

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

MAMALIKULLA 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



— “ —

hahasat̓ala

Speak up or speak louder

— ” —

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CELEBRATING A YEAR OF DEDICATION AND GROWTH

We are thrilled to celebrate a remarkable milestone in the journey of one of our dedicated colleagues, Dorothy Barnes, who has just completed their first year with Mamalilikulla First Nation! As we reflect on this incredible journey, we are reminded of the hard work, dedication, and passion that Dottie has brought to our team.

Over the past year, Dottie has demonstrated a remarkable commitment to our organization's mission and has played a vital role in our collective efforts to strengthen the Mamalilikulla community. Their unwavering dedication to making a positive impact has been truly inspiring, and we are grateful for the energy and drive they bring to our team every day.

During their time with us, Dottie has accomplished many significant milestones, and their contributions have not gone unnoticed. They have shown great determination in their work, from everyday tasks to compassion and understanding of members' needs. Dottie's work has demonstrated their skills and professionalism and exemplified the values and commitment that make Mamalilikulla First Nation a vibrant and thriving community.

On this special occasion, we want to express our sincere appreciation for Dottie's dedication and their positive impact on our team and community. Thanks to the hard work and commitment of individuals like Dottie, we continue to achieve our mission and work toward a better future for the Mamalilikulla First Nation.

As we look forward to the coming years, we are excited about the opportunities and growth that Dottie will undoubtedly continue to bring to our organization. Their passion for the Mamalilikulla community is evident, and we are fortunate to have them on our team.

Join us in congratulating Dottie on this significant milestone, and let us express our appreciation for their outstanding contributions. We look forward to many more years of collaboration, growth, and shared successes as we work together to impact the Mamalilikulla First Nation positively.

Congratulations, Dottie, on your first anniversary with Mamalilikulla First Nation! Here's to many more years of success and shared achievements.

Tuyla Edmonds



HONOURING THE PAST, EMBRACING THE FUTURE

As September dawns upon us, we are reminded of a solemn yet powerful occasion that demands our collective attention and respect - the National Day for Truth and Reconciliation. This day, set for September 30, reflects the painful history endured by Indigenous communities and calls for unity, understanding, and healing.

Wear Orange, Embrace Truth
On September 30, the National Day for Truth and Reconciliation coincides with Orange Shirt Day. The orange shirt, a symbol of cultural loss and resilience, represents the strength of Indigenous children and families who faced the devastating impacts of residential schools. It's a poignant reminder of the need to ensure that "Every Child Matters."

We encourage all Canadians to partake on this day to honour the Survivors of residential schools and to stand in solidarity with Indigenous communities across the nation. Let us use the vibrant hue of orange to illuminate the path toward reconciliation.

Commemorate and Learn Together
Across the country, local activities are organized to commemorate the history and legacy of residential schools. These gatherings offer a platform to come together as a community, share stories, and pay tribute to those who suffered in silence for far too long.

To find events in your area, explore online resources or reach out to Indigenous organizations in your province. Share your plans and reflections using the hashtag #NDTR on social media to spread awareness and solidarity.


Illuminating Hope

From September 30 at 7:00 pm to October 1, buildings across Canada, including the iconic Peace Tower on Parliament Hill, The Heritage Building and the OTTAWA sign in the ByWard Market will be illuminated in orange. This breathtaking display serves as a beacon of hope, a visual representation of our commitment to acknowledging the past and building a brighter future together.

Remembering The Children: National Day for Truth and Reconciliation 2023
Join APTN and the National Centre for Truth and Reconciliation for "Remembering The Children: National Day for Truth and Reconciliation 2023." This 90-minute commemorative gathering will be broadcast live from Parliament Hill at 12:30 pm (ET) on APTN. Let us unite to remember, reflect, and move forward.

Truth and Reconciliation Week

From September 25-30, 2023, Truth and Reconciliation Week offers educational programs that transcend borders. These virtual sessions welcome students from across the nation to engage in meaningful dialogue, fostering understanding and unity between Indigenous and non-Indigenous communities.



