

MAMALIKULLA FIRST NATION MISSION STATEMENT: WORKING TOGETHER TO BUILD A STRONG, PROUD, HEALTHY, INFORMED, AND RESPECTFUL MAMALIKULLA COMMUNITY TO MEET THE NEEDS OF OUR PEOPLE TOGETHER

# MAMALIKULLA FIRST NATION

IN ORDER TO CREATE A STRONG, SELF-SUFFICIENT AND INDEPENDENT MAMALIKULLA NATION, WE SEEK OPPORTUNITIES TO BRING OUR COMMUNITY TOGETHER AND BUILD CAPACITY AMONGST MEMBERS THROUGH JOINT INTEREST OF OUR LAND, LANGUAGE, AND CULTURE



## Elizabeth Mountain

### CONGRATULATION ON COMPLETING YOUR HEALTH CARE ASSISTANT PROGRAM

Your loved ones would like to give a big shout-out to Elizabeth Mountain for completing her HCA Program; you made your family very proud.

On behalf of the Mamalilikulla Administration, I'd like to congratulate Elizabeth Mountain so very proud of your achievement, and thankful your family wanted to share it with the MFN membership.



### IN THIS ISSUE

Happy Birthday!

Mamalilikulla Art for kids

Mamalilikulla Halloween Contest Update

Mamalilikulla Information Sharing

Good Medicine for Preventing & Managing Diabetes

10 Winter Hacks

Grief Worksheets



# Happy Birthday!

IXK'ASALALA XIS MA'YUDŁAMXDAMUS

|                     |               |
|---------------------|---------------|
| Tashina Aday        | November 9th  |
| Tristan Baker       | November 10th |
| Dakota Baker-Aleck  | November 16th |
| Crystal Bee         | November 20th |
| Clive Brown         | November 16th |
| Jacob Bruce         | November 30th |
| Paul Bush           | November 3rd  |
| Natasha Coon        | November 19th |
| Moses Dean          | November 27th |
| Jamillah Desjarlais | November 24th |
| Carla Duffey        | November 5th  |
| Charlotte Dunlop    | November 17th |
| James Flanders      | November 16th |
| Edward Gladstone    | November 30th |
| Michelle Hardstaff  | November 4th  |
| Mizuki James        | November 29th |
| Jessica Jeans       | November 15th |
| Keegan Kelly        | November 17th |
| Darryl Manson       | November 23rd |
| Deanna Manson       | November 22nd |
| Tyson Mountain      | November 19th |
| Zachary Mountain    | November 17th |
| Chad Mountain Jr.   | November 7th  |
| James Puglas        | November 11th |
| Talan Puglas        | November 5th  |
| Robert Rodgers      | November 5th  |
| Tyler Schram        | November 13th |
| Douglas Seppala     | November 2nd  |
| Alvin Sewid         | November 6th  |
| Fredrick Sewid      | November 24th |
| Marton Sewid        | November 7th  |
| Netannis Sewid      | November 9th  |
| Daniel Smith        | November 6th  |
| Melanie Smith       | November 16th |
| Jessica Twan        | November 13th |
| Braydin Weatherall  | November 5th  |
| Orie-Ann Webber     | November 8th  |

