

MAW-PEMITA'JIK QALIPU'K

Pronunciation [mow bemmy daa jick ha le boog]

Meaning: The Caribou are travelling together

Qalipu's Monthly Newsletter

Summer, 2016

Qalipu Annual General Assembly

Approximately 50 members of the Band, primarily from the central region, met with members of Council and staff at the Mount Peyton Hotel in Grand Falls-Windsor for the Qalipu First Nations Annual General Assembly. The event is held each year as a means of reporting on the Band's activities and financial standing for the previous fiscal year.

Representation from the Qalipu Council included: Chief Brendan Mitchell, Vice Chief Central Region Joe Bouzanne, Vice Chief Western Region Erica Samms Hurley, St. George's Ward Councilor Arlene Blanchard White, Flat Bay Ward Councilor Ben Bennett, Stephenville Ward Councilor Gerard Alexander, Gander Bay Ward Councilor Calvin Francis, Benoit's Cove Ward Councilor Bern White, Glenwood Ward Councilor Frank Skeard and Corner Brook Ward Councilor Brian Dicks.

All of the information that was presented at the meeting can be found [here](#) in our 2015-2016 [Annual Report](#).

[Audited Financial Statements](#) which were presented at the meeting are also available [online](#). For any questions regarding the content of the financial statements please contact Finance Manager Jodie Wells at 709-634-7798

Special thanks go out to the Exploits Native Women's Association who were on hand for the sharing of opening and closing songs.



Photo taken near Port aux Choix by Trinda Hamlyn

In This Issue

- Rising Stars—Qalipu members acknowledged for great work pg. 2
- Editorial "Alasutmaq (Prayer)" and Mi'kmaq Language Lesson pg. 3
- New Grad Shawna Alberts and Current Scholarship Opportunity pg. 4
- Upcoming projects from the Health Division pg.5
- National Aboriginal Day in Pictures pg. 6
- Photo collections and upcoming events pg. 7-9
- Notice regarding Enrolment



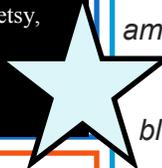
Qalipu Member Business Owner Charlene Comdon Wins Ulnooewg's Female Entrepreneur of the Year Award



This award is given to the female aboriginal entrepreneur that is a model of success for any entrepreneur to strive to achieve. The award has been given to the woman with the means and the drive to achieve on a national level, without losing sight of her aboriginal background, ultimately serving her community by contributing an independent business base to create economic

stability.

“Thank You to my community for supporting us and putting their trust in us keeping them safe on the road and moving, to the creator and my ancestors for giving me guiding spirit, to my NLOWE advisor for pushing me just a little bit harder because she knew what I was capable of, thank you Betsy, to my employees who now are more like a family than employees, and of course, to Steve, my soul-mate and the best diesel mechanic a girl can find!” Charlene Comdon



Qalipu Member Mary O'Quinn Wins Ulnooewg's Lifetime Achievement Award



This award is given to entrepreneurs that have been in business for more than thirty years and have demonstrated commitment to their community through social and economic contributions as a business entrepreneur. Winners

of this award are especially commendable. When they began their business ventures, entrepreneurship-especially amount aboriginal people-was not valued and supported like it is today. Start up costs economic lulls, and other factors had to be overcome without a great deal of assistance. These entrepreneurs are not only committed to their business, but have also built firm economic support for their families and communities. Each year, a selection of entrepreneurs has been recognized for their outstanding success, and each has demonstrated a selfless business venture preserving and celebrating their aboriginal values and traditions and ensuring entire community benefits. Their evolving business approaches can never get in the way of their traditional values and concern for the betterment of the aboriginal nation. Their success and dedication is incomparable.

Qalipu Youth Kaylee Sullivan Places Sixth in Aboriginal Arts and Stories Contest



The Day the Earth Frowned

By Kaylee Sullivan

In the beginning there was no life.

There were rocks, planets and dust.

They were not very

happy to be alone, for they wanted a new friend. The sun and the moon laughed generously. “My sweet friends.” The sun started. “I am afraid that you are right, the universe needs something ...something new and blue!” They all laughed and thought for a moment.

“I think she needs to be a girl!” Venus said kindly.

