

# Maw-pemita'jik Qalipu'k

Pronunciation : [Mow bemmy daa jick ha lee boog]

Meaning: The Caribou are travelling together

**Qalipu's Monthly Newsletter**

**January 2016**

## Warm Welcome at St. John's Native Friendship Centre

Following an early morning meeting in St. John's, Chief Mitchell and Jonathan Strickland, Manager of the Qalipu Natural Resources Division, decided to spend some time visiting the St. John's Native Friendship Centre before their flight back to the west coast. The visit and subsequent tour turned out to be an eye opener for both; they have returned home full of praise for the centre, and the many cultural, employment, recreation, business and health related programs and services that this place has to offer.

The Native Friendship Centre started out with a group of volunteers, offering a few basics programs, in the late 1970's. At that time, home-base was a small office at Memorial University. It wasn't until 1983, that the St. John's Native Friendship Centre was legally established as a non-profit organization. Since then the centre has opened its doors to include the non-native community, has expanded and outgrown several buildings, and has come to employ 20 full time permanent staff, along with many more volunteers.

"We didn't call ahead," laughs Jonathan, "but, two of the centres lead staff (Natasha McDonald and Briannah Tulk) welcomed us in to their office for an overview of the centre and the work they do. After we chatted, they brought us around for a tour. It's hard to believe how much is happening there."

Something that stuck with Jonathan was the hostel and community kitchen. He said that Aboriginal people from around the province can stay there when they have to travel to St. John's for medical appointments.

"We have a team in place to support the health needs of the people who stay with us", noted Natasha McDonald, who has a master's in Counselling Psychology and leads the centres Mental Health Team. "Our team is made up of two cultural support workers, two aboriginal patient navigators to help you find your way around the hospital here, and two aboriginal mental health counsellors." **Continued on page 8**



Photo taken in Port au Choix by Trinda Hamlyn

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Minister Hunter Tootoo and Chief Brendan Mitchell  
Photo credit: Paul Daly Fisheries and Oceans Canada / Pêches et Océans Canada

## Aboriginal Leaders Meet with Minister Tootoo to Discuss Future of Fisheries in the Province

Chief Brendan Mitchell of the Qalipu Mi'kmaq First Nation was in St. John's on January 11 to meet with the Honourable Hunter Tootoo, Minister of Fisheries and Oceans and the Canadian Coast Guard, to discuss opportunities and challenges surrounding commercial fisheries, aquatic research and enforcement in the province. Chief Mitchell was one of five Aboriginal leaders in attendance along with Chief Mi'sel Joe, Miawpukek First Nation, Anastasia Quepee, Grand Chief of the Innu Nation in Labrador, Sarah Leo, President of the Nunatsiavut Government and Todd Russell, President of the NunatuKavut (formerly the Labrador Metis Nation).

### An Historic Moment

This was the first time all aboriginal leaders of the province were together for a joint meeting with the Federal Government. For this reason, many are calling it not only a historic moment, but also a moment that demonstrates the renewed relationship between the Federal Government and Canada's aboriginal people.

Continued, top right

### Historic Moment, cont'd.

A round-table discussion followed introductions, giving each of the leaders an opportunity to bring forward their issues and concerns regarding the fishery in the province.

Minister Tootoo said meeting with aboriginal leaders on these issues is essential in helping to inform his position as the new Minister of Parliament responsible for this area.

### Aboriginal Fishery Guardian Program and MAMKA

On behalf of the Qalipu First Nation, Chief Mitchell took the opportunity to raise concerns regarding the need for increased funding to the Aboriginal Fishery Guardian Program. This program, now nearing the end of a five year contribution agreement, provides inland fisheries enforcement, and environmental stewardship, in central and western Newfoundland. The program, while successful, has not seen an increase to funding in over twenty years, something Chief Mitchell said he would like to see addressed as there is a need for greater representation, especially in central Newfoundland.

