

Maw-pemita'jik Qali'pu'k

The caribou are travelling together

National Aboriginal Day reflections

A hike up Steel Mountain, along a seldom traveled path near Flat Bay Brook, has been a National Aboriginal Day tradition for people of the St. George's area for nearly fifteen years. Those who participate in the trek find a connection with their spiritual roots. By pushing the body to climb beyond struggle and difficulty, we open ourselves to experience the greatness of Creation waiting at the top. The cool breeze, an eagle's eye view of our traditional lands and the meandering river where our ancestors surely traveled and fished.

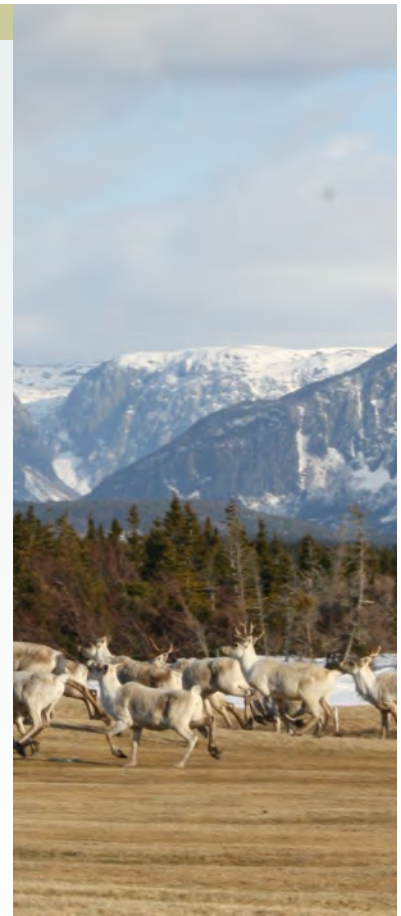


At a time when many are reaching out to learn the traditions and cultural practices of the Mi'kmaq, which were largely lost in Newfoundland, it is important to remember that some cultural practices, like a hike up Steel Mountain on National Aboriginal Day, are already *ours*.

Likewise, raising the Mi'kmaq flag at City Hall and RNC, a medicine walk based on tradition *and* modern science and elders telling *their* own stories of life in Newfoundland, are all testaments that cultural practices come not only from what we learn from the past but also, from our everyday lives, from the traditions we create and the

meanings that we decide. We have the creative potential to build new practices and traditions to celebrate our aboriginal identity.

Let us remember too, not to be hard on each other in learning the cultural "rules" for traditions that are foreign to many. Ideally, let us embrace those traditions we love, create some new ones, and let the rest fall away. Everyone will find they are welcome in a circle like that.



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Special points of interest

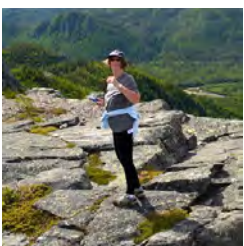
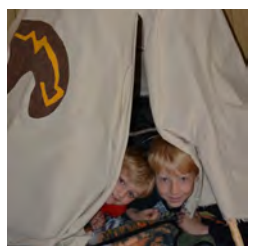
- Plan your Powwow visit with the full schedule of events on page 8-9;
- T'ktaqmkuk Mi'kmaq Museum wants to showcase your traditional art work. See page 6 for details;
- Join in a traditional St. Anne's Day Celebration this July 26. See page 10 for details.



National Aboriginal Day in Pictures



A few highlights from National Aboriginal Day Celebrations. Photos submitted from St. George's, Corner Brook, Grand Falls-Windsor, Glenwood and Peterview





Qalipu Chief Brendan Sheppard stands with the Honourable Keith Russell, Minister of Labrador and Aboriginal Affairs, RNC Corner Brook Superintendent Pat Roche and more than a dozen RNC personnel, for the second of two flag raisings in Corner Brook to commemorate National Aboriginal Day

Mi'kmaq Flag Raising in Corner Brook

Qalipu Chief Brendan Sheppard along with special guests the Honourable Keith Russell, Minister of Labrador and Aboriginal Affairs, Corner Brook City Mayor Charles Pender and representatives from the Royal Newfoundland Constabulary, gathered at City Hall and the Royal Newfoundland Constabulary, Corner Brook Region, on June 19 to raise the Mi'kmaq Flag in honour of National Aboriginal Day.

Following the flag raising, Qalipu Chief Brendan Sheppard noted that seeing the Mi'kmaq flag flying at City Hall is evidence of how far cultural recognition has come in the province.