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Support and Healing

For those who need support, emotional crisis referral services are available for former residential school students at 1-866-925-4419. Additionally, the Hope for Wellness Help Line is available 24/7 for Indigenous individuals seeking counselling and crisis intervention at 1-855-242-3310 or through online chat at <https://www.hopeforwellness.ca/>.

Our Shared History, Our Shared Responsibility

The National Day for Truth and Reconciliation serves as a stark reminder of our shared history. From 1867 to 1996, 140 federally run residential schools operated in Canada. Survivors fought tirelessly for recognition, reparations, and accountability, culminating in the establishment of the Truth and Reconciliation Commission and the National Centre for Truth and Reconciliation.

Today, we stand on the shoulders of these brave individuals who shared their stories and experiences. Their efforts led to Call to Action 80, prompting the creation of this federal statutory day of commemoration.

The National Centre for Truth and Reconciliation now stands as a repository of truth, preserving statements, documents, and materials collected by the Commission. It provides a foundation for continuous learning and research, ensuring that it will always be remembered.

The Power of the Orange Shirt

The heart-wrenching story of Phyllis Webstad and her orange shirt ignited the flame of Orange Shirt Day. It symbolizes the stripping away of culture, freedom, and self-esteem endured by Indigenous children. Let us remember that every orange shirt tells a story - a story of resilience, loss, and hope.

Orange Shirt Day allows us to raise awareness about the painful legacy of residential schools. It is a day to acknowledge the trauma still felt today, as the last school closed its doors in 1996. Together, we reaffirm our commitment that every child matters.

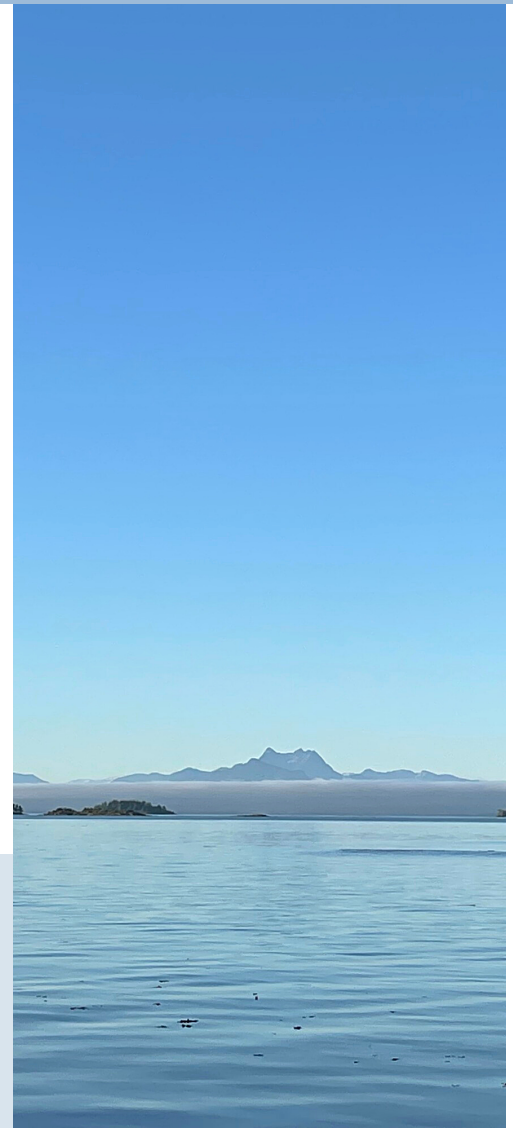
A Provincial Commitment

In March 2023, British Columbia passed legislation to make September 30 a statutory holiday, further acknowledging the importance of this day. This Act, known as The National Day for Truth and Reconciliation Act, enables more British Columbians to participate in events, engage in meaningful discussions, and deepen their understanding of this vital history.

As we approach September 30, let us unite as a community, wear our orange shirts with pride, and commit to truth, reconciliation, and a brighter future for all. We stand together, hand in hand, to ensure that the painful legacy of residential schools is never forgotten.