*NATASHA COON*

ixk'asalala 44th xis  
ma'yudłamxdamus,  
- Love your family



*EDWARD  
GLADSTONE*

ixk'asalala 36th xis  
ma'yudłamxdamus,  
- Love your family



# *Mamalilikulla Art for Kids*

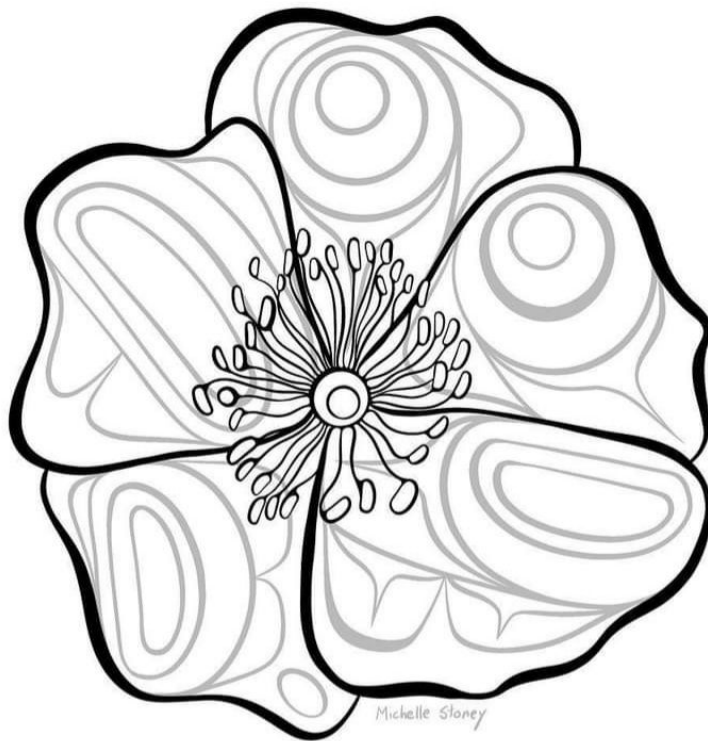
SUBMIT TO  
communications@mamalilikulla.ca

Dorothy (Dottie) Barnes gave me a fantastic idea regarding colouring for kids!

Let us catch children's interest in Mamalilikulla art at a young age. If anyone is interested, please submit a drawing in our monthly newsletter. I want to keep this going as long as possible if you sign the design for us, so other members know where the submission has come from, it would be greatly appreciated.

Here are some ideas Dottie found that give you an idea of what I am looking for:

*Art by Michelle Stoney*



*See next page for Haida Art - Bear*

*kákutta*

*learning, to learn*

*pronunciation  
[ka] (ku) (tta) (mas)*

---

*Children are capable of understanding so much more than we often give them credit for and teaching them about important issues at a young age can set them up for success as they grow. It's never too early to gently start teaching your children about important, complicated topics.*



# *Mamalilikulla Halloween contest*

Thank you for waiting patiently as we just had our AGM, and the council has been very busy; I have not received all votes because I wanted to get November Newsletter out. I will post the winners to our Facebook Page and contact the winners directly.

Thank you to every person who submitted their costumes and shared their joy with us! I was so happy to see everyone's smiling faces.

# *Mamalilikulla Information Sharing*

## BAND MEMBERS

Please notify the band office if you have a change in address and how you prefer to receive information from the office. For example, newsletters, emails, or calls. You may contact the office any of the following ways,

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

Mamalilikulla First Nation

1441 B 16th Avenue,

Campbell River, BC V9W 2E4

Phone: (250) 287-2955

Fax: (250) 287-4655

Toll-free: 1-888-287-2955

*dulo*

*win a game,  
race, money*

*pronunciation  
[du] (lo)*

*ga'watola*

*helping each  
other*

*Literal  
Translations  
helping each  
other by sharing  
what you are  
doing*

*pronunciation  
[ga] ('wat) (tlo) (la)*

# *Good Medicine for Preventing & Managing Diabetes*



## **A MESSAGE FROM DR. SHANNON MCDONALD, FNHA CHIEF MEDICAL OFFICER DURING DIABETES AWARENESS MONTH**

Diabetes is so common these days, especially among First Nations people, that most of us either know someone living with diabetes or are living with it ourselves.

The medical term diabetes refers to a group of diseases that affect how our bodies use blood sugar, an important energy source for our muscles and tissues and the brain's main source of fuel. When people with diabetes have too high or low blood sugar, this can lead to serious health problems.

Fortunately, there are many things we can do to maintain good health and help prevent or manage diabetes in our communities. As November is Diabetes Awareness Month, I want to remind everyone about these things, which include eating a traditional high-protein and high-fiber diet, being consistently active, being connected to each other and the land, and being involved in cultural activities. These are all good medicine!

As each of us has unique strengths and priorities that inform our approach to health and wellness, our choices and paths will be different. The main thing to remember is that medicine is not only found in bottles, tablets, or injections, even though these things can be important to maintaining wellness.