“I think she should be generous... but fierce!” Mars said proudly. The sun laughed at all her friends. “I think you guys are right, I think she shall be a girl and her name will be Earth, but I... and only I can, call her by her special name.”

“What is this special name creator?” The moon asked curiously. The sun laughed and answered with a grin. “You will find out one day friends, the day she will frown.” The friends looked at each other curiously but joined the sun in the creation of earth... [Read more](#) of Kaylee's story [here](#)



Anyone can pray. There are no rules, exclusive gender, or special protocol to speak to Kisu'lk (Creator)

Alasutmaq (Prayer)

Prayer is a natural and inclusive part of Mi'kmaq culture. In our own words, from our own hearts, each of us has the power to connect with creation, to influence its flow with our positive intentions. As individuals we can lay down some tobacco on the earth and speak quietly, or even silently, to Kisu'lk. We can pray as we lay awake, as we get through a challenge, or to express thanks as we enjoy our children, a meal or a hot shower. Any l'nu (Aboriginal person) can talk to Kisu'lk, anytime.

In our culture, we also pray together. Often an Elder is called on to lead the group in prayer, but a prayer can be shared by anyone in the circle: youth, leaders, teachers, and others. At the opening and closing of events or gatherings, in talking circles, around the sweat lodge, at feasts, and still other special prayers when they seem appropriate. We are a prayerful people!

Prayers settle us in a place of calm and openness with one another. When a prayer is being offered it is a quiet, thankful moment that we can experience together. We listen as those who have gone before us are honoured, our sick and elderly are brought into our care and concern, and our attention is focused on many other good, positive hopes for the earth and all its people. In that moment we are united, our will is one.

Let us remember those special moments of unity in our actions and interactions with all people and try to deemphasize those things that divide and exclude others.

Prayer of Thanks

Kwe' Kisu'lk

Thank you for the gift of intuition. The ability to flow with the river in its bed. Please allow that I yield to the river and go in knowing like a tributary feeding in. Let me surrender to the river. Kisu'lk run your hand through it. Feel the flow, the smooth stones, and let the fishes flick between your fingers. Leave upon the water your gentle, guiding light and with it a prayer that it may flow forever through time.

Msit No'kmaq

Mi'kmaq Language Lesson

Submitted by Dean Simon

Answering "Yes and No" questions is a great way to start using the Mi'kmaq language, even in your English conversations.

"Yes" = e'e (EHH-EH)

note the 'e' in Mi'kmaq is like the 'Letter A' or the Canadian expression "Eh".

"No" = moqo (MOW-HOE)

note the 'q' is approximated as a 'h' here, but it is actually a more guttural (throat clearing) sound which we will get into later.

When someone asks you if you want to learn Mi'kmaq, answer them "E'e" and if someone ask you anything requiring a 'no' you can start saying Moqo.

In the last newsletter, the word "Welias" was shared as a means of saying "you're welcome." Here's another way of saying this:

"Don't mention it" Mu wi'tmu "(MOO- WEE-DUM-OO)

The 'i' sound in Smith Francis Orthography is like the English letter "E". Note the use of the apostrophe after the letter 'i' in mu wi'tmu. Use of the apostrophe means elongation of the vowel sound.



Dean Simon is a Qalipu member and is one of two language apprentices (along with Marcella Williams) hired by the Flat Bay Band. He is currently studying in Goose Bay, Labrador.



New Grad Shawna Alberts Thankful for Support

"I was so thankful that after 6 years of being wait-listed for my program of choice with NBCC that I was finally accepted into the Medical Laboratory Technology program. The Qalipu First Nation was instrumental in helping with financial need so that I could focus on my studies. Since graduating in December from this program I have secured a full-time permanent position with the Vitalite Health Network in Campbellton NB. I am currently a MLT 1 until I pass my licensing examination this summer. Within my position I may be responsible for processing blood, urine and other patient specimens, cross matching units of blood or blood products for patients in need as well as ensuring that the results that are sent out are correlating well with the overall patient situation. In Canada, the laboratory is responsible for many diagnosis as well as ongoing changes to treatment plans based on the results that we generate from patient samples. We are open 24 hours a day 7 days a week for essential testing."

Shawna Alberts

Scholarship Opportunity

Work Force Qalipu is now accepting applications for the Bernie Hanlon Memorial Scholarship.

