

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



SALMON PRINCE

INDIGENOUS SERVICES

5 INDIGENOUS-INSPIRED RECIPES

INDIGENOUS MD ADMISSIONS WORKSHOP

MEMORY GAME

BC TWO SPIRIT GATHERING

If you are interested in participating in this project, please submit a quote and design to admin@mamalilikulla.ca

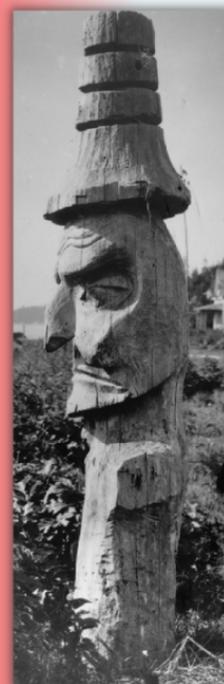
WE LOOK FORWARD TO HEARING FROM OUR CREATIVE, TALENTED MEMBERS!

LOOKING FOR MFN CARVERS

The MFN Chief & Council are seeking quotes for the following project:

Carved door for new office boardroom

- The door is an overhang barn style door that slides on a track
- Approximate size is 4' x 7' x 2.5" thick – yellow or red cedar
- Design / artwork to represent the Mamalilikulla nation



Submit a quote and design to admin@mamalilikulla.ca

SALMON PRINCE



In this photo Zachary was just announced winner of the 2022 salmon prince winner.



In this photo was with aunty Stella beans who wanted a picture with the prince.



In this photo is Zachary doing an introduction, where he comes from, who his parents are, who his grandparents are, who is great grand parents are, as well who his brothers, all in Kwak'wala.

The salmon prince pageant happens every Thursday before June Sports (Father's Day weekend soccer tournament held in Alert Bay). The pageant is a competition for youth ages 12-18, male and female—boys vs boys and girls vs girls.

They introduce themselves in Kwak'wala and tell the story of where they come from.

In the 2nd round, they are to either sing, dance or tell a legend of our people.

In the next round, they are asked one of 3 questions, which they answer to the best of their ability.

In the 4th round, they are given three options on what they would like to talk about.

Then they pick one out of 40 questions for the last round from a basket. They are again answering to the best of their ability.

The winners are announced that night of the pageant but aren't crowned until Friday of June sports after the tournament's first game. When they are crowned (the prince and princess, they have a short speech on who they are and where they come from, then announce they are opening June sports)

CROWNED SALMON PRINCE



INDIGENOUS SERVICES

NANAIMO

Tillicum Lelum Aboriginal
Friendship Centre
602 Haliburton St,
Nanaimo, BC
V9R 4W5
(250) 753-6578
<https://tillicumlelum.ca/>

Nanaimo Aboriginal Centre

300 - 1585 Bowen Road,
Nanaimo, BC
V9S 1G4
250-585-0947
info@nanaimoaboriginalcentre.ca
<https://www.nanaimoaboriginalcentre.ca/>

PORT HARDY

Sacred Wolf Friendship
Centre
8950 Granville St, Port
Hardy, BC V0N 2P0
(250) 902-0552
https://www.facebook.com/groups/116429895054736/?_rdr

ALERT BAY

Namgis Health Centre
48 School Rd, Alert Bay,
BC V0N 1A0
(250) 974-5522
<http://www.namgis.bc.ca/programs-services/health/>

North Vancouver Island
Aboriginal Management
Society
331 Larch St, Alert Bay, BC
V0N 1A0
(250) 974-2908
<http://nviats.com/>

CAMPBELL RIVER

Laichwiltach Family Life
Society
441 4 Ave, Campbell River,
BC V9W 3W7
(250) 286-3430
<https://www.facebook.com/lfls.laichwiltach>

Kwakiutl District Council
Health Center - Campbell
River
1400 A Drake Road
Campbell River, BC
V9W 7K6
250-286-9766
<https://www.kdchealth.com/>

COURTENAY

Wachiy Friendship
Centre Society
1625 McPhee Ave,
Courtenay, BC V9N 3A6
(250) 338-7793
<https://www.wachiy.org/>

