

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

February 2023

Dzadzə'wanx 2023

# 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



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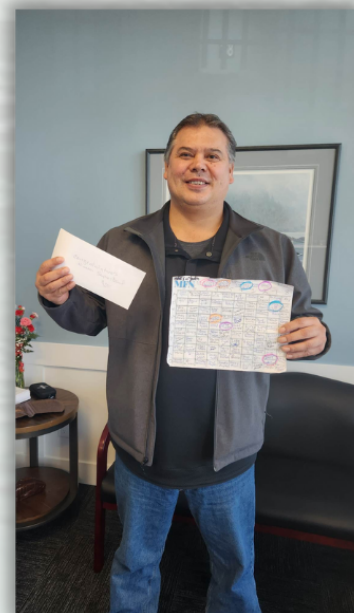
## Youth and Elder Fundraiser

Soccer Squares - CR Tournaments  
\$500 winner Gail Smith

Soccer Squares - June Sports  
\$250 winner Kim Duncan

FIFA Soccer Pool - \$1200 winner  
Connie Mountain  
\$400 runner-up Brad Puglas

Super Bowl Squares - \$150 & \$175  
winner Dana Henderson 3rd quarter  
winner \$175 Max Henderson and  
finals winner \$500 Brad Puglas



Telehealth for Mental Health



# Councillor Brad Puglas Updates

Happy New Year Mamalilikulla First Nation members

I am excited to start a New Year moving forward for the nation. Early in February, I attended IMPAC 5, a worldwide event on Ocean Conservation in Vancouver. Where Chief John Powell, alongside Minister Cullen and Minister Joyce, and the Department of Fisheries and Oceans.

Announced our Indigenous Protected and Conserved Area (IPCA) and Marine Refuge in the Lull Bay and Hoeya Sound area of Knights Inlet. Chief John Powell, myself and a very dedicated team, have worked a couple of years putting this together and to finally witness it all fold out and come into effect is very awesome to witness.

I have also been directly involved with the Broughton Aquaculture NFN and KHFN. Where together our three nations have successfully transitioned out most of the fish farms out of all three of our territories. Again, this has been a long procedure. Even though the fish farm tenures are not up until 2024 I believe we are moving in the right direction.

I have also been involved in a meeting in January with Indigenous Services Canada alongside Chief Powell, where we discussed our ATR. We walked out of this meeting with ISC having multiple action plans. So that is moving forward, slow but steady and moving in right direction. Also late January I was involved in a forestry meeting with

Interfor alongside Chief Powell and our forestry consultants. Where we had a very engaged meeting on several topics. We have scheduled further meetings in the future, where we will continue our talks as they move forward.

Last but not least, and most of you are aware I was nominated to lead the Membership Committee. I am excited to announce we have selected 4 members alongside myself and formed the Membership Committee. We had our first meeting end of January. We are very excited to move this forward in a good way. So hopefully in the near future we can welcome new band members back to the nation.

Wow, that has been a whirlwind of a start of the New Year. I will continue to represent the nation in a positive way as we grow and move forward in 2023,

Yours Sincerely,



Councillor Brad Puglas

## MAMALILIKULLA MEMBERSHIP COMMITTEE

**BRAD PUGLAS - COUNCILLOR**

**MAE FLANDERS - COMMITTEE CHAIRPERSON**

**AMOS DAWSON - 2ND COMMITTEE CHAIRPERSON**

**RICHARD SUMNER**

**PETER MOUNTAIN**

The Membership Committee met on Jan. 31, 2023, from 1:00 - 4:00 pm. Together they briefly reviewed the Membership Code and their roles on the Committee. They voted for a Committee Chairperson, Mae Flanders and 2nd Committee Chairperson, Amos Dawson. During this meeting, they reviewed 18 applications, some more detailed than others, and some old applications (5+ years old) must be updated. The Committee has accepted 11 applications to transfer to Mamalilikulla First Nation. The Committee will request follow-up and more detailed information for the remaining applications to help decide.

## Greeting from MFN Staff

Hi, my name is Jessica Mountain. I was born and raised in Campbell River by my grandparents.

I moved to Victoria after high school to attend college. While in Victoria I met my now husband Chip. We decided to move back to Campbell River to start a family and now have two beautiful children, Alara & Jensen.

I have a background in Finance, spending 10-years with Silverado Land Corporation and another year with the City of Campbell River. When I am not at work, I enjoy spending time with my family and friends.

I am excited to start my next chapter with Mamalilikulla First Nations as the Finance clerk.