Bernadette "Bernie" Hanlon dedicated her life to supporting and encouraging the aboriginal people of Newfoundland both culturally and in working with them to meet their educational dreams. Bernie always went above and beyond for her many students and tried to help in any way possible through her many years with the Federation of Newfoundland Indians and later with the Qalipu First Nation. Bernie worked tirelessly to help those around her develop personally as well by supporting and encouraging cultural and spiritual growth. The Bernie Hanlon Memorial Scholarship was created to help a client of Work Force Qalipu attending college or completing an undergraduate degree to continue to pursue those dreams.

The scholarship is valued at \$1,000.00 and will be awarded to the applicant that best embodies Bernie's passion for our culture and a commitment to academics as well as to their community.

To qualify, applicants must meet the following criteria:

- Currently be in receipt of support under the PSSSP
- Currently enrolled a college diploma or undergraduate degree program and planning to return to school in the fall.
- Achieve a grade average of B or higher in their program of studies

And answer the following essay question in 500 words or less:

"Using the information provided above, demonstrate how you embody the spirit of Bernie Hanlon."

Please submit applications to Yvonne MacDonald via email (yvonne@qalipu.ca) by Friday, Aug 5, 2016. Note: all essays must be submitted in PDF format.



Qalipu
FIRST NATION

Dancer of the New Dawn

A Cultural Approach to Violence and Bullying Prevention

This exciting new program, being offered July 29 and 30 in Corner Brook, focuses on educating and mentoring youth on violence and bullying prevention and support systems. The project will also include basic Mi'kmaq teachings and traditional Aboriginal dances. We hope to empower and educate our youth about violence, particularly against Aboriginal women and girls, and provide them with resources in the community.

Educational sessions will focus on topics such as: types of violence and abuse, signs and indicators, safety planning, impacts of violence, building and acknowledging healthy relationships, seeking out community resources, leadership and empowerment building, and traditional Aboriginal teachings that will concentrate on dances, smudging, and craft making.

Participants must be between the ages of 11 to 15 years old with priority being given to Qalipu First Nation members.

For more information about the project and to RSVP, please contact Tyler Gallant, Project Coordinator by email at tgallant@qalipu.ca or by phone at (709) 634-0996 ext. 244.

Qalipu Health Services Division Launches New Project



The Qalipu Health Services division is pleased to announce the launch of a new project, *The Qalipu First Nation Chronic Disease Prevention and Self-Management Project*. This initiative will see traditional and cultural resources integrated into the existing *Improving Health My Way (IHMW)* program currently offered by provincial regional health authorities. This project was made possible by the receipt of a \$100,000 Health Service Integration Fund, awarded to Qalipu

this year.

“Health services is an area where we see a lot of potential for growth for the Qalipu First Nation.” Noted Brendan Mitchell, Chief of the Band, “This project, and the partnerships formed with regional health authorities, government and other stakeholders, will be a valuable resource to the Band going forward. It will serve as a strong foundation for future health promotion initiatives.”

Renée Dyer, Manager of the Qalipu Health Service division said that the existing program is a great opportunity for people of the province to better their health, and hopes that adding elements of culture and tradition will make it even more relevant, particularly for the Qalipu First Nation.

She said, “This program give people the self-empowerment skills and tools needed to manage chronic disease and improve their overall wellness and quality of life. Qalipu will build a supplementary resource that will integrate aspects of Mi'kmaq culture and traditional practices into the existing program, making it more engaging for our membership.”

Starting on July 13 and running every Wednesday for six weeks, Qalipu will deliver the IHMW program to members of the Band. It will be delivered at the Qalipu Community Room in Corner Brook and will be expanded to be delivered in in other Wards as project development continues.

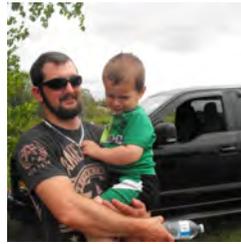
Dyer added that in the fall, members who participated in the summer session, as well as general members of the band, will be engaged via consultations and a survey, to help identify cultural and traditional components that are unique to our First Nation and that can support the program when being delivered to Qalipu members.

For more information about this new initiative, contact Renée Dyer by email at rdyer@qalipu.ca.

