

MAW-PEMITA'JIK QALIPU'K

Pronunciation [mow bemmy daa jick ha le boog]
Meaning: The Caribou are travelling together

Qalipu's Monthly Newsletter

February 2016

Faceless Dolls Events

On February 3, the Indian Cove Women's Circle partnered with the Newfoundland Aboriginal Women's Network (NAWN) to host one of eight Faceless Dolls events that are being held throughout the province this month, Violence Prevention Month. The events are the culmination of a project that saw community groups, like the Indian Cove Women's Circle, create dolls to represent the missing and murdered women and children of Newfoundland and Labrador. The project was an initiative led by NAWN.

NAWN President Suzanne Barry

"The idea to do the Faceless Dolls project started with the Native Women's Association of Canada's report *What Their Stories Tell Us*", said NAWN President Suzanne Barry. She said the report came about after research into nearly six hundred known cases of aboriginal women and girls who have gone missing or been murdered in Canada, a number that, according to research, has grown significantly since then. NAWN was inspired to lead a project to commemorate those lives lost or missing in this province.

Barry said that the commemoration of the 109 lost women and children of our province, remembered at the events with the lighting of a candle as each name was read aloud along with memories that were shared by their families and friends, helps "ensure that their stories will never be forgotten."

"I am extremely proud and honoured to have the opportunity to participate in this project with my sisters of the Indian Cove Women's Circle, and to attend this ceremony in my home town. It's so important that we discuss these issues in our communities. We need to educate one another, share our stories, support each other, while working together to raise awareness and bring an end to violence against all."

- Arlene Blanchard White, St. George's Ward Councilor and member of the Indian Cove Women's Circle



Photo taken near Port aux Choix by Trinda Hamlyn

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Photos : Faceless Dolls Events



Editorial

Editor: Alison White, (709) 634-5163, awhite@qalipu.ca

Keepsakes

all items featuring the original Qalipu logo are now on sale



Available at Qalipu office locations in St. George's, Corner Brook, Grand Falls and Glenwood



Qalipu Mi'kmaq

First Nation Band

Qalipu Mi'kmaq First Nation Logo 2011-2016

End of an Era: saying goodbye to the original Qalipu logo

Late last year a committee was brought together, and Council's opinion sought, to pursue a redesign of the Qalipu logo. While the new logo would need to be fresh and modern, it would also need to be familiar, and maintain some of the core elements of the original mark that many of us have come to identify with and hold dear.

A logo carries more than graphics and words. The Qalipu logo is tied to the feeling we have about our Nation, and our pride in receiving recognition in 2011 as an Indian Band under the Indian Act. We have displayed it on our vehicles, and worn it on our T-shirts hats, and hoodies. It is tied to the many memories we have created together as the Caribou people.

For this reason, I'm happy to report, as a sneak preview before the big reveal at Mawio'mi 2016, that our newly redesigned logo holds many of the elements of the original. It will however, be less busy, include some fresh new colours and there will be less text.

Be sure to snap up your keepsake, or print this newsletter for posterity. Next month will feature the new logo and new promotional items will be available for sale at our offices.

Humble Beginnings: How Qalipu got its name

Qalipu's original logo came after the naming of the Band was done with a contest in 2006 (won by William P. Duggan) Check out this excerpt from the Winter 2006 FNI Newsletter. Submitted by Shelly Garnier

NAME FOR A POTENTIAL LANDLESS BAND CONTEST

In the event that recognition proceeds and a landless band is created, we need to arrive at a suitable name. As such, we are welcoming your suggestions as to a suitable name. We hope to develop a short list of potential names. Ideally, the name should capture in some aspect of our identity as Mi'kmaq, our history in NF, our customs, culture, language, etc.

If a name is submitted and selected as the name for the future landless band a reward and recognition of that name will be given to that person. Please submit potential names to the Corner Brook office, P.O. Box 956, Corner Brook, NL, A2H 6J9 or email: adminasst@fni.nf.ca Please include your name, address, phone number and band affiliation if you are affiliated with one of the FNI local bands.

Qalipu Cultural Support Program

The Mi'kmaq Cultural Heritage Program Grant is an annual \$10,000 funding opportunity that Newfoundland Aboriginal organizations can apply to fund regional aboriginal celebrations, educational outreach, or traditional teaching.