Chief Mitchell noted, "We have a valuable working relationship with the Miawpukek First Nation through our MAMKA (Mi'kmaq Alsumk Mowimsikik Koqey Association) partnership. We would like to see renewed funding to this initiative which would allow us to continue our research and community engagement."

Mr Tootoo commented, "I was pleased to meet with Chief Mitchell of the Qalipu Mi'kmaq First Nation as well as the other Aboriginal leaders and discuss important issues of mutual interest. We are committed to forging a renewed and productive relationship with First Nations."



Photo credit: Paul Daly Fisheries and Oceans Canada / Pêches et Océans Canada



## Where Does Qalipu Belong?

Dwight Dorey, National Chief of the Congress of Aboriginal Peoples (CAP), was in Corner Brook this month to meet with our Chief, Brendan Mitchell. The two met privately in the morning, then spent the afternoon with members of the Qalipu Council and executive staff discussing a range of items. Bill C-25, economic development, and the question of Qalipu's membership with CAP were some of the items that were on the table.

CAP is an organization that some will argue is meant only for *non-status* aboriginal groups. Since Qalipu obtained official recognition as an Indian Band under the Indian Act in 2011, is it time to move on? Do we belong with the Assembly of First Nations (AFN), the body that represents status First Nations?

After listening to the conversation between Chief Dorey and Chief Mitchell, Central Region Vice-Chief Joe Bouzanne, CEO Annie Randell, and Ward Councillors Frank Skeard, Brian Dicks, Arlene Blanchard White, and Gerard Alexander, it was evident that the question 'where does Qalipu belong?' does not have an easy answer.



Qalipu senior staff, Council, and CEO Annie Randell were invited to join the meeting between Qalipu Chief Brendan Mitchell and CAP National Chief Dwight Dorey

## Not an Easy Answer

The conundrum is this: While CAP represents non-status peoples, which Qalipu is not, the organization is also a long standing political force advocating for benefits and services for *off-reserve* indigenous people, which Qalipu is.

Chief Dorey was quick to point out that as a landless band, Qalipu stands to benefit from a mandate that advocates for the needs of off reserve people. When we discuss issues like housing, education, taxation, and health, for example, being on or off reserve is a significant distinction. Or for that matter, having no reserve at all.

Yet, when Prime Minister Justin Trudeau met with all those Chiefs from the Assembly of First Nations shortly after taking office, didn't some of us wonder if Chief Mitchell belonged there among them, as the Chief of a Status Indian group? But, we're just so *unique*. Will Perry Bellegarde, National Chief of the Assembly of First Nations, be along to tell us that its time to join the AFN?

Such confusion! The Federal government's to blame. It has been shown throughout history to have quite a way of classifying and sorting out aboriginal people (this just in, the new word in 2016 is *indigenous*). The Qalipu people's arrival to the foray 60 years after our small populations of Mi'kmaq were penciled out of confederation, and several generations of large, Newfoundland-sized families later, we break the very book where these rules were writ.

Who are the Qalipu Mi'kmaq, and where do we belong?

CAP National Chief Dwight Dorey will host community meetings in Corner Brook and Bay St. George in the near future to discuss with members the benefit of Chief Mitchell reaffirming our relationship with CAP. It is worth it to come out and hear what he has to say. Stay tuned for more information.

**The American eel** (*Kata* in Mi'kmaw) was once, and still is, a very important resource to the Mi'kmaq people of Newfoundland. It was traditionally harvested for medicine, sustenance, and cultural practices. Read on to learn more about this valuable cultural resource.

## Cultural Facts

The American eel is thought to be the Great Horned Serpent from Mi'kmaq and other First Nations legends

The American eel skin was traditionally used as a bandage for sprains and broken limbs. The skin could also be made into thin strands to form hair strings.

The oil from eels was used as a salve or ointment.

Parts of the American eel were provided as an offering to spirits to thank them for their help in surviving the winter.



An Aboriginal River Guardian assisting QNR staff in the deployment of a fyke net. These nets are used to study the upstream migration of young eels as they first enter their home rivers.