Upper Island Women of
Native Ancestry
1509 Cliffe Ave #105,
Courtenay, BC V9N 5N5
(250) 334-9591
<http://uiwona.ca/>

VANCOUVER

Vancouver Aboriginal
Friendship Centre Society
1607 E Hastings St,
Vancouver, BC V5L 1S7
(604) 251-4844
<http://www.vafcs.org/>

Aboriginal Front Door
Society
384 Main St, Vancouver,
BC V6A 2T1
(604) 697-5662
<http://www.abfrontdoor.org/>

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SURREY

Fraser Region Aboriginal
Friendship Center
Association
14727 108 Ave, Surrey, BC
V3R 1V9
Tel: (604) 595-1170
<https://fracfa.org/>

Atira Aboriginal Women's
Outreach
13733 92 Ave, Surrey, BC
V3V 1H9
(604) 584-7597
<https://atira.bc.ca/what-we-do/housing/waaban-housing-for-first-nations-metis-and-inuit-women/>

LANGLEY

Lower Fraser Valley
Aboriginal Society
20685 56 Ave, Langley,
BC V3A 3Y9
(604) 427-2664
<https://www.lfvas.org/>

Fraser Valley Aboriginal
Children and Family
Services Society
20644 Eastleigh Crescent
#106, Langley, BC
V3A 4C4
(604) 533-8826
<http://www.fvacfss.ca/>

KELOWNA

Ki-Low-Na Friendship
Society
442 Leon Ave, Kelowna,
BC V1Y 6J3
(250) 763-4905
<http://www.kfs.bc.ca/>

Okanagan Training &
Development Council
1865 Dilworth Dr,
Kelowna, BC V1Y 9T1
(250) 769-1977
<http://www.otdc.org/>

MERRITT

Conayt Friendship Society
2164 Quilchena Ave,
Merritt, BC V1K 1B8
(250) 378-5107
<https://www.conayt.com/>

Scw'exmx Community
Health Services Society
2090 Coutlee Ave #103,
Merritt, BC V1K 1B8
(250) 378-9745

KAMLOOPS

Kamloops Aboriginal
Friendship Society
119 Palm St, Kamloops, BC
V2B 8J7
(250) 376-1296
<https://kafs.ca/>

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VICTORIA

Victoria Native Friendship
Centre
231 Regina Ave, Victoria,
BC V8Z 1J6
(250) 384-3211
<http://www.vnfc.ca/>

Native Courtworker &
Counselling Association
of BC
850 Burdett Ave, Victoria,
BC V8W 1B4
(250) 386-6717
<http://nccabc.ca/>

EDMONTON

Canadian Native
Friendship Centre
11728 95 St, Edmonton, AB
T5G 1L9
(780) 761-1900
<http://www.cnfc.ca/>

Bent Arrow Traditional
Healing Society
11648 85 Street NW,
Edmonton, AB T5B 3E5
(780) 481-3451
<http://bentarrow.ca/>

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CHILLIWACK

Qwí:qwelstóm Wellness
7201 Vedder Road
Chilliwack, BC V2R 4G5
604-858-3366
<https://www.stolonation.bc.ca/justice>

Native Courtworker and
Counselling Association
of BC
7-7201 Vedder Rd,
Chilliwack, BC V2R 4G5
1 855-221-5725
<http://nccabc.ca/>

POWELL RIVER

Inclusion Powell River
Society
4675 Marine Ave, Powell
River, BC V8A 2L2
(604) 485-6411
<http://inclusionpr.ca/>

Powell River Child Youth
& Family Services Society
7105 Nootka St, Powell
River, BC V8A 5E3
(604) 485-3090
<http://www.prcyfss.com/>