For an event recognizing or celebrating traditional culture one day or less in duration, \$1000 grants are available.

For regional celebrations, and/or educational outreach that are multi-day and or involve multiple regions/wards, \$2500 grants are available.

For all the details and an application to apply, please get in touch with Mitch Blanchard at 709-634-8046 or by email at mblanchard@qalipu.ca

Apply now to take advantage of year end grant money



Ralph Eldridge, Director of Service Qalipu and Mawio'mi lead organizer, pictured here at last year's forum in Stephenville.



Qalipu Business Network

Mawio'mi 2016: Engaging Youth in Business Innovation

The Qalipu Mi'kmaq First Nation is hosting its fifth annual business forum. This year it will be held in Corner Brook at the Glynmill Inn on March 9-10th.

The business forum will focus on:

- Discovering major procurement opportunities within our province
- Networking with key industry stakeholders and other aboriginal businesses
- Learning how to attain diversity certification for your business
- Engaging youth in the application of innovative solutions to practical business scenarios.

[To register, click here](#)

Guest speakers will include procurement experts from the Muskrat Falls Project, the Maritime Link Project, and the Hebron Topsides Project. Gerry Byrne, MHA for Corner Brook and the Minister of Advanced Education and Skills, will bring greetings on behalf of the Honourable Dwight Ball, Premier of Newfoundland and Labrador.

Mawio'mi 2016 will be known as "Engaging Youth in Business Innovation"; Qalipu has invited 18 post-secondary students to participate. The students will use their knowledge from course work in environmental science, technology, business and engineering to respond to a scenario relating to the topics from the presentations. In break out groups, the students will develop their solution, and present back to the group on their conclusions. As a group they will review each solution and decide on the most comprehensive response to the scenario.

Atlantic Salmon: Plamu for the Future

Submitted by Scott Caines, Qalipu Natural Resource Technician

The Atlantic salmon (Mi'kmaq: Plamu) is an important cultural and traditional resource for the Mi'kmaq people of Atlantic Canada. Both aboriginal and non-aboriginal peoples of Newfoundland have strong ties with salmon, with harvesting practices evolving from a traditionally sustenance based fishery to a modern recreational fishery. Qalipu Natural Resources (QNR) has been protecting and monitoring salmon populations for many years. Our Aboriginal fishery guardians patrol rivers to look for illegal fishing activities and our QNR research staff participate in salmon habitat restoration, substrate classification, and yearly monitoring of redds (spawning pits). In fact, we monitored 38 spawning areas

on 5 tributaries in central NL in 2015. Furthermore, QNR, in collaboration with The Salmon Preservation Association for the Waters of Newfoundland (SPAWN), monitored the number of returning salmon on the Corner Brook Stream this summer.

QNR has been working hard to strengthen our involvement in the conservation of Atlantic salmon in central and western NL. The Aboriginal fishery guardians document large obstructions on tributaries of important salmon rivers. These obstructions can seriously impede the upstream migration and, during low water, can prevent salmon from reaching their preferred spawning grounds. In 2015, the

Aboriginal fishery guardians and QNR staff removed six obstructions on three tributaries in western NL. The removal of these obstructions improves connectivity within these river systems and allows for the unimpeded migration of salmon to new spawning grounds. QNR's research staff is working closely with funding agencies and research scientists to improve our salmon conservation and monitoring programs. Through these programs we hope to protect and enhance populations of salmon so that future generations can enjoy this important cultural and traditional resource.

Cultural Fact: The Mi'kmaq of Atlantic Canada adjusted their diets to correspond to the migration of different species. During the spring and summer, the Mi'kmaq people would harvest abundant fish, including salmon, that were migrating into rivers. In the fall, greater focus was placed on harvesting American eel.



A massive natural obstruction along a tributary of Flat Bay Brook

Do you smoke?

Check out this Heart and Stroke Foundation video



Let's Get Physical!

Adults are recommended to do 30-60 minutes of moderate activity most days.

Children and teens should do at least 90 minutes per day of physical activity, most days of the week.

Not sure what to do? Try activities you enjoy and make your minutes count—even if its just 10 minutes at a time. Walk to the store, climb the stairs at work, or get outside and play with your children.

