whether it's construction paper, cardboard, or blocks. You can also create outdoor artwork with sidewalk chalk.

Tour you hometown

You don't have to leave town to go on a vacation! , call the historical society for hometown trivia, and ask a neighbor for her favorite restaurant recommendation to try somewhere new.

Go fishing

Fishing is a classic free summer activity for kids. Brush up on the basics at takemefishing.org, teach the proper techniques to your young angler, and find a place to cast off. Make sure you check local laws about fishing; you may need a license.

Play games outside

Designate one evening per week to some friendly family competition (think kickball, softball, and capture the flag). Keep everything fair by dividing into new teams for each round.

Decorate Rocks

The next time you embark on a hike, have your children collect rocks. At home, they can decorate the stones with paint, stickers, markers, glitter, and other art supplies. Display the finished products around the house, use them as paperweights, or give them to relatives!



13 AUTHENTIC WORK FROM HOME JOBS IN CANADA

<https://wealthawesome.com/work-from-home-jobs/> Find more information here.

By **Tim Duke**

Teach English Online

Part time online teachers (English, Math, Science)
Learning Beam - Toronto, ON
\$15 an hour - Part-time - Remote
<https://ca.indeed.com/jobs?q=English%20Online&l&advn=6086873561401561&vjk=4395033ab2cc33db>

Virtual Assistant

Office Assistant
All Haul - Quesnel, BC
\$16 - \$21 an hour - Permanent
<https://ca.indeed.com/Virtual-Assistant-jobs?vjk=0d0885653ba9ed88>

Transcriber

Assistant Transcription Manager
University of Sask - Saskatoon, SK
\$49,301 - \$77,033 a year - Full-time, Permanent
<https://ca.indeed.com/Transcription-jobs?vjk=15c46fa3e25e00d7>

Content Writer

Corporate Writer (Remote)
ITFO Communications Inc. - Victoria, BC
Full-time, Part-time, Temporary, Contract, Permanent - Remote
<https://ca.indeed.com/Online-Content-Writer-jobs?vjk=dbb32338f5c4d135>

Online Survey Taker

How to Get Started:
1. Swagbucks
2. Survey Junkie

Proofreader

Associate Editor
Honest Brand Reviews - Toronto, ON
Remote
<https://ca.indeed.com/jobs?q=Proofreading&remotejob=032b3046-06a3-4876-8dfd-474eb5e7ed11&vjk=f6a3b213456d73ec>

Blogger

Digital Marketing & E-commerce Manager
Travel Buggy - Edmonton, AB
\$40,000 - \$55,000 a year - Full-time, Permanent - Remote
<https://ca.indeed.com/Online-Blogger-jobs?advn=9231089314506592&vjk=61d85177361ab17b>

Dog Walker/ Pet Sitter

<https://www.rover.com/ca/become-a-sitter/>

Driver

<https://couriers.skipthedishes.com/application>
<https://www.doordash.com/dasher/signup/>
<https://shoppers.instacart.com/role/full-service>

Website/App Tester

User Experience Designer
iomer internet solutions inc.
\$35,493 - \$81,131 a year - Full-time, Part-time, Temporary, Contract, Permanent - Remote
<https://ca.indeed.com/jobs?q=Website%20Tester&remotejob=032b3046-06a3-4876-8dfd-474eb5e7ed11&vjk=77ee235397ffd191>

Copywriter

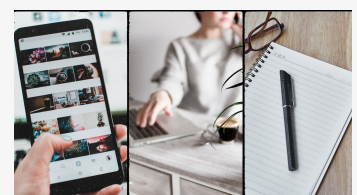
Junior Copywriter
Cya Live - Toronto, ON
Full-time, Temporary, Contract, Permanent - Remote
<https://ca.indeed.com/jobs?q=Online%20Copywriter&fromage=3&remotejob=032b3046-06a3-4876-8dfd-474eb5e7ed11&vjk=69ad7086a0445971>

Social Media Manager

Social Media Manager
Legendary Social Media Vancouver BC
\$25 an hour-Full-time, Part-time, Permanent-Remote
<https://ca.indeed.com/jobs?q=Social%20Media%20Manager&fromage=3&remotejob=032b3046-06a3-4876-8dfd-474eb5e7ed11&vjk=784285751bd5bb35>

Digital Marketer

Director of Digital Marketing and Online Brand
Empowered Startups - Vancouver, BC
\$145,000 a year - Full-time, Permanent - Remote
<https://ca.indeed.com/jobs?q=Online%20Digital%20Marketing&fromage=3&remotejob=032b3046-06a3-4876-8dfd-474eb5e7ed11&vjk=ecfe8348ba221192>



PATIENT TRAVEL

MEDICAL TRANSPORTATION BENEFIT COVERAGE

**IMPORTANT
NOTICE**

2 WEEKS NOTICE REQUIRED FOR PATIENT TRAVEL FUNDS

The summer time is a busy time for everyone. Staff are on vacation, hotels are busy and ferries are delayed.

In order to get your funds for travel in time for you appointment

2 weeks notice is mandatory

If there is less than 2 weeks notice KDC Health can not guarantee your funds, hotel bookings or ferry reimbursement prior to your appointment.

*Emergency situations will be the only exception
and will require a dr.'s note.*

To make arrangement for an upcoming appointment contact Dianna Smith at 250-286-9766 or

dianna.smith@kdchealth.com



First Nations Health Authority
Health through wellness

**PLEASE HAVE YOUR APPOINTMENT DATE & TIME,
SPECIALISTS NAME & PHONE NUMBER AVAILABLE-
WHEN YOU CALL.**

