



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



Get Booster Dose

How to get Vaccinated for COVID 19

From Lateral Violence to Lateral Kindness

Coping with Grief and Loss

Neetahi Buhn - Job Posting

Update Address

HALLOWEEN CONTEST WINNER

Thank you to all who participated in the contest. I want to say all the costumes submitted are winners to me! Thanks for sharing your treasured memories with everyone.

KID WINNERS

First Place

Mickey Mouse
Submitted by Eleanor Baker

Second Place

Chucky
Submitted by Chastity Bruce

Third Place

Pennywise
Submitted by Brad Joseph

ADULT WINNERS

First Place

Father Ken
Submitted by Ken Puglas

Second Place

Devil
Submitted by Rockie Mountain

Third Place

Aquaman
Submitted by Bert Boucher

Council did the votes; they each picked 1, 2, 3 for adults and kids. The one with two votes or more took the place of 1st, 2nd, and 3rd.

CONGRATULATIONS ALL, THANK YOU FOR PARTICIPATING!

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

ixkasala 57th Charlene Bee Dec. 1st Love Adrian Bee



GET YOUR BOOSTER DOSE

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/booster>

Why you need a booster dose

A booster dose is an additional shot of vaccine that helps you maintain and lengthen your protection against COVID-19. When you get a booster dose, you're helping protect you and the people around you from COVID-19.

All booster doses will be mRNA vaccines

You will receive either the Moderna or Pfizer (mRNA) vaccine for your booster dose. These vaccines are interchangeable.

If you received AstraZeneca for your first or second dose, you will receive Moderna or Pfizer for your booster.

When you can get your booster dose

The timing of your booster dose is based on your risk level of getting COVID-19, your age and the time since your second dose. Once you become eligible, you remain eligible. You will not miss your opportunity to get your booster dose.

NOVEMBER 2021 TO JANUARY 2022: PEOPLE MOST AT RISK OF GETTING COVID-19

Seniors 70+ and Indigenous people 18+

You will be invited to [book an appointment](#) to get your booster.

Invitations will be sent out by risk, age group (from oldest to youngest based on the year you were born) and the date of your second dose.

Eligibility

- People born in 1951 or earlier (70+)
- Indigenous people born in 2003 or earlier (18+)



People receiving care

Get a booster from a health care worker who visits you.

Eligibility

- Residents in independent living facilities
- People who receive long-term home support

Health care workers

Get a booster from your employer or at a clinic.

Eligibility

- Health care workers who received their first two doses on a shortened schedule (less than 42 days between dose 1 and dose 2)

Rural and remote Indigenous communities

Get a booster dose in your community from the First Nations Health Authority.

Eligibility

- People who live in rural and remote Indigenous communities

January 2022 onwards: Everyone in B.C.

Starting in January 2022, people 18 years and older will get a booking invitation between 6 to 8 months after the date of their second dose. First and second vaccine doses will continue to protect you from COVID-19 until you get a booster dose.

You must be invited to book an appointment. You can't go to a drop-in clinic for boosters.

People who got AstraZeneca

If you got AstraZeneca for **both your first and second dose**, you'll be invited to book your booster dose at approximately 6 months. For example, if you got your second dose of AstraZeneca on July 15, you'll receive your booking invitation early-January 2022.

Get ready for your booster dose

To get your booking invitation, you must be registered with the Get Vaccinated provincial registration system and your immunization record must be up-to-date.

If you're not sure, confirm your information as soon as possible.

HOW TO GET VACCINATED FOR COVID-19

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register#register>

Register and book with the Get Vaccinated system

You can register yourself or someone else, like a parent, grandparent or child. We will never ask you for your SIN, driver's licence number or banking and credit card details. Once you've registered, you'll be able to book an appointment using your confirmation number. Booking an appointment online or by phone is easy, convenient and guarantees your vaccination at the clinic.

If needed, you can [easily reschedule your appointment online](#).

Fastest option: Online

To register online, you **must** provide:

- First and last name
- Date of birth
- Postal code
- Personal Health Number (PHN)
- An email address that gets checked regularly **or** a phone number that can receive text messages

Find your PHN on the back of your B.C. driver's licence, BC Services Card or CareCard.

Register Online

<https://getvaccinated.gov.bc.ca/>



Other registration and booking options

BY PHONE - PICK THIS OPTION IF YOU DON'T HAVE A PHN

If you don't have a Personal Health Number (PHN), you need to register by phone. A PHN will be created for you.

Call: 1-833-838-2323 | Translators are available

Seven days a week, 7 am to 7 pm (PDT)

At a Service BC office

You can register in person at all Service BC offices.