Remember, if you're just getting started, consult your physician first.

Facts on Sodium

For optimal heart health, try to keep your daily sodium intake at the recommended amount of 1500 mg per day for healthy adults and 1000-1500 mg for healthy children.

[Click here for more information on sodium.](#)

Love your Heart:



February is Heart Awareness Month

Submitted by Renée Dyer, Manager of Health Services

Did you know that First Nations, Inuit and Métis people are at a higher risk of high blood pressure, type 2 diabetes, smoking, and childhood obesity, all of which increase the risk of heart disease and stroke? According to the Heart and Stroke Foundation, heart disease rates within this population are as much as 50% higher and the death rate due to stroke is twice as high as that of the general population. As heart disease and stroke are the leading cause of death in Canada, it is important to be mindful of the seriousness of this disease and learn more about what you can do to help prevent it.¹

Have you ever thought about what you could do to love your heart a little more? While you do not have control over your age, family history, gender and ancestry, you can control others such as high blood pressure, obesity, physical inactivity, diabetes, and smoking.¹ [Click here to find out more on the Heart and Stroke Foundation's recommendations for how you can lower your risk of heart disease or stroke.](#)

If you are concerned, assess your own risk using the Heart and Stroke Foundation's self-assessment tool shown below.

| Heart Disease | Stroke |
|--|---|
| Are you at risk? Although heart disease describes many heart problems, coronary artery disease (CAD) is the most common kind of heart disease. CAD happens when blood vessels in the heart are blocked or narrowed. This stops blood filled with oxygen from reaching the heart muscle. Two possible results of CAD are chest pain (also known as angina) or a heart attack. Find out if you're at risk. Check all the boxes that apply to you. | Are you at risk? Stroke happens when the blood supply to part of your brain is cut off. Without blood filled with oxygen, brain cells begin to die. If the blood supply is not restored, the affected part of the brain dies, causing disability and/or death. Find out if you're at risk. Check all the boxes that apply to you. |
| Risk factors you cannot control | Risk factors you cannot control |
| <input type="checkbox"/> Age As you get older, your risk of heart disease begins to increase. | <input type="checkbox"/> Age Although strokes can occur at any age, most strokes affect people aged 65 and older. |
| <input type="checkbox"/> Male or female, combined with age If you are a man aged 55 or older, your risk of heart disease is higher. If you are a woman who has gone through menopause (the change of life), your risk of heart disease is higher. | <input type="checkbox"/> Male or female, combined with age Until women reach menopause they have a lower risk of stroke than men. As time goes on, however, more women than men die of stroke. |
| <input type="checkbox"/> Family history Your risk of heart disease rises if close family members such as parents, sisters, brothers, or children had heart disease before age 55 or, in the case of female relatives, before menopause. | <input type="checkbox"/> Family background If you are First Nations, Inuit or Métis, you are more likely to have high blood pressure and type 2 diabetes and as a result are at greater risk of heart disease and stroke than the rest of the population. |
| <input type="checkbox"/> Family background If you are First Nations, Inuit or Métis, you are more likely to have high blood pressure and type 2 diabetes and as a result are at greater risk of heart disease than the rest of the population. | <input type="checkbox"/> Family history Your risk of stroke is higher if close family such as parents, sisters or brothers had a stroke before age 65. |
| <input type="checkbox"/> Risk factors you can do something about | <input type="checkbox"/> Risk factors you can do something about |
| <input type="checkbox"/> High blood pressure (hypertension) | <input type="checkbox"/> High blood pressure (hypertension) |
| <input type="checkbox"/> High blood cholesterol | <input type="checkbox"/> High blood cholesterol |
| <input type="checkbox"/> Smoking | <input type="checkbox"/> Smoking |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart disease — atrial fibrillation |
| <input type="checkbox"/> Being overweight | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Lack of physical activity | <input type="checkbox"/> Being overweight |
| <input type="checkbox"/> Drinking too much alcohol | <input type="checkbox"/> Lack of physical activity |
| <input type="checkbox"/> Stress | <input type="checkbox"/> Drinking too much alcohol |
| | <input type="checkbox"/> Stress |

The more risk factors you have, the higher your risk of heart disease and stroke. Read on to learn how you can take control and reduce your risk.