Nutritious food is medicine. Being active regularly is medicine. Self-care is medicine. You can find good medicine in friendship, a good night's sleep, being on the land, sharing in culture, laughing and singing, feeling the sunlight on your face, feeling gratitude for your family, and loving your community. In other words, anything that is good for your physical, spiritual, mental, and emotional (wholistic) health is good medicine!

Following are some of the medicines we can use to take care of ourselves and our children, stay balanced and healthy, and protect ourselves and future generations from diabetes and other serious diseases.

### Food is medicine

Eating nutritious food is so important for our health and wellness. Food is an essential, cultural, spiritual, and emotional element of our everyday life. Since time immemorial, the traditional foods from our territories have nourished our ancestors—wholistically. They ate a rich diet of healthy wild game or seafood, plus roots, berries, and other wild fruits and vegetables. These traditional foods are high in protein and fiber, which help to keep blood sugars balanced. When these food are not available or affordable, good replacements are lean and non-processed meats/fowl/fish, fresh vegetables and fruit, and whole grains.

Our partners at ISPARC (the Indigenous Sport, Physical Activity & Recreation Council) have provided some helpful tips and reminders for healthy and balanced nutrition. Also, check out their awesome Food is Medicine cooking show and recipe book for inspiration!

### Movement is medicine

Physical activity is one of the best ways to support mental health and wellness, and manage diabetes. Activity should be fun! Participate in whatever you like, but just get moving! Some ideas are walking in nature with friends and/or your dogs, gardening, swimming, hiking, biking, traditional dancing or drumming, and traditional food gathering.

### Connection is medicine

Take time to connect with self, your culture, your family and loved ones, and the land / territory around you. Doing these things nurtures our spirits, grounds us, and reduces stress, which helps to balance blood sugars.

Up to 76 per cent of people living with diabetes report feeling shame around their diagnosis, and shame and stigma can keep people from truly connecting with others. As First Nations people, knowing that colonization removed us from our traditional lands, lifestyle, livelihoods, and diet – causing diseases like diabetes – we can stand together against this shame and stigma, and instead support each other.

At the FNHA, we work to build supports and tackle stigma around diabetes. We know that we are all in this together. Lifting each other up, celebrating strengths, and honouring where each person is at in their health and wellness journeys are all ways that we can move forward in a good way.

### Culture is medicine

For many First Nations people, culture is protective, healing, and foundational for wellness. Cultural activities such as ceremony, drumming, dancing, creating art, and learning to speak traditional languages can build self-esteem, identity, and confidence – all of which support wholistic wellness.

Read more here: <https://www.fnha.ca/about/news-and-events/news/good-medicine-for-preventing-and-managing-diabetes>

# *10 Winter Hacks for a Warmer House Without Cranking Up the Heat*

By Jessica Bennett and Mia Taylor

During the winter, your home should be a cozy haven against frigid outdoor temperatures. Bumping up your thermostat is one way to make your house warmer, but that can lead to excessive energy costs.

To keep your heating bill down without sacrificing comfort, look for alternative ways to warm and weatherize your home in the winter. Permanent measures include installing new windows and checking your attic's insulation. Quick, inexpensive fixes are things like purchasing a door draft stopper or letting the sun's warmth in when the sky is blue.

Here are some winter hacks designed to help keep the cool air out and the warm air in your home where it belongs.

## **1. Install a programmable thermostat.**

Programmable thermostats give you more control over your home's temperature throughout the day, so you don't have to keep it at 68°F around the clock. Keep your house warmer while you're awake, then program the thermostat to automatically lower the temperature at nighttime or during other times when no one is home. Schedule the temperature to return to normal before you wake up or return home, so you're not stepping into a cold house.

For even more control, choose a smart thermostat (\$249, The Home Depot) that lets you adjust the temperature from your phone even if you're not home. It's an easy DIY upgrade that can save you tons on heating costs.

"Smart learning thermostats self-program based on a combination of current temperature and your preferences and patterns while at home. As the weather outside changes, so will the temperature in your home, and depending on your patterns and settings, the thermostat will adjust accordingly," says David Steckel, Senior Director Strategic Partnerships and New Ventures at Thumbtack. "If the thermostat has not sensed any movement in a few hours during the day and the temperature drops, the thermostat will know you're not home so it will not turn the furnace on. This behavior can save up to 10% on your heating bill."

