

# MAW-PEMITA'JIK QALIPU'K

Qalipu's Monthly Newsletter

November, 2016

## Regular Meeting of Chief and Council

Did you know that meeting summaries from all meetings of Qalipu Chief and Council are posted on our [website](#)?

### October 15, 2016 Report Now Online

Find the answer to some of your questions in the report:

**Q: Why does Qalipu need an Ethics Committee?**

A: The Health Services Division presented information to Council regarding the need to establish an Ethics Committee. It was explained that there is a Provincial Act in place that governs research.

**Q: Can Qalipu support community efforts to improve road conditions in Flat Bay?**

A: Council agreed to support our membership by speaking up to our government.

**Q: How can we better engage our youth?**

A: One member suggested that a youth forum or conference would be a great way for youth to get together to network and build lasting relationships.

[Get the full report here](#)

*"We love to see our members at Council meetings. It shows us that people are interested and engaged in what we're doing. The change to open meetings, along with the addition of a question and answer period with membership, is a welcome change for this Council."*

- Chief Brendan Mitchell



Photo taken near Port aux Choix by Trinda Hamlyn

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Brad Firth aka Caribou Legs

## “God Shots”

You can recognize a spiritually alive person by their eyes. Still, kind, and penetrating, their eyes seem to say ‘I see you, I witness your life, your spirit, and I acknowledge that we are one in Creation as two waves crashing on the beach from the same ocean.’

In the morning, in the quiet before crowds filled the Qalipu Community Room with love and support, I saw this in the eyes of Brad Firth, Caribou Legs. Brad is an ultra-marathon runner who has become a message carrier in the style of the traditional Gwich’in message runners. On November 20 he completed a 7,420 km cross-country run to raise awareness and support of Missing and Murdered Indigenous Women and Girls, to end violent measures & reactions, and to promote health in body, mind and spirit.

Brad ran an average of 60-75 kms a day since Mother’s Day this year. Alone, without any road-side support he has had plenty of opportunity to commune with Creation. He talked to me about being spiritually open and available to receive direct communication from God. He called this communication “God shots”.

He said, “When I’m living as I know I should, taking care of my body, mind and emotional self, when I stay within the circle and I avoid those temptations that try to pull me out of that circle, I get *God Shots*.”

## Let the Medicine Wheel be your Guide

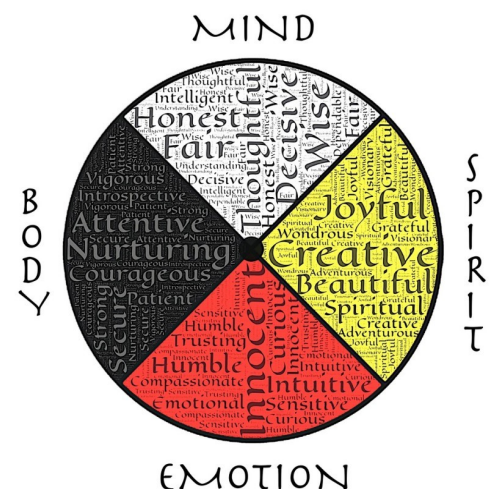
Brad used the medicine wheel, hand painted on his drum, to explain. He said that when he is living in the circle, he is open and available to receive guidance from the Creator. He said this guidance comes in many forms and, when he’s living deeply in the circle, as he has been on this incredible journey, it happens to him every day. “God will put the right people in my path, or put me in the path of others to help them. It’s like a bolt of lightning and meaning, shot into my life. That’s why I call it God Shots.”

## Discover it for Yourself

Do you want more “God Shots” in your life? We each have the opportunity to be alive in spirit by taking care of our body, mind, and emotional selves just as Brad explained. We can ask for God to talk to us by taking just a few minutes each day to still the chatter of the mind while tuning in to the miracle of our own breath. At the beginning of this quiet time we might ask the questions, ‘What is intended for me? What is my heart’s desire? Am I being true to myself?’

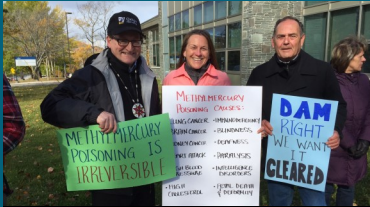
The next part may prove more difficult! We have to wait, listen and pay attention to the answers which may manifest in strange ways; a gut feeling, a coincidence the words of a stranger. We must also bring ourselves (again and again if you’re strong willed and competitive like me!) to a place of surrender, back to a place where our hearts can hear the gentle voice of Creation and find the courage to say “yes” when the path is revealed.