To register for the Improving Health My Way program taking place this summer, please contact Victoria White at 637-5000, ext. 6689 or email selfmanagement@westernhealth.nl.ca



National Aboriginal Day in Pictures



A few highlights from National Aboriginal Day Celebrations. Photos submitted from St. George's, Corner Brook, Badger, and Glenwood





Our Lady of Mercy (OLOM) Elementary School Powwow

In May OLOM, located in St. George's, celebrated their eighth annual powwow, a tradition made possible through lead volunteers Marlene Farrell and Darlene Sexton and their partnership with the school, the Indian Cove Women's Circle, You Go Girls, and the Stephenville Aboriginal Women's Group. This uplifting event included participation from students, faculty, volunteers and invited guests. In addition to a traditional powwow in the school's gymnasium, students were treated to unique teachings and craft making in classroom sessions. Volunteers are applauded for coming out to create such a special event and providing teachings for the children: Samantha Barry (shakers), Scott Butt (talking sticks), Marlene Farrell (powwow regalia, bracelets and flags), Ple'n Ford (dream catchers), Brycen Young (youth boys big drum), Marcella Williams (Mi'kmaq language), Kelly Anne Butler (wampum belt), Troy Bennett (talking circle), Mutchie Bennett (elder teachings), Mary White (bannock), Odelle Pike (You Go Girls), Darlene Sexton/Sue Barry (tobacco ties), Calvin White (elder teachings), Julia Blanchard (lead female dancer) and Bobby White (lead male dancer).

National Aboriginal Day Badger

Submitted by Colleen Paul

The residents of Badger and central Newfoundland certainly caught the spirit of the 20th Anniversary of National Aboriginal Day on June 21. People came out to celebrate the unique heritage, rich Mi'kmaq history and outstanding achievements of First Nations peoples in the region.

The entire school of Avoca Collegiate, 78 students, support staff and teachers joined the event to learn of the rich history in and around Badger. Sharing in bannock, storytelling, drumming and a BBQ.

Teachers and community leaders were presented with tokens of gratitude from the Na'taqamtug Community Group for supporting, reviving and promoting Mi'kmaq culture and awareness in the town.

Na'taqamtug, translated to English means: At the Riverbank. The group held the celebration at an area within the town known as Popes Point or locally known as The Point, an area where three rivers meet, Badger Brook, the Exploits River and the Little Red Indian River.

Pope's Point is one of the few deep interior sites which has evidence for nearly every culture that inhabited the island of Newfoundland. Maritime Archaic Indian, Groswater and Dorset Palaeoeskimo, Recent Indian, Beothuk and Mi'kmaq artifacts and features have either been recovered or historically recorded to have existed there at one time so the celebration at the location was a superb place to celebrate National Aboriginal Day 2016.



L-R Vice Principal Mr. Mark Walters, Calvin Francis and parent Ms. Janis Gillingham

Gander Bay
Ward Councilor
Calvin Francis
presents a \$500
donation to River
Wood Academy
for the Kids Eat
Smart Program.

10th Annual Powwow

Sacred Grounds • Flat Bay, NL

Friday July 8th 2016

Traditional Mi'kmaw Social: 1:00pm—5:00

Open Drumming—1:00pm

Teachings by Elder George Paul—3:00pm

Open drumming to continue after teachings

Saturday July 9th 2016

Sunrise Ceremony—5:00am

Water Ceremony—8:00am

Welcome by Community Drum—Strong Women's Drum Group

Presentations & Awards—11:00am

Aboriginal Veterans Awards

Humanitarian Award Presentation

Being Presented by Lieutenant Governor Frank F. Fagen

Grand Entry—1:00pm

Retiring Of The Flags—4:45pm

Feast—5:00pm

Local Talent/Drumming—7:00pm

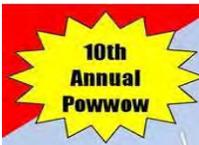
Sunday July 10th 2016

Sunrise Ceremony—5:00am

Grand entry—1:00pm

Retiring of the Flags & Feast—4:00pm

Give Away—4:30pm



Our Powwow Site Provides :

Sacred Fire
Traditional Wigwam

Teepees
Sweat Lodges

Concessions & Craft Booths
FREE: Camping & Parking

MC:

ARENA DIRECTOR:

SWEAT LODGE

Mutchie Bennett; Misel Joe George Paul; Maggie Paul

Fri—@7:00pm Mixed/Community Sweat

**Sat—@8:00am Mens Sweat; 2:30pm Womens Sweat;
7:00pm Mixed/community Sweat**

Sun—@ 9:00am Mixed/Community Sweat

SUNRISE CEREMONY:

HOST DRUM:

SECOND DRUM:

COMMUNITY DRUM:

HEAD FEMALE DANCER:

HEAD MALE DANCER:

LOCATION:

Saturday & Sunday

Birch Creek

Stoney Bear Singers

Strong Women Drum Group

Arlene Blanchard—White

Bobby White

Sacred Grounds Flat Bay, NL

PLEASE BE ADVISED THAT THE BAY ST. GEORGE CULTURAL REVIVAL COMMITTEE AND THE FLAT BAY BAND INC. ARE NOT LIABLE FOR INJURIES OR ANY LOST, STOLEN, OR DAMAGED PERSONAL PROPERTY.

NO DOGS.

NO DRUGS. NO ALCOHOL

Improving Health: My Way Chronic Disease Self-Management Program

Be a Participant

At the workshop you will:

- Learn how to live better with your chronic condition
- Learn how to deal with challenges related to your chronic condition including fatigue, pain, and frustration
- Learn better ways to communicate with your doctor, family, and friends
- Discover exercises to help improve strength, flexibility, and energy
- Become an informed partner in your health care decisions

FREE WORKSHOPS 2½ HOURS A WEEK FOR 6 WEEKS

Available to adults with any chronic condition.
You are welcome to bring along a friend or family member.

Next workshop:

Qalipu First Nation-Community Room

Majestic Premises-1 Church Street, Corner Brook
July 13th-August 17th (Wednesdays)
1pm-3:30pm

FREE

Please call Victoria to register (709) 637-5000 ext 6689 or
email: selfmanagement@westernhealth.nl.ca

To find out more about this program please contact:
NL HealthLine 811 or 1-888-709-2929

Your local self-management coordinator:

Eastern Health: 1-709-752-3946 or 1-866-880-8998
Central Health: 1-709-256-5690
Labrador-Grainfell Health: 1-709-454-3333 ext 7364
Western Health: 1-709-637-5000 ext 6689

www.gov.nl.ca/health
improvinghealth@gov.nl.ca

Newfoundland
Labrador



The Newfoundland Aboriginal Women's Network

Activities at the Pow wow

Fri.—July 8th, Bride entrance from Grandmother Lodge 10:00 am.

Kelly Anne Butler Wampum Belt Display 1:00—3:00

Sat.—July 9th Kelly Anne Butler Wampum Belt Display 9:30—10:30 am.

Women's Only Sweat at 2:30 pm.

Faceless doll Display inside Grandmother's Lodge

Sun—July 10th, Drumming Grandmother Lodge from 11:00 am. to 12:30 pm. All drums welcome

Grandmother meeting at Grandmothers Lodge -3:00 pm.

Smudging available at the Grandmother Lodge throughout the pow wow.

Other activities if time permits



Qalipu Pride: Purchase an item featuring the newly rebranded Qalipu logo and support a great cause. All proceeds go towards registered charities in our communities. On sale at the Pow-wow this weekend.

Tote Bags \$10.00

License Plates \$20.00

Ball Caps \$18.00

Toques \$15.00

Water Bottles \$15.00

T-Shirts (size small– 2x) \$15.00

Charity BBQ Fundraiser



Join us Thursdays all summer long, 11:45 AM—1:30 PM, on the Majestic Lawn in Corner Brook

Hot dogs \$2.00

Hamburgers \$3.00

Water/Pop \$1.00

Stonebridge Indigenous Justice Inc.

Are You Aboriginal?

Do You Have a Bail Hearing? Are You Being Sentenced for a Crime? Do You Know Your Rights?

If you're Aboriginal, you have special rights under the Criminal Code called **Gladue rights**. These rights apply to *anyone* who **self-identifies** (thinks as themselves) as Aboriginal. They also apply whether you live on or off reserve.

What is Gladue?

