



MAMALILIKULLA  
FIRST NATION

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

## IN THIS MONTH'S ISSUE

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VIU

Health Juice Cleanse

Learn Kwakwala/Liqwala

### tikwala / Joke, to

Why shouldn't you start a fight with a cloud?  
He'll storm out on you.

I tried to catch some fog, but I mist

### exwalaŋ / I desire

"Nothing is impossible. The word itself says 'I'm possible!'"  
— Audrey Hepburn

"Do not allow people to dim your shine because they are blinded. Tell them to put some sunglasses on."  
— Lady Gaga

Wigiluḥ  
da nalaḥ?



ḥisəluḥ



wədalux



paḥḥəluḥ



yugwuḥ



paḥḥəzoluḥ



kwisuḥ



caḥqwuḥ



yoluḥ





# Edna Puglas

Mamalilikulla Councillor

 edna@mamalilikulla.ca

## Through the Pain to Wellness

Designed specifically for Aboriginal communities, **“Through the Pain to Wellness: Community-Based Suicide Prevention Program”** offers a culturally-sensitive introduction to the knowledge, skills, and strategies necessary for community-based suicide prevention. The three key goals of the program are:

- to create emotional safety in the face of a very painful issue;
- to provide essential knowledge, strategies and techniques to respond to suicide as a psychological and social problem (intervention and post-vention);
- to understand wellness and how to assist a person, family, and community to live in wellnesscleanse suicide from their lives (tue prevention);
- to develop a core group of skilled and resilient individuals who can assist individuals in suicidal crisis and who are prepared to operate as a community mobilization network.

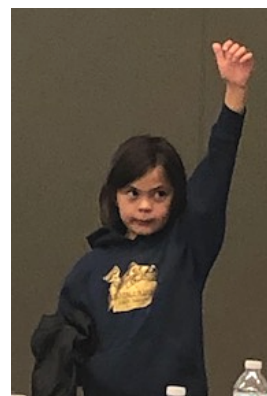
The subject of suicide often brings out a lot of powerful emotions and memories. Through the Pain includes talking-circles at the beginning and end of each day and provides the time and support necessary for the spontaneous sharing of personal stories. The opportunity for healing has proven to be as valuable to the participants as the information and skills offered.

### Mamalilikulla and Homalcho members took part in a four-day suicidal training workshop with Darian Thira.

12 Mamalilikulla and 14 Homalcho members attended out of 30 elders and youth.



## Edna Would like to wish Happy Birthday



Happy birthday  
Makaela  
From Puglas family



Happy birthday  
Zachary  
From mountain,  
Puglas, Speck, Wilson  
family



<https://thira.ca/>  
Phone: (604) 809 – 0181



First Nations Health Authority  
Health through wellness

## We Care Fair

Teen Wellness and community support event. It is directly related to suicide prevention and drug and addiction awareness for teens aged 12-18:

- Trauma & Addiction link (presentations from those who have lived experiences)
- Unintentional or intentional overdose (we will have Naloxone training)
- Mental Health & Suicide **Jordin Tootoo** presentation
- Resources presented to support youth
- Follow up opportunities for healing and cultural events

Central and North Vancouver Island communities have been deeply affected by the loss of multiple youth and young adults to suicide over the past two years to the present day. This is our chance to show our teens that WE CARE

### What to do if you think someone is suicidal?

- Do not leave the person alone
- Try to get them to seek help from a doctor, or nearest hospital or call 911
- Remove their access to firearms or other potentially harmful objects or substances
- For more Information About Suicide and Suicide Prevention visit:
- Canadian Association for Suicide Prevention – [www.suicideprevention.ca](http://www.suicideprevention.ca)
- Canadian Mental Health Association – [www.cmha.ca](http://www.cmha.ca)
- National Institute of Mental Health – [www.nimh.nih.gov/index.shtml](http://www.nimh.nih.gov/index.shtml)

### Call the Kids Help Phone (Canada):

1-800-668-6868

### National Suicide Prevention Line (US):

1-800-273-TALK (8255)



Jordan Tootoo travelled up north to Port Hardy, Alert Bay, and Campbell River sharing his story about suicide and his hockey career what a great speaker and leader Jordan is to all the communities, especially for our youth in attendance Councillor Edna Puglas reports and would like to thank Jordan for the great work he does and for listening to all the speakers.