Good luck, hope I see you on the road.



## Snapshots

This past month the Qalipu Chief and Council have been busy as usual. Here are some photo highlights:



L-R Chief Mitchell, Councilor Blanchard White, Councilor Alexander at Make Muskrat Right Rally in Corner Brook



Chief Mitchell lays a wreath on behalf of Qalipu First Nation at Remembrance Day Ceremony



Port aux Port Ward Councilor Jasen Benwah with special guests at Mi'kmaq Centre Grand Opening in De Grau



Councilors Barker and Francis at October Meeting of Chief and Council



Chief Mitchell, Councilor White and Councilor Dicks present gift to MHA Gerry Byrne after Linkages funding announcement at Qalipu office.



Group Shot with Parks Canada Interpreter Kevin Barnes sharing the *Moose Mania* program

## Seniors Mentoring and Leadership Project

Submitted by Tyler Gallant, Project Manager

The *Seniors Mentoring and Leadership Project* engaged 17 members with representation from all Wards. They came together at Kildevil Camp in Gros Morne National Park to engage in our rich culture. The project was fashioned as a four-day retreat which provided members with the opportunity to be more actively involved in their communities, build cultural capacity, and support their communities through the sharing of their traditional knowledge with others.

The retreat provided interactive teachings from cultural leaders. The weekend included participation and teachings of a Sunrise Ceremony, Water Ceremony, and Sacred Pipe Ceremony, as well as teachings on a sweat lodge, medicines and smudging, Mi'kmaq language, and singing and drumming. Other activities included a medicine walk, crafting, beading a wampum belt, and playing the traditional game, waltes.

After engaging in these teachings, many participants were grateful for having the opportunity to take part in such a valuable event. Bill Hepditch, representing the Stephenville Ward, said he "learned so much. I'd like to thank everybody here for enriching me in the culture, which I didn't have when I was young," he said. "You had so many instructors here with so much knowledge who made me feel like I was part of the whole group. I want to thank everybody for their great work and their knowledge and the instructors for giving me all their knowledge I can now take back to my community and help the people were I am."

Many participants stated that they were happy to have made new friends and felt more connected with their culture after the retreat.



Western Region Vice Chief Erica Samms Hurley

## Erica Samms-Hurley Appointed to Advisory Board on Chronic Conditions

By Diane Crocker, The Western Star, November 5, 2016

Erica Samms-Hurley is always looking for the next step, the next challenge and the Mount Moriah woman has found it with the Canadian Institutes of Health Research. Samms-Hurley has been appointed to the research group's Institute Advisory Board on Chronic Conditions. It's one of five new boards set up by the Canadian Institutes of Health Research.

Samms-Hurley is a member of the Native Women's Association of Canada's Pathways PEKE (Partners for Engagement and Knowledge Exchange) Advisory Committee. It's through that group that she got involved with the Canadian Institutes of Health Research.

The call for advisory board members crossed her desk a couple of times and she shared it in her network before eventually deciding to apply herself. The board will provide advice on the discovery, development, evaluation and integration of solutions that allow Canadians living with chronic conditions to actively participate in society. The boards will also provide a wider scope of expertise and identify opportunities for collaboration across the group's 13 institutes and numerous initiatives.

### In Erica's Words

"Chronic disease affects everyone across Canada, it doesn't matter who you are," said Samms-Hurley. She said Newfoundlanders have particularly high rates of chronic disease, including cardiac conditions and diabetes. That's something Samms-Hurley is quite familiar with through her work as a nurse educator with the Western Regional School of Nursing, Grenfell Campus, Memorial University of Newfoundland.

## Unique Perspective

Erica Samms-Hurley also wears another hat that gives her insight into the issue.

"As an aboriginal woman and involved in the aboriginal community I do know that aboriginal people are even more susceptible to chronic disease," said Samms-Hurley, who is also western vice-chief of the Qalipu First Nation.

Samms-Hurley said much is known about how the diet for aboriginals has changed and the way of life has evolved. "But how do we improve it, how do we move forward," she said when it comes to the negative impacts that have resulted in an increase in chronic diseases among the aboriginal population.

Samms-Hurley said indigenous research hasn't always been that great in Canada.

