

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

DZADZA'WANX 2022

FEBRUARY 2022



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My name is Andrew Puglas Sr, I was born in Alert Bay BC and raised in Village Island. My Chief Name was given to me when I held my Tlina'gila Feast in Campbell River BC, by Arthur Dick, and was validated by numerous Kwakwakawakw Chiefs in attendance. It was my oldest brother Frank Puglas's wish that I am placed in his position, I hold this position with great pride and honour.

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A WORD FROM THE CHIEF

Dear Mamalilikulla members:

I just want to take this opportunity to wish you all a Happy New Year. I know for many of us this year has already brought with it heartbreak, loss, and illness.

This is certainly not what any of us were looking forward to. Myself and the Council send our sincere condolences to all our members for your recent losses and also send positive healing energy to any and all of you who are experiencing other misfortunes of this persistent virus. It is our hope that we will all get through this predicament with the least amount of pain and suffering and matters can get back to a place where we can all be healthy and content again.

I also apologize for not being able to hold our dinner on February 12th as planned. The current status of this pandemic just is not conducive to gathering safely at this time. We are looking to begin having face-to-face engagements in Vancouver, Victoria, Nanaimo, Campbell River, Alert Bay, and Port Hardy in the early spring! The main focus of those engagements will be to gather feedback for our membership code. We understand if you are frustrated by the delay of this, but again being able to hold these engagements is wholly dependent on being able to do so safely. Unfortunately, this has not been possible so far. We are all crossing our fingers that the circumstances will change soon, and we can address this crucial work on the membership code.

If we are successful in doing the community engagement in the early spring, we will be prepared to amend and present the final code about a month or so afterward. Of course, this is again dependent on a safe environment for all of our members.



JOHN POWELL

There are so many projects that remain in limbo at this point due to illness and our present pandemic situation. Many processes are unfortunately stalled. Hopefully when we do gather again in late spring we will have better news and can provide positive updates around all the exciting work we are attempting to achieve during these trying times.

Thank you all for your continued support and especially your wonderful patience. I know that we are all fatigued by this horrid business. Mamalilikulla are strong, resilient great people. We'll get through this because we have gotten through much hardship before and we are still standing. I lift you all up and send love and virtual hugs to you all.

Respectfully,

A handwritten signature in black ink that reads "John Powell". The signature is written in a cursive, flowing style.

Elected Chief Councillor

ANDY PUGLAS

GWP MANAGER

Gilakas'dawxla, Nugwaum Walas Xanasugwilukw, Guyu'klen lax Mimkwumlis, Guyu'klen laxa Walas Mamalilikulla.

I am the son of the late Moses Puglas (Ah'tsa'ni) and Annie Coon (Weat'du). My Grandfather was late Tsu'natsa (Sam Puglas), his father was Puglas-Tlakwazi, and his mom was Kwaxilanogwamae. Puglas Tlakwadzi and Xil'xiid were brothers. I am proud to say that the Puglas, Charlie, Bell, Hanuse families are all of the same blood.

I am pleased to accept the Guardian Watchmen Management position for my Home Village of 'Mimkwamlis and the Mamalilikulla First Nation. I come with 40 plus years of knowledge of our traditional territory. I was born a fisherman and fished for many years. I'm also a commercial clam digger with a clam license and for food to take home. As fishing was no longer a good source of income, I enrolled in college and became a Fisheries Guardian for the Atlegay Fisheries, then later with DMT Fisheries. I'm fully qualified and certified to be in the position of Guardian Watchmen Manager. I hold many marine safety certificates and have my Mate and SVOP with transport Canada. My most recent employment was with the Prince of Whales as a whale guide and First Mate.

As for the Mamalilikulla First Nation Recent Guardian Watchmen Manager Jake.S. We chatted a few times in Telegraph Cove, and I was very proud of the work he did for our people and saddened about him leaving. As most of us know, he also has Bloodlines with our people of 'Mimkwamlis, and I wish Jake the best.



