

# MAW-PEMITA'JIK QALIPU'K

**Pronunciation [mow bemmy daa jick ha le boog]**

**Meaning: The Caribou are travelling together**

Qalipu's Monthly Newsletter

March, 2016

## Mawio'mi 2016

This year's Mawio'mi was a milestone event: five years since the annual indigenous business forum began in 2012.

Ralph Eldridge, project lead and Director of Service Qalipu said, "This year was our best yet. We had a record 120 delegates which included 50 Qalipu member businesses. The Youth Innovation Forum was also a special addition this year. It allowed for an unprecedented collaboration between Qalipu, the private sector (Anaconda Mining Inc.) and the College of the North Atlantic's Industry and Engagement Unit to create the student element of the event."

Keith Goulding, Director of Work Force Qalipu and key player on the Mawio'mi planning team recalls how it all began. "Putting off Qalipu's first business forum was an idea we came up with together," he said. "But it looked a little different back then. Our first Forum was really more of a travelling road show. From Stephenville to Grand Falls-Windsor and back to Corner Brook we set up evening gatherings aimed at showing indigenous entrepreneurs how they can access funds to start-up or expand their businesses."

Ulnuweg, BDC, and Aboriginal Affairs and Northern Development Canada all provided 5-10 minute presentations introducing their programs and services. They also set up booths so that delegates could come and find out more.

"It was well received in Grand Falls-Windsor and even better in Stephenville but, it was the unexpected large crowd that we met in Corner Brook that told us this was something our members cared about, something we could really focus on and grow in the years ahead," Goulding added.

The Forum has since grown from the initial evening gatherings into multiple days with a networking social. This year introduced a new Qalipu youth component, where young professionals could get meaningful networking experience.

Both Eldridge and Goulding say they aren't at the end goal yet. "In the future we may see a pan provincial indigenous business forum, with all the indigenous communities of Newfoundland and Labrador represented," noted Goulding.

Eldridge agreed saying, "success of a provincial event will likely be a springboard into an all Atlantic Canada event. We've got an exciting vision for the future." **For more information about Mawio'mi, or to register your business with the Qalipu Business Network, please contact Nicole Companion: email. [ncompanion@qalipu.ca](mailto:ncompanion@qalipu.ca) or tel. (709) 634-8043**



Photo taken near Port aux Choix by Trinda Hamlyn

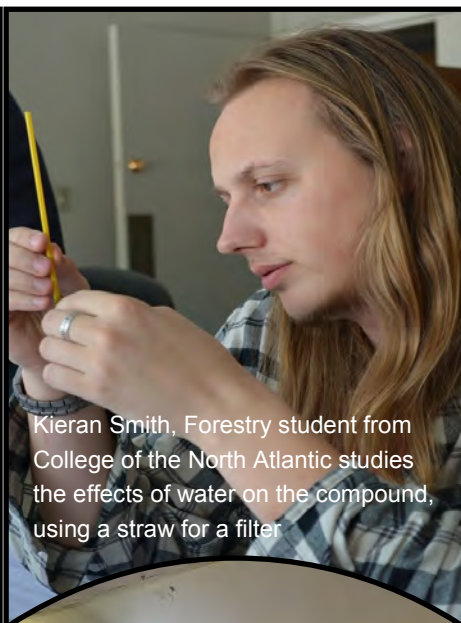
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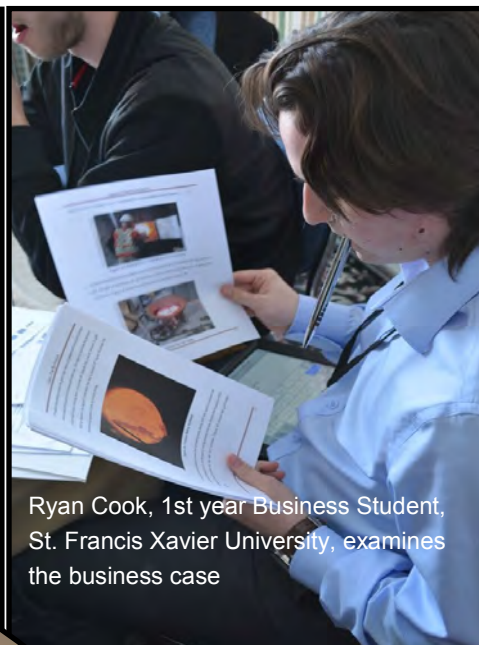