WINNIPEG

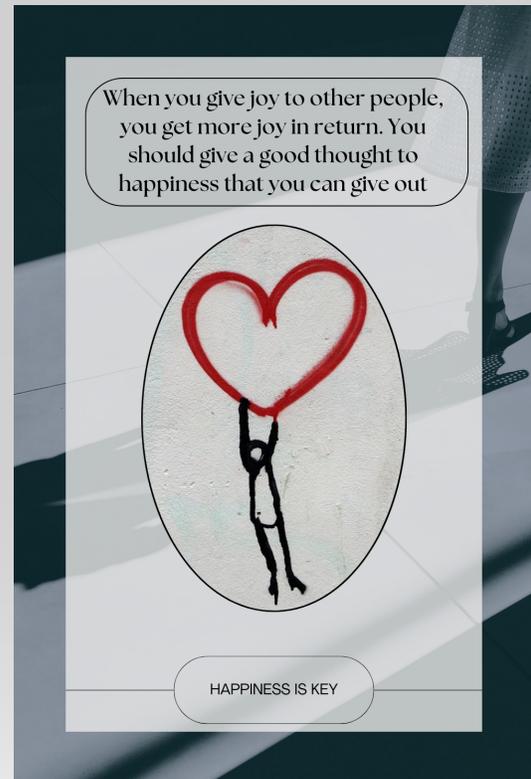
Indigenous Family Centre
470 Selkirk Ave,
Winnipeg, MB R2W 2M5
(204) 586-8393
<https://www.facebook.com/470Selkirk/>

Eagle's Nest Aboriginal
Youth Resource &
Recreation Centre
601 Aikins St, Winnipeg,
MB R2W 4J5
(204) 954-3075
<https://eagleutc.com/services/eagles-nest-program/>

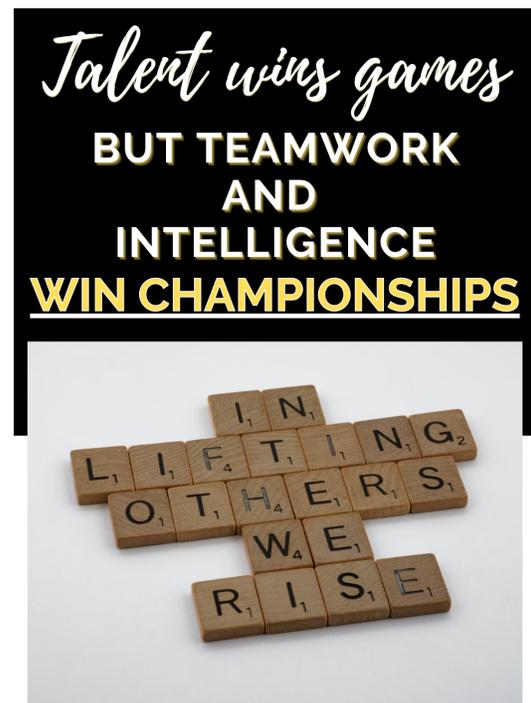
THUNDERBAY

Thunder Bay Indigenous
Friendship Centre
401 Cumberland St N,
Thunder Bay, ON P7A 4P7
(807) 345-5840
<http://www.tbifc.ca/>

Ontario Native Women's
Association
380 Ray Blvd, Thunder
Bay, ON P7B 4E6
(807) 623-3442
<https://www.onwa.ca/thunder-bay-services>



'WI'WALSĠA'MAKW
TRIBES TOGETHER, ALL



5 INDIGENOUS-INSPIRED RECIPES

By Kevin Wagar

<https://wanderingwagars.com/indigenous-inspired-recipes/>

BANNOCK AND BERRIES

Ingredients

Bannock

- 3 cups flour
- 3 tbsp baking powder
- 1/2 cup sugar
- 1 tsp salt
- Vegetable oil for frying

Raspberry compote

- 2 cups raspberries
- 1/2 cup white sugar
- 1/2 lemon. Juiced and rind
- 1 pinch salt

Instructions

1. Preheat vegetable oil in a deep frying pan to 350 degrees Fahrenheit. (It's also possible to bake or cook the bannock over an open flame).
2. Mix flour, sugar, baking powder, and salt together in a medium-sized bowl.
3. Add water and mix until dough becomes thick and sticky. Do not over mix or the dough will become tough.
4. Roll the dough into a large ball and slice into 12 equal pieces.
5. Flatten each ball of dough with your hands.
6. Drop dough into the oil and fry until it is golden brown on both sides and soft, but cooked inside.
7. For the raspberry compote cook the berries in a saucepan over medium heat until soft.
8. Add sugar, lemon juice, rind, and salt.
9. Continue cooking until the sugar is dissolved.
10. Serve bannock drizzled with compote.