## American Eel: A Cultural Tradition

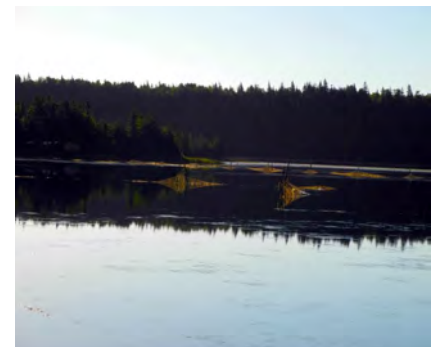
Submitted by Scott Caines and Stephen Rose, Qalipu Natural Resource Technicians

Cultural practices have been developed over thousands of years and are closely tied to the behavior and biology of the American eel. It is the Mi'kmaq people's strong understanding of the biology and great respect for the spirit of the American eel that has allowed them to co-exist for thousands of years.

There are five different life stages of the American eel: *Leptocephalus* larvae, glass eel, elver, yellow phase, and silver phase eels. Yellow phase American eel migrate into nearby ponds and protected estuaries for the winter. These overwintering eel will dig into the soft mud of the ponds and protected estuaries and lay dormant until spring. This behavior was known by Mi'kmaq people and was utilized during the hunting of this species. During the winter, holes were cut or drilled into the ice and 15 to 20-foot-long spears were driven into the mud to capture the overwintering eel, which was traditionally referred to as winter spearing.

During the fall, both yellow and silver phase eels migrate downstream, with silver eels continuing their breeding migration to the Sargasso Sea. Again, these behaviors were utilized by traditional harvesters and still are utilized by commercial harvesters today. In the past, the Mi'kmaq people would use stone or wooden weirs to funnel migrating eel into traps, while modern harvesters tend to use a long funnel shaped trap known as a fyke net. During the summer, American eels move freely between and forage within their home rivers, estuaries, and lakes. However, most of their movements are at night, which is why traditional summer eel spearing was done by torchlight from boats. Many of these traditions are still practiced today, but, due to declining eel populations, fewer people are allowed to hunt for eels. That is why it is of utmost importance for the Mi'kmaq people and Qalipu Natural Resources to continue studying and protecting this traditional resource.

Qalipu Natural Resources (QNR), in collaboration with commercial harvesters, has been monitoring populations of American eel in western and central Newfoundland for a number of years. This year we sampled populations in Barachois Brook in Bay St George and Horwood Brook in the Gander Bay area. We will be looking at the number, size, and health of eels at different life stages and compare them to previous years' data. Aboriginal fisheries guardians and QNR staff installed fyke nets on Harry's River this spring to document the abundance of juvenile glass eels entering their home rivers after their long ocean migration. These projects will improve our understanding of American eel populations and allow us to protect this species for future generations.



Commercial fyke nets in Muddy Hole, Flat Bay. Aboriginal River Guardians and QNR staff participate in commercial harvest monitoring to observe changes in the health and size of eels.





**“We would say to women who had real shiny hair, you must have eaten lots of eel!”-Elder Calvin White**

## A'tugwewinu (The Storyteller)

Storytelling, and sharing knowledge through talking, is known as an important tradition of the Mi'kmaq people. Through this oral tradition, knowledge is passed on from generation to generation. Through the Traditional Use Study, Elders' Workshops and the compilation of an Aboriginal Traditional Knowledge Directory, Qalipu realized the wealth of stories that were out there and that they would need to be documented to build and preserve this knowledge.

For the past six months, Michelle Matthews, Qalipu Cultural Researcher, has led the A'tugwewinu project, meeting with aboriginal people throughout our nine wards to listen to their stories. Her focus was on place names and places of significance; however, the stories she recorded ended up including much more. Ghost stories, medicines, legends, sacred areas, childhood memories, and the incredible history of our Mi'kmaq communities, were some of what was captured in her interviews. The Qalipu Mi'kmaq First Nation is hoping to further compile the fantastic stories that were captured with this project. In the future, we may see a book featuring pictures, stories and maps.