Cassandra Dorrington-CAMSC



Kieran Smith, Forestry student from College of the North Atlantic studies the effects of water on the compound, using a straw for a filter



Ryan Cook, 1st year Business Student, St. Francis Xavier University, examines the business case



# Snapshots: Mawio'mi 2016



Administrative Assistants Nicole Companion and Vickie MacDonald handled preparations for Mawio'mi 2016



Chief Mitchell talks about the Urban Reserve concept



Ann Marie Vaughan, President, College of the North Atlantic



Raymond Thomas, Facilitator Team member and professor from Grenfell Campus, Memorial University-Department of Science, Environmental Science



Minister Gerry Byrne, Keynote Speaker, day 2



Shauntel George, Business Management Student from College of the North Atlantic and Gabrielle Blanchard, Business Student at Grenfell Campus



# Editorial

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



Wherever your roots begin—a Mi'kmaq community in western Newfoundland, a Métis community in central Canada, or a reserve in rural Nova Scotia—you may find that the branches of your tree have grown far, maybe into a city that looks nothing like home. If you are a city dweller, perhaps interested in exploring indigenous cultures, or longing for a feeling of connection you had back home, a visit to a Native Friendship Centre may be the cure.

There are more than 100 Native Friendship Centres in urban areas across Canada. Their offerings include assistance adjusting to city life, facilitated access to programs and services, group get-togethers, workshops, teachings, and a variety of cultural celebrations. Depending on the location you may also be pleasantly surprised by local flavours such as the opportunity to build your own drum and dye its skin purple with blueberry juice, regularly scheduled yoga and knitting circles, and even the unique opportunity to go winter camping outside the city with an Innu and Inuit Tent Gathering. These are some of the unique happenings I heard about at the St. John's Native Friendship Centre on a recent visit.

While visiting, details about a new offering were announced during the talking circle. Jenelle Duval, Cultural Support Worker and Program Facilitator at the Centre, and a Qalipu member originally from the west coast, shared that she had applied for a grant through the Qalipu Cultural Foundation's Cultural Support Grant Program. She was recently notified that the application had been approved. Her proposed program *Building Your Bundle* will supply the medicines, medicine bags and teachings for visitors to the Centre who want to learn about the traditional practice of carrying and using medicines (see poster pg. 8).

If you're living in or visiting the St. John's area, be sure to find out what's happening at the Friendship Centre, enjoy a warm welcome and some time around the circle with new friends.

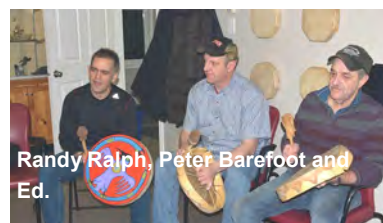
For more information, [click here to find the St. John's Native Friendship Centre on Facebook](#)



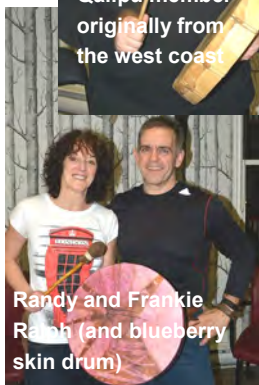
Chris Mullett,  
Qalipu member  
originally from  
the west coast



Gloria, Jaime and Amelia



Randy Ralph, Peter Barefoot and  
Ed.



