
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



Word of the Month

kwi'lanx

feasting season

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Up-To-Date Address

Hello Mamalilikulla Nation,

Regarding the break-in of our Campbell River band office, distributing gift cards will be different. We will no longer hold the gift cards in our office. In the process, I will take your name, address and way of contact. Upon funding, we will order the cards and mail them out the same day we receive them. If you choose to provide a method of communication, I will phone/email you to let you know the cards are out in the mail. **I will not take family members' addresses from another family member, and if they are uncomfortable phoning, they can email me.**

Who needs to contact the office for a gift card? **Elders will always get a gift card.** If you would like to receive a card, please get in touch with the office. If a family member lets you know we have cards, and you call in after the cards are mailed, you will only be added to the following request list for our next purchase.

Christmas is around the corner; when Christmas comes, so do those bonuses, if you know of family members who do not regularly check our Facebook page, please get them to contact the office to ensure we have their up-to-date address.

Guardian Watchmen Program Report of Concerns

Jake Smith Guardian Manager

Mamalilikulla guardian program 2020

Global warming is a substantial contributing factor for all land and marine life. If we don't start doing something about global warming, everything could be off-balance, and we could lose all of our resources; it's already starting we are slowly losing our salmon.

The salmon provide so much food to many animals and creatures like the grizzly bears, who help take care of the forest by taking the salmon carcasses into the forest to help fertilize the forest canopies. Salmon is also a food source for the Orca whales and the Eagles, and much more. First Nations people have lived off the salmon for thousands of years.

Kelp surveys

Kelp is much like the forest on land; it provides food and shelter to the smaller marine life. Sea otters are crucial to the health of the kelp forest because they help keep down the number of sea urchins. Otherwise, the urchins will eat the kelp. Kelp also provides a place for herring to spawn on and eelgrass, so if we lose the kelp and eelgrass, it could offset the balance of all marine life.

Help protect and save our forests

The forest is so important because it helps protect many animals by providing food and shelter. Old-growth trees provide a home for bears to hibernate for the winter. Eagles are also attracted to the old-growth cedar trees. For thousands of years, First Nations people have been using red cedar for so many things for ceremonial purposes, like building their canoes, totem poles, big ceremonial houses, masks for their ceremonial potlatches, and using the cedar bark and much more.

The forest covers about a third of the earth's land area and is essential to the environment's health. The forest also regulates water cycles to help maintain soil quality and reduce natural disasters such as floods and landslides. Forest pump oxygen we need to live and absorb the carbon dioxide we exhale (or emit). A single mature, leafy tree is essential to produce a day's oxygen supply for anywhere from 2 to 10 people. The forest is still a critical source that provides good quality air so animals and humans can survive.

In 2019 the Mamalilikulla First Nation did a habitat evaluation in Hoeya sound and Lull Bay; the assessment brought to our attention that poor logging practices done in the past have destroyed our watersheds in both locations. The importance of the watershed is our salmon spawn there, and we are currently going through a salmon shortage, which raises many concerns.

Our Sacred burial site

The sacred burial site is known as the Chiefs Bath on Berry Island.

"I can't explain in detail the cultural and spiritual importance for our people to protect the resting places of our ancestors," of the Mamalilikulla First Nation.

This Sacred burial site is an important spiritual site for the Mamalilikulla First Nation people, formerly known as Chief's bath. According to oral history, there were 20 burial boxes here at one time, and now we only have four to protect. The nation has been experiencing a lot of human impact and burial disturbance with human remains getting moved.

In the last three years, the nation guardians have been protecting this site, and have witnessed firsthand tourists going to this site. The nation's guardians also have tried to work with NRO's regarding this concern, but they told us that this was our problem and they couldn't do anything about it.

The nation guardians have had no response from government officials regarding our concerns,

See Below for Concerns and Possible Solutions

We have Environmental concerns with jet fuel left on the nation's territory in Hoeya sound about 200ft from the ocean and close to the watershed and has caused contamination to the land:

Guardians worked with Coast Guard to remove jet fuel in 2019, still concerned about contamination.