THREE SISTERS SOUP

Ingredients

- 2 cups canned white or yellow hominy corn. Drained (can be substituted with regular corn).
- 2 cups fresh green beans. Trimmed and snapped.
- 2 cups butternut squash. Peeled and cubed.
- 1 1/2 cups white or yellow potatoes. Peeled and diced (for something sweeter you can use sweet potatoes).
- 5 cups water.
- 1 1/2 tbsp chicken bouillon granules.
- 2 tbsp butter. Melted.
- 2 tbsp all-purpose flour.
- 1/4 tsp pepper.

Instructions

1. In a large pot combine the hominy, green beans, squash, and potatoes.
2. Add water and chicken bouillon.
3. Bring to a boil. Then reduce heat to low and simmer until vegetables are soft (approx. 10 minutes).
4. Melt butter and blend it with the flour. Stir mixture into the soup.
5. Increase heat to medium and cook until soup thickens (approx. 5 minutes).
6. Season with salt and pepper and serve.

BARBECUE CHICKEN FRYBREAD TACOS

Ingredients

Fry Bread

- 3 cups flour
- 2 tbsp baking powder
- 1 tsp salt
- 1/2 cup sugar
- 3 cups milk (or water)

Salsa

- 2 cups field tomatoes. Diced.
- 1/2 cup red onion. Finely diced.
- 1/2 bunch cilantro. Finely diced.
- 3 tbsp canola oil
- 1/2 tbsp freshly squeezed lime juice (approx. 1/2 lime).
- 1 clove garlic. Finely diced.
- 1 pinch salt.

BBQ chicken breasts

- 5 5oz chicken breasts.
- 3 tbsp butter for cooking.
- 1 cup BBQ sauce.

Instructions

Fry Bread

1. In a large bowl, mix the dry ingredients together.
2. In the center of the mix make a well. Add milk or water to the well and fold the mixture until dough is slightly sticky.
3. Let dough rest for 15 minutes.
4. Add cooking oil to a large pan and heat to 350°.
5. Dust a rolling surface with flour and coat the dough until the dry flour has been absorbed.
6. Roll the dough into a ball and cut into 8 even pieces.
7. Roll each into a ball and stretch and flatten into patties that are approx. 4 inches in diameter and about 1/2 inch thick.
8. Place the flattened dough gently into the hot oil. Cook until golden brown on both sides (approx 1-1 1/2 minutes per side).

Barbecue Chicken

1. In a large pan heat butter over medium heat.
2. Add chicken to the heated butter. Season with salt and pepper.
3. Cook chicken thoroughly through.
4. Remove chicken and place on a cutting board.
5. Thinly slice the cooked chicken breast and brush with your favorite bbq sauce.
6. Return to heat and cook until the bbq sauce begins to caramelize.

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MOOSE STEW (CAN BE SUBSTITUTED WITH BEEF)

Ingredients

- 2-4 lbs moose shoulder or rump. Can be substituted with beef or bison. Cubed.
- 1 cup flour. Plus 3 tbsp. flour.
- Salt and pepper to taste.
- 6 tbsp cooking oil.
- 1 large onion. Chopped.
- 2 cloves garlic. Finely chopped.
- 1/2 cup canned whole tomatoes.
- 2-3 large carrots. Diced.
- 2-3 celery stalks. Diced.
- 3-4 medium potatoes. Cubed.
- 2 cups sliced mushrooms or button mushrooms.
- 4 cups moose or beef broth.