## **2. Make sure heating vents are open and not blocked.**

It's a myth that closing vents will save money by not heating unused rooms, says Bailey Carson, home care expert with Angi. "Your home's HVAC system was selected for your home—including all of its rooms—so regardless of how many vents are open, the system will generate the same amount of hot air," Carson explains. "Fully closing vents can actually cause your system to overwork, resulting in higher energy bills and damage over the course of time. Partially closing them can help pump air into the right areas, but be sure to leave them at least 25% open."

You can also help your heating system work as efficiently as possible by ensuring warm-air vents, radiators, or other heaters around your home aren't blocked. Move any rugs, furniture, or curtains obstructing the airflow. You should also regularly clean these areas and replace your furnace filter to prevent dust buildup.

## **10 Winter Hacks for warmer house:**

1. Install a programmable thermostat
2. Make sure heating vents are open and not blocked
3. Add door draft stopper
4. Insulate windows with plastic film or bubble wrap
5. Seal your windows
6. Open Curtains on a sunny day
7. Put your ceiling fan on reverse
8. Keep interior doors open
9. Boost insulation
10. Bake some treats



### **3. Add a door draft stopper.**

Cold air can easily find a way into your home via doorways, but a draft guard can help. Often covered in fabric and weighted with sand, these handy objects are placed in front doors to prevent cold air from seeping in. You can even make your own if you're so inclined. Simply cut a length of fabric to fit your doorway, sew it into a long tube, then fill it with your choice of stuffing before sewing shut. A draft stopper won't eliminate the cool breeze that wafts in when you open the door, but it will help while the door is closed.

### **4. Insulate windows with plastic film or bubble wrap.**

Plastic film and bubble wrap are surprisingly easy and cheap window insulators. Window film insulation kits include transparent shrink film that creates a barrier around drafty windows. After cutting the plastic sheet to the size of your window, apply adhesive tape around the window frame and use a hairdryer to seal the film to the tape. (Don't worry: The plastic peels off cleanly at the end of the season.)

To use bubble wrap, select a medium to large size (\$15, Target). Small bubble wrap is too thin and won't do much to block cold air. Measure your windows and cut the bubble wrap to size. Then, use a spray bottle to spread a thin layer of water on the window. Immediately after spraying, press the bubble wrap to the window with the bubbles facing the glass. The water will make the bubble wrap stick and last all winter, keeping you warm.

### **5. Seal your windows.**

While on the topic of windows, sealing them is another good move. Replace old caulking and add weatherstripping to keep the draft out and your home warmer, says Carson. To do this, first, remove any deteriorating caulk from the window frame. Next, use a caulk gun to slowly run a bead of caulk down the seam of the window. Smooth the caulk with your finger to finish. If you want to go the extra mile, seal the interior of your windows, too.

"If your windows are due for an upgrade, this is also a great time to swap them out for storm or insulated windows to improve your home's energy efficiency, and keep you warm this winter," suggests Carson.

### **6. Open curtains on a sunny day.**

This house-warmer hack is totally free! Before you leave for the day, check the weather. If the sun will be out, open the blinds and curtains around the house to let nature heat your home for free. At night, close all curtains to prevent cold air from seeping inside.

### **7. Put your ceiling fan on reverse.**

This is an often-overlooked hack. Your ceiling fan runs clockwise during the summer to pull warm air up and keep you cool, explains Carson. However, fans can be helpful in the winter as well to keep your house warm.

"Set them to run counter-clockwise and they will circulate the air and help push warm air down to where you can feel it," Carson explains.

### **8. Keep interior doors open.**

No, not doors that lead outside, of course, but the doors throughout the interior of your home. At first blush, this might appear to go against the theory that closing the doors to some rooms will mean less area to heat overall. But Carson says, "keeping your doors open throughout your home will allow air to circulate. This will help regulate the temperature throughout the whole house."

"If there are areas that aren't connected to your central HVAC system, and they're not being used, then blocking them off can definitely help keep the heat in the right rooms," adds Carson. "However, wherever there are vents, there will be heat coming out, and keeping those internal doors open will help the [warm] air circulate."