Edna would like to acknowledge 14 year old youth Alexis Puglas; Edna is so very proud of you for standing up and asking your question to Jordan. She expresses that you are a leader and keep going forward in your healing journey.





## Mamalilikulla First Nation

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[admin@mamalilikulla.ca](mailto:admin@mamalilikulla.ca)

# JOB POSTING

## Mamalilikulla First Nation Guardian Program Manager

The Mamalilikulla First Nation seeks to hire a Guardian Program Manager with project management and field experience to provide oversight of the Mamalilikulla Guardian Program. With the new Mamalilikulla Guardian Program (2015) expanding and growing into new and exciting areas within Mamalilikulla territory, there is a need for an enthusiastic, dynamic and capable manager. The Guardian Program Manager will help deliver all Guardian Program initiatives, and plan and implement projects that enhance terrestrial and marine resources, and foster economic development and management.

## Who Are We?

The Mamalilikulla are based on northern Vancouver Island, in the Queen Charlotte Strait region. Our people are now scattered all over Vancouver Island, western Canada and the United States. Our administrative base is in Campbell River. The Mamalilikulla territories are situated in the mouth of Knights Inlet and the western section of the Broughton Archipelago, mainly on 'Mimkwamlis (Village Island).

## Position Summary

This is a full-time salary position. The Guardian Program Manager will complete work assignments that support the implementation of the Mamalilikulla First Nation marine, land, and resource management vision for the territory.

## Scope of Work

Deliverables are:

## Guardian Program Development

- Work with the Mamalilikulla Chief, Council and community to understand and formalize priority Guardian research and monitoring initiatives

- Work with Mamalilikulla Chief to develop Guardian Program work plan/budget
- Work with Mamalilikulla Guardian crew to implement Mamalilikulla Guardian monitoring programs and be out in the field to oversee initiatives
- Be capable to travel to Mamalilikulla territories via boat, as required
- Liaise with partner organizations to complete key funding deliverables
- Develop monthly monitoring program reports, as required
- Participate in meeting and conference calls, as required
- Prepare briefing notes, as required/requested
- Work with partner agencies to establish data entry, data management and system maintenance procedures
- Additional related duties, as requested or required, from time-to-time

## Qualifications, Experience and Skills

- Degree in Natural Resource Management or related field with a minimum of three years of related management work experience
- Experience with management plans from preparation, negotiation, and implementation to monitoring and reporting
- Experience with strategic planning processes
- Excellent business writing skills, including project proposal writing, developing business cases, and report writing
- Demonstrated successful project and contract management experience with demonstrated ability to successfully manage multiple projects with competing timelines
- Experience with funding applications and an understanding of the various systems and programs that provide funding support to First Nations and the Resource sector
- Experience with study design and sampling, leading field teams, data collection, and analysis
- Familiarity with sampling protocols in marine and climate change indicators
- Excellent communication skills with the ability to take complex topics and explain them concisely to a non-technical audience

- Demonstrated ability to work effectively within First Nations communities and organizations and knowledge of First Nations governments, culture, traditions and lifestyles
- Group facilitation, team building, public speaking and training experience would be an asset
- Commitment to continuous learning with proven ability to keep up with regulatory and permitting requirements
- Experience working collaboratively to achieve program goals on time and within budget
- Excellent customer relations skills with the proven ability to build and maintain lasting relationships internally and externally with members and key business partners
- Solid technical skills; experience with GPS and GIS (ESRI ArcGIS) considered an asset
- Willing to travel and work in remote locations for extended periods of time
- Experience traveling and working on boats
- Boat operating experience (SVOP ticket)
- Ability to think creatively
- Computer skills in MS Excel, Word, PowerPoint