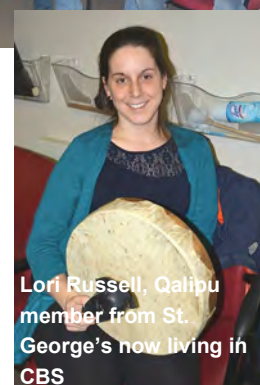
Randy and Frankie  
Ralph (and blueberry  
skin drum)



Angie Paul, Chef at  
SJNFC Community  
Kitchen



Jenelle Duval, SJNFC  
Cultural Support Worker/  
Program Facilitator and  
Qalipu member from St.  
George's



Lori Russell, Qalipu  
member from St.  
George's now living in  
CBS



Joan Hodder, Qalipu  
member from  
Stephenville now  
living in St. John's



Qalipu members listen in on the proceedings of the Council meeting.

## Meeting of Council

On March 12 the Qalipu Chief and Council held a regular meeting in St. George's at the Ktaqmkuk Mi'kmaw Museum. The meeting's primary purpose was to receive the Finance Committee's report, and to pass the proposed budgets and operating plans for the 2016-2017 fiscal year. The meeting also featured guest presentations from a documentary film maker, David Maggs, and Kirby Mercer, President of Beothuk Energy. Other items included follow up on support of the Aboriginal Sports Circle, approval of the Privacy Policy, and ratification of a motion to increase Councilor Honorariums by \$2000 annually.

### A Word from Chief Mitchell

"We have not typically had members involved in Council meetings but today, and in the future, we will. We have also heard some feedback from members saying they would like to be able to ask questions while attending our meetings so we have added a question period today before lunch as a trial.

In the future we would like members to submit their question one week in advance of meetings at a minimum so that we have time to put together information or resources to answer the question"

-Chief Brendan Mitchell

The Finance Committee consists of Joe Bouzanne (Central region Vice Chief), Gerard Alexander (Ward Councilor-Stephenville), Annie Randell (CEO), Rob Dicks (Director of Operations), Jodie Wells (Finance Manager), Randy Drover and Ken Hynes (members at large), and Cory Decker (Secretary). The role of the Committee is to meet regularly to review the Band's finances, ensure that budgets are being expended in accordance with the approved plan, and ask questions. The Committee then brings back its findings and

recommendations to Chief and Council at their regular meetings. As a new fiscal year begins following March 31, the Finance Committee plays an important role in preparing the budgets for presentation to Chief and Council. The report, available by request, included a review of expenditures for the RCMP/Qalipu Youth Employment Program, and the Linkages Program, both of which show successful outcomes for the Band and member participants. Budgets, and proposed expenditures, in all areas of Qalipu were reviewed including Non Insured Health Benefits, Emera Socio-Economic

Agreement, Lands and Economic Development Support Program, Band Support and the Health Service Integration Fund. The Committee recommended that Council approve the 2016-2017 Budget as presented. The budget was passed.

The Committee also had action items for staff follow up including to pursue the launch of the Qalipu Cultural Foundation as a separate entity for next fiscal year.

## Annual Operating Plans: highlights

The Directors of Qalipu's departments were on hand to table their new Annual Operating Plans and budgets for the 2016-2017 fiscal year. Operating Plans are tied to direction from Chief and Council and the Qalipu five year strategic plan. They are reviewed on an ongoing basis to capture milestones, and to make additions or other changes.

### Executive and Qalipu Business Trust

- Evaluate and make a decision on formal national affiliation for Qalipu (AFN or CAP)
- Evaluate and decide where Urban Reserve will be located
- Conduct further research to pursue Aboriginal Rights for members

### Work Force Qalipu

- Continue to provide funding to qualifying applicants for books, tuition and employment opportunities
- Enhance ginu membership database.
- Develop a cultural training course to offer members as part of application process.

### Service Qalipu

- Leverage Band size to obtain benefits for members
- Support member business start-up and growth through piloting the Qalipu Business Wings Program
- Continue to capture cultural teachings and knowledge of Elders

### Operations Qalipu

- Expand administration activities of the Non-Insured Health Benefits Program and create health development strategy
- Review and refine annual Communications Plan and develop Communications Policy document
- Obtain a tool for voting for Qalipu Elections that is a more inclusive method for members.