Instructions

1. Combine 1 cup of flour, 1 tsp. salt, and 1/2 tsp pepper in a large bowl.
2. Coat the meat cubes with flour mixture and shake off excess.
3. In a large frying pan heat 3 tbsp of cooking oil on medium-high heat.
4. Add meat and brown on all sides. Make sure the meat is separated and not touching during the cooking. Remove and place in a large stockpot. Ensure that the oil remains in the frying pan.
5. Lower heat to low.
6. Fry chopped onion and garlic until softened. Add to the stockpot.
7. Add enough broth to the pot to just cover the meat.
8. Add tomatoes and simmer over low-medium heat with the lid on for 1-hour or until meat is fork-tender.
9. Add vegetables and cook for another 30 minutes or until the vegetables can be easily pierced with a fork.
10. combine 3 tbsp of flour with cold water until it achieves a paste-like consistency. Add the flour-water mixture to the stew pot and cook for another 10 minutes or until the gravy thickens.
11. Season with salt and pepper to taste.

INDIGENOUS-STYLE BLUEBERRY PIE

Ingredients

Pie Crust

- 2 cups flour
- 1 tsp salt
- 1 cup shortening
- 1/2 cup water

Blueberry Pie Filling

- 4 1/2 cups blueberries
- 1 cup sugar
- 1 cup water.

Instructions

Crust

1. In a large bowl combine flour and salt.
2. Add the shortening and fold until the mixture achieves a crumbly texture.
3. Knead the dough adding a little bit of water at a time. You may not need to use all of the water.
4. Roll the dough into a ball and cut in half. Roll each half into a ball. Cover and let stand in the refrigerator for 4-hours to overnight.
5. Flatten the dough for the bottom crust with a rolling pin until it is roughly an even circle about 1/4 inch thick. Don't over roll the dough or it will become tough.
6. Layer the bottom of a pie pan so that the dough is just over the edges. Ensure that there are no holes in the bottom of the dough or the filling may leak out.
7. Fill the dough crust nearly full with the blueberry pie filling (see below).
8. For the top of the pie crust cut roll out the dough until it is even and roughly circular. Fold the dough in half, and then in half once more, and cut your vent pattern with scissors.
9. Place the top of the pie crust over the filling and shape to the edges of the crust. (Optional, use a milk wash or egg whites to brush the top of the pie to achieve a nice golden-brown color).
10. Set the oven to 350 degrees Fahrenheit and bake for 15-20 minutes until the edges are browned.





THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Medicine



INDIGENOUS MD ADMISSIONS WORKSHOP

JULY 27-29, 2022

The 19th annual Indigenous MD Admissions Workshop will take place at the Northern Medical Program, located on the University of Northern British Columbia campus in Prince George, BC.

EXPLORE A FUTURE IN MEDICINE

If you are thinking about pursuing a future in medicine, this is a unique opportunity to learn how UBC can support you in your studies and connect with an inclusive, caring community of medical practitioners, students, and faculty.

Our annual pre-admissions workshop for Indigenous pre-med students isn't just for those already in university. Prospective students, including post-secondary and high school students can explore what it means to attend university and embark on a journey to becoming a healthcare professional.

JOIN A CARING COMMUNITY

Being part of a community is important—it helps people feel connected to traditions and knowledge unique to them. At the UBC Faculty of Medicine, we are a community that celebrates our students' diverse perspectives on healthcare and Indigenous ways of knowing.

For nineteen years we've been providing the Indigenous MD Admissions Workshop dedicated to welcoming Indigenous people into our faculty and supporting them as they make a commitment to study medicine. We know that our annual workshop will give you an introduction to our community and help you feel more confident about your decision to study medicine.

WHY ATTEND?

To learn

- Find out about prerequisites, course planning, and get a preview of the medical curriculum and residency programs.
- Get an overview of the Medical College Admissions Test (MCAT), and learn about the UBC interview process by participating in mock interviews.
- Gain familiarity with the application process and admission requirements.

Meet faculty & staff

- Hear stories from doctors and faculty who chose UBC.
- Learn about student supports from a member of the Student Affairs team.
- Get the facts about your financial options from the Faculty of Medicine's Student Financial Assistance Officer.