## Matthews recounts interview with Calvin White

“He told me that in early May, as a young boy, barefoot and in short pants although it still would have been cold, he and his buddies would go out and turn over big rocks in the ocean near the beach. Under the rocks they would find eels, some large, some small.

In the evening they would light fires at the mouth of brooks where the eels could be found on their route down to the ocean. The fires would attract eels to come up to the surface whereabouts the young men would gaff or hook-and-line the eels.

White points out that this was no easy task as eels are strong, slippery and difficult to hold once caught. After catching the eels, they were gathered up and brought back to his community (Flat Bay West). The eels were shared with the elderly, the sick, and with his immediate family.

It would have been a common sight to see skinned eels nailed to the sides of people's houses for drying. They did however, eat the eel's fresh as well. “

## Mi'kmaw Culture Inspires Art

Marilyn Bruce grew up on Wood's Island in the Bay of Islands, but later re-settled to Benoit's Cove. As a retired school teacher she can be found creating inspiring artwork and crafts in her home studio. On December 5<sup>th</sup> at the Corner Brook Public Library, a cozy group of people gathered to hear Marilyn share her story and her art work. As a child, Marilyn loved to hear the old oil drum pounding on Wood's Island; the whole harbour could hear her play it. Today she loves to hear the echoing of hand drums. She says the sound calls to her heart.

Marilyn told the group that she was blessed to have worked with many great professionals that allowed her to grow her artwork and crafts. Participants at the library that day were given the chance to share in medicines: Sweet Grass, Sage, Cedar and Tobacco. Marilyn spoke of Mother Earth, the medicines, and how her passion for the environment and nature influences her arts and crafts.

*Recounted by Mitch Blanchard, Qalipu Resource Coordinator*



Marilyn Bruce shares her craft at the Corner Brook Public Library



Members of Qalipu were invited to attend the meeting and listen in on the proceedings

## Updates: Annual Operating Plans

The Directors of Qalipu's departments were on hand to update the Council and members in attendance on progress made toward goals in their Annual Operating Plans.

Highlights from Rob Dicks, Director of Operations, included a transition to bi-weekly pay periods, and a paperless system which will save time and money, as well as make Qalipu more environmentally friendly. He also referenced enhanced services in the Health division with delivery of the Medical Transportation Benefit, and an upgrade to Qalipu's website which is expected to be released in March.

Ralph Eldridge, Director of Service Qalipu, talked about enhancement to the Community Economic Development of the Band with the addition of a new CED Officer, and intentions to grow this branch of Service Qalipu. He also talked about Qalipu's upcoming annual aboriginal business forum, Mawio'mi, scheduled for this March 9-10 in Corner Brook. Ralph also shared the details on the Qalipu Cultural Foundations inaugural fundraising event and upcoming workshops. He then shared the floor with Natural Resource division Manager Jonathan Strickland who gave updates from his area within Service Qalipu.



Work Force Qalipu Director Keith Goulding made sure that new Councilors were well informed of the many programs and services available through his Department including employment services, education funding and assistance with training and professional development.

## Meeting of Council

On January 9 the Qalipu Chief and Council met at the Glynmill Inn in Corner Brook. This was the first regular meeting for the newly elected council and the meeting was open to members of the Band.

The agenda included updates on the Annual Operating Plans from Qalipu's Departmental leads, and orientation on the Qalipu Development Corporation (QDC). Annie Randell, CEO briefed Council on the mandate of the QDC, to pursue economic opportunities that will result in wealth creation for the Band, and spoke to successes to date including profits exceeding \$500, 000 from Qalipu owned enterprises, partnerships and joint ventures.

The meeting also featured presentations given by members Mildred Lavers and Dean Simon who were there to talk about representation on the Northern Peninsula, and use of Mi'kmaq language in the Bands publications, respectively. Council also heard presentations from Jerry Wetzel from the Aboriginal Sport and Recreation Circle of Newfoundland and Labrador who encouraged Qalipu's participation in the Circle and upcoming games, and legal counsel Deidre Wade explained the law surrounding privacy of information and the significance of Qalipu's newly developed privacy policy.

