

ΧΑΜSΧΑΜSDI
2023



AUGUST
2023

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

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CULTURAL & RECONCILIATION WORKSHOP

**IMPORTANT
ANNOUNCEMENT**

**CULTURAL &
RECONCILIATION
WORKSHOP!**

EAGLES HALL, 1999 14TH
AVENUE, CAMPBELL RIVER

AUGUST 21-25

9:00AM - 4:00PM



WELCOME TO AUGUST!

As the sun's golden embrace lingers a little longer each day, we find ourselves at the threshold of August, a month brimming with historical significance and nature's bountiful offerings. Just as our ancestors once gathered to celebrate the awe-inspiring salmon run, a vital event that sustained their lives and deepened their connection to the land, we invite you to commemorate this timeless tradition.

Did you know that August was a time of jubilation for our forebearers? They would eagerly congregate along riverbanks, rejoicing in the spectacle of the salmon run – a breathtaking natural phenomenon that marked the rhythm of their lives. This remarkable event wasn't just about sustenance but a profound reminder of the interconnectedness between humans and the environment. Our ancestors' reverence for the land, their unwavering respect for the delicate balance of ecosystems, and their celebration of abundance remain poignant reminders for us today.

Take the time this month to pay homage to the salmon run, embarking on a journey that bridges the gap between generations and fosters an enduring bond with the world that sustains us. Let's embrace the timeless wisdom of our ancestors, weaving it into the fabric of our modern lives and enriching our own narratives.

Thank you for being a part of our community, and here's to a month filled with tradition, connection, and the splendour of August.

Tayla Edmonds

“ You must be
the change you
wish to see in
the world. ”

— *Gandhi*





EMBRACING TRADITIONS

Throughout human history, we have shared and passed down many ancient cultural treasures just waiting to be explored, learned about, and connected with; beneath the surface of the feasts and dances lie sacred ceremonies that connect us to our ancestors and reveal the depths of our heritage. We are excited to invite you on a journey this August into the heart of one such sacred ceremony - the Potlatch.

Discovering the Fascinating History of Potlatches
At the core of our traditions lies the Potlatch, a gathering of immense significance that goes far beyond mere festivity. The history of potlatches stretches back centuries, serving as a cornerstone of indigenous cultures. This intricate practice is woven with layers of meaning, reflecting our forebearers' communal values, social hierarchy, and spiritual connections. Potlatches were vibrant expressions of wealth, culture, and generosity, where families and clans would come together to share their abundance and reaffirm their bonds.

The Significance of Regalia: Adornments That Speak Volumes
In the realm of the Potlatch, regalia takes on a profound role. These intricately crafted garments, masks, and accessories are more than just ornamental; they are vessels of cultural identity and historical narratives. Passed down through generations, regalia embodies the stories of the ancestors, preserving their wisdom, experiences, and triumphs. Each bead, feather, and symbol carries a message that transcends time, reminding you of the enduring strength of your heritage.

Oral Traditions: The Lifeline of Intergenerational Wisdom
As the flame of our heritage is nurtured through generations, oral traditions become the threads that weave our past into our present. Storytelling, song, and spoken word serve as vessels for knowledge transfer, ensuring that the echoes of our ancestors' voices resonate within us. Through these oral traditions, the legacy of the Potlatch remains alive, and the flames of its significance continue to burn brightly.

Resilience in the Face of Adversity
The story of the Potlatch is also one of resilience and unwavering spirit. The Mamalilikulla community's determination kept this sacred tradition alive, even in the face of the Potlatch Ban of 1884. This oppressive measure sought to suppress culture and erase traditions, but through collective perseverance, the flame of Mamalilikulla heritage never flickered out. It serves as a testament to the strength, resolve, and commitment to honouring the legacy passed down.

Celebrate the richness of traditions, embrace the ancestors' wisdom, and forge a deeper connection to cultural heritage. Together, let us uncover the layers of meaning, significance, and resilience that have shaped our journey throughout the ages.