¹Heart and Stroke Foundation, (2015). Taking Control: Lower Your Risk of Heart Disease and Stroke



Employment Readiness Program



The Qalipu Mi'kmaq First Nation is currently seeking 18 members; both male and female, to participate in an employment readiness program for the construction sector in development projects such as the Muskrat Falls Project. This Employment Readiness Program will be held over the course of two weeks and is anticipated to begin on March 14th, 2016 and end on March 24th, 2016.

Description:

The Qalipu Mi'kmaq First Nation will be delivering an Employment Readiness Program to enhance the training level of our membership in an effort to increase their employment opportunities. The focus of this training will be core safety and workplace skills. This training will also involve a partnership with the Congress of Aboriginal Peoples.

Location:

Grand Falls-Windsor, NL. A travel subsidy may be provided.

Qualifications:

Candidates must be actively seeking employment and be willing and able to work. This training initiative will have a particular emphasis on gender diversity; we aim to attract both Aboriginal men and women into this program.

Apply:

If you are interested in this opportunity, please apply with application, resume and covering letter to: Qalipu Mi'kmaq First Nation, Attn. Vickie MacDonald, 3 Church Street, Corner Brook, NL A2H 2Z4 Or e-mail: workforce@qalipu.ca with subject line "Employment Readiness Program"

Deadline: Applications must be received no later than 4:00 P.M. on Monday February 29th, 2016.



Workplace Training Initiative

Description: The Qalipu Mi'kmaq First Nation Band has funding available to deliver training modules in core safety and workplace skills which will benefit our members and provide them with the skills to contribute to employment opportunities. If you are a member who is EI eligible, who can identify as having a barrier to employment, and if you are interested in taking any of the training modules identified below, please let us know.

- Confined space, Fall arrest, Traffic Control, Basic First Aid, WHIMIS, Power line Hazards, Forklift

Location: Various locations to be determined.

Qualifications: Candidates must be an EI Eligible client (currently in receipt of EI benefits or have been in receipt of EI benefits in the last 3 years) actively seeking employment and is willing and able to work.

Apply: This training initiative may be offered over the course of two weeks and is anticipated to begin in early March. If you are interested in this opportunity, please apply with application, resume and covering letter to: Qalipu Mi'kmaq First Nation, Attn. Ms. Judy Falle, PO Box 460, St. George's, NL, A0N 1Z0 or email jfalle@qalipu.ca with the subject line "Workplace Training Initiative"

Deadline: Applications must be received no later than Friday, February 19th, 2016 at 4:00 P.M. If you need assistance in completing the application, please contact Judy Falle, Client Intake Officer at (709) 647-3171.

Indigenous Peoples Week at Grenfell

“Indigenous Peoples Week at Grenfell Campus ran from Jan. 24-Feb. 1. Highlights of the week included an energetic drumming social and potluck, a keynote talk from Jack Saddleback, a Cree, two-spirited transgender gay man who brought his message of hope and inclusion to Grenfell, and a well-attended Aboriginal Crafts Fair. The celebrations finished up with an evening of Northern Games-Grenfell Style, where participants competed in traditional Inuit games. The community support for the week was tremendous and much appreciated! “

Kelly Anne Butler, Student Affairs Officer—
Aboriginal Affairs, Student Services



Qalipu's "First Lady" Sheila LaSaga learns about the Wampum Belt Project



Kelly Anne Butler and Chief Brendan Mitchell



Blain Ford working on a headband. He sold beautiful seal skin bracelets, earrings and safety bracelets (craft fair)



Impromptu jam: Paul Pike tests out one of the drums crafted by Scott Butt (craft fair)



Pauline Gilley is a Qalipu member who lives in Corner Brook. She is also a member of Corner Brook Aboriginal Women's Association. Her crafts include: Moccasins, seal skin boots, mini moccasins (decorations), dream catchers, Jewelry, especially seal skin and native jewelry, seal skin coin purses, seal skin, leather and suede mitts, and paintings (craft fair)



Crystal and daughter Clarity Quinton had a beautiful display of pressed flower necklaces. The pair, along with Crystal's mom, started their own garden with seeds in the kitchen window. They later transplanted them. Clarity took care of them every day and chose each flower with care to make these special works of art. Crystal says "she put a lot of work and a lot of love into her flowers." (craft fair)