Gladue refers to a 1999 Supreme Court of Canada case which interpreted section 718.2(e) of the Criminal Code. Section 718.2(e) has been in force since 1996 and was created as an attempt to alleviate the over incarceration of Aboriginal Peoples. When setting bail or sentencing an Aboriginal person, judges must take into account your Gladue rights and consider all options other than jail.

Will Gladue keep me out of jail?

Not necessarily but your sentence could include participating in a counselling program which would help you to address any underlying issues related to your charges, this is called a **community sentence**. If you receive a community sentence you may get less or no time in jail. If jail time is required, the judge must still apply Gladue to determine the length of your sentence.

What is a Gladue Report?

In order to apply Gladue, the judge must fully understand your personal and family history and they will need to know the resources available to you. To assist the judge, duty counsel must present your Gladue factors at bail and your lawyer needs to give the court a Gladue report at sentencing. Gladue reports are prepared by Aboriginal legal experts.

Stonebridge Indigenous Justice Inc. is an Aboriginal organization committed to the proper implementation of Gladue rights through Gladue services for Aboriginal Peoples and education and training for the justice system.

For more information please visit our website: stonebridgejustice.com or email:

Peggy@stonebridgejustice.com

Robin@stonebridgejustice.com

Qalipu First Nation

The presence of Mi'kmaq populations living in Newfoundland was ignored in the Terms of Union when Newfoundland joined Canada in 1949. In the 60 years that passed before recognition was achieved in 2011, the caribou people had roamed far and wide.

Qalipu (Pronounced: ha-lee-boo, Meaning: Caribou) is a vibrant Mi'kmaq First Nation established in 2011 as an Indigenous Band under the Indian Act. With some 24,000 members spread across many communities both on the island and abroad, we are one of the largest First Nation groups in Canada.

Qalipu has no reserve land; it is made up of 66 traditional Mi'kmaq communities, spread out over 9 Electoral Wards. An elected Chief and Council govern the Qalipu First Nation. Ward Councilors are elected to represent each of the nine Wards. Additionally, two Vice-Chiefs represent western and central Newfoundland and the Chief is the official spokesperson and leader of the Qalipu First Nation as a whole.

Qalipu has three satellite offices located in Glenwood, Grand Falls-Windsor, and St. George's and its central administrative office is in Corner Brook. These offices give representation to the regions of our dispersed Mi'kmaq communities.

Core programs and services are delivered by a growing body of staff. Our service offering includes education and training, health benefits and services, employment programs, registration assistance, environmental monitoring, culture and heritage and community economic development. Qalipu also conducts a variety of special programs which vary from year to year.

Economic and Corporate development are led by the Qalipu Business Trust Committee which is comprised of representation from Council, senior staff and members at large. The Committee, along with the Qalipu Business Network, and the Mawio'mi Business Forum, represent some of the avenues where relationships are built and partnerships are formed with industry and other stakeholders to foster Band prosperity and growth.

Get to know us better by exploring our website, Qalipu.ca, or spending time with us at National Aboriginal Day and other celebrations that are shared on our events calendar.

Contact Us

Maw-pemita'jik Qalipu'k is a monthly newsletter. In it, we aim to share not only the happenings of the Band but also, to help connect our dispersed communities.

If you would like to give your thoughts on what you've read here, or share an upcoming community event, achievement, news item, or anything else that may be of interest to our indigenous community, please get in touch:

Alison White
Communications Officer /
Executive Assistant to the
Chief
Qalipu First Nation
Tel. 709-634-5163
Email awhite@qalipu.ca

Notice: Possible Canada Post Service Disruption

In March, Canada and the Federation of Newfoundland Indians (FNI) announced they will give individuals the opportunity to correct and provide additional documentation in support of their application for review by the Enrolment Committee.

This decision is a result of collaborative efforts between Canada and the FNI to give a broad application to the Foster and Howse court decisions and provide applicants a fair opportunity to demonstrate they should be founding members of the First Nation.

These applicants have received a letter detailing steps they must take for their applications to be reviewed for membership.

Applicants previously deemed invalid who received this letter and are responding to the steps outlined, with a deadline to respond, may be impacted by a potential strike by Canada Post. Please visit the link below for more information on this subject:

<http://www.aadnc-aandc.gc.ca/eng/1319805325971/1319805372507>