## Working Conditions

- Will be required to travel to First Nations communities, remote coastal communities, wilderness, (lakes/ivers, wetlands, heavily forested areas) as required to perform the roles and responsibilities associated with the position
- Valid Class 5 Driver's License with a clean driver's abstract of at least 5 years
- Willingness to attend and conduct presentations on behalf of the organization

Mamalilikulla First Nation offers a competitive salary and an engaging work environment with room for growth. We thank all those who apply and advise that only those selected for further consideration will be contacted. Preference will be given to Mamalilikulla First Nation members. Qualified applicants should forward a cover letter, resume and three references to the attention of Sonia Roberts, Band Administrator at [admin@mamalilikulla.ca](mailto:admin@mamalilikulla.ca) by 9:00 am, Friday, January 28, 2022.

# IDENTIFY CAREERS THAT ARE TAILORED TO YOUR INTERESTS

<https://www.jobbank.gc.ca/workpreference>

- Doing the same task for a long period of time.  
Not interested at all      Extremely interested
- Building things and/or repairing them.  
Not interested at all      Extremely interested
- Exploring a subject from different points of view.  
Not interested at all      Extremely interested
- Finishing one job before you start the next.  
Not interested at all      Extremely interested
- Directing people in their activities.  
Not interested at all      Extremely interested
- Maintaining a steady pace throughout an activity.  
Not interested at all      Extremely interested
- Doing trial runs and applying changes.  
Not interested at all      Extremely interested
- Being responsible for organizing an activity and planning something for everyone to do.  
Not interested at all      Extremely interested
- Helping people solve their problems.  
Not interested at all      Extremely interested
- Being responsible for a project or activity and have to look after many different details to complete it.  
Not interested at all      Extremely interested
- Learning about scientific topics by reading books, watching TV shows or visiting websites.  
Not interested at all      Extremely interested
- Working with tools and machinery.  
Not interested at all      Extremely interested
- Working according to prescribed methods.  
Not interested at all      Extremely interested
- Solving your own problems and do projects using your own ideas.  
Not interested at all      Extremely interested
- Doing a project or other job carefully, one step at a time.  
Not interested at all      Extremely interested
- Planning the tasks or activities of others.  
Not interested at all      Extremely interested
- Taking charge of things and get them done.  
Not interested at all      Extremely interested

- Trying new ways of doing things.  
Not interested at all      Extremely interested
- Spending your days working with machines or equipment.  
Not interested at all      Extremely interested
- Maintaining equipment or machinery.  
Not interested at all      Extremely interested
- Working in the field of community services.  
Not interested at all      Extremely interested
- Doing activities where you always know what is expected of you.  
Not interested at all      Extremely interested
- Speaking with people and listening to them.  
Not interested at all      Extremely interested
- Calculating to solve a problem.  
Not interested at all      Extremely interested
- Helping people improve their lives.  
Not interested at all      Extremely interested
- Working with your hands, doing things such as plumbing repairs, sewing, fixing cars, or wallpapering.  
Not interested at all      Extremely interested
- Discovering how things are made and work through reading books, watching television or searching on websites.  
Not interested at all      Extremely interested
- Doing an activity where your work is closely checked regularly.  
Not interested at all      Extremely interested
- Assisting people when they are sick or in trouble.  
Not interested at all      Extremely interested
- Working in a team.  
Not interested at all      Extremely interested
- Working with materials such as wood, stone, clay, fabric or metal.  
Not interested at all      Extremely interested
- Thinking to invent or create.  
Not interested at all      Extremely interested
- Leading a committee, an association or a team.  
Not interested at all      Extremely interested
- Bringing comfort to others.  
Not interested at all      Extremely interested
- Working by following well-established procedures.  
Not interested at all      Extremely interested
- Working with tools, equipment or technical instruments.  
Not interested at all      Extremely interested
- Having a job in which you are working with machines or things rather than dealing with people.  
Not interested at all      Extremely interested
- Being in control of a group rather than just a member.  
Not interested at all      Extremely interested
- Cooperating with others.  
Not interested at all      Extremely interested



Taking responsibility for decisions.