"We really need to focus on the community and what's appropriate for indigenous people and to have them gain that trust."

She said it's also about going back to traditional ways and practices, including traditional ways of healing.



## Mi'kmaw Language Lesson

Submitted by Dean Simon

**Kwe' nitaptut** (GWAYY. KNEE-DUP-DOOT) *Hello my friends.*

**Me'talwlo'Itioq** (MAY-DOLL-WELL-LOHH-L-TEA-OH) *How are you all doing?*

Recall "**Me'talwlein?**" is how we ask one person "How are you doing?". **Me'talwlo'Itioq** is how you ask the same question to a group.

**"Welei"** (WELL-EHH). *I'm good*, is the answer you hear most often. This is a great way to get conversations started. You may hear a prolonged O sound at the beginning of many answers. This is usually just marked "O'welei" and the O has no bearing on the meaning of the words that follow.

**"Mu weleyu"** (MU WELL-EH-YOU) is used to tell someone the opposite, *I'm not feeling good.*

A possible response is: **"Tala'teken?"** (DAL-AHH-DEE-GENN), *What's wrong?*

You might respond that you are sick or have an injury: **"Kesnukway"** (GES-ENOO-G-WHY)

To conclude one might say **"Meskei"** (MESS-KAY) *Sorry to hear this.*

Let's please keep speaking Mi'kmaw together more my friends!

*Dean Simon is one of two language apprentices (with Marcella Williams) hired by the Flat Bay Band Inc.*



Participants at the Seniors Retreat enjoy a game of Waltes

## A Historic Game, Waltes

Submitted by Mitch Blanchard, Resource Coordinator

One of the rarest historic games in the province of Newfoundland and Labrador is the Mi'kmaw game of Waltes. Waltes is a form of a dice bowl game said to be of Pre-Columbian origin. The game is played on a circular wooden dish called a waltestaqn ('wall tess stah ahn') about twelve inches in diameter and then shaped to approximately  $\frac{3}{4}$  of an inch at its centre. Typically, it is made from a hardwood burl, whose dense wood grain provides strength to withstand enthusiastic play. There are six disk-shaped dice made of bone, each with one side plain and the other side marked with a design. There are also 54 scoring sticks: one shaped like the forward half of an arrow, also referred to as kesegoo ('gis ee goo', the old man), three more shaped like the back half with fletching (also known as the old women or the three wives), and the fifty-one plain sticks which are referred to as their children.

The Qalipu First Nation (QFN) is responsible for ensuring the documentation, preservation and promotion of the Band's tangible and intangible cultural heritage. One of the key stakeholders of the Qalipu First Nation culture and heritage is the craft persons of Qalipu. These craft persons are active participants in cultural preservation as well as cultural promoters or ambassadors within their communities.

In the coming months QFN, supported by Grenfell Campus-MUN and the Aboriginal Culture and Heritage Program, will implement phase one of a two year project. In the first phase, QFN will host small workshops to educate craft persons on how to craft the Waltes game. If you're a wood worker and would like additional information about this workshop or would like to apply please contact Mitch Blanchard via email [mblanchard@qalipu.ca](mailto:mblanchard@qalipu.ca) Please note space is extremely limited. Applicants must be experienced woodworkers and currently have their own personal equipment and tools.



**WWW.JORDANBENNETT.CA**

## What is Indigenous Art?

Submitted by Tara Saunders,  
Tourism Development Officer

As part of our five-year Tourism Development Strategy, Qalipu has been exploring ways to showcase and assist our artisans and craft producers.

Craft is that something tangible that a visitor can look at and hold, reminding them of the people they met, the experience they had, and the thought 'I want to visit again!'

So, what if the item they return home with was made by artists who are not part of this place and its unique people? At Qalipu, and in conversations among our artists, the question is being asked '*What kind of items do we want representing our people at shops across the province?*' And, '*What is an "authentic indigenous" product?*'

### Artist Jordan Bennett "Identity is Inseparable from Art"

Jordan Bennett, a well known and celebrated Mi'kmaw artist from the Stephenville Ward who grew up in Stephenville Crossing, recently visited the Qalipu office in Corner Brook. During an interview to

learn about his past and recent work we talked about the question of authenticity.

"It is impossible to separate one's indigeneity from one's art", Jordan said. From his point of view, and that of many artists we heard from during our Arts and Crafts Consultations in 2015, it doesn't matter what materials an artist uses, nor the colors, methods or images. When a craft or piece of art is created by an Aboriginal person, it becomes an expression of that person and it is fundamentally authentic and aboriginal.

