

Maw-pemita'jik Qali'pu'k

Pronunciation: [mow bemmy daa jick ha li boog]

Meaning: The caribou are travelling together

Ke'tipnemk (harvest) Dinner and Silent Auction



[Click here for information on submitting your work](#)

There will certainly be something to talk about as we admire the fine aboriginal art at the Ke'tipnemk Fundraiser. Close on the heels of the Qalipu 2015 Election, October 24 marks the first of what the Qalipu Cultural Foundation hopes will be a popular yearly fundraising event.

The inaugural event will feature 30 pieces of aboriginal arts and craft which will be on display for silent auction, storytelling, Mi'kmaq song and dance, draws throughout the evening and an elegant spread of traditional and modern cuisine.

The Qalipu Cultural Foundation celebrated its official launch early this year, and later received charitable registration status, an important milestone for the group.

Sherry Dean, Vice Chair of the Qalipu Cultural Foundation said that the funds raised at events like Ke'tipnemk will help the Foundation provide Qalipu members and the public with information, experiences and programs aimed at preserving and promoting Mi'kmaq culture and history.

"This could include culture, history and heritage workshops, elder community engagement sessions, Mi'kmaq language classes, genealogy programs and provision of resources to Mi'kmaq artisans and crafters", said Dean.

Donations are now being accepted and tickets are on sale. Check out page 7 more details.



Photo by Qalipu member Megan Webb

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- Congratulations to the Bay St. George Aboriginal Veteran Millennium Medal recipients, page 4
- Maritime Link Workplace Training Initiative to take place in St. George's, learn more on page 6
- Coming Soon! "Let's Talk About Health" with Renée Dyer, details on page 8

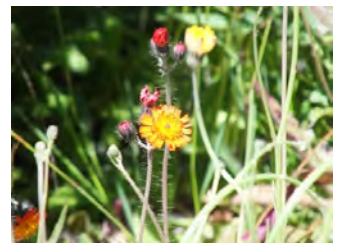
Through the Eyes of Qalipu River Guardians

Aboriginal Fishery Guardians are the eyes and ears of Qalipu territory—their days spent monitoring our major rivers, gathering data for research and observing the lives and habitats of a variety of species, give them a unique and valuable perspective that contributes a great deal to the Qalipu Natural Resource division.

The Guardians are hired seasonally in western and central Newfoundland, with teams on seven different rivers in those areas. They take part in enforcement patrols as well as assisting other organizations in enforcement activities and research. The Guardians also assist the Qalipu Natural Resource division in the implementation of various research projects.

This year the group of 10 have contributed their knowledge and skill to a variety of studies related to: piping plover and red knot, American eel elver and glass eel monitoring, killifish, and European green crab. They have also been involved in freshwater obstruction removal. More projects to be started soon include commercial eel harvest monitoring and Atlantic salmon redd surveys.

This month, as the Guardian's working season winds to a close, we give thanks for their hard work and share with you some of the sights seen through the eyes of a Qalipu River Guardian.



Melvin White



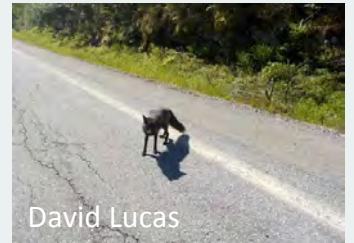
2015 River Guardians

Western

- Melvin White
- Raymond Young
- Rodney Bennett
- David Lucas
- Edward Webb
- Martin Swyers

Central

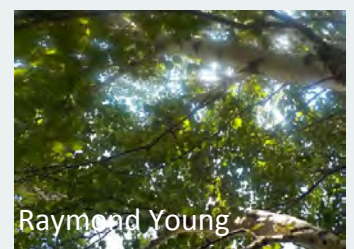
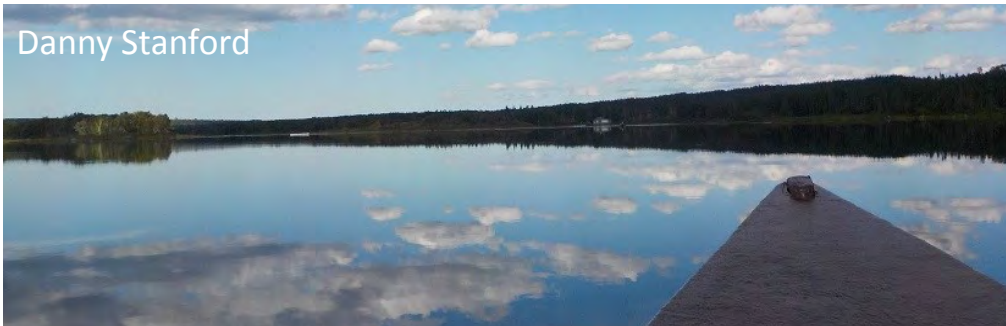
- Roland Vivian
- Donna-Belle John
- Daniel Stanford
- Monty Bath



