

Maw-pemita'jik Qali'pu'k

Pronunciation: [mow bemmy daa jick ha li boog]

Meaning: The caribou are travelling together

Farewell Chief Sheppard



The Qalipu Mi'kmaq First Nation was created in 2011 as an official Indian Act Band, after a 40 year struggle for recognition of the Mi'kmaq people of this province. While the dust on enrolment has not yet settled, we would be remiss not to acknowledge the significance of this historic moment for our Nation. It is the legacy of our first Chief, Brendan Sheppard, which will be part of our history forever.

Brendan Sheppard became involved in the aboriginal movement in the 1970's as a member of the Federation of Newfoundland Indians (FNI), an organization he would lead for 21 years as President. It was from

this position that he led successful negotiations with Canada to create the Qalipu First Nation. As the FNI began its dissolution into the Qalipu Band, Sheppard became the new Band's acting Chief. A year later he was officially chosen by members to be their first Chief.

For the past three years Chief Sheppard has worked hard to create a strong foundation for Qalipu. Education funding, health benefits, employment assistance, business partnerships and development, culture and environmental protection have all been part of the good work that has been done on behalf of members. With his staff, Council, and executive team behind him, these benefits and opportunities have been delivered in an open and accountable manner. Building a strong business reputation for the Band has also earned positive recognition, and an exemplary accountability rating, from Aboriginal Affairs and Northern Development Canada.

As we prepare for the next era of our Band, and the excitement of a new leader with unique strengths, and new ideas, let us remember to take a moment to give thanks for how far we have come as we say farewell to Chief Sheppard.

Great Creator, Kisu'lk, be with Chief Sheppard. Please bless him with many healthy years of family, friends, and all the best in his future endeavors.

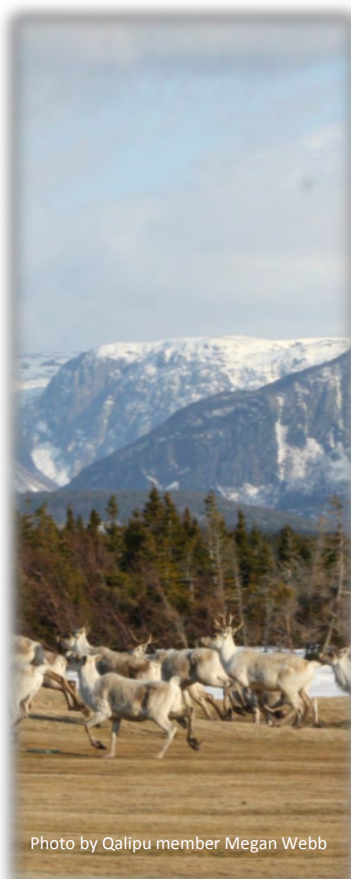


Photo by Qalipu member Megan Webb

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Special points of interest

- Employment opportunities, page 5
- Events Calendar, Page 10. Share your event with Qalipu membership by emailing awhite@qalipu.ca

Ke'tipnemk Fundraising Success



October 24 marked the Qalipu Cultural Foundation's inaugural fundraising gala, the Ke'tipnemk Dinner and Silent Auction. Jennifer's Restaurant was aglow with candlelight and traditional Mi'kmaq colours, adorned with artwork donated for silent auction by aboriginal artists of the province, and bubbling with the chatter and good spirits of the 120 attendees.

Sherry Dean, Vice-Chair of the Qalipu Cultural Foundation was emcee for the evening. She spoke to the importance of the Foundation's mandate, and gave personal reflections on growing up as a 'jackatar' in western Newfoundland, a term that was often used in reference to French-Mi'kmaw in the region.

She said, "I want to give my children, all our children, back the culture that our generation never got to know. When being called *jackatar* was shameful. Today I can proudly say we are Mi'kmaq. The funds raised here tonight will help us share this pride." Dean's comments were met with applause and nods of acknowledgement from the room.

Mitch Blanchard, Resource Coordinator for the Qalipu Mi'kmaq First Nation Band, works closely with the Foundation. He was pleased with the final fundraising amount of \$15, 867.00, which surpassed their \$10,000 goal. Blanchard said, "I'm humbled by the support and generosity of the community, the businesses and the families and individuals who donated and attended our event." Proceeds from the gala will be put toward programs including cultural teachings for youth, elder symposiums and outdoor education.