Dear Chief and Council and Mamalilikulla First Nation Members,

This year is shaping up to be a busy one. There are many projects on the go including some major accomplishments already for 2023, specifically the closing of the fisheries in the IPCA and DFO declaring the area a marine refuge (effective February 14, 2023). Lots of new information can be found on the Mamalilikulla webpage under the IPCA tab.

The provincial archeology permits are in place for Berry Island and Lull Bay. The work will be completed this summer. More information will be shared once started.

On the forestry front we are close to signing a revenue sharing agreement with Interfor for work they are doing in the territory. Also, the Nation will be receiving red cedar logs for future building projects.

I am appreciative to be working with Mamalilikulla Nation members on numerous projects.

All the best for 2023.



Barb Drennan RFT  
Mamalilikulla Forestry and IPCA

Yo from Dottie (Dorothy) Barnes  
Receptionist desk

Dearest Mamalilikulla First Nation Members, Rellies near & far, I'd like to start by saying I hope you had a restful, loving holiday. Full of love & laughter with family & friends.

This year has been great so far, family moved closer back. Work is going amazing. I'm sure grateful for our team, we sure pull together when it comes to getting her done. Re-learning new and old things as I go along, I have recently completed the Records and Information Management Training. My utmost goal is to be here in a positive way, with respect & dignity.

I will continue to thrive in my daily routine to represent our MFN. Best wishes for a safe, prosperous & happy 2023



Dear Mamalilikulla First Nation members,

As we settle into the New Year, and I become more familiar with my new role as the Assistant to the Chief, I reflect back on the past few months and I am extremely grateful to my fellow coworkers and band members that have made me feel so welcome, both at work and in the community. In the short period of time that I have been here, I have also had the pleasure of meeting new family members! I am truly honoured and thankful for all the positive, friendly connections I have made this far, and it only reaffirms that I made the right decision in coming home!

Sincerely,



# Communications Update

Hello Mamalilikulla members, warm wishes to you and your loved ones.

A book I read gave me the idea of telling your stories. Driven to Succeed is an incredible story of success from one of the most unlikely places on the planet. The story develops on a First Nation reservation in northern Canada. A simple act of kindness forever changed the child of a single mom of 4 living on welfare.

This inspiring and motivational book opens your mind and heart to the unlimited potential that resides within you. It can change your life!

This book is a good read, and your stories are great as well; I wanted to start the MFN Success Stories to spread your joy of achievements through

the nation's newsletter. I want you to inspire each other; the submissions for your success don't have to be academic, how you chose to heal, overcame your fear, what ideas you may want to come to life, and so much more. Bring out the creativity within yourself and shine. Everyone has their story, and I want to read yours.

If you are reading my update, I would love for you to shine within your nation; if you don't feel like shining, pick up the book by Kendal Netmaker, Driven to Succeed.

It has been a significant part of my story working for the Mamalilikulla members; never have I felt so privileged to work for an inspiring nation.

The stories I got from Richard made this nation shine so

brightly in my eyes. To have Sonia be such a fantastic administrator to you and witness her hard work for this prospering nation reaching for many big goals and continuously aiding members in need. I am star-struck to be a part of this team.

Welcoming Dottie, Darcey, and Jessica to the team has been an even bigger blessing. Even if I don't get to talk to you daily, Dottie has been so beneficial, excelling so beautifully as she has never left the office. Darcey, Even though Chief John Powell never rests, Darcey has picked up the challenge and mastered taking on the Chief's workload, and Jessica a tremendous new addition; she fits right in with us, and it feels as if she has been a part of the team this whole time.

What a great start to 2023; I look forward to helping you with your everyday needs, do not hesitate to reach out; whatever the task may be, you got me.

I hope you all create the life you always wished for and find the fuel that lights your passion. Take good care of yourself, and stay safe.

Best Regards,



**ATTENTION MFN MEMBERS!**  
It's time to update your information

**PLEASE UPDATE YOUR:  
PHONE NUMBER  
EMAIL  
ADDRESS**

It's crucial to keep it current and accurate so you stay connected with important opportunities. Don't delay, take action today and update your information!