Bay St George
Mi'kmaq Powwow 2016

CRAFT FAIR

Fundraiser

GOOD FRIDAY

March 25th 2016

Try your Luck at our Chinese Auction & Games

Doors Open at 9am -4pm

2\$ Admission Fee

Stephenville Lion's Club



Norpen Aboriginal Women's Circle Cultural Celebration

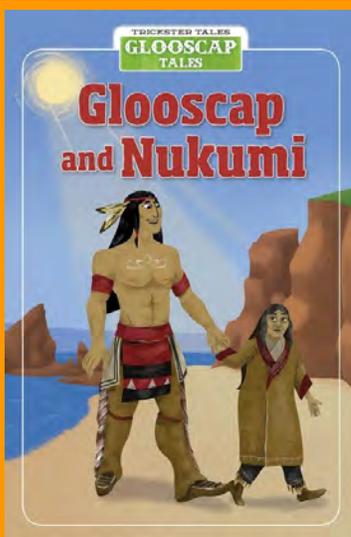
Submitted by Mildred Lavers

“The Norpen Aboriginal Women's Circle hosted and participated in a great cultural celebration workshop on Friday, January 29th and Saturday, January 30th. This group is based in Port Saunders, but, as the name indicates, is inclusive of all communities on the Northern Peninsula. Participants at this gathering came from communities with a range of 250 kilometers. The workshop was sponsored by the Aboriginal Cultural Heritage Program and the Norpen Aboriginal Women's Circle. Twenty-five ladies from the area participated.

Presenters/teachers were Marcella Williams and Scott Butt. Activities included a pipe ceremony, cultural teachings, shawl dancing, language lessons, but the main ones were making shakers and drums from locally-harvested moose hides. Everyone did a shaker, and some of the ladies did drums. Scott had prepared the hides before he came, as well as the correct-sized rims for the drums...which ranged from 10 " to 14" . The shakers were sewn together, dried, filled with pebbles, and then painted. The ladies laced the drums themselves, with teachings of the drum from Scott as the process unfolded. The end result was beautiful drums to take home, dry and use for drumming in more aboriginal celebrations. A great celebration of aboriginal culture!”



2016/01/30 16:55
Trudy Barry, Philomena Gaslard, Chatal Doyle, Scott Butt (teacher), Angeline Kelly, Marie Bourgeois, and Marina Philpott.



Glooscap Tales : Book Recommendation

—Submitted by Qalipu member, and official book reviewer, Marcus Gosse

“The Glooscap Tales books and all of the books in the Trickster Tales series, are very affordable, contain beautiful images, and give all children the opportunity to see the beauty of Indigenous cultures,” said Marcus. Glooscap Tales also include Mi’kmaq word pronunciations such as (Nukumi/Noo-Goo-Mee, which means Grandmother) and background information about the story at the end of each book. “When I visited my grandmother in December 2015, I gave her the Glooscap Tales for her Christmas present. As soon as my aunt saw the books come out of the Christmas wrapping, she immediately wanted the collection for her grandson. That is when I realized how important the whole Trickster Tales series was for all of Canada.

Trickster Tales is a great series for teachers, parents, and grandparents to learn the basics of not only Mi’kmaq cultures, but many Indigenous cultures and legends throughout Canada. The Trickster Tales series can all be purchased from <http://education.scholastic.ca/category/TRICKSTER-TALES>

PETAPAN: First Light

Indigenous Arts Symposium

JUNE 16-19, 2016
DIEPPE, NEW BRUNSWICK



Registration is Free

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E-mail: info@ulnooweg.ca
www.ulnooweg.ca
@2012Ulnooweg

2nd Annual YOUTH Heritage Forum

MARCH 19, 2016
ST. JOHN'S, NL



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

March 2016

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|-----|---------------------------------|----------------------------------|--------------------------------------|---|
| | Feb 29 Deadline to apply for Employment Readiness Program | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 Mawio'mi 2016 | 10 Mawio'mi 2016 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 Youth Heritage Forum |
| 20 | 21 | 22 | 23 | 24 | 25 Powwow Craft Fair | 26 |
| 27 | 28 | 29 | 30 | 31 | | |