Rob Dicks, Director of Operations presents the consolidated



## Originations Documentary

David Maggs talked to Chief and Council about working with Qalipu to develop a documentary that chronicles the resurgence of indigenous culture in Newfoundland and the difficult process of establishing the Band's Founders List. He also hopes to use the documentary to demonstrate that what many would consider typically indigenous beliefs such as seven generation thinking, environmental concern and respect for elders-are in fact beliefs that can, and are, embraced by many regardless of origin. In this way, by being united in a vision for a better earth, we break down the unnecessary barriers of asserting who is indigenous and who is not.

Maggs ties his interest in Mi'kmaq culture back to an unusual find at St. Pat's Church in Gros Morne National Park. On the ceiling of this building, more than a century old, are Mi'kmaq stars on either side of the cross. He was inspired by the historical connection between Mi'kmaq and European cultures, and wanted to give voice to these stars that had stood unnoticed for 140 years.

Council is interested in the project, and its potential to capture an important moment in the Band's history. Stay tuned for more information about this documentary including opportunities for youth to mentor on the production team.



L-R Beothuk President Kirby Mercer, Western Vice Chief Erica Samms Hurley, Chief Brendan Mitchell, Central Vice Chief Joe Bouzanne and CEO Annie Randell

## Council Hears from Beothuk Energy

Kirby Mercer, President of Beothuk Energy was on hand to talk to Council about the 180 megawatt offshore wind farm his company has in the works for Bay St. George. Mercer said that offshore wind energy will be an emergent source of energy in the future and suggested that it is an initiative that fits well with the Qalipu vision, and seven generation thinking.

"Environmental groups don't want to see transmission links going through their lands," Mercer noted, "They want to see green, sustainable energy."

Mercer went on to explain the choice of location, "When we look at Bay St. George, we have world class wind. It blows hard, and it blows consistently. A wind energy project like the one Beothuk is proposing can do for western Newfoundland what oil has done for western Canada."

Kirby talked about benefits for the region including manufacturing facilities, employment opportunities and the potential for western Newfoundland to become a hub of learning for students from across Canada. He said, "Western Newfoundland could become a centre of excellence for green energy, not just wind."

### Q & A with Chief and Council

**Chief Mitchell:** How much will this project contribute to our local economy?

**Mercer:** \$135 million annually during the construction phase alone.

**Councilor Calvin Francis:** How far offshore would this be?

**Mercer:** 20 km offshore with gravity based structures placed in depths of water not more than 30 m.

**Councilor Brian Dicks:** Where and how do you see Qalipu participating?

**Mercer:** Work hand in hand, engagement and input to ensure we are doing this right. Working together to create opportunities for members and member owned business, opportunity for investment and ownership in the company.

**Councilor Brian Dicks:** Based on the triggers that need to be tripped in order for this project to begin...What's your time line? Where are you with this?

**Mercer:** In serious negotiations with 2 energy suppliers. Feels like there could be an offtake agreement within the next 30 days. That's how close it feels.

**Councilor Blanchard White:** You talked about jobs and building fabrication plants in Corner Brook. I would argue that placing it in Bay St. George would be good too, easier to access.

**Mercer:** Why Corner Brook? The dock is very shallow there, and the water drops deep very quickly. This makes sense for gravity based structure development as we are proposing with this project. There will be a lot going on in Bay St. George as well. There will be many employment and other opportunities.

To learn more about Beothuk Energy's proposed wind farm explore their website, [here](#).



David Maggs briefs Chief and Council on "Originations" documentary featuring the Qalipu First Nation.



Submitted by Renée Dyer, Manager of Health Services

## Take a 100 Meal Journey!

### Make small changes, one meal at a time

Every year in March, Dietitians of Canada organize Nutrition Month and Registered Dietitians across the country spread the word on nutrition and offer their guidance to Canadians making it a little easier for them to choose, eat, and enjoy healthy food. The theme of Nutrition Month 2016 is *Take a 100 Meal Journey: Make Small Changes, One Meal at a Time*.

### What is the 100 Meal Journey?

By joining the 100 Meal Journey you are pledging to make small nourishing changes and stick with it one meal at a time. Can you believe that on average, we eat about 100 meals each month? As a Registered Dietitian, and Manager of the Qalipu Health Services division, I am taking advantage of this opportunity to share what I feel is a realistic approach to eating and encourage each of you to join me in this challenge.