He said, "It is a testament to how far we have come not only in acknowledging that there are indeed Mi'kmaq in this Province, but also to begin to celebrate our history and shared heritage."

Sheppard went on to talk about the many events that will happen in communities across the province and encouraged all, whether Aboriginal or not, to get out and enjoy the special day of celebrations.

A few snapshots



Corner Brook Mayor Charles Pender brings greetings from the city.



Qalipu Resource Coordinator Mitch Blanchard and Inspector Terry Corbin



RNC Officer Shawna Park and Service Qalipu Admin Assistant Nicole Companion





World Ocean's Day

World Ocean's Day is an annual event to support action and education around protection of the world's oceans. This year a beach clean up was held at Bottle Cove near Lark Harbour. The event was organized by the Department of Fisheries and Oceans, along with the Canadian Coast Guard, ACAP Humber Arm, the town councils of Lark Harbour and neighbouring York Harbour and local volunteers including Qalipu Mi'kmaq First Nation.



L R Brianna Joyce, Amber Wheeler, Rebecca Gilbert and Sara Gilbert of St. James All Grade



Rebecca Ryan, GIS Technician



Kristy and Danny Joyce chat with Natural Resource Division team members Scott Caines and Stephen Rose



"Youth and community engagement are a big part of our mandate. It isn't enough to guard the rivers, do research and environmental monitoring, we also aim to let everyone know that they have a part to play and know why it's important." Jonathan Strickland, NRD Manager

Have you heard?

Dandelion have edible leaves that you can add to a salad or enjoy with dinner as a side of greens. They're best when the plant is young and tender.

While you're at it, try slicing and baking the root then grind it into a powder for a liver boosting coffee replacement.

And if you fancy wine, the bright yellow flower is said to make a fantastic Dandelion wine.



Medicine Walk

When our elders talk, we listen. They have been telling stories about the natural environment, and the many remedies and other uses that can be found there, for generations. Qalipu has been working hard to gather and share this information through our modern day story telling, medicine walks.

Medicine walks are a fun and easy way to carry on oral traditions with a modern twist. Here participants of any background have the opportunity to learn valuable information about the world we live in while also learning something about the traditions of the Mi'kmaq people.

Medicine walks were hosted throughout the day on June 21, National Aboriginal Day, in Corner Brook at Margaret Bowater Park. Natural Resource Division staff, Scott Caines and Rebecca Ryan, walked with visitors along the Corner Brook Stream Walking Trail and shared information about various plants that have traditionally been used for healing in poultices, salves and teas. In addition to their medicinal value, the interpreters also pointed out the use of plants in dyes, tasty recipes and other interesting uses such as bug repellent!



Medicine walk guides Scott Caines and Rebecca Ryan



More than 80 members of the Qalipu Mi'kmaq First Nation turned out at the Days Inn in Stephenville for Qalipu's 3rd Annual General Assembly. This yearly event provides an opportunity for membership to connect with Qalipu Chief, Council and Executive staff, to hear about activities in the year gone by and ask questions of their elected officials.

Annual General Assembly

"Reflecting on the year gone by, I am perhaps most proud of the level of participation we saw from our membership at times when we reached out to talk and request input."

Qalipu Chief, Brendan Sheppard

In Chief Sheppard's opening remarks, the importance of participation and feedback from the Qalipu membership was introduced as a strong theme at this year's AGA, and as the motivation behind the work that Qalipu does.

He said, "Reflecting on the year gone by, I am perhaps most proud of the level of participation we saw from our membership at times when we reached out to talk and request input." He referenced a number of surveys, consultation meetings and studies where membership provided their feedback to help guide the organization and encouraged all to continue playing an active role in their First Nation.

Chief Executive Officer Annie Randell shared a report on the Qalipu Business Trust, a branch of the organization that has been created to focus on regional partnerships and building enterprises. Echoing the Chief's statement, Randell noted that the Business Trust can help the Band achieve shared goals as identified by membership, Council and staff.

Randell said, "The Strategic Planning Survey was completed by over 1000 members and in it, you identified that Culture and Heritage is important."

She noted that while Qalipu does not receive core funding for this, the Qalipu Business Trust is the way forward for achieving the shared goals of the organization and membership.

Highlights from the Annual Report

At the Annual General Assembly Departmental reports were given by the Operations Department, Work Force Qalipu and Service Qalipu, the three main branches of the organization.

Important milestones from these departments included:

Director of Operations Rob Dicks announced a financial surplus which was detailed in the auditor's report. The surplus indicates good financial health of the Band and excellent financial policies and procedures from the Operations Department.