Feel supported

- Learn about preparing your application from our MD Indigenous Initiatives Coordinator.
- Better understand specific Indigenous resources and support for students with Indigenous ancestry, including Status & non-Status Indians or Treaty, Métis & Inuit peoples.
- Hear from a local Elder during the opening and closing remarks.
- Ask questions of Indigenous medical students and residents to learn about their experiences.
- Find out more about what pursuing a career in medicine entails.



If you're feeling apprehensive about pursuing a medical degree, our workshop is one of the best ways to reduce your doubts, fears, or anxieties about pursuing your goal of becoming a medical doctor. You'll gain personal insights and guidance about your choice to study medicine with us.

We are excited about the remarkable students, alumni, and faculty who will be presenting and advising over all three days of the workshop and we hope you'll join us in July 2022.

WE'VE GOT YOU COVERED

There is *no cost* to attend the workshop.

Because of the COVID-19 pandemic, our workshop might look a little different than it has in the past, depending on public health guidelines. The decision to host the workshop in person or virtually will be announced in due time and successful applicants will be notified by email.

Should the workshop be hosted in person, the university will cover your accommodations and meals, however travel to/from the workshop will be your responsibility.

NEXT STEPS: YOUR WORKSHOP APPLICATION

Apply online at:

https://ubc.ca/1.qualtrics.com/jfe/form/SV_0D4S4HRDke8seKV

Along with your application, you'll need to prepare and submit:

- A 500-word autobiographical essay, including who you are and why you want to become a doctor.
- A copy of your most recent transcripts or report card.
- A copy of your proof of ancestry such as status, treaty and Métis membership cards. We also accept written letters of support from your Band, Inuit and Métis organizations.

We encourage you to get your application in as soon as possible. If you have any questions about the workshop, please reach out to us.

CONTACT US

James Andrew
Indigenous Initiatives Manager
indigenous.md@ubc.ca
604-822-8291

Meghan MacGillivray
MD Indigenous Initiatives & Admissions Coordinator
indigenous.md@ubc.ca
604-822-6185

✉ indigenous.md@ubc.ca

📘 facebook.com/UBCmed

🌐 mdprogram.med.ubc.ca/admissions

🐦 @UBCmedicine

MEMORY GAME

həmpən xwacən ħ

MONDAY

matpən xwacən ħ

TUESDAY

yudə xwəpən xwacən ħ

WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

səkə pən x^w aćən ħ

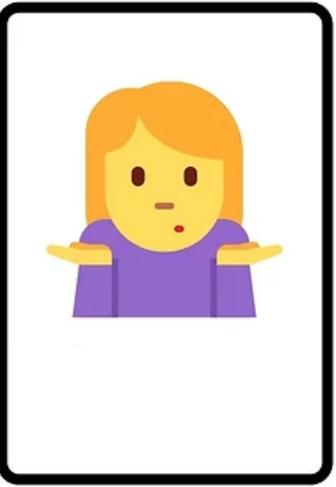
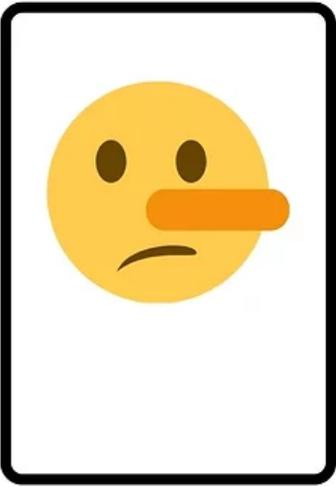
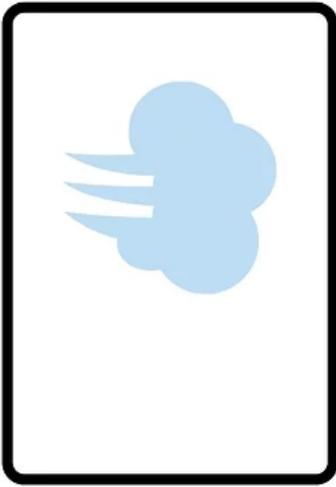
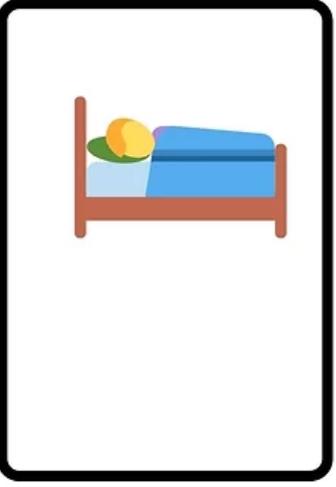
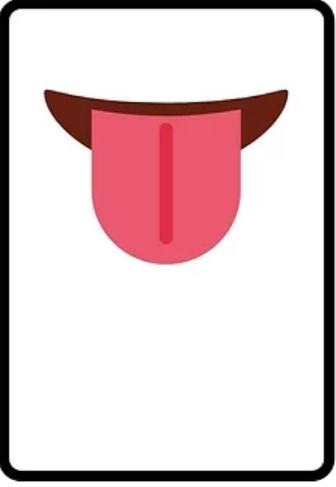
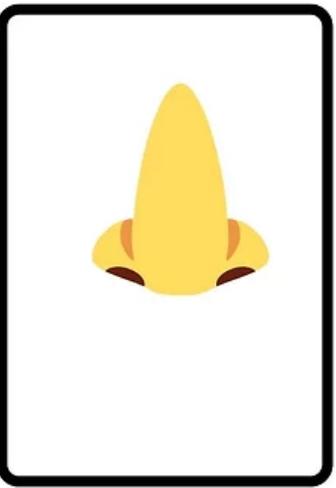
SATURDAY