Some other items that came out of the Council meeting included the appointment of St. George's Ward Councilor, Arlene Blanchard White to represent Qalipu Council at the Women's Policy Office, approval of a transfer of a Qalipu member to another Band, and review of a proposed purchase of commercial property in Grand Falls.

## Mi'kmaq Language

Qalipu member Dean Simon adapted quickly to a full agenda that saw his allotted presentation time coincide with an overdo lunch break: he agreed to present to Council in the lunch room. Simon impressed Council with his passion for the language, and the number of hours he has committed to bringing this lost language back to life in our province. Simon has completed a 30 week internship and is now nearing 1000 hours of practice. He expressed to the group the importance of ensuring the translations are properly done as this reflects on our credibility as a First Nation in Canada. Simon offered to be of any help he could to the Council and found a warm reception from Council who welcomed him to be involved in upcoming language initiatives of the Band.



## Northern Peninsula Inclusion

Qalipu member Mildred Lavers was given time on the agenda to speak to Council.

She addressed the issue that although there are some 1000 members living on the peninsula, there is no official ward representation.

"We really feel left out, and this may stem from our communities not being designated as 'Mi'kmaq communities', which is a great injustice to us."

Lavers asked Chief and Council to consider establishing a ward and office there.

Chief Mitchell noted that Council would review her presentation in full. For the time being he committed to a meeting on the Northern Peninsula to help inform members there about Qalipu programs, benefits and services.



**Mildred Lavers presents to Council about the needs of members on the Northern Peninsula**



**Chief Mitchell addresses the Council and members in attendance on concerns following the last Qalipu Election**

## Meeting of Council

Chief Mitchell informed those in attendance of a discussion he had with Qalipu Election 2015 Chief Electoral Officer Reg Anstey. They discussed the concerns of members regarding the short time frame on mail-in ballots, and the number of ballots that came in late and could not be counted.

The possibility of moving to an all mail-in ballot election in 2018 was discussed. If this change to the Custom Rules Governing the Qalipu Mi'kmaq First Nation Band Elections is made, it would mean that all members of the Band, no matter where they live, would receive a mail-in-ballot by mail well in advance of the election.

Chief Mitchell noted a number of important considerations. For one, there are some who would prefer the traditional method of voting at an election poll. The more serious issue however, is that any change to the Custom Rules requires ratification by members. This in itself is an expense equivalent to that of the election as it requires having all members either come out and vote or receive a ballot in the mail. The cost for a ratification vote would be upwards of \$100 000.

Chief Mitchell said that before we go through the expense of a ratification vote to change the Custom Rules, a committee made up of Qalipu staff, Council and membership, will be established to fully review the code, and make recommendations for changes to the Council. That way all changes can be addressed with one ratification vote.

# Warm Welcome at St. John's Native Friendship Centre

Continued from pg.1

Natasha noted that their hostel is on the list of approved accommodations with Health Canada through Non Insured Health Benefits (NIHB). For people who are pre-approved for medical transportation benefits, she said there is no need for guests to pay up front, as they do direct billing to NIHB. She added that the hostel has 23 rooms and can accommodate families.

"There are also 4 vans and 6 drivers who cater to our guests' needs around things like medical appointments and prescription pick-up. But that's not what keeps people coming back", she joked, "it's the food."

There are two cooks on staff who have been working at the centre for many years. The meals they prepare are healthy, and tied to the tradition of living off the land. This year, the centre utilized its moose license and now has a good supply of moose in the freezer which Natasha said the cooks like to prepare once or twice a week.

"The food is excellent. People always talk about the food", she said. "Eating together in the community kitchen is an added bonus, as is the ability to spend time at the other side of the building where cultural gatherings and events take place at various nights of the week," Natasha said.

Natasha reported being pleased to meet Qalipu Chief Brendan Mitchell, and said that the centres staff were impressed with his immediate ask: How can Qalipu support what you're doing here?