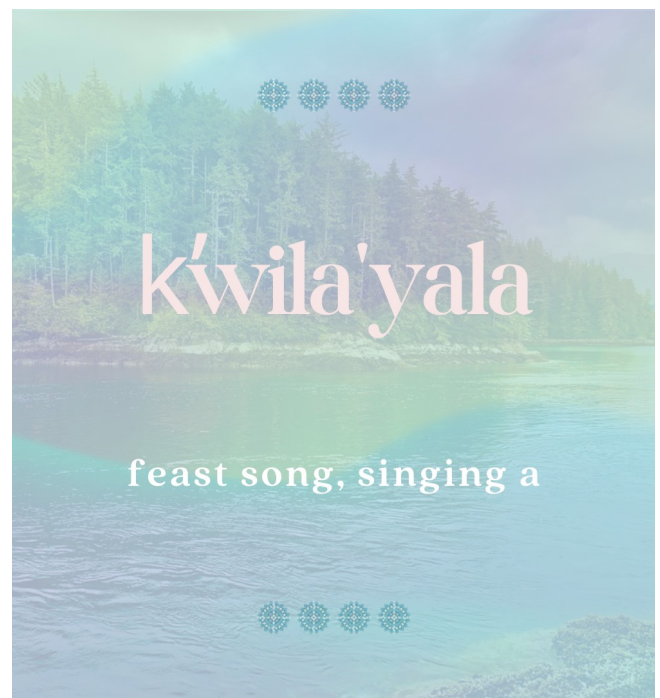
Twyla Edmonds

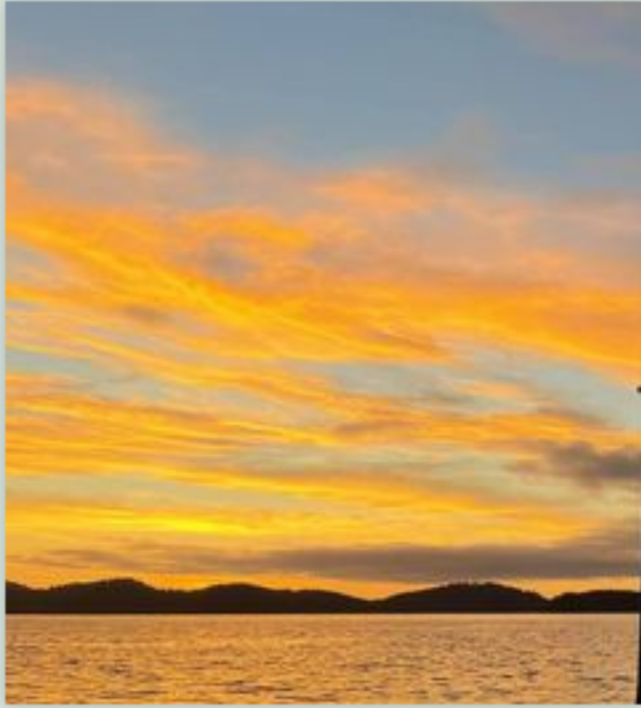


DIVERSE WAYS TO CELEBRATE EQUINOXES AND SOLSTICES

- 1) **Traditional Rituals:** Many indigenous cultures and ancient civilizations have traditional rituals that are performed during equinoxes and solstices. These rituals often involve ceremonies, dances, chants, and offerings to honour nature, the changing seasons, and celestial events.
- 2) **Spiritual Observances:** Various spiritual traditions incorporate equinoxes and solstices into their calendars and celebrations.
- 3) **Festivals and Gatherings:** Many communities organize festivals and gatherings during equinoxes and solstices, often featuring music, dancing, feasting, and communal activities.
- 4) **Seasonal Foods and Drinks:** Culinary traditions are often tied to equinoxes and solstices, with specific foods and beverages prepared and enjoyed during these times to celebrate the changing seasons.
- 5) **Art and Creativity:** Artists and artisans may create extraordinary artworks, crafts, or performances inspired by the themes of equinoxes and solstices.
- 6) **Environmental Awareness and Conservation Efforts:** Some groups use these celestial events as opportunities to raise awareness about environmental issues and promote conservation efforts.
- 7) **Astrological Observations:** For astrologers and astronomy enthusiasts, equinoxes and solstices hold special significance in their studies and observations of celestial bodies and events.
- 8) **Personal Reflection and Renewal:** Individuals may use these occasions for personal reflection, goal-setting, and renewal.
- 9) **Community Service and Giving:** Some communities engage in charitable activities and give back to society during equinoxes and solstices to promote goodwill and kindness.
- 10) **Yoga and Meditation Retreats:** Retreats centred around equinoxes, and solstices may be organized to promote spiritual growth and self-discovery.

It's important to note that the ways of celebrating equinoxes and solstices are not limited to the examples listed above. Each celebration reflects the unique perspectives and traditions of the people involved and serves as a reminder of the interconnectedness between humans, nature, and the cosmos.





CELEBRATING EQUINOXES AND SOLSTICES - THE YEAR 2024 -EXAMPLE

The year 2024:

- Spring Equinox (Vernal Equinox): Date: March 20, 2024 (Dates can vary slightly each year)
 - Observances:
 - Sunrise Ceremony: Gather before sunrise to welcome the return of longer days and the renewal of life in nature.
 - Planting Rituals: Commence traditional planting practices, honouring the connection between people and the land.
- Summer Solstice: Date: June 21, 2024 (Dates can vary slightly each year)
 - Observances:
 - Sunrise Gathering: Witness the first rays of the Summer Solstice sun and express gratitude for its warmth and light.
 - Community Powwow: Celebrate with dances, songs, and feasting to mark the year's longest day.