In solidarity and hope,

Toyla Edmonds





National Centre for Truth *and* Reconciliation

UNIVERSITY OF MANITOBA

LUNCH & LEARNS

[HTTPS://NCTR.CA/EDUCATION/COMING-SOON-TRUTH-AND-RECONCILIATION-WEEK-2023/](https://nctr.ca/education/coming-soon-truth-and-reconciliation-week-2023/)

Day 1 – Sept. 25:

Indigenous peoples and the History of residential schools.

[Watch on YouTube](#) – [Discussion Questions & Resources](#)

Speaker: [Crystal Fraser](#) , [Tagaaq M. E-Palmer](#)

Day 2 – Sept. 26:

Unconscious bias and debunking stereotypes.

[Watch on YouTube](#) – [Discussion Questions & Resources](#)

Speaker: [Cary Miller](#), [Jesse Wentz](#)

Day 3 – Sept. 27:

Intergenerational impacts and ongoing systemic discrimination.

[Watch on YouTube](#)

Speaker: [Cynthia Wesley-Esquimaux](#), [Christa Big Canoe](#)

Day 4 – Sept. 28:

Indigenous Peoples' rights and the UN Declaration on the Rights of Indigenous Peoples.

[Watch on YouTube](#)

Speaker: [Brenda Gunn](#), [Karen Drake](#), [Caleb Behn](#)

Day 5 – Sept. 29:

Taking action towards Reconciliation.

[Watch on YouTube](#)

Speaker: [Jimmy Durocher](#), [Dale LeClair](#)



First Nations Health Authority
Health through wellness

Mental Health and Cultural Supports

TELEPHONE AND ONLINE SUPPORT

Virtual Substance Use and Psychiatry Service. A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the [Virtual Doctor of the Day](#) program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service offers mental health counselling and crisis intervention to Indigenous people across Canada. Toll-Free: 1-855-242-3310 www.hopeforwellness.ca

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. 1-800-668-6868 or text the word "connect" to 686868 to access text support.

KUU-US Crisis Services is available 24/7 to support Indigenous people in BC. <https://www.kuu-uscrisisline.com/24-hour-crisis-line>
Toll-Free: 1-800-KUU-US17 (1-800-588-8717)
Adult/Elder: 1-250-723-4050
Child/Youth: 1-250-723-2040

National Indian Residential School Crisis Line supports former Residential School students. The crisis line provides emotional and crisis services 24/7. Toll-Free: 1-866-925-4419

Provincial Alcohol and Drug Information Referral Service provides free referral services to support with any kind of substance use issue (alcohol or other drugs). Toll-free: 1-800-663-1441
Lower Mainland: 604-660-9382

Foundry: health and wellness supports, services and resources for young people ages 12 – 24 and their caregivers. No referral or assessment required. In-person: <https://foundrybc.ca/find-a-centre/>
Virtual: <https://foundrybc.ca/virtual/>

FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides access to mental wellness and counselling services. All services require prior approval. A list of providers registered with Health Benefits can be found on the [Provider List](#) or by contacting: **1-855-550-5454.**

INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

Adah Dene Cultural Healing Camp Society
Margo Sagalon: 250-996-3813
Admin.elders@telus.net
Tracey Charlebois: 250-996-1475
Nakazdlielders@telus.net

Carrier Sekani Family Services
For Vanderhoof: Catherine Lessard: 250-567-2900 or Toll-free: 1-800-889-6855
For Prince George: Rhonda Hourie or Cheryl Thomas: 778-675-0419

Gitanyow Human Services
Wanda Good: 250-849-5651
Wanda.e.good@gmail.com

Gitsxan Health Society
Martha Wilson: 250-842-6876

Nuu Chah Nulth Tribal Council
Vina Robinson: 1-250-724-3939
vina.robinson@nuuchahnulth.org
Daily Elliott: 250-720-1736

Indian Residential School Survivors Society
Carol Stegman: 604-985-4464 or Toll-free: 1-800-721-0066

Okanagan Nation Alliance
Toll-free: 1-866-662-9609

Tsow-Tun-Le-Lum Society
Toll-free: 1-888-590-3123

FNHA TREATMENT AND HEALING CENTRES

During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements. Most treatment centres have moved to providing virtual support to individuals and families.