### **9. Boost insulation.**

Although this step might be slightly more involved, checking your insulation as winter approaches can be a smart money-saving move. "If you haven't inspected your insulation in a while, it might be time to take a look. The added insulation will help regulate the temperature in your home without the energy escaping through the attic or basement," explains Carson.

### **10. Bake some treats.**

Need a get-warm-quick idea? Crank up the oven to help warm your house while you bake your favorite treat. When you're finished baking, open the oven door just a crack while it's cooling down.

**Important:** Ensure the oven is turned off when the door is cracked. The heat will warm your kitchen quickly and inexpensively. Close the door when all the heat has escaped. We don't recommend doing this with small children or pets in the house.

Read More here: <https://www.bhg.com/news/winter-hacks-to-warm-your-house/>

# Grief Exercises



Each of us is unique in how we cope with loss, but often our own way just doesn't seem to be working and we find ourselves overwhelmed. To help you work through your grief, there are things you can do to help work through the grief and ease your pain. Below is a list of what I like to call "grief exercises." It's possible that not all of these will work for you, but try them out, you may be surprised.

## Write About It

Writing is often one of the best therapies for the soul. It is often times easier to express yourself in writing than to talk with someone. Sitting down and writing (or typing into the computer) helps to express emotions.

Here are various ways to write down your feelings:

- **Keep a Journal.** Get yourself a notebook that will fit in your purse, day timer or briefcase. When you are feeling overwhelmed or just need to talk but no one is around to talk to, get your notebook out and write.
- **Write a Letter to the person you lost.** Just write out what you want to say to him/her.
- **Compose a Poem.** Sometimes our thoughts have a rhythmic quality to them. Many people enjoy writing poetry as it seems to have a calming effect to it. Try it some time; you may be surprised at the results.

## Talk About It

Find someone you can confide in. Someone who will listen and not judge you and/or your feelings. If you don't have someone like this or don't feel comfortable with anyone you know, try seeing a counselor. Most health insurance offers counseling services. A counselor can be very beneficial as an outsider who will listen and help guide you through your grief. A word of note though, if you are uncomfortable with your counselor, but still need to talk, request a different counselor. Sometimes you just might not feel as comfortable with one counselor as another. Don't be afraid or ashamed to ask to see someone else. Counselors are professionals. They understand this.

## Listen to Music

Listening to music is a great therapy.

## Volunteer Some Time

This is an excellent idea! What better way to honor your loved one than to volunteer your services to help others? Keep in mind though, not to busy yourself to the point that you bottle up your emotions inside.

## Meditate and/or Pray

Many people find this comforting. Find yourself a quiet place where you can be alone with your thoughts. Sit quietly or play some soft, soothing music. Just listen for awhile. Let your mind go and see where it leads you. Then try to clear your thoughts and pray or think about some of the happy memories you have of your loved one. You may also talk to your loved one as if they were there with you. Cry if you need to; don't hold anything back.