Jordan's artwork is a true example of this philosophy. A multi-disciplinary visual artist, Jordan's work has included such things as traditional beadwork applied to skateboarding shoes, an interactive indoor portrayal of ice fishing, and vibrant drawings, paintings and carvings that interpret both Mi'kmaq and Beothuk visual designs.

### Global Reach, Community Roots

Jordan's artwork has been exhibited across the globe, including places such as The Museum of Art and Design in New York City, Institut du Monde Arabe, Paris, France, the Project Space Gallery, RMIT, Melbourne, Australia and at the 2015 Venice Biennial at Galleria Ca'Rezzonico in Venice, Italy. Although his art has made it around the world, Jordan says every piece has a single commonality; it all represents K'taqmkuk (The Land Across the Water); Newfoundland, his home.

Jordan believes that art "carries our culture and heritage". He said that while oral tradition may not have been understood by other cultures, artists preserved these histories through visual representation.

He said, "Oral traditions and artistic traditions *are* knowledge. If we look back at wampum belts, petroglyphs, and masks that were carved, they all have histories and stories. This is important."

### We're Proud of You, Jordan!

Since completing a Bachelor of Fine Arts Degree at Grenfell, Jordan has gone on to complete a Masters of Fine Arts degree at the university of British Columbia. His awards have been many including being long listed for the 2015 and 2016 Sobey Art Award (the biggest contemporary art award for artists in Canada under 40), the NL Arts Council Artist of the Year Award, and he was named as one of the artists in the 2014 Blouin ARTINFO's Top 30 under 30 in Canada. This past fall, Jordan teamed up with Ebay Canada, contributing two designs for silk scarves that were sold to raise money for the St. John's Native Friendship Center.

Jordan currently resides in Rich Lake Alberta with his wife, a fellow Indigenous Artist. He plans to start living in Newfoundland on a part time basis.

## A Year in Review

QCF has accomplished a lot toward their mandate in the past year. Here are some highlights:

### Workshops:

Medicine workshops were held in Corner Brook, Grand Falls-Windsor and Stephenville Crossing. 130 + participants

Moccasin and drum making workshops took place in six different communities. 135 + participants

Rattles and medicine bag making, beading, sharing circles and medicine walks also took place.

### Mi'kmaq Cultural Support Program Grants:

\$10,000 worth of grant monies were awarded to aboriginal organizations in St. John's, Badger, Corner Brook, St. George's, Stephenville, and Stephenville Crossing.

Ongoing: *A'tugwewinu (Story Telling)* A collection of Stories based on place names, trails and land use. This project will lead to documenting and preserving 1011 points of interest, 132 traditional land use areas, and 113 trails.