### Getting Started

Dietitians of Canada have developed 5 weeks of doable tips, strategies, and ideas that aim to inspire you to make small, healthy, positive changes to your daily meals and snacks. Five weeks will give you time to find out what works and does not work for you! As you go along on your 100 Meal Journey, I will be available to answer questions and offer support as an additional service to Band members.

Linked below is an outline of the 5 week 100 Meal Journey, which includes printable fact-sheets that will assist you during the weeks ahead. I'm also sharing some nutrition month recipes to help get you started.

If you have questions, or want to talk about your journey, please get in touch. I can be reached by phone at (709) 634-5041 or by email at [rdyer@qalipu.ca](mailto:rdyer@qalipu.ca)

100 Meal Journey, Your 5 Week Plan - [Click Here](#)

Nutrition Month Recipes - [Click Here](#)

## National Roundtable

In a recent report the RCMP estimated there have been 1,181 cases of missing and murdered indigenous women and girls in Canada since 1980. A national roundtable regarding this staggering issue was held in Winnipeg in February. The two day event included a day for families effected by the loss of a loved one and a second day that included representation from government officials and indigenous community leaders across Canada. Western region Vice Chief Erica Samms Hurley represented the Qalipu Council at the gathering. Odelle Pike of the Newfoundland Aboriginal Women's Network, also attended on behalf of Qalipu members.

Vice Chief Samms Hurley commented, "The Roundtable highlighted the injustice and violence that indigenous women across Canada continue to be victims of. It allowed family members to have a voice but also for government to formally address once again their commitment and future work towards the inequalities that indigenous women face. The experience was emotional and rewarding at the same time. As someone stated previously this is not an indigenous issue, this is a Canadian issue."

Erica Samms Hurley and Odelle Pike



Memorial tribute to lost loved ones





## Newfoundland Marten: Did you know?

The Newfoundland marten (Mi'kmaq: Apistanewj), or American marten, is a small to medium sized carnivorous mammal that is closely related to weasels, mink, and fishers. Adult Newfoundland marten range from 772 to 1,275 grams and are mostly dark to auburn brown, except for a small patch of white/orange fur along their chest. Marten are a forest dependent species and require large expanses of mature forest to successfully hunt and reproduce. The Newfoundland marten is an extraordinary climber and can traverse great distances without leaving the safety of the forest canopy. This magnificent animal is one of the 14 native mammals to insular Newfoundland and, prior to colonization, was abundant throughout much of the island. Heavy trapping between the 1600's and early 1900's in combination with extensive timber harvest have led to large declines in the abundance of this species. Current populations of Newfoundland marten are restricted to five areas of mature forest within the island and the total population size ranges from approximately 286 to 556 breeding individuals. Due to rapid declines and overall small population size, the Newfoundland marten was designated as a threatened species and is now protected under the federal Species at Risk Act.

## The Newfoundland Marten: an important part of Mi'kmaq history

Submitted by Scott Caines, Natural Resource  
Technician



A marten hanging out in Newfoundland's boreal forest. <http://www.thewesternstar.com/News/Local/2012-11-14/article-3119952/Bay-St.-George-a-hotspot-for-pine-marten-on-west-coast/1>

### Mi'kmaq History

Although the marten may not have been an important food resource for the Mi'kmaq people, it still played an important role in the history and cultural traditions of Atlantic Canadian Mi'kmaq (see cultural facts). Aboriginal people of Newfoundland were known to trade marten furs with early European settlers, with 3100 pelts being caught by Mi'kmaq, French, and Montagnais in 1763. The trading of fur pelts with European colonists was an important part of Mi'kmaq history and was a turning point in how the Mi'kmaq lived. The Mi'kmaq would trade their furs for copper kettles, woolen blankets, iron knives and needles, and iron to affix to their arrows and spears. Eventually, the Mi'kmaq started trading for guns and other manufactured goods, which often replaced traditionally used tools and items. Although these new tools and items made life easier for Newfoundland Mi'kmaq, they inherently led to the evolution of Mi'kmaq culture and traditions.