Office hours vary by location. Check before you go.

- [Find a Service BC office close to me](#)

Information for children and youth

Ages 12 to 17

Under the [Infants Act](#), you can give consent as a mature minor to receive health care, like getting a vaccine. If you feel more comfortable getting vaccinated with a trusted adult, they can come with you to your vaccination. When you arrive at the clinic, you will complete a check-in process. It's also a good idea to bring one piece of child identification, for example:

- BC Services card
- B.C. driver's licence
- School ID card
- Birth certificate
- Bank card

Ages 5 to 11

Vaccines for children ages 5 to 11 are coming soon. Parents can [register their child now](#) to get ready.

During the appointment

At the clinic you will:

- Check-in with your photo ID and booking confirmation. For modesty, you can ask for a private location to get your shot
- Get either the Pfizer or Moderna vaccine dose. A choice will not be offered
- If it's your second dose, the clinic will try to match you with the same vaccine
- Wait in an observation area after your shot for about 15 minutes

Arrive prepared

Get ready for your appointment:

- You do not need to fast. Be sure to drink water
- Bring your booking confirmation and photo ID
- Wear a short-sleeved shirt and a mask. You will be provided a mask if you need one
- Arrive a few minutes before your scheduled appointment time

You can bring one person with you for support. All clinics are wheelchair accessible.

FROM LATERAL VIOLENCE TO LATERAL KINDNESS

<https://www.fnha.ca/Documents/FNHA-COVID-19-From-Lateral-Violence-to-Lateral-Kindness.pdf>

LATERAL KINDNESS PROMOTES SOCIAL HARMONY

The impact of colonialism, residential schools, and cultural genocide continues to result in both intergenerational and contemporary trauma for many Indigenous people. These impacts have also resulted in lateral violence, which occurs when we direct our feelings of dissatisfaction or anger towards one another – instead of recognizing that the true adversaries are colonialism, internalized racism, and oppression in other forms. Lateral violence, also referred to as lateral “unkindness”, is expressed in many ways, such as gossip, verbal and physical assaults, passive aggressive behaviours, blaming, shaming, attempts to socially isolate others, demeaning activities, bullying, and threatening or intimidating behaviour. Lateral kindness is an approach to addressing lateral violence. It is based on Indigenous values that promote social harmony and healthy relationships. Lateral kindness uses First Nations teachings about respect, fairness, and the importance of relationships to create an environment built on a foundation of kindness.

LATERAL KINDNESS HAS THE POTENTIAL TO POSITIVELY AFFECT OUR HEALTH OUTCOMES IN A NUMBER OF WAYS:

1. Lateral kindness works to address and end lateral violence within the workplace, families, schools and communities. Lateral violence is a public health issue that harms mental, physical, emotional and spiritual health.
2. Lateral kindness has the power to improve health services and address lateral violence in health organizations and systems. By shifting the cultural norms about interactions between patients, health service providers and health partners, lateral kindness helps create safer, more inclusive and culturally safer services.
3. Lateral kindness has the power to improve health services by increasing workplace safety. It can also improve the retention of health staff by setting values, standards and by building personal skills.

LATERAL KINDNESS *Pass it on!*

WRITE A KINDNESS MESSAGE TO LIFT SOMEONE'S SPIRIT



TO _____
FROM _____



SEND A “LATERAL KINDNESS GRAM” TO LIFT SOMEONE’S SPIRITS

The First Nations Health Directors Association (FNHDA) has developed the Lateral Kindness Gram. The “Gram” promotes lateral kindness by sending an uplifting message. With the Lateral Kindness Gram you can recognize a client, peer, friend, family member or an acquaintance for their positive attitude, their contributions to the team, or anything they do to help create healthy, self-determining and vibrant BC First Nations children, families and communities.

Join the lateral kindness movement and send a kindness message to lift someone’s spirit! Learn how to [here](#).

EVERY PERSON’S BILL OF RIGHTS

1. I have the right to be treated with respect and dignity.
2. I have the right to experience and express my own feelings.
3. I have the right to say “no” without feeling guilty or selfish.
4. I have the right to ask for what I want – and of course, the other person has a right to say “no”.
5. I have the right to consider my own needs in a relationship.
6. I have the right to change my mind.
7. I have the right to decide what to do with my own property, body, and time.
8. I have the right to take time for myself.
9. I have the right to do things as long as it does not take away from the rights of another person.
10. I have the right to make mistakes without being punished or humiliated.
11. I have the right to bring up a problem with another person and discuss it.
12. I have the right to be listened to and taken seriously.
13. I have the right to feel good about myself.
14. I have the right to live without fear. The above is adapted from the Victoria Family Violence Program, Victoria, BC

TOOLS TO RESOLVE CONFLICTS – A CHECKLIST

Part of healthy communication is making sure that we are speaking with others in respectful and collaborative ways. We can use our words to help or hurt people. When our interactions with people become difficult, it can be easy to get defensive or angry. The list below can help us to maintain respectful relationships with our family, friends, colleagues and community members.