nə ħsəndi

SUNDAY

?iki?ən ħ

Glue your paper on cardboard of any sort and have some fun with a Memory game, do your best to match the words!



ʔəm

íki

məliqəla

misəla

huʕila

duq^waʕa

ṛəqa

miḫa

ḫwiʕa

ʕi^qwala

waʕa^qala

íkis ṛoʕa

ǧəlsa

hamiksila

ma^mala^ma

yəḫ^wa

Match the Picture to the words in a game of memory



ʔəm



íki



ḡəliqəla



misəla



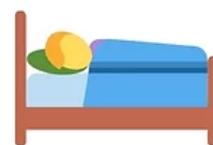
huʕila



duqʷaʕa



ṛəqə



miḡa



ḡwiʕa



ʕiqʷaʕa



waʕaʕala



íkis ʕoʕa



ḡəlsa



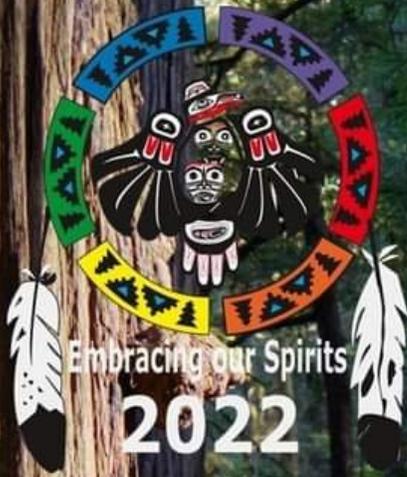
hamiksila



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yəḡʷa



BC Two Spirit Gathering We All Belong in the Circle

for Indigenous Two Spirits/LGBTIQA Living in BC
Cheakamus, Squamish

Cultural Activities Shared Cabins Workshops
Community Discussions Drumming Circles Outdoor Activities
Ceremonies Access to Lakes Canoeing

Aug 17 to Aug 21, 2022

To register go to:

www.2SpiritsBC.com

Meals and Cabins Provided

Substance Free Event

Smoking Free

**Participant must willing to attend group
discussions and be over 18 year old**



**2 Spirits
of BC**

Presented by Four Feathers Society

Email: admin@fourfeathers.net

FFS Society Website: fourfeathers.net

**Funded by Women & Gender Equality, First Nation Health Authority,
Civil Forfeiture , and Catherine White Holman Wellness Centre**

**Four
Feathers
Society**