ANDY PUGLAS

I am a proud bloodline Mamalilikala Chief and assure all our people that I will look after our Traditional territory to the fullest of my capabilities as the Guardian Watchmen Manager. I have vast knowledge about the history and our territories and am proud to be able to pass this on to our future generations.

I am a true believer in Maya'xala, respect, love, care, and compassion, I believe all our Mamalilikulla blood should have opportunities in life to advance, band member or not. We cannot discriminate against each other. We must lift each other up, give, and guide each other and bring good health and wellness for our future. We must follow our Kwakwakawakw laws, and remember who we are as Mamalilikulla people, we are powerful and knowledgeable.

Gilakasla,
Andy Puglas Sr.

WORD OF THE MONTH



NI'NOXSOLA

wise people

pronunciation
[ni] ('noχ) (so) (la)



ΚΑΡΙΧ'Ι

gather a group of people or things together, to

pronunciation
(k̄a) [p̄ix] ('i)



ΚΑΓΑΜΑΛΑ

to be careful

pronunciation
[k̄a] (ḡa) (ma) (ta)



ŁOKWIMAS

strong

pronunciation
[ło} (kwi) (mas)

ABORIGINAL STORYTELLING MONTH

Jessica Generoux is a librarian with the Saskatchewan Indigenous Cultural Centre. The SICC team is running storytelling programs during Aboriginal Storytelling Month that will be conducted in traditional languages rather than English. PHOTO BY MICHELLE BERG /Saskatoon StarPhoenix



FEBRUARY IS ABORIGINAL STORYTELLING MONTH IN SASKATCHEWAN — AND STORYTELLERS FROM ALL WALKS OF LIFE ARE SHARING PIECES OF THEIR HISTORY.

<https://thestarphoenix.com/entertainment/local-arts/storytellers-share-diverse-perspectives-during-aboriginal-storytelling-month>

By: Matt Olson

The telling and sharing of stories is a deeply rooted tradition for many Indigenous peoples in the province and across Canada. Normally, storytellers involved in the month and who are involved with Library Services for Saskatchewan Aboriginal Peoples would host events or go into schools and classrooms. Due to COVID-19, the sessions this year will take place over video calls.

The StarPhoenix spoke with five people involved with Aboriginal Storytelling Month to share their perspectives on the cultural and historical importance of telling these tales.

Randy Morin:

— assistant professor in Indigenous Studies, University of Saskatchewan

“We need space. We need our own time to tell our stories so that people will listen. I think it’s very important to have a month.”

Morin, who said he’d much rather listen to elders tell stories than go to a movie, emphasized that having the recognized time and space for Aboriginal Storytelling Month is a crucial part of reconciliation.

Morin, who will tell some of his stories during a web session in February, said “everybody who has ears” should come out to listen.

“It breaks down stereotypes. People learn about Indigenous history, and our values, our humour, our relationship to the land,” he said. “So I think everybody should go.”

Rhonda Donais:

— community coordinator with Regina Public Schools
“Storytelling is one of the most powerful means. Stories influence, they teach, and they inspire ... it conveys culture and history, and it unites people.”

With her experience working with children, most of Donais’ stories are aimed toward a younger audience. She lauded Aboriginal Storytelling Month as a way to connect with young people and share parts of her culture and history with them.

Donais, who also works with children through the YWCA, said kids are the most receptive and impressionable listeners. Having always come back to working with kids throughout her career, she said children always take great delight in the animated way she tells those traditional stories drawn from her own life and experience.

“You can really plan with their imaginations. You can make them laugh ... I really enjoy the little guys,” Donais said.

Dickie Yuzicapi:

— traditional knowledge keeper, chef and owner of the Sioux Chef Catering Company

“The older generation were our teachers. We never wrote anything down. Everything was oral history, from one generation to the next. So that’s how all the stories were taught.”

All the stories Yuzicapi knows and shares, he learned from his great-grandparents. They raised him as a young boy, and as Yuzicapi puts it, he was the one they shared every little bit of information with. While he often translates his stories into English to make them more accessible for schoolchildren, he said storytelling is a great way of keeping his knowledge and culture alive.