To find out more about programs and services, search 'The St. John's Native Friendship Centre' on Facebook, or visit their website at <http://www.sjnfc.com/>. If you're interested in staying with them during your next medical appointment away from home, talk to NIHB Navigator Howard Thistle at 1-855-675-5743 (or 709-679-5743).



**Qalipu  
Mi'kmaq**  
First Nation Band

## Mawio'mi 2016 Opportunity for Youth

The Qalipu Mi'kmaq First Nation is providing an opportunity for a limited number of students to attend this year's Mawio'mi Annual Business Forum. This will be an opportunity for youth to learn about business, innovation, technology, engineering and environment while networking with other youth, Qalipu entrepreneurs, and industry leaders.

This forum will take place from March 9-10<sup>th</sup>, 2016 in Corner Brook, NL.

Accommodations, meals, and a travel subsidy will be provided to successful applicants. For more information and to apply, please click the link, below.

Note deadline to apply is 4PM, January 29, 2016,

For further details or questions, please contact Mitch Blanchard via email: [mblanchard@qalipu.ca](mailto:mblanchard@qalipu.ca)

[For details on how to apply, click here](#)



## Faceless Doll Remembrance Event

Hosted in Partnership with The Newfoundland Aboriginal Women's Network and The Malignant Mi'kmaq Women's Association

The Newfoundland Aboriginal Women's Network would like to invite the public to attend the first of 8 culturally-based remembrance events celebrating the lives of missing and murdered women and children including indigenous women and children of NL.

**Date: Sunday January 24th, 2016**

**Time: 7pm. — 10:00 pm.**

**Location: Stephenville Senior Citizens Club, Queen Street**

Grand Campus Student Services

GRENFELL CAMPUS

# INDIGENOUS PEOPLES WEEK

Sunday, Jan. 24, noon-4 p.m., Arts & Science atrium  
**MI'KMAW SOCIAL**

Monday, Jan. 25, 1:30-3:30 p.m., Arts & Science atrium  
**SPEAKER: JACK SADDLEBACK**

Tuesday, Jan. 26, noon-4 p.m., Arts & Science atrium  
**ABORIGINAL RESOURCES FAIR**

Tuesday, Jan. 26, 7:30-10 p.m., AS2027  
**TUESDAY NIGHT DRUMMING**

Wednesday, Jan. 27, 3:30-5:30 p.m., Arts & Science atrium  
**SPEAKER: RAINER BAEHRE AND TALKING CIRCLE**

Thursday, Jan. 28, noon-4 p.m., Arts & Science atrium  
**ABORIGINAL CRAFTS FAIR**

Thursday, Jan. 28, 7 p.m., AS2026  
**FILMS FROM AWAY: EL NORTE**

Monday, Feb. 1, 5-10 p.m., Grenfell gymnasium  
**NORTHERN GAMES - GRENFELL STYLE!**

Throughout the week, the Vinnemut ball project will be in the Atrium for people to participate by weaving, adapting a design to be included on the ball or just to observe.

## LEARN TO SPEAK MI'KMAW!

Did you know that there is an active group of students working together online to learn Mi'kmaq?

Check out "Bay St. George Mi'kmaq Language Incentive Program" on Facebook and ask Delina Petitpas how to get involved!





## Community Health Needs and Resources Assessment Survey Begins in January

Western Health will be starting a Community Health Needs and Resources Assessment Survey on January 1, 2016. The results of this survey will be used to help plan our programs and services.

The survey can be found on Western Health's website from **January 1 to February 29, 2016**.

The survey includes questions about health and community services in your area.

All residents in our region are encouraged to complete the survey. This is an excellent opportunity to share your views and provide your feedback about health and wellness!

To take the online survey, please visit [westernhealth.nl.ca/survey](http://westernhealth.nl.ca/survey)

[westernhealth.nl.ca/survey](http://westernhealth.nl.ca/survey)

## Message from Renée Dyer, Manager of Health Services

With nearly two thirds of Qalipu membership living in the western region, our voice has the potential to be a strong one in the Community Health Needs and Resources Assessment Survey that was recently released by Western Health.