Not interested at all      Extremely interested

Getting people to do what you want.

Not interested at all      Extremely interested

Going through evidence to solve problems.

Not interested at all      Extremely interested

Helping people solve their problems.

Not interested at all      Extremely interested

Looking after people.

Not interested at all      Extremely interested

Doing an activity where you are told what to do and how.

Not interested at all      Extremely interested

Discussing with people to know their opinions.

Not interested at all      Extremely interested

Organizing your tasks in your own way.

Not interested at all      Extremely interested

Working to discover new ideas or things.

Not interested at all      Extremely interested

Working on one thing at a time.

Not interested at all      Extremely interested

Doing hobbies on your own, such as building models, gardening, refinishing old furniture, etc.

Not interested at all      Extremely interested

## IDENTIFY CAREERS THAT ARE TAILORED TO YOUR INTERESTS

### INNOVATIVE

Innovative persons like to explore things in depth and arrive at solutions to problems by experimenting. They are interested in initiating and creating different ways to solve questions and present information. They enjoy scientific subjects. Innovative persons prefer to be challenged with new and unexpected experiences. They adjust to change easily.

### SOCIAL

Social persons like dealing with people. They enjoy caring for and assisting others in identifying their needs and solving their concerns. Social persons like working and co-operating with others. They prefer to be involved in work that requires interpersonal contact.

### METHODICAL

Methodical persons like to have clear rules and organized methods to guide their activities. They prefer working under the direction or supervision of others according to given instructions, or to be guided by established policies and procedures. Methodical persons like to work on one thing until it is completed. They enjoy following a set routine and prefer work that is free from the unexpected.

No formal schooling **N**

High school or short course **H**

College or apprenticeship **C**

University **U**

	Occupations	Level of education:
100%	Chiropractors	<b>U</b>
100%	Journalists	<b>C U</b>
100%	Securities agents and investment dealers	<b>U</b>
98%	Brokers	<b>U</b>
98%	Graphic designers	<b>C U</b>
98%	Human resources professionals	<b>C U</b>
98%	Illustrators	<b>C U</b>
98%	Interior designers and interior decorators	<b>C U</b>
98%	Naturopaths	<b>U</b>
98%	Professional occupations in marketing and public relations	<b>C U</b>
97%	Acupuncturists	<b>C</b>
97%	Occupational therapists	<b>U</b>
97%	Other professional occupations in therapy and assessment	<b>C U</b>
97%	Psychologists	<b>U</b>
97%	Reflexologists	<b>H C</b>
97%	Rolfers	<b>H C</b>
95%	Classification officers, correctional institutions	<b>U</b>
95%	Employment counsellors	<b>H C U</b>
95%	Professional occupations in religion	<b>C U</b>
95%	Travel counsellors	<b>C</b>
94%	Elementary and secondary school teacher assistants	<b>H C</b>
94%	Fashion models	<b>H</b>

### INNOVATIVE

**90%**

### SOCIAL

**88%**

### METHODICAL

**75%**

### DIRECTIVE

**53%**

### OBJECTIVE

**30%**

### EXAMPLE TEST

Hello Mamalilikulla nation, I hope all is well. I took the new year's resolution and turned it into a career resolution. If you are like me and have no clue whom you want to be or what you want to be, this job bank careers quiz is pretty insightful. I took the test to show an example, and I have found six possible career paths I would be interested in; once you find a career you are interested in, do some research and see if it is a good fit for you.



what college program should I take for journalism |



# studyportals Bachelors

## Broadcast Television - Videography

**3,705 CAD / year 2 years**

The Broadcast Television - Videography program from Humber College will quickly prepare you for media content creation in technical operation and production roles.