1. Be direct and say what you have to say in a respectful way.
2. Use “I” statements to state your feeling, describe the behavior/issue and the effect on you, and to ask for what you need. For example, “I feel sad when I’m not invited for lunch because then I think that you don’t like my company. I’d like it if you invited me in the future.”
3. You have the right to express your ideas, feelings, and needs but remember to listen to the other person in return and respect their ideas, feelings and needs.
4. Ask questions to get more information and to clarify what the other person means i.e., Do you mean that _____?
5. Be willing to work things out and believe that things can be worked out. Try to be as cooperative as you can.
6. Suggest creative solutions.
7. Agree to disagree when there is a difference of opinion.
8. Use your sense of humour.
9. Take responsibility for your own feelings. Avoid using roadblocks to communication like blaming, threatening, shaming or judging.



COPING WITH GRIEF AND LOSS

MENTAL HEALTH AND WELLNESS TOOLKIT FOR COVID-19

THE FIVE STAGES OF GRIEF

Many people have experienced loss as a result of COVID-19 – from the loss of a loved one to the loss of employment, the activities that gave our lives meaning, our daily rituals and more. All of these losses may be accompanied by feelings of grief.

It is healthy to acknowledge and honour our feelings of grief and loss. Grief that follows a loss often expresses itself in ways that can include denial and isolation, anger, bargaining, depression and acceptance.

Everyone's experience of grief and loss is unique. You might experience these stages of grief in any order and at any time, or you may experience other feelings and thoughts as part of your grief.

MANY PEOPLE ARE GRIEVING:

- Loss of ceremony
- Loss of the ability to participate in cultural and community events
- Loss of connection to family
- Loss of sports and recreational activities
- Loss of a job
- Loss of the ability to provide for family
- Missed opportunity to attend a funeral or say goodbye to a loved one
- Missed opportunity to have conversations in person that you have been meaning to have
- Loss of a relationship
- Limited access to children



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HEALTHY COPING STRATEGIES

The tables below show some of the most common responses to grief and strategies for coping with some of the emotions you may be experiencing.

1. DENIAL AND ISOLATION

WHAT IT MIGHT LOOK LIKE

When grieving a loss, it can be easy to deny the experience or isolate ourselves from others. If you were already feeling isolated, you might want to be curious about whether this is the result of a loss.

This stage can look like:

- Avoiding connecting with loved ones, even by phone or text
- Avoiding basic needs like food, water and sleep
- Things/life feeling foggy or unreal
- Denying there is anything bothering you; "I'm fine"
- Denying the need to stay safe; "I won't get sick" or "this is all a hoax"
- Feelings of meaninglessness

WHAT CAN I DO?

It is important to stay connected and ensure your needs are being met:

- Check in with loved ones
- Set up healthy routines: getting dressed, eating, sleeping and keeping clean
- Ask yourself "how do I know when I am okay?" and "are those things happening for me?"
- Consider your health and the health of others by following safety protocols about physical distancing
- Avoid excess social media: there is lots of misinformation and it can create more worry and stress

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2. ANGER

WHAT IT MIGHT LOOK LIKE

- Feeling short-tempered or noticing that things bother you more than usual
- Feeling annoyed when people speak to you or reach out
- Feeling frustrated with family members
- Saying hurtful things
- Slamming doors or throwing objects
- Wanting to hurt yourself or others

WHAT CAN I DO?

- If you can, share your feelings with a trusted person. This can help you process your thoughts and emotions
- If you can, go for a walk
- Write down your thoughts
- Make a list of the things you are grateful for
- See the “Responding to Anger” information sheet for more ideas

3. BARGAINING

WHAT IT MIGHT LOOK LIKE

- Making deals with yourself, such as “if I only go out once, I won’t go out again” or “if I don’t touch anyone, I can go visit my grandmother”
- Bargaining can also look like feelings of blame: “If we had done this in ceremony, this wouldn’t have happened” or “If I was able to see my family, I would have been able to change what happened”

WHAT CAN I DO?