Yuzicapi also said he would never write any of his stories down — his late great-grandfather asked him not to. But he takes part in as much storytelling as he can, to ensure those stories continue to reach new and eager ears.

“By people doing this from different perspectives, you get a total package of what it means to be telling stories and sharing the cultures,” Yuzicapi said. “It’s sharing from every perspective, so when you’re telling stories ... you’re sharing everything.”

I HOPE TO ENCOURAGE MEMBERS TO SHARE THEIR STORIES! I WOULD LOVE TO ADD YOUR STORY TO OUR MONTHLY NEWSLETTER. PLEASE GET IN TOUCH WITH TWYLA AT COMMUNICATIONS@MAMALILIKULLA.CA



NEWSLETTER

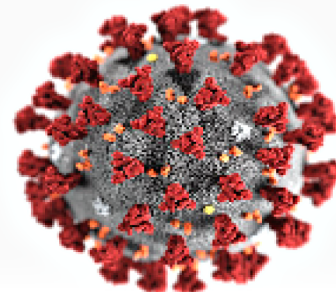
*For the Weeks of
Jan 10-14, 2022*

Kwakiutl District Council Health
Laichwiltach Health Centre
1400A Drake Road
Campbell River, B.C., V9W 7K6
Tel: 250-286-9766
Fax: 250-286-9713
Email: reception@kdchealth.com

COVID-19 Rapid Testing

Available Now

**KDC will NOT assist with
at home test results**



What do I do if I develop symptoms?

If you develop any symptoms such as cough, runny nose, or fever. It is recommended to be tested for COVID-19.

You can call the KDC Health COVID-19 Call Centre

7 days a week between 8:30am to 4:30pm

Appointments will be scheduled from 1:00-3:30 Monday thru Saturday ONLY (No appointments on Sunday)

778-348-7657

If unable to get through, please leave a message and our on-call staff will get back to you within 1 hr.

**IF YOU ARE HAVING DIFFICULTY BREATHING
CALL 911**

Where do I get the test done?

You will be booked for a scheduled time to arrive in the round-about and a swab or gargle test will be administered and testing will be completed in the KDC Health main office. You will be notified within 2hr.'s of your test results.

What happens if I have test positive for COVID-19?

A nurse will call to inform of results and give further direction.

1) You will be instructed to self-isolate

Supports KDC Health can offer through-out your isolation period

- ⇒ At home isolation kits (sanitizing and cleaning supplies)
- ⇒ Isolation Trailers (for people who can not safely isolate at home)
- ⇒ Daily check-in's
- ⇒ FNHA COVID meal funding application
- ⇒ Information & understanding of Provincial Health Guidelines and other related resources
- ⇒ Vaccination



First Nations Health Authority
Health through wellness

FREQUENTLY ASKED QUESTIONS

COVID-19 Meal Support

Who can apply for COVID-19 meal support funding?

- Meal support is available for status First Nations who are required to self-isolate between Jan. 12 2021 and March 31, 2022 due to COVID-19, as advised by their health care provider
- There are two application pathways:
 - **Communities** can apply on behalf of their members using the [Community Meal Support Calculator](#) (Excel file)
 - **Individuals** can apply for themselves and their households using the [Individual Meal Support Calculator](#) (Excel file)

Can I apply through the individual pathway if my community has applied for me through the community pathway?

- If your community has already applied for meal support for your self-isolation dates on your behalf, you will not be eligible for support through the individual pathway for the same dates

What if I need immediate support to coordinate access to no-contact meal and grocery delivery while in isolation?

- It is recommended that you connect with your community to see if they can support by advancing funds or providing meals. Alternatively, please contact your regional FNHA Isolation Lead COVID19needs@fnha.ca if you need support to make arrangements

Can my partner and I both apply for meal support for our family?

- Any status First Nation individual who is required to self-isolate due to COVID-19 as advised by a health care provider is eligible to apply for meal support. This may include multiple members of one household/family

What is the application deadline?