**Coming Soon:** Learn how to make Waltes game

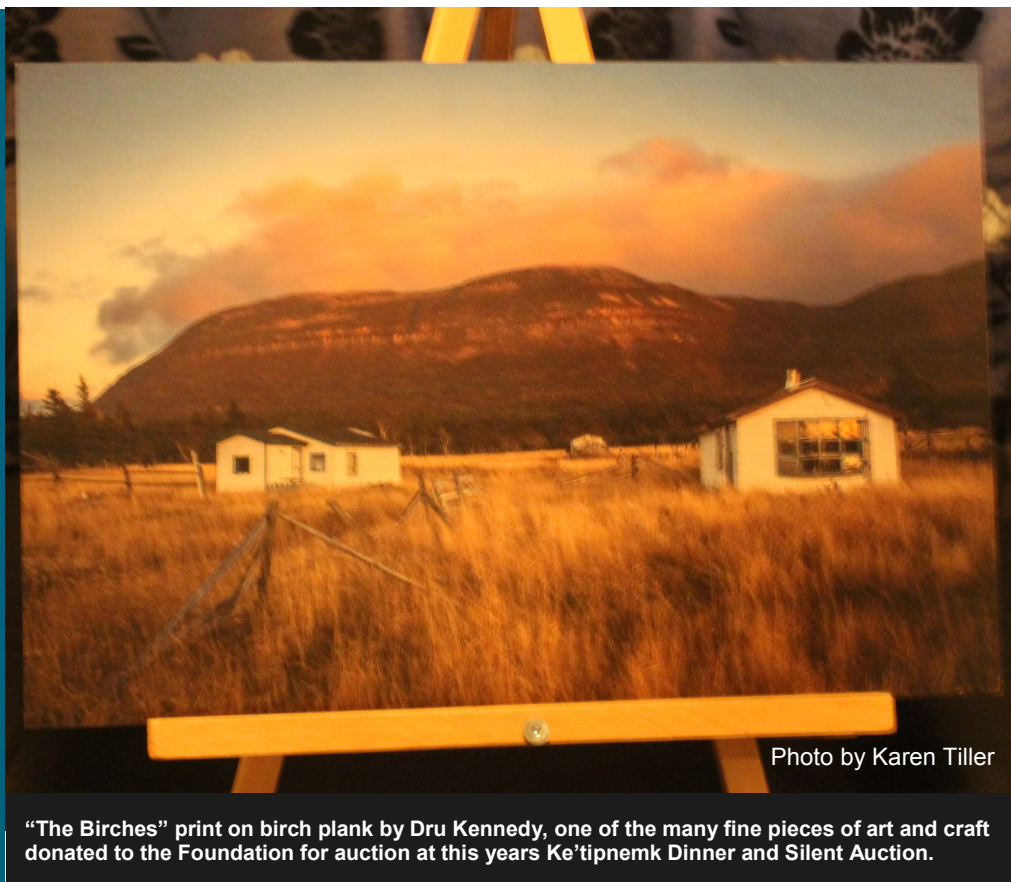


Photo by Karen Tiller

**"The Birches"** print on birch plank by Dru Kennedy, one of the many fine pieces of art and craft donated to the Foundation for auction at this years Ke'tipnemk Dinner and Silent Auction.

## Qalipu Cultural Foundation Fundraising Success

On October 22 the Qalipu Cultural Foundation held their second annual Ke'tipnemk Fundraising Dinner and Silent Auction at Jennifer's Restaurant in Corner Brook. The purpose of the fundraiser was to raise money in support of the Foundations' mandate to support Mi'kmaq culture in Newfoundland and Labrador.

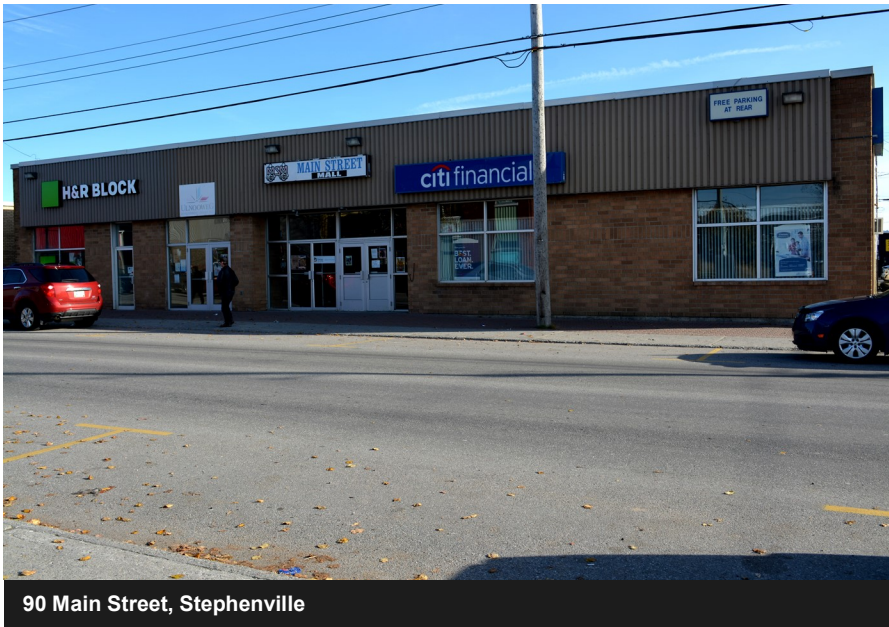
QCF Chairperson Sherry Dean was pleased to report that again this year, the Foundation surpassed their fundraising goal. She said, "Through individual and business sponsorships, sale of the beautiful works of art and craft donated by local indigenous artists and craft people, and ticket sales we raised over \$17,000!"

Sherry also expressed thanks for the hard working volunteers who she said "brought the event to life."

The event attracted more than 100 guests from throughout Qalipu territory, including Frank Skeard, Ward Councilor for Glenwood and his wife Deneka. Skeard said he was more than happy to travel in for the event which he and his wife had been looking forward to for some time.