HUMBER

## Journalism

**3,705 CAD / year 3 years**

The Journalism advanced diploma program from Humber College is designed to produce dynamic storytellers who are immediately ready to work in a variety of media platforms as reporters, broadcasters, editors, producers and digital content managers. Our program is also ideal for those looking to go into communications or public relations.



HUMBER

## Broadcasting - Radio

**3,705 CAD / year 2 years**

The Broadcasting - Radio program from Humber College prepares you for the performance, creative, technical and business aspects of the radio and audio world.



HUMBER

## Journalism and Creative Writing

**6,100 CAD / year 4 years**

Develop career-based skills in journalism, social media and content creation, earning both a university degree in Media Studies with Journalism and Creative Writing at Trent University.



TRENT  
UNIVERSITY

## Rhetoric, Writing, and Communication

**3,942 CAD / year 3 years**

This Rhetoric, Writing, and Communications program at University of Winnipeg emphasizes the interpretation, evaluation, production, and precise editing of messages for a range of audiences, media, and purposes.



## Creative Writing and Journalism

**4,704 CAD / year 4 years**

Do you want to write for a living? In the Bachelor of Arts in Creative Writing and Journalism program from Vancouver Island University, learn the skills you need to become a master of words from professors who are published, award-winning authors, poets and journalists.



VIU

## Communication

**5,498 CAD / year 4 years**

Study and practice this Communication degree from the Thomson Rivers University from multiple perspectives: processes, production, composition, design, policy/law, criticism and critique.



TRU

## Journalism

**5,498 CAD / year 4 years**

The practical focus of the Journalism program from the Thompson Rivers University is on writing, editing, interviewing, photography and working with technology to produce print and online publications.



TRU

## Journalism

**4,426 CAD / year 4 years**

The Bachelor of Journalism program of Kwantlen Polytechnic University is unique in B.C., featuring multimedia storytelling experience utilizing the most current technologies. Students use industry-standard software to produce journalism that draws on the full range of multimedia storytelling possibilities, including animation, interactivity, audio, and video.



KPU

## Journalism Studies (Minor)

**8,102 CAD / year 4 years**

If you enjoy asking questions, gathering information and telling stories, you may choose the option of a Journalism Studies (Minor) at Dalhousie University as a complement to another field of study.



DALHOUSIE  
UNIVERSITY

## Journalism

**4,052 CAD / year 2 years**

Students looking for a career as a journalist will have the distinction of learning at our new MediaPlex located in downtown Windsor with the Journalism program of St. Clair College.



ST. CLAIR  
COLLEGE

## Journalism - Broadcast

**6,270 CAD / year 2 years**

Become a compelling storyteller and journalist with the Journalism - Broadcast program of Fanshawe College, where you will learn to capture live news and sports events, conduct interviews, write and edit news stories and broadcast live on Fanshawe's 106.9 The X - the largest news station in London, run entirely by students.



FANSHAWE



## Creative Writing and Journalism

4,704 CAD / year 4 years



Do you want to write for a living? In the Bachelor of Arts in Creative Writing and Journalism program from Vancouver Island University, learn the skills you need to become a master of words from professors who are published, award-winning authors, poets and journalists.

## Creative Writing and Journalism (BA)

Program Length	Credential	Options	Location Offered
4 Years	Bachelor Degree	Major, Minor	Nanaimo

Do you want to write for a living? In VIU's Bachelor of Arts in Creative Writing and Journalism program, learn the skills you need to become a master of words from professors who are published, award-winning authors, poets and journalists.

Experience small class sizes for a unique workshop format in many creative writing courses, and more one-on-one time with instructors at Vancouver Island University's journalism school.