### Qalipu Natural Resource division

Qalipu Natural Resources (QNR) is strongly committed to studying and protecting all the cultural natural resources of Newfoundland's Mi'kmaq. QNR, in partnership with Stantec, have recently been awarded a contract by Emera NL, to lead a NL marten hair snag study in relation to EMERA's maritime link construction. Hair snag studies use sticky pads to collect hair from individuals as they pass through baited stations. Collected hairs are used in DNA analysis to determine the distribution and relative abundance of individuals within the study area.

### Cultural Facts

The marten (Apistanewj) played an important role in oral stories and legends of the Mi'kmaq people. One story indicates that Glooscap asked the marten to sacrifice itself so that Glooscap's starving grandmother would have something to eat. Apistanewj is depicted as a marten or as young boy and is often cited as a companion of Glooscap.



# Bulletin Board

## Wanted: Aboriginal Coaches for 2016 NL Games

In preparation for the 2016 NL Summer Games, the Aboriginal Sport and Recreation Circle is pleased to accept applications for coaching positions for Aboriginal Teams at these upcoming Games. We will be accepting applications for coaching in the following sports: Athletics, Beach Volleyball, Golf, Swimming

If this opportunity interests you, please provide a written expression of interest, outlining certification and/or relevant experience and qualifications, the ASRCNL staff listed below by March 31, 2016:

Mike Alexander  
BSG Aboriginal Sport and Recreation Circle  
129 Montana Drive  
2nd Floor, Rm 228  
Stephenville, NL  
A2N 2T4  
Ph: (709) 643-3130  
Fax: (709) 643-3150  
e-mail [bsgasrc@nf.aibn.com](mailto:bsgasrc@nf.aibn.com)

## Important Notice: Your Child's Status Card may Expire this Year

Please note that all SCIS (Secure Certificate of Indian Status) cards have an expiry date.

Please note that the majority of children's SCIS cards will be expiring in 2016. Parents must re-apply for a new card for their children.

Qalipu is here to help with the process of reapplication. An SCIS Clerk, Nancy O'Connell, has been hired to take appointments at the Corner Brook and St. George's office. Please call (709) 634-4010 or email [noconnell@qalipu.ca](mailto:noconnell@qalipu.ca) to make an appointment. Charmaine Bath, Indian Registration Administrator, will continue to assist members at the Glenwood and Grand Falls-Windsor office. Please call (709) 679-2142 or email [cbath@qalipu.ca](mailto:cbath@qalipu.ca) to make an appointment.



### Central Region Town Hall Meetings

Qalipu members are encouraged to attend one of two upcoming Central Region Town Hall meetings with Glenwood Ward Councillor Frank Skeard, Gander Bay Ward Councillor Calvin Francis, Exploits Ward Councillor Andy Barker, Central Vice-Chief Joe Bouzanne and Chief Brendan Mitchell. These meetings will provide an opportunity for members to interact with their Ward representatives, Vice-Chief and Chief, learn about programs and services available to them, make suggestions and ask questions.

- Sunday, April 3, 2:00-4:00 p.m. at the Mount Peyton Hotel in Grand Falls-Windsor
- Monday, April 4, 7:00-9:00 p.m. at Hotel Gander in Gander



### St. George's Ward Meeting

Qalipu members are encouraged to attend the first Ward meeting with Councillor Arlene Blanchard White. This meeting will provide an opportunity for members to learn about programs and services available to them, make suggestions and ask questions. Chief Mitchell and western Vice Chief Samms Hurley will also be in attendance. Light refreshments will be served.

Saturday, April 16, 3:00-5:00 p.m. at the Bay St. George Cultural Circle Building, St. George's



### Flat Bay Ward Meeting

Qalipu members are encouraged to attend the first Ward meeting with Councillor Ben Bennett. This meeting will provide an opportunity for members to learn about programs and services available to them, make suggestions and ask questions. Keith Goulding, Director of Work Force Qalipu, will be in attendance to present. Light refreshments will be served.