**COMMUNICATIONS@MAMALILIKULLA.CA  
250-287-2955 EXT 7827**

# Congratulations to Richard Gladstone, Che Mountain & Charlene Bee for completing the Indigenous Tourism 4 Week Certificate Course

**Richard Gladstone**



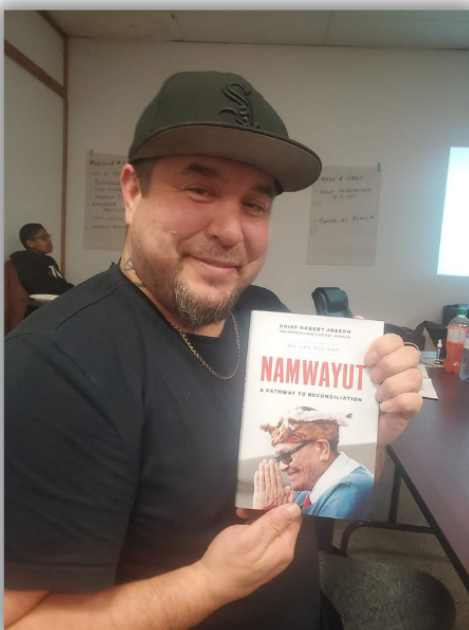
**Che Mountain**



**Charlene Bee**



Che won a signed book of uncle Bobby Joe



## LET YOUR ANCESTORS BE YOUR GUIDE

**FREE** tourism training for Indigenous people

In this training you will learn:

- Value of Tourism\*
- Indigenous Ambassador
- Frontline Customer Service - including SuperHost Service for All
- First Nations & SuperHost Destination Ambassador
- Indigenous Storytelling
- FOODSAFE\*
- Foundation of Workplace Safety
- BSafe (includes Covid safety)
- First Aid – standard First Aid
- Other – tourism skills training for area
- Serving It Right (SIR)\*

**Honor your Ancestors.**

Be the best Host you can be. Learn Indigenous storytelling, how First Nations will lead tourism, how to be an empowered host, and more.

Happy 75th birthday February 5th



To our beautiful  
aunty/mom/gran/great gran  
**LOVE YOUR FAMILY**

*Ixk'aslalaxis 'ma'yudłamxdamus*

*Ixk'aslalaxis 'ma'yudłamxdamus*

*Ixk'aslalaxis 'ma'yudłamxdamus Louisa Robinson*

*Ixk'aslalaxis 'ma'yudłamxdamus*



Happy  
Birthday

Thank you to Mamalilikulla Band for giving us opportunities to try new things. Twyla posted a post in August about a Graphic Recording course that we could apply for. They accepted three people from each region (Pacific, Mid, Atlantic, and North Canada).

The course consisted of five three-hour Zoom classes where we learned about Graphic Recording from Sam Bradd of Drawing Change consulting. I did not know what graphic recording was when I applied. I had no clue what a big thing it was and is becoming. Rather than taking point form word notes on paper, graphic recording is a mix of drawings and words to create a recording of what was discussed at meetings, forums and any type of online Zoom meet-ups. They are done digitally by drawing on a tablet or drawn on large paper with ink alongside the meeting.

This course was sponsored by CIER (Center for Indigenous Environmental Resources) and was aimed at doing a few workshops about SARA (Species at Risk Act) with the end result being applying for a contract with CIER to do a recording of one of the workshops they offer.

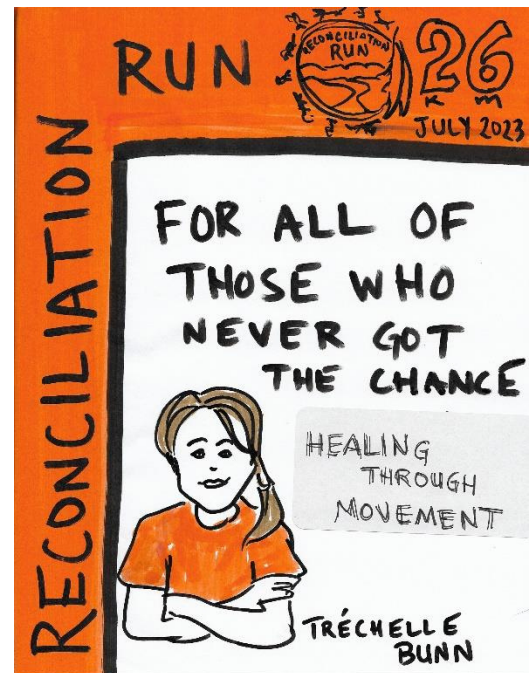
It was a wonderful experience and has opened a whole new door of options for me. I have enjoyed getting back into drawing again and learning all the knowledge that has come from the Zoom meetings I have attended. I already have one job in the future for Graphic Recording at the R.I.E.P (Rural Island Economic Partnership) forum in April.

Thank you to all who made this happen.

*Carla Duffey*



This is from a 1-hour Zoom featuring Sage Lacerte, whose family helped create the Moosehide foundation



Zoom about Reconciliation Run that is based out of Manitoba, but can be done virtually this Sept 2023 also.



# Are you entitled to register under the *Indian Act*?



Bill S-3 changed the *Indian Act* to remove known sex-based inequities from the registration provisions. **More people are now entitled to register.**

## Why was the *Indian Act* changed?



When an entitled woman married a non-entitled man before 1985, she lost her right to registration. That loss also affected her descendants' rights to registration.