"We are all on our own journey," he said. "While I was pleased to attend to represent the people of the Glenwood Ward, I also attended for the cultural discovery that is part of my own personal journey. This event was a great balance of social get together, and cultural sharing. I'm so glad I got to be a part of it."

[Click here to check out the gala photo album on Facebook](#)



90 Main Street, Stephenville

## Expression of Interest: Consulting and Contracting Services

Qalipu First Nation (QFN) is currently updating their Consulting and Contracting Services database. QFN anticipates the need for consultants with experience in industry analysis, feasibility studies, aquatic science, enforcement and conservation, database development, communication, and other areas of expertise as needed.

QFN invites prospective consultants or contractors interested in working with the Band to submit an Expression of Interest (EOI) to be placed on the eligibility list to submit proposals or construction tenders for future opportunities. The list will be valid for the period of January 1, 2017 to December 31, 2019.

The EOI must outline the company profile, resumes, consulting services offered, technical expertise, relevant experience and references. Company must be bondable. Three copies of the submission must be received by QFN at 3 Church Street, Corner Brook, NL A2H 2Z4 by 4pm on December 2, 2016.

## Rent with Qalipu

You won't find another place like this! Centrally located near all local amenities on Stephenville's bustling Main Street, our fairly-priced rental space is full of possibilities for the setup of your office or small business. A total of 3,700-square feet is available which can be subdivided to meet your space requirements and there are also move-in ready spaces available.

### Features:

- 22 offices
- Common area
- Kitchen
- Flexible lease options
- Lessor can renovate to suit your needs
- On-site facility manager

### Contact

For more information or to arrange a viewing, please contact Rob Dicks at 634-6895 (9:00 AM-4:00 PM) or 660-4691 (after business hours).



**Qalipu**  
FIRST NATION



## Major Duties of Coaches/Chaperones

Being responsible for the athletes of their sport throughout the full duration of the Games and prior training

Promote a safe, harassment-free environment where team members are treated with respect

Ensure awareness and understanding of Team NL code of conduct and disciplinary code

Residing in the assigned accommodation with their Athletes

Agreeing to and signing the Team NL Code of Conduct

Abiding by and enforcing Team NL's Dress Code

Coaching in a fair and respectful manner

Administering discipline for minor infractions

Reporting all incidents of harassment to Mission Staff

Being responsible for competitor's preparation, performance and conduct prior to, during and after the Games

Assisting with administrative tasks for the team, including registration, uniform allocation, and transportation

Assisting Mission Staff and the Host Society with accreditation and accommodation procedures

Being familiar with the roles and responsibilities of Mission staff

Attending all required Team NL official functions and ceremonies when requested by the Mission Staff

Providing input and feedback



Photo Caption

## Wanted: Coaches/Chaperones for the 2017 North American Indigenous Games

“The Toronto 2017 North American Indigenous Games (NAIG) are expected to be the largest sporting and cultural gathering of Indigenous Peoples in North America. The Toronto 2017 NAIG will host more than 5,000 participants, 2,000 volunteers and countless spectators for 14 sport categories being held within world-class venues located across the Greater Toronto Area, including the Region of Hamilton and Six Nations of the Grand River. “ [http://www.naigcouncil.com/news\\_details.php?news\\_id=45](http://www.naigcouncil.com/news_details.php?news_id=45)

The Aboriginal Sport and Recreation Circle of Newfoundland and Labrador are currently seeking volunteers to provide support to Team Indigenous Newfoundland Labrador Athletes in preparation, training and participation in the 2017 North American Indigenous Games in Toronto, Ontario – July 16-23, 2017. All Coaches will assist and support the Chef de Mission and Assistant Chef de Mission in a variety of aspects affecting Team NL prior to and during the Games, and are accountable on these matters to the Chef de Mission.

Find all details and the application form [here](#). The deadline to apply is December 2.

# Qalipu First Nation

*The presence of Mi'kmaq populations living in Newfoundland was ignored in the Terms of Union when Newfoundland joined Canada in 1949.*

*In the 60 years that passed before recognition was achieved in 2011, the caribou people had roamed far and wide.*

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

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

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

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

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

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



**Qalipu**  
FIRST NATION

## 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  
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Visit our website

[WWW.QALIPU.CA](http://WWW.QALIPU.CA)