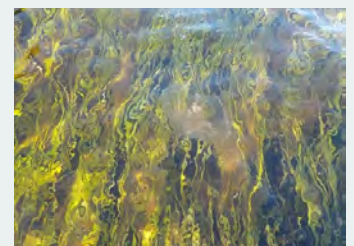
David Lucas



Danny Stanford



Raymond Young



Donna-Belle John



The Qalipu Election Code, Decoded

Pestie'wa'ltimk (honouring ceremony)



Bay St. George Aboriginal Veteran Millennium Medal Presentation

The Aboriginal Veteran Millennium Medal was created in 2000 to commemorate those Aboriginals who risked their lives and sacrificed so much in the fight for freedom and democracy.

There are many Mi'kmaq from our communities who served. This year 17 individuals were honoured with this award during a ceremony at the Bay St. George Powwow.



Photo submitted by AVMM recipient Dennis G. Gabriel, pictured here receiving medal from Flat Bay elder Calvin White. Gabriel noted "this was a very proud day for me as it was also my birthday."



Other presenters during the honouring ceremony: Flat Bay Indian Band Chief Liz Lasaga and St. George's elder Victor Muike

Congratulations to all recipients!

Ronnie Duffney
Dennis G. Gabriel
Don Gillam
George McCloud
Todd LaSaga
Sean Penney
Ken LaSaga
Iris C Felix
Wesley Embanks
Chris Pittman

Anthony Young
Troy Bennett
Michelle Pike -
Cormier
Tom Rose
Major George
McCloud
William French
Keith White

In 2011, when Qalipu was recognized as an Indian Band, a method was required for choosing its leaders, the elected Chief and Council. With prudent legal guidance, and exploration of what other Indian Bands in Canada do at election time, the *Custom Rules Governing Qalipu Mi'kmaq First Nation Band Elections* was developed. This is now a codified legal document, ratified by the people through majority vote, which will govern the upcoming Election on October 23, 2015. Being aware of the rules will help us to not only be active participants in the election process but also to take pride in an election that is run 'by the book', one that is fair, open and transparent.

Let's explore the parameters of the Custom Rules

The first thing that happens for a Qalipu Election, which takes place every three years, is the appointment of a Chief Electoral Officer. This is a person who has experience with elections, can objectively interpret the rules, share information with the people, and administer the election with the help of his or her electoral officers. This means that the electoral officer is not concerned with who wins a position but more so with following the rules and running the election by the Code.

Reg Anstey was recently appointed as the Chief Electoral Officer to run the Qalipu 2015 Election. Mr. Anstey has successfully conducted elections for two large unions in this province (NAPE and the FFAW) and should do a fine job handling ours as well. Since the Qalipu Council and staff must take a hands off position during election time to ensure fairness and objectivity, Mr. Anstey will be your primary contact for questions and access to information. He can be reached by email at ranstey@qalipu.ca

The first release of information you can expect from Mr. Anstey is the "Notice of Call for Nominations" which will be posted in our main regional newspapers (The Telegram, The Western Star, The Gander Beacon and The Advertiser), on our website www.Qalipu.ca, and on bulletin boards in many of your communities where Town Clerks, and Local Service District Representatives have agreed to help share election information. We will also share this and all official information on Qalipu's social media pages (Facebook page "Qalipu Mi'kmaq First Nation Band", and on Twitter @Qalipu2011)

The Notice of Call for Nominations will tell us important details including how and when to nominate, when the nomination period will end, and details such as how to receive or view a copy of the [Voters List](#), which you will want to make sure you are on if you want to vote on Election day.

Nominating is your right to put forward a person's name that you would like to see elected to a position of Ward Councilor, Vice-Chief or Chief. The person you nominate must be an ordinary resident on the island of Newfoundland and your nomination must be seconded by another Qalipu voting member.