Keith Goulding, Director of Work Force Qalipu received applause when he announced that all students who applied for educational funding through Work Force Qalipu had been funded.

Ralph Eldridge, Director of Service Qalipu, spoke to the successful test pilot of Non Insured Health Benefits administration by the Band and the potential for growth in the area of health and health services.



L-R Jackie Snook, Shane Snook and Michelle Matthews

Charitable Giving

Fundraising is a regular activity for Qalipu staff at all office locations. In the past, money raised has been donated to the Transition House in Corner Brook, the Ronald McDonald House, the Diabetes Association, various churches and food-banks as well as the Janeway NL.

This year a goal of \$6000 was set as a target for donation to Janeway NL.

The target was met and surpassed. On June 7 staff presented their donation during the province wide Janeway Telethon. The value of the donation was \$7590.00



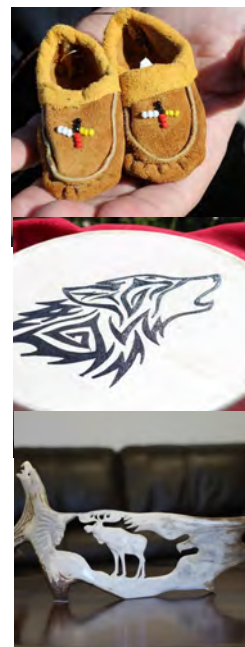
Karen Tiller, Keith Goulding and Kristen Pittman present Qalipu's donation at the 2015 Janeway Telethon



Wanted! Your Aboriginal Art Work

The T'kaqmkuk Mi'kmaq Museum in St. George's has just opened its doors for the season and would love to showcase local traditional art work in their gift shop. If you're an artist with work to sell, please contact Marlene Farrell at (709) 647-3293 or email marlene.farrell@hotmail.com

Have you visited the museum yet? Housed in a fully restored 19th century courthouse this museum is a must-see. As you read the plaque text you'll learn about our province's aboriginal history. While you're there, get your photo taken in front of a reproduction of a Trapper's Lodge beside Matty Mitchell, world renowned Mi'kmaw Guide, or in front of the scale model replica of a 5 meter long ocean going canoe that was built by the Mi'kmaq People of Newfoundland in 1879.



Making the Most of Your Membership Profile in ginu

Ginu (ghee nu) is a Mi'kmaq word for 'us' which we use to describe our Membership and Labour Force database services for members.

Member profiles are used to develop and maintain the Qalipu Membership List and generate the official Voters' List. Qalipu will also use your contact information to communicate with you about news, events, information on programs and services as well as upcoming information on elections and voting.



Click on this video image to watch the new ginu instructional video and start making the most of your membership profile.



Correction notice

In the June edition of Maw-pemita'jik Qal-i'pu'k the article "Cultural Sharing in Exploits" had an error. In it, Vanda Martin was referred to as a "Mi'kmaw cultural teacher" however, she would prefer to be simply called "sharer/learner".



L-R Katie Penney Vanda Martin, Kaycie Barry and Claire Penney

Little Feet Travelling in a Circle

Outdoor Education at Killdevil Camp

For the third year, Qalipu Mi'kmaq First Nation worked with the Newfoundland and Labrador English School District to deliver an outdoor education program at Killdevil Camp in Gros Morne National Park. This program is two and a half days of experiential learning based around Mi'kmaq culture and heritage, the environment and language arts.

Michelle Matthews, cultural researcher for Qalipu, is an important part of this program and shares "Little Feet Travelling in a Circle". This session involves such things as breaking the group into the clans Fox, Salmon, Sea Birds, Bear and Caribou and having them move through different learning stations and activities. One station is the "Take only what you need" puzzle, another the *Labrador Tent* where children learn about aboriginal languages, songs, the four sacred directions and the animals.

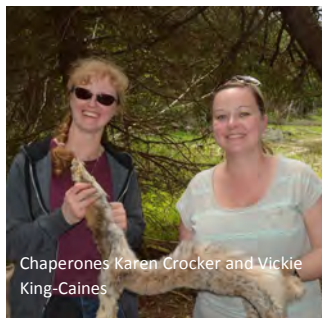


Michael Norman Wells and Daniel Jennings

"Imagine rowing across the gulf. The journey, the strength and the knowledge that the people had." —Karen Crocker, a chaperone from Little Rapids



L-R Kevin Barnes, Ralph Eldridge and Michelle Matthews



Chaperones Karen Crocker and Vickie King-Caines

Kevin Barnes, a Parks Canada Interpreter and Vice Chief of the Qalipu Mi'kmaq First Nation Band oversees the "Moose Mania" Program

"I learned a lot about moose poop and the different shapes of poop! And the regeneration of the forest, how mother nature recycles the old feeds into the youth.