- Autumnal Equinox: Date: September 22, 2024 (Dates can vary slightly each year)
 - Observances:
 - Harvest Festival: Give thanks for the bountiful harvest and honour the cycle of growth and abundance.
 - Ancestral Remembrance: Pay respects to ancestors and share stories that pass down wisdom and knowledge.
- Winter Solstice: Date: December 21, 2024 (Dates can vary slightly each year)
 - Observances:
 - Sunset Vigil: Observe the Winter Solstice sunset, embracing the return of longer nights and introspection.
 - Healing Ceremonies: Engage in healing practices, including smudging and prayers, to nurture the community's well-being.
- Lunar Observances:
 - Throughout the year, pay attention to significant lunar events, such as full moons and new moons, which may have special spiritual or cultural significance within the community. These occasions can be marked with ceremonies, storytelling, or other traditional practices.
- Environmental Conservation Days:
 - Dedicate specific days to environmental conservation efforts, such as community clean-ups, tree planting, or educational workshops on sustainable practices. These events align with the values of stewardship and respect for the land.
- Community Gatherings:
 - Throughout the year, plan community gatherings that align with the changing seasons, such as seasonal feasts, cultural workshops, and traditional games, fostering unity and cultural continuity.

Remember that this is just one possible representation, and the actual calendar would vary depending on the specific cultural traditions and practices. Additionally, Indigenous calendars may incorporate additional cycles, lunar phases, and other celestial events that hold cultural significance.



HARVESTING THE GIFTS OF AUGUST

August has arrived, and with it comes a time of abundance and connection with the natural world. In all its generosity, nature offers us a wealth of resources in the form of vibrant berries, fresh vegetables teeming with vitality, and medicinal plants steeped in age-old healing properties. In this edition, we embark on a journey into the heart of August's gifts, exploring the art of sustainable foraging, understanding the symbiotic relationship between plants and our well-being, and crafting nourishing recipes from these local treasures.

A Bounty of Flavors August paints the landscape with a palette of vibrant colours and flavours. Explore the lush bounty of berries, including succulent blackberries, sweet raspberries, and the earthy richness of blueberries. These natural gems aren't just delicious; they're rich in antioxidants and vitamins, providing a nutritional boost that connects us to the land. Additionally, savour the delights of wild strawberries, currants, and huckleberries that thrive in this season.

A Feast of Freshness In August, gardens and wild spaces alike offer an array of fresh vegetables. From the crisp bite of cucumbers to the earthy sweetness of heirloom tomatoes, the season's vegetables are a testament to the earth's fertility. Discover the joy of harvesting your own produce, cultivating a deep connection with the land and the food it provides. Add zucchini, bell peppers, and an array of leafy greens like spinach and kale to your harvest.

Healing from the Earth Ancient wisdom has long recognized the healing properties of certain plants. August is the perfect time to forage for medicinal treasures like elderberries, echinacea, chamomile, and yarrow. These plants have been used for centuries to boost our immunity, soothe ailments, and connect us to the natural remedies that have been passed down through generations.

The Art of Giving Back Engaging in sustainable foraging is not just about taking; it's about fostering a balanced relationship with the environment. As you explore the world of foraging, remember the golden rule: take only what you need and leave no trace. This ensures the continued health of ecosystems, allowing future generations to savour the same bounties.

Plants and Our Well-being Plants and humans share a profound connection. By foraging for local treasures, we become a part of this symbiotic relationship. Plants nourish our bodies and spirits while benefiting from our care and stewardship. It's a reminder of the interdependence of all life forms and the importance of nurturing this delicate balance.

From Nature to Plate Celebrate the flavours of August by crafting nourishing recipes that honour the gifts of the land. Transform your foraged finds into delightful jams, refreshing herbal teas, or hearty salads bursting with freshness. These recipes satisfy your palate and deepen your connection with the natural world.

Let us embrace the season's gifts with gratitude and respect this August. We honour the earth's offerings through sustainable foraging and celebrate the harmony between humans and nature. Together, we can ensure that the legacy of abundance endures for generations.

Tayla Edmonds

Discovering Kwakwala

1. What does the word "əm" mean in English?

- Answer: a) Yes

2. How would you say "What is your name?" in Kwakwala?

- Answer: b) ąngwaxtlas

3. Which Kwakwala word means "speaking the chinook language"?

- Answer: a) dząnuk'wala

4. "Be quiet!" in Kwakwala is:

- Answer: b) k'wil'ida's

5. What is the translation of "singing, I will be" in Kwakwala?

- Answer: a) dąnɣalatłan

6. What does the Kwakwala word "kayudatso" mean?

- Answer: c) talkative, chatterbox, talk too much

7. Which Kwakwala word means "stop! quit!"?

- Answer: a) gwa's

8. How would you say "do you speak Kwakwala?" in Kwakwala?

- Answer: b) kwak'wala'mas?

9. What is the English translation of "tlik'wala"?

- Answer: a) lying, to lie

10. Which Kwakwala word means "pick up a fish"?

- Answer: a) gasxu'studaga

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