Environmental concerns include derelict boats in the nation's territory in front of creeks and on clam beds cause enormous problems with the health and contamination to our food sources:

We need to conduct tests on food sources and continue to clean up derelict boats.

Another issue is with garbage on our beaches and remote islands within the territory:

Need yearly beach cleanups.

We have huge concerns regarding the Landslide that happened in Hoeya sound this September 2020 close to the watershed; this is related to poor logging practices that occurred in the past:

Mamalilikulla is working with Pacificus and other FN to develop a plan to clear debris and bring back the salmon.

Another major concerns is with Archeological disturbance on all the nation's territory. Other people have purchased land without our consent and destroyed the landscape and history of the nation's territory:

We are setting up wildlife cameras to document incidents and determine how to protect sites better.

We met with Natural Resource Office (NRO) Vessels of Concern Officer, and BC Parks last winter in Parksville to debrief on our fieldwork for 2019, but unfortunately, I walked in with the same answers I walked out with, nothing:

We may have to do this on our own with partners.

We conducted an environmental cleanup within the Broughton archipelago to remove the derelict boats and garbage on the beaches this year. We achieved cleanup 80% of this in September 2020:

We will complete the remaining cleanup in early 2021.

The people who supported us were BC Parks, MAPP and Nanwakolas Council, and although we don't support fish farms, Mowi was a big help. They donated a barge and crane to help remove the derelict boats from the beaches. Thanks to all those that helped, we hope we can partner again to continue this crucial work.

Jake, the Guardian Watchmen Program manager, made all these arrangements to get our beaches cleaned up without government officials' help.



Old big house beams photo credits to Jake Smith





Mamalilikulla First Nation

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September 20, 2021

COVID GIFT CARDS

Due to the recent break in at the band office, we must change the process for distributing the grocery gift cards. Gift cards will no longer be available for pick up at the band office. We will start a request list and upon receiving more funding from ISC/INAC we will order more cards. Once we have the gift card order we will mail out immediately to our elders and to the band members on our request list.

We apologize for the inconvenience but due to recent events we are no longer comfortable keeping the cards in the office for any length of time.

Take care and stay safe.

Sonia Roberts
Administrator
Mamalilikulla First Nation



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MAMALILIKULLA FIRST NATION AGM UPDATE

At this time, we are still accepting registrations for the AGM that is scheduled on Saturday, October 23rd, 2021, here in Campbell River at the Quinsam Hall.

We have recently been advised by the Quinsam Hall manager that due to rising numbers of Covid-19 that the Cape Mudge Band Council will only allow 50 people in their hall. We have been advised that this number may be reduced even further due to the rising numbers in Covid cases, but only time will tell.

It isn't looking favourable for us to gather for our AGM this fall. We will wait a couple more weeks for further updates regarding regulations around Covid-19 and gatherings.

Worst case scenario we won't be able to gather on October 23rd. We may have to proceed by virtual meeting again via Zoom. Nevertheless, we are hopeful that we will be able to host a large gathering for a membership meeting in the new year.

Please look to our Facebook page for updates.

Sonia Roberts
Administrator
Mamalilikulla First Nation

16 Make-Ahead Lunch Recipes That Are Perfect For Bringing To Work

Jesse Szewczyk

<https://tasty.co/article/jesseszewczyk/meal-prep-lunch-recipes>

So here are 16 meal prep-friendly recipes you can make on Sunday and bring to work during the week:

1. Sheet Pan Cashew Chicken
2. Honey Sriracha Glazed Meatballs
3. One-Pan Italian Sausage and Veggies
4. General Tso's Chickpeas
5. Honey Lemon Chicken
6. Italian Chicken Bowls
7. Taco Salad Bowls
8. Turkey Taco Bowls
9. One-Pan Balsamic Chicken and Veggies
10. Mediterranean Chickpea Salad
11. Teriyaki Chicken and Broccoli
12. Thai Turkey Lettuce Wraps
13. Spicy Spaghetti Squash Noodles
14. Coconut Curry Chicken Meatballs
15. Enchilada Power Bowls With Spicy Tofu
16. Chickpea Shawarma Sandwich