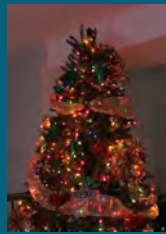
This survey provides us with an opportunity to advocate for our personal health and well-being, and that of our aboriginal communities.

Some of the issues that have been raised by members in the past may still be relevant and can be contributed to Western Health's Survey. For example, many who participated in the Health Needs Assessments identified the need for more long term care services, and noted a lack of services for seniors and others with mental health problems. Others pointed out that there is a need for addiction counselling services.

Please contribute your thoughts and experiences to this survey. Click on the poster to the left of this message to begin. It will take approximately 10 minutes to complete.

*Renée*

## A Truly Festive Gathering



*"On December 23, 2015, a feast was put off by the cultural group in Stephenville Crossing. All Qalipu Council were invited by this group. Our new Chief and Western Vice Chief along with Ward Councilors from St. George's, Corner Brook and Stephenville attended. Due to the time of year and the distance to travel, not all council could attend.*

*Many guests from Flat Bay, St. George's, Stephenville, Stephenville Crossing, Corner Brook and Benoit's Cove attended.*

*We were greeted by words from Mutchie Bennett of Stephenville Crossing. Our new Chief along with Mutchie Bennett joined the drummers in a greeting song. Well done!*

*To all the leaders from the cultural group and to any persons involved with the meal, it was great. There so many choices but, I tried most of them.*

*When our people come together for gatherings such as this, bringing the young and old to see that we are the people of Qalipu.*

*I hope in 2016 and beyond that your group will continue to flourish. This can only extend good will in our community and beyond. Thank you on behalf of the Council and all our people that strive to come together as a Nation."*

**Stephenville Ward Councilor, Gerard Alexander**

## Valentines Day Basket



### Support the 10th Annual Powwow!

This would be the perfect valentines day surprise for someone special!

Tickets are \$1.00 Each (or) \$5.00 for 6

Contact 647-1370 for details on where to get your tickets!

Draw will be February 14th 2015

## Artwork Submissions for 2016 Atlantic Aboriginal Entrepreneur Awards Show

Ulnooweg is seeking Aboriginal Artwork from the Atlantic Region for the next Award Show to use in poster and conference materials.

Please provide a photo of the artwork (s) in PDF, JPEG or a CD to:  
Email: [info@ulnnooweg.ca](mailto:info@ulnnooweg.ca)

Mailing Address: Ulnooweg/2016 Award Show  
PO Box 1259  
Truro, Nova Scotia B2N 5N2

Deadline for submissions is January 31, 2016

Final selection will be made February 5th, 2016

Only the successful artist selection will be notified.

Thank you for your submissions.



L-R Keith Cormier, Chief Brendan Mitchell, Corner Brook Ward Councilor Brian Dicks, Dave Wells, President of the Mi'kmaq First Nation Alliance of Newfoundland, and Matt Connolly enjoy Christmas gathering at MFNAN office.

# 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 and abroad, 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.

## 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 aboriginal community, please get in touch:

Alison White  
Communications Officer  
Qalipu Mi'kmaq First Nation  
Tel. 709-634-5163  
Email [awhite@qalipu.ca](mailto:awhite@qalipu.ca)

# JANUARY 2016

# FEBRUARY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 <a href="#">Reminder to youth, apply for Mawio'mi</a>	19	20	21	22	23
24 <a href="#">Stephenville Ward Meeting</a>	25	26	27	28	29 <a href="#">Aboriginal Artwork request for proposals deadline</a>	30
<a href="#">Faceless Dolls Remembrance Event</a>	<a href="#">Grenfell Indigenous Peoples Week</a>					
31						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 <a href="#">Winter Feast (Apuknajiit) 1:00-4:00</a>	22	23 <a href="#">Corner Brook Ward Meeting</a>	24	25	26	27
	29					