Sunday, April 17, 6:00-8:00 p.m. at the Flat Bay Band Office, Flat Bay



BUILD A PERSONAL BUNDLE USING TRADITIONAL AND CONTEMPORARY MEDICINES

CRAFT AND RECEIVE SACRED OBJECTS FOR CEREMONY

LEARN THE ESSENTIAL TEACHINGS NEEDED TO HOLD YOUR OWN PERSONAL CEREMONY

**SJNFC & QALIPU FIRST NATION PRESENT BUILDING YOUR BUNDLE**

Workshop FREE of charge! Participants must commit to all sessions

To register contact Jenelle or private msg our Facebook page

726-5902 or [jduval@sjnfc.com](mailto:jduval@sjnfc.com)

716 WATER STREET

Tues, March 22, 2016  
7:30 PM

Friday April 1, 8:00am, & 28  
11:30 AM



### Satellite Centre for Western NL Information Sessions

Presented by Kio'kmaq Village (Flat Bay Band Inc.) in partnership with Tabletop Family Chiropractic with funding contributions from the Public Health Agency of Canada

We are now accepting clients for the Tajike'k Creating Wellness program: a Mind, Body & Spirit initiative, customized for culture & lifestyle. With funding and partnerships we acquired the means to cover all service fees & costs & provide supplies for 3 years!

Anyone "living on the West Coast, NL, \*age 12 to old age, \*multiple health issues or \*just looking to improve a few areas, may be considered. Come and find out more!

Saturday March 26th, 2016

10:00AM—12:00PM Benoit's Cove Community Hall 103 Hillview Road

2:00PM—4:00PM Corner Brook Majestic Building Community Room



### Youth Summer Employment Program

Hire a Qalipu student this summer and receive financial support through the Work Force Qalipu Youth Summer Employment Program.

The deadline to apply is April 1, 2016

For more information, and the application form, please visit our [website](http://www.qalipu.ca)





## APUKNAJIT (winter feast)

On February 21 the Corner Brook Aboriginal Women's Association hosted a gathering at the Corner Brook Legion as part of Winter Carnival week. Here are a few snaps from this well attended and positive event.



Gentle Spirits Big Drum Group



Marilyn Matthews  
Windell Smith



Julia Blanchard



Paul Pike, Michelle Bennett  
and family



Marilyn Meade



Strong Bear Drum Group



Children were invited to participate in a Round Dance

## Qalipu First Nation Supports School Breakfast Programs



Ward Councillor Gerard Alexander (left) presents a donation to Fred Robertson, Principal of St. Michael's Elementary



Ward Councillor Frank Skeard makes a presentation to a Breakfast Program in the Glenwood Ward.

-Submitted by Gerard Alexander, Stephenville Ward Councillor

"On March 9, 2016, I made a presentation to Fred Robertson, Principal of St. Michael's Elementary School in Stephenville Crossing. This school has an enrollment of 163 students. A large number of these students attend the Breakfast Program. This program is run by volunteers, mainly parents of students attending the school. The school coordinator for the program is Ms. Judy Parsons."

*All Councillors of the Qalipu Band will be presenting donations to one or more school Breakfast Programs in their Wards on behalf of the Qalipu Mi'kmaq First Nation.*

## Nation to Nation

### Qalipu and Miawpukek meet in Conne River

A good will meeting was held in Conne River this past month. Four members of the Qalipu Council attended. In addition to an overview of Miawpukek governance and activities, Qalipu received a tour and met with Qalipu members who live in that area.



# Qalipu Mi'kmaq First Nation

Qalipu 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 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 regions of our dispersed communities, that are home to nearly 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 indigenous 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)

## April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <a href="#">Youth Student Employment Program Deadline</a>	2
3 <a href="#">Central Ward Meeting</a>	4 <a href="#">Central Ward Meeting</a>	5	6	7	8	9
10	11	12	13	14	15	16 <a href="#">St. George's Ward Meeting</a>
17 <a href="#">Flat Bay Ward Meeting</a>	18	19	20	21	22	23
24	25	26	27	28	29	30