Whether you want to work in the publishing, entertainment or journalism industries, this degree in Journalism and Creative Writing will sharpen your literary skills and introduce you to the realities of working as a professional writer.

### The Creative Writing and Journalism (BA) Program

The Creative Writing and Journalism department offers introductory, intermediate and advanced-level courses in book publishing, dramatic writing (including writing for the stage and scriptwriting for radio, television and film), fiction, journalism, and poetry, leading to a B.A. with a Major or Minor in Creative Writing and a B.A. with a Minor in Journalism. Students have the opportunity to combine applied and creative writing skills with a background in all aspects of print and electronic publishing including editing, distribution, promotion, and production of print materials.

### Program Outline

Requirements for a Creative Writing Major  
Students must fulfill all the Institutional B.A. degree requirements, including Degree English Requirements and courses listed below.

Note: All senior-level courses require completion of at least one prerequisite course at the 200-level; students must attain a minimum grade of "B-" in the prerequisite course in order to progress to a senior-level course in the same genre.

Years 1 and 2	Credits
Minimum twelve credits (four courses) of 100 and 200-level CREW courses.	12
Select a minimum of nine credits (three courses). Choose at least one course from three of the following five genres:	9
<b>1. Non-fiction</b> CREW 100 - (Intro to Writing Journalism) CREW 200 - (Intermediate Journalism) CREW 201 - (Online Journalism) CREW 202 - (Introduction to Writing Creative Non-Fiction) CREW 203 - (Memoir Writing Workshop)	<b>3. Fiction</b> CREW 120 - (Intro to Writing Fiction) CREW 220 - (Writing Short Fiction) CREW 221 - (Genre Fiction Workshop)
<b>2. Poetry</b> CREW 110 - (Intro to Writing Poetry) CREW 211 - (Intermediate Poetry Workshop) CREW 212 - (Poetic Traditions)	<b>4. Publishing</b> CREW 230 - (Introduction to Publishing)
	<b>5. Drama</b> CREW 140 - (Intro to Writing Drama) CREW 240 - (Writing Short-Form Scripts for the Stage, Screen or Television) CREW 241 - (Writing Longer-Form Scripts for the Stage, Screen or Television)
<b>Total Credits 12</b>	

Years 3 and 4	Credits
Minimum twenty-one credits (seven courses) of 300 and 400-level CREW courses.	21
Select a minimum of nine credits (three courses). Choose at least one course from three of the following five genres*:	9
<b>1. Non-fiction</b> CREW 300 - (Creative Non-Fiction Workshop) CREW 301 - (Advanced Feature Writing) CREW 400 - (Researching for Creative Non-Fiction) CREW 401 - (Long-Form Non-Fiction) CREW 402 - (Online Magazine Production) CREW 452** - (Special Projects in Writing and Publishing) ENGL 315 - (Advanced Workshop in Composition)	<b>4. Publishing</b> CREW 330 - (Professional Editing) CREW 331 - (Book Publishing) CREW 402 - (Online Magazine Production) CREW 430 - (Publishing Workshop I) CREW 431 - (Publishing Workshop II) CREW 452** - (Special Projects in Writing and Publishing)
<b>2. Poetry</b> CREW 310 - (Advanced Poetry Workshop I) CREW 311 - (Long Form Poetry Workshop) CREW 312 - (Writing Poetry in a Variety of Forms) CREW 410 - (Advanced Poetry Workshop II)	<b>5. Drama</b> CREW 340 - (Advanced Screenwriting Workshop) CREW 341 - (Advanced Stage Play Writing Workshop) CREW 440 - (Writing for Television Workshop) CREW 441 - (Digital Storytelling) CREW 442 - (Script Development Workshop)
<b>3. Fiction</b> CREW 320 - (Advanced Short Fiction Workshop) CREW 321 - (Novel, Novella, and Story Sequence Workshop) CREW 322 - (Writing for Young Adults Workshop) CREW 420 - (Experimental and Speculative Fiction Workshop) CREW 422 - (Advanced Novel Workshop) CREW 425 - (Mystery Writing Workshop)	
<b>Total Credits 30</b>	

### Program Fees

#### Domestic Fees

#### Tuition and Other Mandatory Student Fees

When applying to the program, applicants will be charged a non-refundable application fee.