- Submissions for meal support will be accepted until April 15, 2022
- Meal support is currently only available for self-isolation dates between Jan. 12, 2021 and March 31, 2022

What information is needed to apply?

- Status number, last name, first name, date of birth, start date of isolation, end date of isolation, mailing address and a contact phone number/email are required to process your application

What happens after the meal support application is submitted?

- The meal support team will review your application and will reach out if any additional information is needed
- Community requests will be sent through to the FNHA Regional team for review
- It may take up to 45 days to process a meal support application, if you have any questions about the status of your application please email COVID19@fnha.ca or contact **1-888-305-1505** (press 2 for the 'other' option, and then 1 for enrolment)

What is the application process for COVID-19 meal supports?

- Here are the steps to request meal support for status First Nations individuals in BC:
 - Complete the [Individual Meal Support Funding Calculator](#) or the [Community Meal Support Funding Calculator](#)
 - Email your completed calculator to COVID19@fnha.ca

Or, call Health Benefits at **1-888-305-1505** (press 2 for the 'other' option, and then 1 for enrolment). The number is supported Monday to Friday from 8:30 a.m. - 4:30 p.m. and from 12:00 p.m. - 4:00 p.m. on weekends and statutory holidays. If you are unable to open the funding calculator, email COVID19needs@fnha.ca

If my community asks me to self-isolate, but I am not required to self-isolate by a health care provider, am I still eligible for meal support?

- Meal support is available to status First Nations who have been advised to self-isolate by a health care provider due to being positive for COVID-19 or identified as a close contact of someone who has tested positive for COVID-19
- The FNHA is unable to support requests where self-isolation has not been advised by a health care provider

I am not able to safely isolate at home. Are there other supports available to me?

- If you are unable to safely isolate at home, please contact the Health Benefits medical transportation team for assistance with alternative accommodation, meals and transportation. Call Health Benefits at **1-888-305-1505** (press 2 for the 'other' option, then 3 for patient travel, and 3 for benefit exceptions). This number is supported Monday to Friday from 8:30 a.m. - 4:30 p.m. and from 12:00 p.m. - 4:00 p.m. on weekends and statutory holidays

More information on self-isolation:

[A Guide to COVID-19: Caring for Yourself and Loved Ones](#) (FNHA guide)

[How to isolate: For those who have COVID-19 or respiratory symptoms](#) (BCCDC fact sheet)

[Self-isolation after a COVID-19 test](#) (BC Centre for Disease fact sheet)

[Mental Health and Wellness Support](#) (FNHA web page)

For more information on what items the FNHA is able to support, please see the [COVID-19 Community Support Guide](#)



First Nations Health Authority
Health through wellness

Rapid (at-Home) Tests

INFORMATION FOR INDIVIDUALS

At-home rapid tests (often called rapid antigen tests) can be used to determine if you have COVID-19 when you have cold or flu-like symptoms.

You can perform the test yourself at home and the results are ready in less than 20 minutes, depending on the brand of test you use.

At-home rapid antigen tests can be used to support early diagnosis of COVID-19 and to detect growing clusters in communities. Remember, the best protection against COVID-19 remains vaccination and following public health guidelines (e.g., physical distancing, mask wearing, hygiene measures, small gatherings, etc.).

Rapid tests are not used for asymptomatic screening because they do not reliably detect infections in people who do not have cold or flu-like symptoms.

Remember: Seek medical care if you feel you need it, whether you test positive or negative

How the Tests Work

Rapid tests are done by using a swab to collect a sample from each nostril. The swab will only go a few centimeters inside your nose. It should not hurt.

Rapid tests check for protein fragments specific to the COVID-19 virus. Rapid tests are very good at detecting the COVID-19 virus when testing is done between 24 hours to five days after the start of symptoms. This is when virus levels in the body are at the highest.