The Qalipu Election Code, Decoded

Once the nomination period has ended we will likely have a number of eligible candidates for the positions of Ward Councilor (9) Western region Vice-Chief (1), Central region Vice-Chief (1) and Chief (1). These are the candidates we choose from when we vote on Election Day. Their names along with the dates, time and locations of Advance Polling and Election Day Polling, and other important details, will be made public with the “Notice of Election”. This will be publicized in the same fashion, via newspapers, website, bulletin boards, and social media.

Members of the Qalipu Mi’kmaq First Nation who are 18 and older are eligible to vote for candidates in the ward where we are ordinarily resident. This means that you are on the voters list and eligible to vote with the Electoral Ward where you currently reside. If you no longer live in one of Qalipu’s nine wards, you will vote with the Electoral Ward in which you were last resident or were assigned when becoming a member of the Band. If your address has changed since the last Election in 2012, and you would like to update this on the Voters List, please email voterslist@qalipu.ca with the subject line “Change of Address”. Along with your new mailing address, please provide your full name, date of birth, membership number and at least one item that verifies your new address such as a scan of your drivers license or piece of mail in your name. If a member of your family has passed away, please get in touch with Charmaine Bath at 1-855-263-6440 and forward the death certificate.

If you don’t live in an Electoral Ward, or if you have reason to believe that you will find it difficult to vote at an advance poll or at the poll on polling day, you may apply to vote by mail-in ballot. Please note there are timelines, guidelines and identification requirements associated with this so please ensure that if you intend to vote by mail-in, that you do it as early as it becomes available. Our website will have more information on this in the weeks to come.

Perhaps the most exciting part of all is waiting for results after the polls have closed. Immediately after the poll closes, the votes will be validated and counted. The Chief Electoral Officer will then publicly declare the elected candidates having the highest number of votes in accordance with the Custom Election Rules. The same process of information sharing will be used to share the results. We will see the results in our regular regional newspapers, on our website, community bulletin boards and on social media. To get the news first you’ll want to like us on Facebook at “Qalipu Mi’kmaq First Nation Band” or follow us on Twitter @Qalipu2011. We will also email the results following Election Day so be sure to add a current email address to your ginu membership profile.

There is an Election Appeals period following the Election. If you can show duly verified evidence that there was a corrupt practice in connection with the Election, a violation of the Custom Election Rules that might have affected the result of the Band Election, or if a candidate who was nominated who was ineligible to be nominated, it is your right to put forward an appeal to the Chief Electoral Officer. The appeals process is within 30 days after a Band Election.

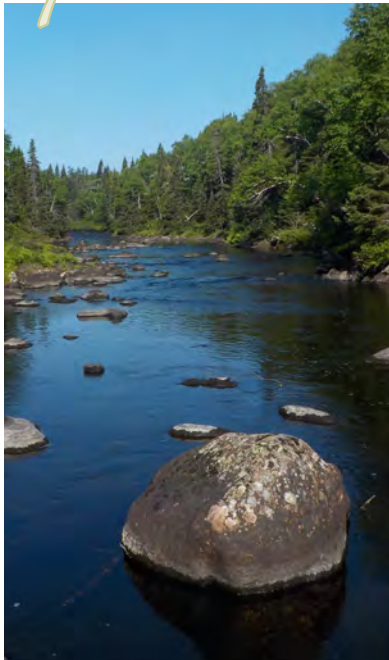
Reference for Voters

Your Electoral Ward	Positions you can Nominate and Vote on
Flat Bay	Flat Bay Ward Councilor, Western region Vice-Chief, Chief
St. George’s	St. George’s Ward Councilor, Western region Vice-Chief, Chief
Stephenville	Stephenville Ward Councilor, Western region Vice-Chief, Chief
Port au Port	Port au Port Ward Councilor, Western region Vice-Chief, Chief
Corner Brook	Corner Brook Ward Councilor, Western region Vice-Chief, Chief
Benoits Cove	Benoits Cove Ward Councilor, Western region Vice-Chief, Chief
Exploits	Exploits Ward Councilor, Central region Vice-Chief, Chief
Gander Bay	Gander Bay Ward Councilor, Central region Vice-Chief, Chief
Glenwood	Glenwood Ward Councilor, Central region Vice-Chief, Chief