When applying to graduate, students will be charged a non-refundable graduation and alumni fee.

Some courses have additional fees to pay for extraordinary class-related expenses.

Fees for One Year*	Amount
Tuition (30 credits x \$156.80 per credit)	4,704.00
Student Activity fee (4% of tuition)	188.16
Student Services fee (30 credits x \$6.93 per credit)	207.90
VIU Students' Union fee (8 months x \$20.90 per month)	167.20
Health and Dental Plan fee (\$275.00 per year)	275.00
Approximate cost for books and supplies for one year	1,500.00
<b>Total</b>	<b>7,042.26</b>

### Start Date, Deadlines, and Additional Application Details

#### Domestic (Canadian)

Program Start Date	Accepting Applications	Campus
Jan 6, 2022	Aug 24, 2021 to Dec 10, 2021	Nanaimo
Jan 6, 2022	Aug 24, 2021 to Dec 10, 2021	Cowichan
Sep 6, 2022	Oct 1, 2021 to Mar 31, 2022	Nanaimo
Sep 6, 2022	Oct 1, 2021 to Mar 31, 2022	Cowichan
Sep 6, 2022	Ongoing	Powell River

# HEALTHY JUICE CLEANSE RECIPES

by Modern Honey

<https://www.modernhoney.com/healthy-juice-cleanse-recipes/>

Juice bars are popping up everywhere for good reason! Drinking fresh juices can detoxify the body, help to create a more alkaline body, and to give a boost of energy and a clear mind.

Juicing is a powerful tactic used by a quickly-growing amount of people to lose weight fast, get proper nutrition, and help fuel healthy lifestyles.

Whenever I come from vacation or a particularly bad eating night, I reach for a healthy juice to cleanse my body and give my digestive system a break.

I am sharing 4 of our favorite juicing recipes with an assortment of fruits and vegetables for variety. Since my oldest daughter is a "health freak" we make these homemade juices every week and store them in jars in the refrigerator to make them easily accessible. It saves SO much money juicing at home!

## WHAT ARE THE HEALTH BENEFITS OF JUICING?

According to the Mayo Clinic, by drinking freshly made juices, your body can absorb the nutrients better than eating whole fruits and vegetables and it gives your digestive system a rest from working on fiber. They say that juicing can reduce your risk of cancer, boost your immune system, help remove toxins from your body, aid digestion and help you lose weight. Fresh juices can give you a burst of energy and a clear mind.

## WHAT FRUITS AND VEGETABLES TO USE FOR JUICING?

Some of the most popular vegetables are carrots, cucumber, celery, kale, spinach, beets, and romaine. The most popular fruits to use in juicing are lemons, oranges, apples, and limes. Other add-ins are fresh ginger, parsley, chlorella, and turmeric.

## HEALTHY JUICE CLEANSE RECIPES

### Drink Your Greens

- 2 cups Baby Spinach Leaves (or 4-6 leaves of kale)
- 6 Celery
- 2 large Cucumber
- 1/2 Lemon
- 2 medium Apples
- 1-2 inch Ginger
- 1/4 - 1/2 cup Parsley Leaves

### The Detoxifier:

- 2-3 med-lg Beets
- 6 Carrots
- 2 medium Apples
- 1/2 Lemon
- 1-2 inch Ginger

### The Vision:

- 8 large Carrots
- 2-3 Navel Oranges
- 1-2 inch Ginger
- 1 inch Turmeric (optional)

### Sweet Carrot:

- 10 large Carrots
- 2 medium Apples
- 1/4 cup Parsley (optional)

### INSTRUCTIONS

- Wash, prep, and chop produce.
- Add produce to juicer one at a time.
- Serve cold over ice. May store in tightly sealed jars or glasses in the refrigerator for 7-10 days. Shake or stir well before drinking.