- Keep everyone safe by following public health guidelines and staying connected in other ways if in-person visits aren’t possible
- Remember you do not have control over how things turn out for other people: you can only be responsible for yourself and your reactions
- Some may believe that this is a part of the Creator’s plan for us. This belief, however, may not lessen the pain of the loss. Others may not be sure what they should believe or they may question their cultural teachings related to loss. Know that both responses are okay and not unusual during times of grief.

4. DEPRESSION

WHAT IT MIGHT LOOK LIKE

- Feeling sad
- Crying more often
- Feeling numb
- Not wanting to get out of bed
- Eating more or less than usual
- Not wanting to talk or connect with anyone
- Noticing it is hard to laugh
- Wanting to sleep all day or having trouble sleeping
- Losing the will to live or do any activities

WHAT CAN I DO?

- Go to bed and wake up at a set time; try to set a routine and aim for eight hours of sleep
- Get dressed and take care of yourself
- Connect with people – reach out for support if you need to talk to someone. This can be done over the phone with a friend or professional
- Plan to go for a walk or do some physical movement each day, even if it is just for 10 minutes
- Eat as healthy a diet as you can

5. ACCEPTANCE

WHAT IT MIGHT LOOK LIKE

- Recognizing the things that have upset you
- Allowing yourself to call what you are feeling “grief”
- Starting to see when you are not okay, and listening to those thoughts
- Talking to others about what is happening now

WHAT CAN I DO?

- Listen to your needs and feelings
- Reflect on how the things you have lost have impacted your life
- Look at alternative ways to celebrate loved ones or do the things you miss doing – this could include spiritual activities you can do alone such as prayer, walks or spiritual bathing
- Reach out to others and talk about how they might be feeling the same



Nee Tahí Buhn General Band Manager Job Posting

Position:	General Manager
Reports to:	Chief & Council
Terms:	Full-time for 2-year term (Must secure funding to extend term)
Hours of Work:	Monday to Friday 8:30am-4:30pm (Will be required to work occasional evenings and weekends.)

The General Manager will report to the Chief & Council of the Nee Tahí Buhn Band. The Nee Tahí Buhn Band Office is located in Southern Burns Lake area.

General Duties include but are not limited to:

- Overseeing the day-to-day operations of the office.
- Provide support to the Chief and Council and carry out direction-based activities for the nation.
- Maintaining regular communications with Chief & Council to clarify priorities as well as discussing both Nee Tahí Buhn accomplishments and operations.
- Ensuring that available department resources are effectively organized to meet operational needs.
- Giving recommendations on Council meeting agendas and acting as the Chairperson at Chief & Council meetings.
- Attending General Band Meetings as requested by Chief & Council.
- Providing operational updates to Chief & Council on a regular basis at Chief & Council meetings.
- Conducting Annual Reviews are conducted for all employees.
- Overseeing the development, implementation, and monitoring of policies and procedures as well as ensuring compliance with these policies and procedures.
- Acting as a signatory on financial documents and ensuring these transactions are in compliance with Nee Tahí Buhn First Nation budgets and policies.
- Establishing and maintaining effective working relationships with registered Nee Tahí Buhn members and community members.
- Reviewing and recommending the consolidated annual budget in preparation for presentation to Chief & Council
- Providing leadership and making recommendations to department managers on various matters.
- Managing communications and flow of information.

Education/Experience Required:

- University Degree from a recognized post-secondary institution, preferably in business administration or public service administration. A combination of experience and education may be considered.
- Minimum of five years of experience as a senior administrator, preferably for a First Nations provincial/territorial organization.
- Experience supervising and managing staff.
- Experience with financial management.
- Strong leadership, interpersonal and organizational skills, excellent written and oral communication skills, excellent time management skills.
- Knowledge of First Nations political and legal issues.
- Travel for work related events.
- Flexible schedule, will be required to work occasional evenings and weekends.

Please send resumes and cover letters with references to: rmorrisray@gmail.com

Preference will be given to applicants with aboriginal ancestry.

Applications will be reviewed until filled. We thank all applicants for their interest, however only those candidates selected for further consideration will be contacted.



UPDATE ADDRESS

Would you please send me updated addresses, emails, and phone numbers to:

Communications@mamalilikulla.ca

Mamalilikulla First Nations

1441 B 16th Avenue,

Campbell River, BC V9W 2E4

Phone: (250) 287-2955

Fax: (250) 287-4655

Toll-free: 1-888-287-2955

Cheques will be ready on December 1st.

Please notify the office if you would like to pick up your cheque here in our Campbell River office; if not, your cheque will be mailed out on December 2nd. If you have a family member pick up on your behalf, you have to give authorization by calling the office. For out of Province members (i.e. Alberta, Ontario), your cheque will be mailed out on November 29th.