SHEET PAN CASHEW CHICKEN

Ingredients

For the Sauce:

- 6 Tablespoons low sodium-soy sauce coconut aminos for paleo
- 1 Tablespoon hoisin sauce use paleo homemade or omit for low carb
- $\frac{3}{4}$ Tablespoon apple cider vinegar
- 2 Tablespoons honey or low carb sweetener (erythritol / monk fruit / stevia)
- 1 teaspoon toasted sesame oil
- $\frac{1}{2}$ teaspoon fresh minced ginger
- 2 cloves garlic minced
- 2 Tablespoons cornstarch or arrowroot starch for paleo (leave out for low carb or use 1 teaspoon xanthum gum)
- $\frac{1}{2}$ cup water plus more as needed to thin out sauce

For the chicken and vegetables

- 2 medium skinless boneless chicken thighs or breasts cut into 1" inch cubes
 - salt and black pepper to taste
 - 1 $\frac{1}{2}$ cups broccoli florets about 1 head
 - 1 red bell pepper
 - $\frac{1}{2}$ green bell pepper optional
 - $\frac{2}{3}$ cup roasted unsalted cashews
- For Meal Prep:

lunch containers

your favorite side: zoodles, cauliflower rice, white or brown rice, quinoa, noodles, potatoes etc.

Instructions for Sheet Pan Cashew Chicken

For the Sauce:

In a medium saucepan over medium heat, whisk together soy sauce, hoisin sauce, vinegar, honey, sesame oil, garlic, ginger, cornstarch, and water until combined. Bring to a simmer, stirring frequently, until sauce thickens and bubbles. Remove from heat and set aside.

For the Chicken and Vegetables:

- Preheat oven to 400°F. Line a large sheet pan with parchment paper or foil coated with cooking spray and set aside.
- Season chicken with salt and black pepper then drizzle spoonfuls of sauce over the chicken coating well on both sides. Reserve at least half of the sauce for later.
- Cook in preheated oven for 8 minutes then remove the pan.
- Arrange the broccoli florets, bell peppers, and cashews in a single layer around the chicken. Season the vegetables with salt and pepper and drizzle spoonfuls of the sauce and toss everything to coat. Return to the oven and cook for another 8-12 minutes, or until the chicken is cooked through and juices run clear.**
- Remove pan from oven and drizzle with remaining sauce. Serve over rice or quinoa and garnish with green onions and sesame seeds, if desired.

For Meal Prep:

Divide chicken into lunch containers and add cooked rice, quinoa or potatoes.



Awesome School Lunch Ideas (Kids Will Love!)

AUTHOR: *Karrie*

<https://happymoneysaver.com/cold-lunches-in-a-day/>

Over 20 different easy school lunch ideas for kids plus my time-saving make-ahead bin system busy moms everywhere will love.

Ingredients

LUNCH MAIN IDEAS

- Turkey & Colby Jack Cheese Sandwich
- Cheese Quesadilla
- Chicken & Rice Burrito
- Quick Pasta Salad
- Veggie Hummus Wraps
- Croissant BLT sandwich
- Bagel & Cream Cheese
- Hummus + Pita Bread
- Crackers, Meat & Cheese
- Pepperoni Pizza Bites
- Homemade Hot Pockets
- Sesame Noodle Salad
- Almond Butter (or Peanut Butter) & Jam Sandwich
- Ham & Swiss Croissants
- Hard-Boiled Eggs
- Tuna on Pita Bread
- Deli Meat & Cheese Kabobs
- Tortilla Chips & Salsa (or Guacamole)
- Nutella & Banana Tortilla (or crepe) Roll-up
- Cinnamon Streusel Muffin
- Leftover Slices of Pizza

LUNCH FRUIT IDEAS

- Oranges, (Whole Mandarin, Segments or Slices)
- Apples (soak for 10 minutes in pineapple juice or Fruit Fresh so they don't go brown)
- Bananas
- Berries (Strawberries, Blueberries, Raspberries)
- Grapes
- Cherries
- Peaches
- Cut Up Melon (Cantaloupe, Watermelon, Honeydew)
- Mangoes
- Kiwi (Peeled & Sliced)
- Applesauce Cups
- Diced Fruit Cups
- Raisins
- Dried fruit