Carrier Sekani Family Services
Call: 250-567-2900 or Toll-free: 1-800-889-6855 and ask for an ARP Team member
Email: rjohn@csfs.org

Kackaamin Family Development Centre
Call: 250-723-7789 or Toll-free: 1-833-205-6946

Namgis Treatment Centre
Call: 250-974-8015 or Toll-free: 1-888-962-6447 Ext. 2141

Nenqayni Wellness Centre
Call: 250-989-0301 or Toll-free: 1-888-668-4245

North Wind Wellness Centre
Call: 250-843-6977 or Toll-free: 1-888-698-4333

Telmexw Awtextw (Sts'ailes First Nations)
Call: 604-796-9829

Tsow Tun Le Lum
Call: 250-268-2463 or Toll-free: 1-888-590-3123

Wilp Si'Satxw Healing Centre
Call: 778-202-0162, 778-202-1349 or Toll-free: 1-877-849-5211

All information in this document is accurate as of September, 2022.

GET INVOLVED WITH THE MFN NEWSLETTER

I believe in the power of unity and sharing our stories, culture, and community news. With this in mind, I invite you to become an active part of the Mamalilikulla First Nation Newsletter.

Our newsletter serves as a vital link between the First Nation community and our cherished members. It's not just a platform for communication but a medium through which we celebrate our rich culture, share essential updates and uplift the voices of the MFN people. We need your involvement to make this newsletter genuinely reflective of the MFN community!


Here are a few ways you can participate and contribute:

1. **Share Your Stories:** Do you have a personal story, achievement, or experience you'd like to share with the community? Whether it's about cultural traditions, community events, or your personal journey, we welcome your contributions.
2. **Community News and Events:** Keep us informed about your community's latest events, celebrations, or any essential updates. Your information can help ensure that everyone stays informed and involved.
3. **Cultural Insights:** Share your knowledge and understanding of Mamalilikulla culture and traditions. Educate and inspire others with your insights into MFN heritage.
4. **Photography and Art:** A picture speaks a thousand words. If you're a budding photographer or artist, you can submit your work to be featured in our newsletter.
5. **Recipes and Traditions:** Food is an essential part of any culture. Share your family recipes, traditional dishes, and the stories that go with them.
6. **Participate in Interviews:** If you're willing to be interviewed or would like to nominate someone from the community with a unique story, let me know.
7. **Community Involvement:** If you have information about volunteer opportunities, initiatives, or any way members can contribute to the Mamalilikulla community, share it with us.
8. **Provide Feedback:** We are always looking to improve and evolve. Your feedback and suggestions on the content, format, or any other aspect of the newsletter are highly appreciated.

To submit your contributions, please send your submissions to communications@mamalilikulla.ca. I am here to assist you, answer your questions, and guide you through the process.

Remember, this newsletter belongs to all of us, and it's a powerful tool to connect, inform, and engage with your community. Please become integral to the Mamalilikulla First Nation Newsletter and help me celebrate your rich heritage.

Thank you for your continued support, and I look forward to seeing your contributions.



**" ACTION IS THE
FOUNDATIONAL
KEY TO ALL
SUCCESS. "**

**- PABLO
PICASSO**

EMBRACING YOUR OWN STANDARDS AND BELIEFS

In a world where conformity often reigns supreme, where the currents of societal expectations can be overpowering, and where compromise is frequently the easy way out, there exists a powerful beacon of light—a guiding star that compels us to live up to our own standards and beliefs. This beacon is none other than integrity, the unwavering commitment to do what is right, no matter how difficult the path may be. It is about embracing the light and the dark, about being consistent in our character and values, and about respecting others, even when we disagree.