Types of Rapid Tests

The FNHA is distributing three brands of rapid COVID-19 tests initially: Lucira, BTNX and Artron. Each kit comes with written instructions. Written instructions from the BC Centre for Disease Control are also available for some brands, as are video guidelines from the manufacturers:

- [How to Use the Lucira At-Home Test](#) – Video
- [How to Use the BTNX At-Home Test](#) – PDF
- [How to Use the BTNX At-Home Test](#) – Video
- [How to Use the Artron At-Home Test](#) – PDF
- [How to Use the Artron At-Home Test](#) – Video

Regional Health Authorities and other organizations that serve First Nations people may be distributing different brands of test kits.

Rapid Test Results

Negative Result

If your result is negative, it means the COVID-19 virus was not detected at the time the test was taken. This could be because there was not enough virus in your body for the swab to pick it up or that you do not have the virus. It is still possible that you have COVID-19. If you test negative but continue to have cold or flu-like symptoms, the FNHA recommends you test again in 24 to 48 hours.

Even if the test is negative, it is important to self-isolate until your symptoms improve and you feel well enough to return to regular activities. Symptoms might be from other respiratory illnesses that can also make others sick.

If you are a close contact of someone who has COVID-19, you still need to self-isolate for 10 days from the day you had contact with that person unless you are fully vaccinated or had COVID-19 within the last 90 days.

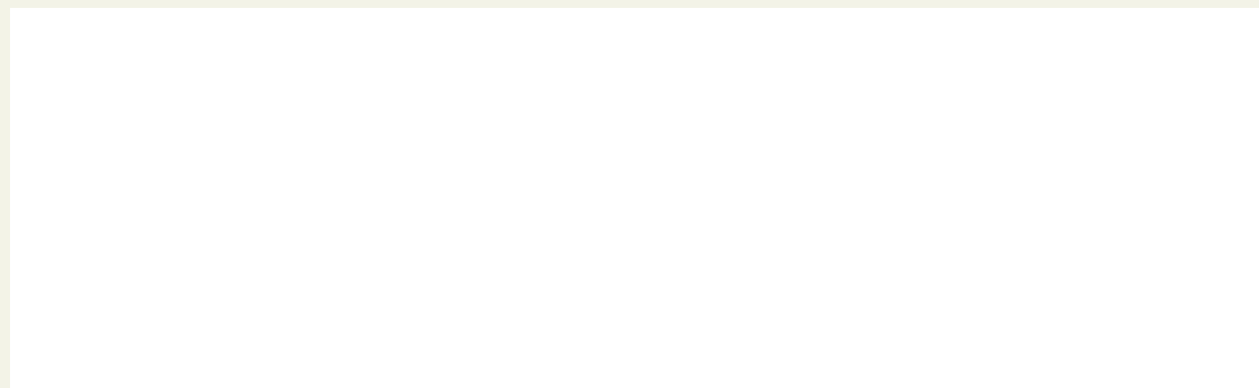
Positive Result

If your result is positive, it means COVID-19 was detected. You very likely have COVID-19 and could pass it on to others.

Next steps:

- self-isolate - for at least five days from the first day you had symptoms if you are fully vaccinated, or at least 10 days if you are not. The FNHA Health Benefits Isolation Support team can help with accommodation, travel and meals. For eligibility information, call 1-888-305-1505 or see [COVID-19 Guide to Medical Transportation Benefits](#)
- manage symptoms
- notify close contacts
- [report positive test results](#) (via a secure online form from the BC Centre for Disease Control - BCCDC). Note that there may be guidelines for reporting that are specific to your health region.

Regional or community-specific requirements



Learn more about the above steps at:

- [COVID-19 Testing](#) (FNHA.ca)
- [What to do if you test positive for COVID-19](#) (BCCDC fact sheet)
- [What to do if you are a close contact of someone with COVID-19](#) (BCCDC fact sheet)

Invalid Result

If your test is not valid:

1. discard all the pieces from the first test
2. wash your hands and repeat the process using the second set of test pieces
3. follow the test instructions again

If you have two invalid test results, get a COVID-19 test at a testing location. [Find a Health Authority testing location](#). If you are served by a First Nations health centre, check to see if testing is available there.