Managers Report

Catch and Release

Survey response analysis by Jonathan Strickland,
Manager of Qalipu Natural Resource Division



A sincere thank you to all of the participants of our Hook and Release Survey. With more than 1000 respondents, we are now happy to report the position of Qalipu Mi'kmaq First Nation Band (QMFN) on a Hook and Release fishery. With many rumours around our local communities of the potential for our Atlantic Salmon Fishery to become a Hook and Release **only** activity at some point in the future, we see that 85% of our membership does not support this type of fishery (Q3). 55% of membership seems to be able to tolerate our current fishing regulations, of Hook and Retain with an option of Hook and Release. When asked, however, if we support and Hook and Retain **only** fishery with a set quota, we see an overwhelming 78% respond yes (Q7).

Interestingly, member's lack of support for a Hook and Release fishery extends into the non-resident fishery. 70% of respondents say they do not support hook and release **only** for non-resident anglers (Q10) and 63% say they do not even support hook and release as an **option** in an otherwise hook and retain fishery for non-residents (Q11). This does not mean our members think non-residents should be landing more Atlantic Salmon in our region. 97% say that non-resident tag allocation should be lower or about the same.

Q3 Do you support a hook and release ONLY fishery in Newfoundland?



Q7 Do you support a catch and retain fishery ONLY with a set quota?



Q11 Do you support a hook and release option while maintaining catch and retain fishery for non-resident anglers?



Q10 Do you support a hook and release ONLY fishery for non-resident anglers?



Gander Bay Indian Band Salmon Counting Fence Project



L-R Central River Guardian Donna-Belle John, Youth Summer Employment Students Chelesa Bath and Ashley Williams, and Central River Guardian Roland Vivian Jr.

The Gander Bay Indian Band partnered with the Atlantic Salmon Conservation Foundation, Department of Fisheries and Oceans and Qalipu Mi'kmaq First Nation this summer to provide support at the local fish way. Workers patrolled the area daily to deter poachers, helped with counting and monitored & identified the number of salmon returning back to Gander River to spawn. Gander Bay Indian Band Chief, Calvin Francis, reports an increase of 40% in breeding age salmon.

Maritime Link Workplace Training Initiative

The Qalipu Mi'kmaq First Nation Band will be delivering a training initiative 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. Successful applicants will also receive a hands-on, one week Steel Tower Assembly training module. This project will involve partners from Emera NL, IBEW 1620, Abengoa and the Congress of Aboriginal Peoples. The Qalipu Mi'kmaq First Nation Band is currently seeking 18 members; both male and female, to participate in this project. This training initiative will take place over the course of three weeks and is anticipated to begin on Monday, October 5, 2015.

To learn more, and apply, visit [Work Force Qalipu](#)

Request for Sponsors

Ke'tipnemk (harvest) Fundraising Dinner and Silent Auction



On October 24, 2015 there will be a silent auction of fine arts and crafts and a dinner fundraising event in support of the Qalipu Cultural Foundation. The Qalipu Cultural Foundation was formed in 2014 to support Mi'kmaq culture in Newfoundland and Labrador. The Foundation exists

to ensure cultural documentation, and promote the involvement of youth and elders in cultural activities within the Band. We strive to inspire our people to proudly embrace their heritage, to empower them to continue the traditions of our ancestors and restore the spirit of Mi'kmaq culture in Newfoundland and Labrador.

We invite you to support this first annual fundraising event by becoming a sponsor. Sponsors will be recognized on our website, in Maw-pemita'jik Qali'pu'k (Qalipu's monthly newsletter) and in a brochure made available at the event. Sponsorship levels are defined as:

Mountain – \$1000 or Greater

Tree – \$500 to \$999

River – \$250 to \$499

Brook – \$100 to \$249

The organizing committee members for this event, whose mandate is to solicit sponsors, are:

Sherry Dean, Reg Barry, Deanne Solo and Mitch Blanchard.

For further information please contact Mitch Blanchard mblanchard@qalipu.ca or 709-634-8046

Ke'tipnemk Dinner and Silent Auction October 24, 6-9 P.M. at Jennifer's in Corner Brook, Get Your Tickets Now!