## WHAT ARE THE HEALTH BENEFITS OF FRUITS AND VEGETABLES IN A JUICE CLEANSE?

- **Kale** - insanely low in calories, powerful anti-oxidant with anti-inflammatory properties, and helpful for arthritis and autoimmune diseases
- **Spinach** - the beauty of spinach lies in how easy it is to disguise the taste. It's mild tasting yet packed with vitamins, has anti-cancerous properties, and is one of the healthiest foods on the planet
- **Cucumber** - since it's 95% water, it's an incredible detoxifier and helps with liver and kidney function
- **Lemon** - one of the most important items to stock in your kitchen as it's a highly effective cleansing agent and cuts through the bitterness of greens
- **Carrots** - known for being a good source of beta-carotene, fiber, vitamin K, and potassium. Carrots have been linked to lower cholesterol levels and improved eye health
- **Celery** - low in calories since it is mostly water. It is a low-glycemic food and a good source of dietary fiber, Vitamin A, Vitamin C, and Vitamin K.
- **Beets** - contain nutrients that may help lower your blood pressure, fight inflammation, and support detoxification.
- **Apples** - "an apple a day keeps the doctor away" is a famous saying for good reason. Helps to fight inflammation and heart health.
- **Oranges** - immune system booster since it is high in Vitamin C and low in calories.
- **Turmeric** - anti-inflammatory and anti-oxidant properties
- **Ginger** - aids in digestion and supports the immune system

## HERE ARE THE FRUIT AND VEGETABLE JUICE COMBINATIONS BELOW:

- **Drink Your Greens:** Spinach, Cucumber, Celery, Lemon, Ginger, and Apple (optional: parsley)
- **The Detoxifier:** Beets, Carrots, Lemon, Ginger, Apple
- **The Vision:** Carrots, Oranges, Ginger (optional: turmeric)
- **Sweet Carrot:** Apples, Carrots, and Parsley

# Learn Kwak'wala / Liqwala



These courses focus on listening and speaking skills using various themes including greetings, social interactions, household activities, wildlife, food harvesting and preparation, cultural activities, and more. You will learn basic conversation, structure, and pronunciation in the Kwak'wala or Liqwala language.

These courses are offered in a digital scheduled format, where students participate in a digital classroom, using a video conferencing system, as well as completing some independent work. Students, instructors and language speakers will meet at specified times each week. Computer and internet required.

## FALL 2021 SEMESTER

### **Introduction to Kwak'wala/Liqwala I**

KWA 096 DLS1

Instructor: June Johnson

Sept 9–Dec 2 | Thursdays, 6–9 pm

### **Introduction to Kwak'wala**

KWA 096 DLS2

Instructors: Carla Voyageur and

Keisha Everson

Sept 14–Nov 30 | Tuesdays, 6–9 pm

### **Introduction to U'Mista Orthography**

KWA 098 DLS1

Instructors: Carla Voyageur and

Keisha Everson

Sept 8–Dec 1 | Wednesdays, 6–9 pm

## WINTER 2022 SEMESTER

### **Introduction to Kwak'wala/Liqwala II**

KWA 097 DLS1

Instructor: June Johnson

Jan 13–Apr 7 | Thursdays, 6–9 pm

### **Introduction to Kwak'wala**

KWA 097 DLS2

Instructors: Carla Voyageur and Keisha Everson

Jan 11–April 5 | Tuesdays, 6–9 pm

To register, please email  
[indigenoustravelers@nic.bc.ca](mailto:indigenoustravelers@nic.bc.ca)  
or call 1-800-715-0914

NORTH ISLAND COLLEGE