Bill S-3 was introduced to fix the impacts of this loss of status for all affected descendants.

## You may now be entitled to register:



If you have a parent, grandparent or ancestor who was affected by sex-based inequities in the *Indian Act*.



If anyone from your immediate or extended family is registered or entitled to be registered.

## Find out more about registration and how to apply:

Call Indigenous Services Canada at **1-800-567-9604** and select **option 1**, Monday to Friday from 9 am to 6 pm Eastern time

Visit [canada.ca/indian-status](https://canada.ca/indian-status)



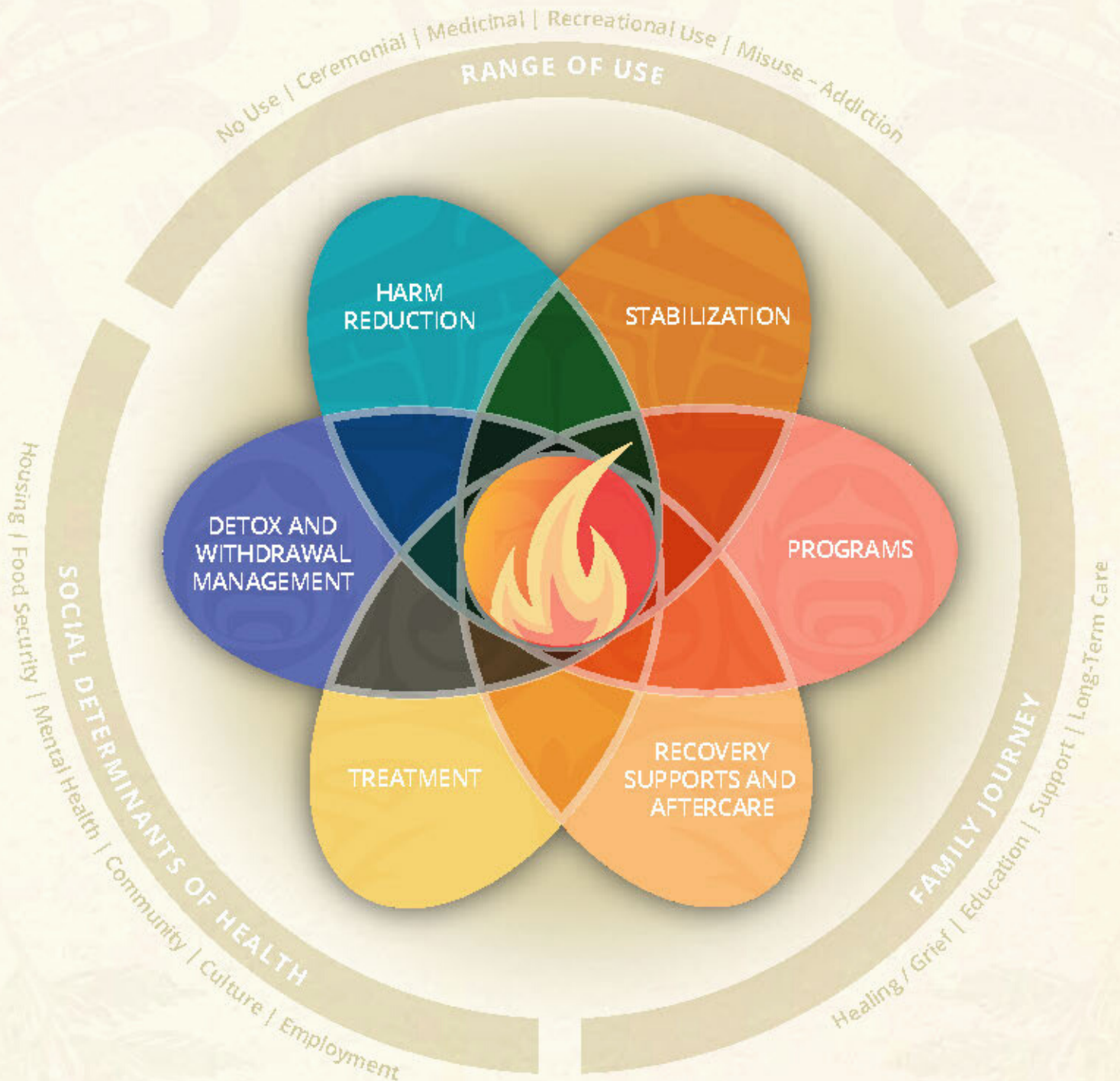
Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

# ALL PATHS LEAD TO WELLNESS

SUPPORTING PEOPLE WHO USE SUBSTANCES



We need to offer support in a variety of ways. The categories and examples below reflect the wide spectrum of programs and services needed to meet people where they are at in their healing journeys.