**Share the Memories of your loved one with Others**

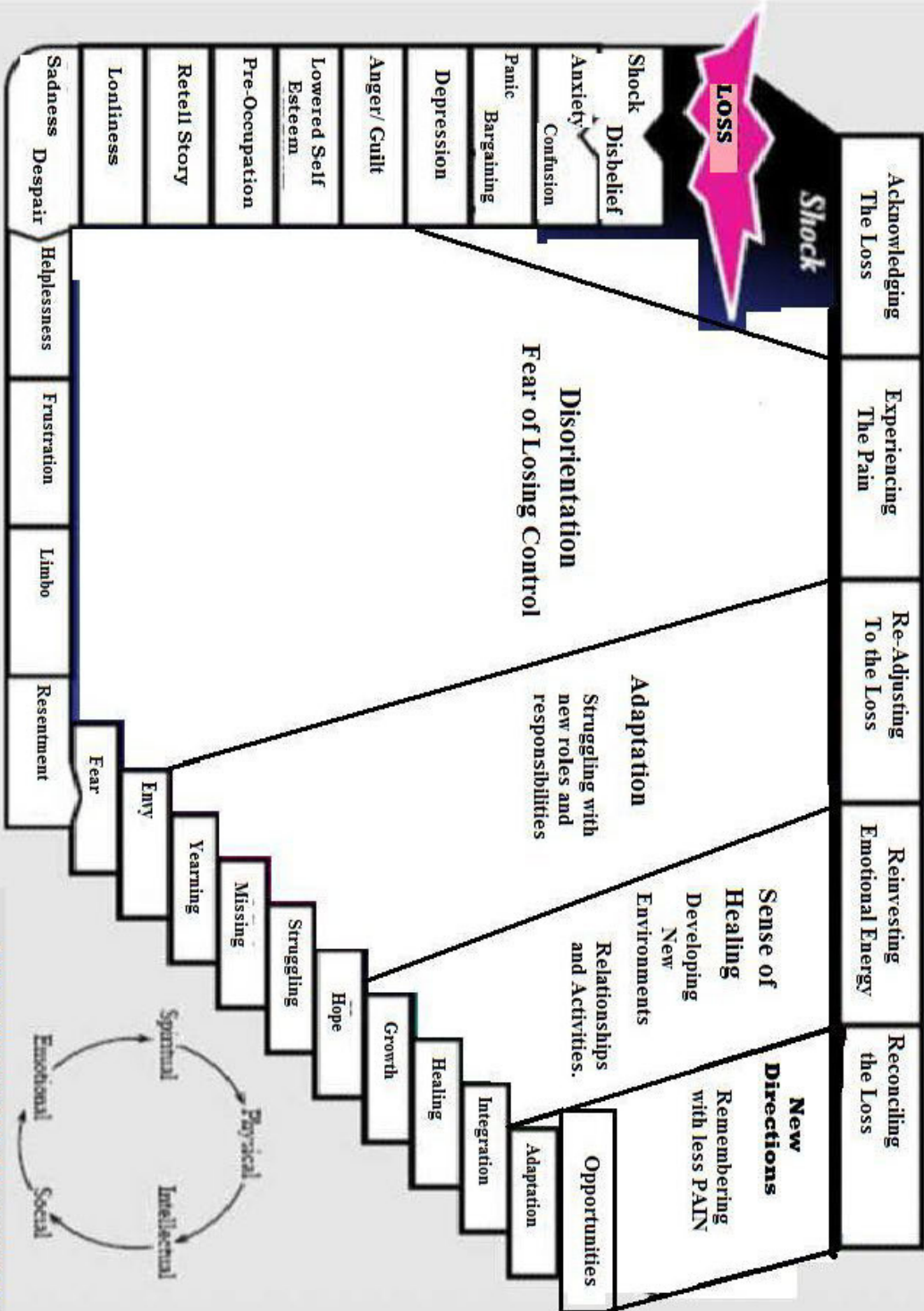
This can be extremely therapeutic but it can also be very difficult. If you feel you aren't quite ready for this, then take it slow. It can be (and probably will be) painful at first. If you have someone willing to listen, willing to hear and talk about your loved one, then by all means, talk and share! Talk about your loved one and some of the fond memories you have of your loved one.

**Join a Support Group**

Being able to share with others who can directly relate to your experience is an excellent form of therapy. How many times have you wished you could talk to someone who would understand how you feel? I mean *really* understand because they have gone through the same thing. Well, that is what a support group is all about. Or, call your counselor (or health Worker) to find out if there is a support group you can join in your area. If neither of those work out for you, you may want to consider forming your own support group. (You may want to get some assistance from a counselor or the Health Clinic though).

# The Experience of Grief

Wholistic Wellness Model



Wholistic Wellness Model

## Remember: the bad times will pass...

"The tragedies that now blacken and darken the very air of heaven for us will sink into their places in a scheme so august, so magnificent, so joyful, that we shall laugh for wonder and delight."

Arthur Christopher Bacon

The above *will* happen as your grief heals.

## Grief

Grief is something that everyone will experience at one time or another during their lifetime.

When a person experiences the loss of someone they love, through death are forced to deal with grief. When a loss occurs, most of us are unprepared for how to handle it, especially if we have never had to deal with it before. Even if we have, it is still traumatic each time.

There is a lot to learn about grief, especially the necessity of grieving a loss. Some people don't allow themselves to grieve - they hold it in, only to have it negatively affect them for the rest of their lives. Some people tend to wallow in their grief for too long, unable to adjust. Although the grieving process is different for each individual, it is imperative that grief be worked through so that you can come out on the other side of it **and get on with your life**. Life does go on, so we may as well live it to the fullest when all is said and done.