LUNCH VEGETABLE IDEAS

- Baby Carrots
- Bell Peppers, thinly sliced
- Celery Sticks (with nut butter)
- Sugar Snap Peas
- Green Salad with dressing
- Cucumber Slices
- Cauliflower (Raw Florets or Steamed)
- Broccoli (Raw Florets or Steamed)
- Sweet Potato (Cooked & Diced)
- Edamame
- Cherry Tomatoes
- Olives

OTHER SIDES TO ADD

- Granola Bars (store-bought or homemade)
- Cheese (String cheese, Cubed or Squares of cheese, or Babybel cheese)
- Yogurt Cups
- Homemade Go-gurt Tubes
- Chips
- Crackers
- Pretzels
- Fruit Snacks or Fruit Leather
- Popcorn
- Mini cups of hummus
- Beef jerky
- Nuts (if your school doesn't ban for allergies)
- Homemade Granola or Trail mix
- Graham crackers
- Homemade cookies or Brownie Bites (bake a big batch and individually bag them up)
- Special treats, candy or snack cakes (usually for a holiday)

DRINK IDEAS

- Water Bottle (mini size are fun)
- Drink packet mix for bottled waters
- Chocolate Milk
- Milk
- Juice Boxes (100% juice)
- Yogurt Smoothies



Lunch Idea Combos:

Combo #1:

- Turkey & Colby Jack Cheese Sandwich
- Mandarin Orange
- Carrots
- Chips

Combo #2

- Cheese Quesadilla
- Strawberries
- Celery Sticks + Peanut Butter
- raisins

Combo #3

- Chicken & Rice Burrito
- Pineapple
- Red Bell Peppers, sliced

Combo #4

- Quick Pasta Salad
- Granola Bar
- Yogurt
- Blueberries

Combo #5

- Veggie Hummus Wraps
- Sugar Snap Peas
- Orange Slices

Combo #6

- Croissant BLT sandwich
- Carrots + Ranch
- Apples
- Chips

Combo #7

- Bagel & Cream Cheese
- Sliced Smoked Turkey
- Raspberries
- Granola Bar

Combo #8

- Hummus + Pita Bread
- String Cheese
- Fruit Leather
- Cucumber Slices

Combo #9

- Crackers, Meat & Cheese
- Olives
- Carrots
- Hummus
- Grapes

Combo #10

- Pepperoni Pizza Bites
- Edamame
- Mandarin Orange
- Yogurt

Combo #11

- Homemade Hot Pockets
- Green Peppers
- Watermelon
- Fruit Snack

Combo #12

- Sesame Noodle Salad
- Yogurt
- Cantaloupe

Combo #13

- Almond Butter (or Peanut Butter) & Jam Sandwich
- String Cheese
- Popcorn
- Applesauce

Combo #14

- Ham & Swiss Croissants
- Sugar Snap Peas
- Apple Slices

Combo #15

- Hard Boiled Eggs
- Cubed or Diced Cheese
- Whole Grain Crackers
- Celery & carrots with ranch

Combo #16

- Tuna on Pita Bread
- Carrots + Ranch
- Banana
- Granola Bar

Combo #17

- Deli Meat & Cheese Kabobs
- Crackers
- Pears
- Yogurt

Combo #18

- Tortilla Chips & Salsa (or Guacamole)
- Orange Bell Peppers
- Sugar Snap Peas
- Kiwi (Peeled and Sliced)

Combo #19

- Nutella & Banana Tortilla (or crepe) Roll-up
- Pretzels
- Broccoli & Ranch Dip
- Fruit Leather

Combo #20

- Cinnamon Streusel Muffin
- Pre-cooked bacon slices
- Yogurt
- Raspberries
- Carrots + Ranch



The Make Ahead Lunch Bins System

The trick to making easy make ahead lunches for the week is all in simple organization. All you need to do is to separate all of your prepped items into three different lunch bins:

Bin #1: The Pantry Bin

The dry goods lunch bin is a simple plastic tote bin that I keep in my pantry. It's filled with individual bags of dry lunch items such as bagged pretzels, crackers, homemade granola bars, trail mix, treats and more.