I liked the life size moose I've never been so close to one, it was cool to see how big they are." Jenna Mosher on the program



Traditional Mi'kmaq birch bark canoe displayed at Killdevil

Powwow 2015 Schedule

July 10-12 Everyone Welcome!

Receive Teachings
from Visiting Elder
George Paul

**Elder George Paul will be
presenting at**

**Bennett (Masonic) Hall
in Corner Brook**

Wednesday, July 8th
2015

&

**The Stephenville Lions
Club**

in Stephenville

Thursday July 9th 2015

6:00-8:00pm Teachings
of the Mi'Kmaq Culture

8:00-10:00pm Teaching
of the Drum/Drumming

**NO REGISTRATION
REQUIRED**

For more info call
Cassandra Beanland
709 647-1370

Friday July 10

1—7 PM Traditional Mi'kmaw Social

1:00 PM Presentation Honouring First Warrior
Drum & Women's traditional Mi'kmaq
Singing and Dancing Group in NL

1:30 PM Drumming

3:00 PM Teachings

5:00 PM Potluck Feast (please bring something
for sharing if you are able)

7:00 PM Drumming and Karaoke

7:00 PM Sweat Lodge

Saturday July 11

5:00 AM Sunrise Ceremony

1:00 PM Grand Entry followed by Aboriginal
Veterans Presentation

4:45 PM Raising of Flags

5:00 PM Feast

7:00 PM Drumming and Karaoke

7:00 PM Sweat Lodge

Note: The Bay St. George Cultural Revival Committee and the Flat Bay Band
Inc. are not liable for injuries or any lost, stolen or aged personal property



Powwow 2015 Schedule

July 10-12 Everyone Welcome!

Sunday July 12

5:00 AM Sunrise Ceremony
1:00 PM Grand Entry
4:00 PM Retiring of the Flags and
Feast
4:30 PM Give Away

Information

Provided at Powwow Site: Sacred Fire,
Traditional Wigwam, Grandmother Healing Lodge,
Sweat Lodges, Concessions and Craft Booths and
Free Camping & Parking

MC: Elder George Paul
Head Female Dancer: Denise John
Head Male Dancer: Burt Milberg
Arena Director: Troy Bennett
Sweat Lodge: Elder Maggie Paul, Chief Misel
Joe, Mutchie Bennett
Host Drum: Lone Cry
Second Drum: Birch Creek Singers
Local Drum: Ewipkek Drum Group and Strong
Women's Big Drum (Flat Bay/St. Theresa's)



Qalipu Mi'kmaq First Nation

Qalipu is a vibrant Mi'kmaq First Nation established in 2011 as an Aboriginal Band under the Indian Act. With some 24,000 members spread across many communities on the island, we are one of the largest First Nation groups in Canada.

We have been busy since our establishment. Qalipu has four office locations, representing the four regions of our dispersed communities, that are home to more than 50 employees. This dedicated group facilitates the delivery of a variety of programs and services including education and training, health benefits, employment services, environmental monitoring, and community economic development.

Our leadership, too, has been busy overseeing all of this while developing the Qalipu Business Network and pursuing connections through the Strategic Partnership Office that will help the Band not only to be an active player in the local economy, but also to provide opportunities for members and member-owned businesses.

We have focused our efforts on establishing a strong foundation upon which to build a prosperous and progressive Band; a community which cherishes and wants to share its heritage, holds the overall health and education of its members as highest priority and faces its future with confidence.

Please, keep in touch

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 local aboriginal community, please get in touch:

Alison White
Marketing and Communications Coordinator
Qalipu Mi'kmaq First Nation
Tel. 709-634-5163
Email awhite@qalipu.ca

St. Anne's Day Celebration

The Mi'kmaq people are known for honouring their elders; the love, wisdom and teachings of our grandparents are important to us. Some say this is the reason why St. Anne, the Grandmother of Jesus, is so revered and celebrated in our culture. In fact, she is the patron saint of the Mi'kmaq people.

On Sunday, July 26 at 11:00 am, all are welcome to join in a celebration of St. Anne's Day with a mass at Sacred Heart Parish (465 Curling Street, Curling). The mass will be followed by a feast (provided) and procession. Volunteers are needed for this special day. Please contact Ashley at 634-0996 to volunteer.