I will try to help you to deal with grief by helping you to recognize it, understand it, accept it and work through it.

## The Tasks of Grief

**These are the tasks you must accomplish in order to work through your grief. It isn't always easy, and each person must accomplish these tasks in his or her own time. But each task must be accomplished in order for you to heal and move on with your life.**

|               |  |
|---------------|--|
| <b>TASK 1</b> | You must accept the reality of your loss. You must talk about the loss until you accept it. <b>The more you talk about it, the more you will realize that the loss is real</b> - that the person is really gone and will not come back.  |
| <b>TASK 2</b> | You must allow yourself to experience the pain of grief. <b>You must accept the painful reality and finality of the loss.</b> If you don't, your grief will keep resurfacing throughout your life and interfere with a healthy emotional state of being. You have to feel the pain. You can't avoid the pain. It will hurt. You will feel awful. But this pain must be felt in order for you to work through the pain and heal. If you push the pain away and refuse to feel it, it will fester for years and affect your entire future. |
| <b>TASK 3</b> | You must learn to adjust to an environment in which the loved one is missing. You have to return to places you went together. You have to spend time in your   |

|                      |  |
|----------------------|--|
|                      | <p>home without this person. You have to encounter each aspect of your life without that person. It will be hard. You will need to learn new skills and tasks in order to assume responsibility for your own life. You have to learn to function without the person at home and in your everyday life. In other words, you must keep going. You can't withdraw from the world. The first time you go to a place, or experience a holiday without them, or do an activity you shared with your lost love will be the worst. After that, it will get better.</p>   |
| <p><b>TASK 4</b></p> | <p>Finally, after you have grieved all you need to grieve, you have to begin to withdraw emotional energy that you are investing in your grieving and the focus you have on your loss, and invest it in new relationships. If, after a reasonable amount of time you constantly relive your relationship with the person), constantly go over "what I did wrong" and "what I should have done differently", and refuse to try to move on with your life, you are investing too much energy in your grieving. The support and encouragement of a loving family and a good support group is necessary in order to move on with your life. New friends and new interests are important. The time will come when you will have to get on with your life.</p> <p><b>Take back your power. Don't let yourself grieve for too long. We all have the strength to overcome. You can do it. You can make a new and meaningful life for yourself.</b></p> |

## How We Deal with Grief

Remember, each person grieves in his own way and in his own time. You will let go and accept your loss when you have worked through all of the phases of grief and dealt with each as long as you needed to. Don't let other people tell you, "It's time to stop grieving and get on with your life." Give yourself time, but don't expect time alone to heal. You have to do a lot of work. Read books, talk to people who understand, go to recovery programs, enter therapy, counsel with your minister, or do whatever you can to heal.

You will be whole again one day.

Also, remember that each time you suffer a loss, whether it be large or small, whether it be a person or a thing (such as a job or a house lost to a fire), it will trigger feelings that will bring back all of the feelings and memories of all of your other losses. You may not consciously think about them, but the feelings will be there. The grief may return momentarily, or last a few days (or longer) depending upon the nature of the grief. Go back and do the grief work again so that the loss is properly grieved.

## Personal Challenge to Individual Healing.

---

- 1) The first part of the grief is releasing.
- 2) Allow yourself to grieve, giving yourself permission to grieve.
- 3) Forgiving yourself & others of anything and everything.
- 4) Accepting Loss.
- 5) Building Friendships.
- 6) Finally REINVENT yourself (Find your purpose).

## G-R-J-V

---

G= Get in touch with God/Creator as you understand Him.

R= Release – Find healthy ways of releasing. Ways that will make your day just a little bit easier.

J= Jell – If you have harboured bitterness in the past with someone try to make amends. Whether you can admit it or not at this delicate time, you need all the support you can get. Become closer than ever before to your family members. Let nothing or no-one break you apart.

V= Volunteer some time helping out or doing something that will keep your mind active. Get out amongst people. Don't let yourself be caged up because it will cause you to move into serious depression and that won't bring healing.