Integrity, my friends, is not merely a word; it is a force, a foundation, a fundamental truth that should pulsate through our very beings. It's a pledge we make to ourselves and to the world, a covenant that stands resilient in the face of temptation and adversity. It's a promise always to be the best version of ourselves, regardless of the circumstances.

In a society that often lauds compromise and conformity, integrity shines as a rare jewel. It's a reminder that it's not always about following the crowd but about standing tall even when it feels like the world is pushing you down. It's about holding fast to your own values, your own principles, and your own beliefs, even when the going gets tough.

But let's be clear: integrity is not the path of least resistance. In fact, it's quite the opposite. It's often easier to blend in, to go with the flow, to be a chameleon in a sea of sameness. Yet, integrity demands something greater from us. It requires courage—the courage to be authentic, the courage to stand by your convictions, the courage to be the same person in the light as you are in the dark.

Living up to your own standards and beliefs can be a challenge. It means there will be times when you find yourself walking a lonely road, when your principles will be put to the test, and when you'll face opposition from those who may not understand your choices. But remember this: every time you choose integrity, you're taking a step toward becoming the person you've always aspired to be. You're building a character of strength, honour, and moral fibre that cannot be easily shaken.

When you choose integrity, you are not only being true to yourself but also respecting others, even when you disagree. You are embracing the diversity of thought and opinion that makes our world so rich and vibrant. You are engaging in civil discourse and understanding that we can disagree without being disagreeable. You are recognizing that each person is entitled to their beliefs, and we should afford them the respect we hope to receive in return.

In a world where headlines are often dominated by deceit, where hypocrisy and double standards can corrode the very fabric of society, integrity stands as a fortress of hope. It is the embodiment of honesty, the bastion of authenticity, and the guardian of decency. It is a living testament to the enduring power of the human spirit.

So, my fellow travellers on this journey of life, let us pledge to be torchbearers of integrity. Let us be unwavering in our commitment to our own standards and beliefs, even when it's complicated. Let us be the same in the light as we are in the dark, and let us respect others, even in the face of disagreement. For in integrity, we find our most authentic selves, and in living up to our own standards and beliefs, we light a path that others may choose to follow.

In the pursuit of integrity, we discover a beauty that transcends the ordinary, a beauty that inspires and uplifts. And it is in this beauty that we find our greatest fulfillment, for there is no greater joy than being true to ourselves, respecting others, and always doing what is right, even when no one is watching.

Twyla Edmonds



Discovering Kwakwala

What is the Kwakwala word for "frog croaking" or the sound of a frog?

- a) xwak'wala
- b) xwipa
- c) xwak'walə

In Kwakwala, how do you say "I am listening"?

- a) hutlilən
- b) pit'sala'yu
- c) hutlililən

Which word means "deep voice (someone with a deep voice)" in Kwakwala?

- a) dłak'wax
- b) dłaxwa
- c) hutlilil

What is the English translation of "kəlxwatlən tłax kəxsisa"?

- a) I am going to buy pants
- b) We're going to dance tonight
- c) They are dancing together

"gwatłala" means:

- a) To groan afterward
- b) To sing beautifully
- c) To dance gracefully

How would you say "This one, farther away" in Kwakwala?

- a) yeḡoxda
- b) yeḡadu
- c) yixstutł

In Kwakwala, "yaḡandaksala" refers to:

- a) A noisy celebration
- b) A talkative person
- c) Wind blowing strongly

What is the translation of "wədlələn" into English?

- a) To be patient
- b) I am or was heard
- c) To dance with joy

Which Kwakwala word means "we are making a canoe"?

- a) dənḡalatlən's
- b) xwəs'idtluxwax
- c) tsepilux

"kə'yax'ida xwa bolx" means:

- a) Pass me the food
- b) Sit here with me
- c) Kick the ball

This language-focused section and questionnaire will inspire your interest in Kwakwala and deepen your connection with our culture. Please enjoy this educational opportunity. Correct answers will be revealed in the next edition of the newsletter.

If you have any language-related questions or would like to contribute to future language-focused sections, please get in touch with us. Let's continue to honour and strengthen our Kwakwala language together!

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