Tickets are \$45 each

Contact Nicole at 709-634-8043 or Mitch at 709-634-8046

Reduced Hotel Rates: If you're coming in from out of town, plan to stay at The Glynmill Inn (1-800-563-4400) or the Greenwood Inn and Suites (1-800-399-5381). Both establishments have offered the special rate of \$115/night single or double. To receive the discount please reference "Qalipu Harvest"

Healers of Tomorrow Gathering

This past August 1-7 Qalipu was a sponsor and supporter of The Healers of Tomorrow Gathering, a summer camp for aboriginal high school students from Newfoundland and Labrador.

The purpose of Gathering was to provide opportunities for students to:

- Learn about possible health career options;
- Gain more knowledge about what is involved in the various health career options;
- Learn about the knowledge and practice of healing and well-being in First Nations, Inuit and Metis cultures in the province.

11 students participated representing all the aboriginal groups in the province. Over the course of the week-long camp the participants stayed at Memorial University-Grenfell Campus residence and participated in a variety of activities including CPR certification, simulations in ear and eye exams, intravenous insertion, and a traditional medicine identification session.



L-R Amber Bennett, Erica Cadwell, McKaela Campbell, Miranda Bennett, Chaim Anderson, Jessica Treake, Mishkushish Pinette, Brianna Brown, Shawna Dicker, Kayla Anderson and Sophie Bennett

Coming Soon:

"Let's Talk About Health"

Let's Talk About Health will be a monthly Health Bulletin, posted on our website and emailed to members, that will answer *your* health questions.

Members are invited to pose questions on topics such as: food and nutrition, physical activity, and healthy lifestyle; making connections with health services and providers; and finding out about health services that are available to you through the Non-Insured Health Benefits (NIHB) and the Qalipu Health Services division.

This Q & A themed health bulletin will debut in November, 2015.

For now, give Renée something to ponder and prepare by sending your questions to:

letstalkabouthealth@qalipu.ca

Wellness can be found through communities, and shared kindness among new friends...

Powwow Lucy

By Vanda Martin

Beyond the busy beat of Pow Wow, beyond the regalia, dance, drums, & protocol/ lies a quiet humble spirit, willing to share everything she has, her home, her stories, her wisdom, her love./ To everyone in her path, family & stranger alike, the truth of Pow Wow alive in her!! I being one of the strangers who came across her path, looking for a local place to get a spot of tea./ When asked if she knew of anywhere? She said "Yes, my house", when we thought that too much to ask of a stranger, she showed us different./ The first time for either of us to attend the Flat Bay Pow Wow, the atmosphere was electric & spectacular!!! Yet nothing could outshine the light of kindness that splashed upon us, from this simply beautiful woman./ In this fast track of seeking knowledge of ways, if we would take the time to really look, we could find it already with us.

Employee Profile

Meet Renée

In July, the Qalipu Mi'kmaq First Nation team expanded with the addition of a Manager of Health Services, Renée Dyer. Renée feels fortunate that after many years of study abroad, she has been able to find meaningful work as a Registered Dietitian while living and working back in Corner Brook, NL, the place where she was born and raised. It is here with her husband, Corey, daughter, Lydia and her network of family and friends by her side that her career has taken shape.



Before arriving at Qalipu to manage the Health Service division, Renée spent five years gaining valuable work experience in a variety of areas. She has worked with Western Health in the areas of clinical dietetics and health promotion, co-founded *Nutritionally Your Best*, a now thriving private practice providing nutrition counseling and programs, and partnered with Coleman's Grocery to provide her expertise and support towards food and nutrition initiatives with local schools and communities. Her innovative approach to health and nutrition has seen Renée featured on Corner Brook Café, in The Western Star, and Le Gaboteur.

Through these work experiences, and her own life managing type 1 diabetes, Renée has grown to become a supportive, enthusiastic, and creative professional that is committed to guiding people to attain their best health and helping them have the quality of life they deserve.

In fact, Renée's calling has always been to devote her work efforts to the promotion of healthy living, prevention and management of chronic disease, and diabetes. She also has a strong interest in the area of Aboriginal health and wellness, as well as cultural practices and traditional foods that may facilitate healing. In her new role with Qalipu, Renée will have plenty of opportunity to pursue this interest.

Renée's educational credentials include a Bachelor of Science in Food and Nutrition and an Integrated Dietetic Internship Program from the University of Prince Edward Island, and a Diploma in Food Service and Nutritional Management from the College of the North Atlantic. Renée is a member of the NL College of Dietitians and Dietitians of Canada.