Through engagement and conversation with people who will be using the services, we can expand programs and services to provide what they need while also keeping them safe.

## HARM REDUCTION

### MEETING PEOPLE WHERE THEY ARE AT

- Safe supply of drugs
- Compassion clubs
- Opioid agonist treatment (OAT), injectableOAT/ Tablet injectableOAT
- Overdose Prevention Sites (OPS) / Mobile OPS
- Harm reduction supplies
- Lifeguard app; Be Safe app
- Family safety plans
- Managed alcohol programs
- Inclusion in ceremony, cultural events, connection to land and culture
- Peer witnessing programs
- Ensuring basic needs i.e., food, shelter, access to healthcare

## STABILIZATION

### ACCEPTING WHO AND WHERE WE ARE

- No-barrier and low-barrier programs
- Safe spaces with no programs / safe spaces with programming
- Low-barrier housing and shelter
- Paid for beds for stabilization through health authority
- Aunties, uncles, families, friends, community and peers
- Counselling
- Land-based healing, inclusion in ceremony, cultural events, connection to land and culture

## DETOX & WITHDRAWAL MANAGEMENT

### SUPPORT FOR REDUCING OR STOPPING USE OF ALL OR SOME SUBSTANCES, AND MANAGING THE HARMS OF STOPPING

- Withdrawal from one drug or withdrawal from all drugs
- Mobile programs / in-home programs
- Medical detox programs
- Land-based programming
- Traditional medicines
- Alone / cold turkey
- Managed decrease of use / tapered use of medications
- Managed alcohol programs



## PROGRAMS

### LEARNING ABOUT NEW SKILLS, TIPS AND TOOLS WHILE CONNECTING AND GROWING

- On-the-land programming
- Teachings / cultural activities and programming
- Virtual programs
- In-community programs
- Health authority services
- Not-for-profit organizations
- Community addiction workers
- Support groups
- Outreach programs
- Peer programs
- Family focused programming

## TREATMENT

### INTENSIVE OR FOCUSED HEALING OPTIONS

- Treatment and healing centres
- Provincial and regional health treatment centres
- Private centres
- Land-based treatment
- In-community treatment programs
- Mobile treatment programs
- Out-patient programs
- Counselling
- Peer assisted programs
- Ketamine/psilocybin assisted therapies
- Compassion clubs

## RECOVERY SUPPORTS AND AFTERCARE

### ONGOING SUPPORTS AND PROGRAMS TO HOLD PEOPLE UP

- Alcoholics Anonymous
- Narcotics Anonymous
- Wellbriety
- SMART Recovery
- Inclusive ceremony
- Trauma programs
- Peer programs
- Community activities / community based programming / Elders / teachings
- Employment / education
- Peer programs



First Nations Health Authority  
Health through wellness

# Telehealth for Mental Health

## What is Telehealth?

Telehealth is the use of virtual technology to deliver health care services. If you are unable to attend an appointment in person, the First Nations Health Authority can support you to receive mental health counselling through telehealth.

Counselling sessions delivered using telehealth can be done over the phone or using video conferencing (e.g. [Zoom](#), [Skype](#), [FaceTime](#)). The FNHA does not consider texting and emailing to be telehealth.

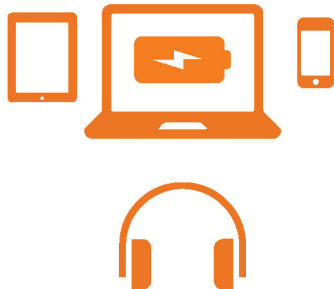
## How Do I Set Up a Telehealth Appointment?



### STEP 1

Contact your mental health provider to ask about a virtual counselling appointment. Discuss which telehealth option they prefer and which you feel most comfortable using.

As long as you are seeing a [mental health provider who is registered with Health Benefits](#), all telehealth sessions are fully covered.



### STEP 2

Prepare for your telehealth appointment:

- Have a fully charged device.
- Find a private space where you feel comfortable and won't be overheard.
- Use a headset or earbuds to avoid echoes and protect your privacy.



### STEP 3

Follow any instructions from your provider about downloading or logging on to the video conferencing system.

It is important to remember that not being available for the call or video as planned is considered a no-show appointment. Clients may need to pay for no-show appointments.

To find a registered mental health provider, visit [fnha.ca/benefits](https://fnha.ca/benefits) or call **1.855.550.5454**