Here is a list of ideas and dry lunch items we have done:

- Store-bought or homemade crackers
- Pretzels
- Pre-packaged fruit cups or applesauce
- Dried fruit
- Homemade granola or trail mix
- Homemade granola bars
- Popcorn
- Nuts (if your school doesn't ban for allergies)
- Fruit snacks or fruit leather
- Beef jerky
- Chips
- Graham crackers
- Homemade cookies or brownie bites (bake a big batch and individually bag them up)
- Special treats, candy or snack cakes (usually for a holiday)

Bin #2: The Refrigerator Bin

The cold refrigerator lunch bin is where you store any of your lunch items that need to be refrigerated. Once a week I take the time to separate out fruits and veggies, like grapes, chopped oranges, chopped apples (soaked in pineapple juice or Fruit Fresh so they keep longer), and chopped carrots or celery sticks. Here are some more cold lunch idea items you can keep in the refrigerator bin:

- String cheese, cubed or squares of cheese, or mini Babybel cheese
- Yogurt smoothies or other yogurt cups
- Carrots (I found little cups with lids at Cash N Carry that I add ranch dip to)
- Sliced apples (soak for 10 minutes in pineapple juice or Fruit Fresh so they don't go brown)
- Homemade pasta salad
- Sliced oranges
- Mandarin oranges (whole)
- Strawberries, blueberries or raspberries
- Green peppers (sliced thinly)
- Celery sticks
- Sugar snap peas
- Grapes, cherries, cantaloupe or other seasonal fruit cut up
- Green salads
- Mini cups of hummus
- Mini cinnamon streusel, blueberry, lemon poppyseed or even savory muffins

Bin #3: The Freezer Bin

The freezer lunch bin is primarily filled with sandwiches. I know that a frozen sandwich may sound strange, but it's honestly the perfect way to prepare sandwiches for the week!

They last a lot longer when you freeze them, and they thaw throughout the day, making for a perfectly cold sandwich by the time lunch comes around.

The process is pretty straight forward. You take a sandwich bun or roll, add the meat and cheese only, and then wrap and freeze them individually.

Outside of the basic meat and cheese sandwich, here are some additional make ahead lunch ideas that you can freeze:

- Peanut butter and jelly sandwiches
- Quesadillas
- Frozen homemade yogurt tubes
- Wraps with meat, cheese, pesto and/or cream cheese
- Homemade hot pockets

HOW MUCH SHOULD I MAKE?

To figure out how many to bag up for the week, I count out the number of days for cold lunch that week times how many children. Here is my own personal math:

- 4 kids x 5 days = 20
- 20 bags of various chopped vegetables
- 20 bags of various chopped fruit
- 20 bags of chips/crackers
- 20 string cheese (or even treats if I'm feeling extra nice that week)
- 20 sandwiches, quesadillas, or other main dish options

Once everything is prepared I can let the kids do the rest! They can just grab all the separate bags and throw them in their lunch bags for the day while I take care of other tasks that need done in the morning. How Many Days Ahead Can You Meal Prep Kids Lunches?

I typically just meal prep on the weekends for the upcoming week. Frozen things like sandwiches should keep for about 5 days, where refrigerated items should last 5-7 days. Just make sure that items like veggies and fruits are properly stored in air tight bags or containers and they should keep for the duration of the week.

TIPS FOR FREEZING SANDWICHES:

If you're going to add condiments before freezing, add them between the cheese and the meat. That way you keep the condiment from penetrating the bread and making it soggy and gross when it thaws. You can also just get some individual condiment packages and throw them in your lunch bag the morning of. Do NOT add lettuce, pickles, peppers or any other vegetable to the sandwich before freezing it. Frozen veggies always come out slimy and less than appetizing. If you've got to have some veggies on your sandwich, you could always make up individual bags of sandwich fixings and add it to the cold refrigerator lunch bin.