Outside of work you can find Renée enjoying nature while hiking, running, camping, and fishing; enhancing her cooking or baking skills with her daughter; and, when the occasion strikes, traveling and trying new foods.

Managers Report

Eat Well, Be Well

Back to School Tips from Renée Dyer, Manager of Health Services



Qalipu members Mira and Stephanie
Buckle get ready for back-to-school

It's back to school time again! Are you ready for the morning rush, getting your children up, dressed and out the door with healthy food choices for the day?

Parents know that giving children nutritious food will help them to feel good and do their best at school but, it's not always quite that simple! However, with a little bit of planning and some easy to make ideas, you can put together a lunch bag that not only includes foods that taste great, but also pack a whole lot of nutrition. Here are some tips:

- **Stay a step ahead of the rush by planning.** Whether it's a well-planned grocery shopping list that fits this week's meal plan or roasting a chicken on the weekend to create healthy meals throughout the week, find ways that work best for you. A little planning will go a long way when providing nutritious foods for your child. Need guidance? Check out [*Canada's Food Guide to Healthy Eating*](#) (includes *Canada's Food Guide for First Nations, Inuit and Métis*)
- **Get the kids involved.** Children are more likely to eat snacks and lunches that they have helped create. Let your children choose some of the foods that will go in their lunch bags, and try the web, cook books, or magazines for healthy, easy to prepare recipes you can make together. [Click here](#) to find more ideas from *Eat Great and Participate – Living Healthy Schools*.
- **Keep it together!** Organize supplies such as lunch bags, thermos, reusable water bottles, Tupperware and non-perishable food items. Keeping all this together in a designated area of your kitchen will save you time and make packing easier.
- **The most important meal of the day, BREAKFAST.** Children who eat breakfast are more alert and have healthier weights than those who skip breakfast. Whether it's eating breakfast at home, on the bus on the way to school, or at the school breakfast program – breakfast is an important part of your child's day as well as their health.
- **Think outside the (juice) box.** Not getting enough fluids can lead to dehydration, headaches, fatigue, and difficulty concentrating. Pack lunchtime drinks that contain no added sugar, such as milk and water, most of the time. Most schools allow refillable water bottles that your child can keep with them for sipping throughout the day.

Adapted from Dietitians of Canada handouts "Eat Well Play Well at School" and "Eat Well Play Well at Home"

Healthy Choices

Breakfast

- 🍌 Bran cereal with raisins, sliced banana and milk
- 🍌 1/2 whole grain bagel with margarine, orange slices, yogurt drink
- 🍌 Scrambled egg sprinkled with cheddar cheese wrapped in a whole wheat tortilla, 100% vegetable juice

Snacks

- 🍌 Granola bars with at least 4 grams of fiber
- 🍌 Carrot and turnip sticks with hummus or dip
- 🍌 Whole grain crackers, cheddar cheese, grapes

Meals

- 🍴 Cold mini pizzas: English muffin, pizza sauce, mozzarella cheese, lean ground beef or cut-up ham, with choice of vegetables/fruit (mushroom, onion, peppers, tomato, spinach, broccoli, pineapple), sliced apple, milk
- 🍴 Chicken/turkey/roast beef (leftover) sandwich on whole grain bread with lettuce and tomato, strawberries, yogurt drink
- 🍴 Leftover chilli, whole wheat roll, cantaloupe, water

🌍 *Love Note: surprise your child with a special note tucked into their lunch bag*

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.

Please, keep in touch

Maw-pemita'jik Qali'pu'k is a monthly newsletter. In it, we aim to share not only the happenings of the Band but also, to help connect our dispersed communities.

If you would like to give your thoughts on what you've read here, or share an upcoming community event, achievement, news item, or anything else that may be of interest to our local aboriginal community, please get in touch:

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

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Tickets for Ke'tipnemk Fund-raiser now on sale! Contact Mitch at 634-8046	5
6	7	8	9 4:30 p.m. Aboriginal Welcome Program at Aboriginal Student Centre	10 11:45-1:30 Qalipu BBQ Fund-raiser for Janeway NL	11	12 Voices on the Wind-Beothuk Interpretation Boyd's Cove
13	14	15	16	17 11:45-1:30 Qalipu BBQ Fund-raiser for Janeway NL	18	19
20	21	22	23	24 11:45-1:30 Qalipu BBQ Fund-raiser for Janeway NL	25	26
27	28	29	30			