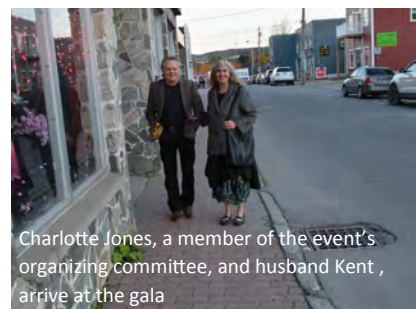
The Qalipu Cultural Foundation is a non-profit charitable organization that was formed in 2014 to support Mi'kmaq culture in Newfoundland and Labrador. The Foundation exists to ensure cultural documentation, and promote the involvement of youth and elders in cultural activities within the Band. We strive 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.



L-R Victor Muise, Blain Ford, Angela Robinson, Mary Byrne, Barbara Hickey

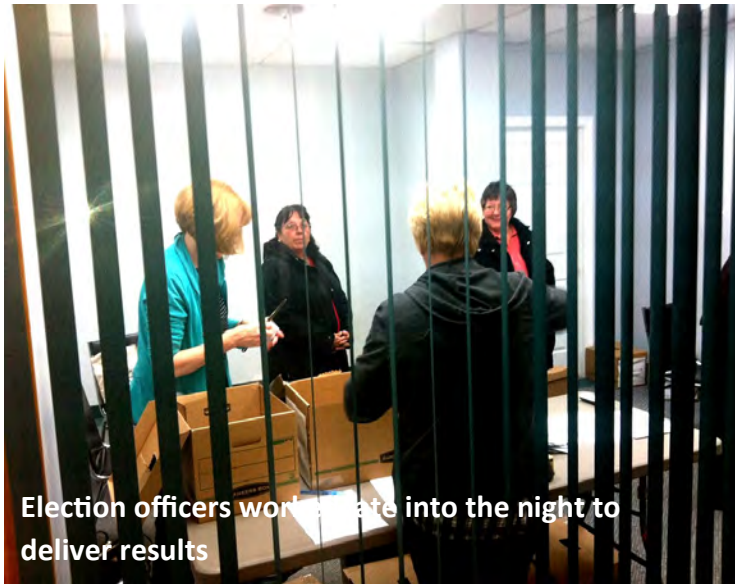


Sealskin moccasins donated by Jenna Osmond



Charlotte Jones, a member of the event's organizing committee, and husband Kent, arrive at the gala

Election 2015 Results



Election officers work late into the night to deliver results

The Qalipu Band Council is made up of a Chief, two Vice-Chiefs representing central and western Newfoundland, and nine Ward Councilors. On October 23, 2015, thousands of members of the Qalipu Mi'kmaq First Nation Band turned up at the polls to choose those leaders that will represent them for the next three years.

Five Ward Councilors will go forward in their previous roles, lending some continuity to the governing body after an election characterized by big changes. In particular, three of the top leadership positions have changed hands. Brendan Mitchell defeated incumbent Brendan Sheppard for the position of Chief, and newcomers Erica Samms Hurley and Joseph Bouzanne will represent the membership as western and central Vice-Chief, respectively.

Annie Randell, who works closely with Chief and Council in her role as Chief Executive Officer, said that she is proud of a fair and transparent election that saw an improvement in voter turnout from the Band's election in 2012.

She said, "It's great to see that the membership is interested and engaged in the happenings of the Band. They have demonstrated this by coming out to vote."

Randell noted that following a 30 day appeal period, as per the Custom Rules Governing the Qalipu Mi'kmaq First Nation Band Elections, the new Chief and Council will transition in, and begin orientation

Chief Electoral Officer Reports

END OF POLLS (Press Statement & Web Page)

In accordance with Section 27.2 of the Custom Rules, the following candidates have been elected to the Council of the Qalipu Mi'kmaq First Nation Band:

CHIEF **Brendan Mitchell**

VICE-CHIEF (Western) **Erica Samms Hurley**
VICE-CHIEF (Central) **Joseph Bouzanne**

COUNCILLORS:

BENOIT'S COVE **Bernard White**
CORNER BROOK **Brian Dick**
EXPLOITS **Andrew Barker** (acclamation)
FLAT BAY **Ben Bennett**
GANDER BAY **Cabin Francis** (acclamation)
GLENWOOD **Francis Sheard**
PORT AU PORT **James Bernath** (acclamation)
STEPHEVILLE **Gerard Joseph Alexander**
ST. GEORGE'S **Arlene Blanchard White**

REG ANSTEY
 ELECTORAL OFFICER

END OF POLLS

In accordance with Section 27.2 of the Custom Rules, the results of the Qalipu Mi'kmaq First Nation Band Council election are as follows:

	TOTALS
CHIEF	
Mitchell, Brendan	2760
Sheppard, Brendan	1720
Smith, Shane	241
VICE-CHIEF (WESTERN)	
Samms-Hurley, Erica	2318
Young, Hayward George	1871
VICE-CHIEF (CENTRAL)	
Bouzanne, Joe	185
Mills, Terry (walk)	204
COUNCILLORS	
Benoit's Cove	
Barnes, Kevin	234
Ford, Brian	93
White, Bernard	284
Corner Brook	
Dick, Brian	1273
White, Gregory Dahl	426
Exploits	
Barker, Andrew (acclamation)	
Flat Bay	
Bennett, Ben	118
Shawn, Dean Joseph	85

Gander Bay

Francis, Cabin (acclamation)	
Glenwood	
Sheard, Francis	112
Stavins, Constance (Cousin)	50
Port au Port	
Bernath, James (acclamation)	
Stepheville	
Alexander, Gerard Joseph	208
Bennett, Kenneth	85
Edwards, Dan	101
White, Gerard Joe	100
Young, B. Stefan	134
St. George's	
Blanchard White, Arlene	240
White, Karen Moss	171

REG ANSTEY
 Chief Electoral Officer



Qalipu
Mi'kmaq
 First Nation Band

Training Initiative



Get Your Question In

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; where to access health services and providers; and find out what's available to you through the Non-Insured Health Benefits (NIHB) and the Qalipu Health Services division.

This Question & Answer themed health bulletin will debut on November 20, 2015. For now, give Renée something to ponder and prepare by sending your questions to:

letstalkabouthealth@qalipu.ca

Emera NL, IBEW Local 1620, Abengoa and the Qalipu Mi'kmaq First Nation recently partnered to offer a three week training module to provide some members of the Qalipu Mi'kmaq First Nation with a better chance at finding employment with the Maritime Link Project.

The training initiative, which was offered to 18 men and women of the Bay St. George area, included individuals from various backgrounds. In addition to receiving certification in Standard First Aid, Powerline Hazards, WHMIS, Fall Arrest and Traffic Control, participants received training to work in tower assembly with Emera NL's sub-contractor, Abengoa.

The Maritime Link Project involves the construction and operation of a new transmission line, converter stations and associated infrastructure, between Granite Canal, Newfoundland and Labrador, and Woodbine, Nova Scotia. Labour needs are estimated at 350 persons over the life of the project, peaking at 650 people.

Much of the skilled labour force living within range of the project are members of the Qalipu Mi'kmaq First Nation Band. As such, the Band is committed to fostering opportunities for its membership, and will continue to form partnerships that allow members and member-owned businesses to participate in local development.

Ursula Johnson:
Mi'kwite'tmn
(Do you remember?)



Photo credit: Ursula Johnson, Archival Room

Organized by St. Mary's University Art Gallery
and curated by Robin Metcalfe in collaboration with
Unama'ki College

Sept. 24 to Dec. 12

OPENING RECEPTION: Thurs., Sept. 24, 4:30 to 6 p.m.

ARTIST PERFORMANCE:
Sept. 24, 10:30 a.m. to 2:30 p.m.
Sept. 25, 12:12 to 5 p.m.
Sept. 27, 10:30 a.m. to 12:30 p.m.

FORUM ON ABORIGINAL IDENTITY AND CREATIVE EXPRESSION.
Sun., Sept. 27, 1 to 2 p.m.

Exhibition is a collaboration between St. Mary's University Art Gallery and Unama'ki College. It is a privilege to share the stories of our ancestors. The exhibition is a collaboration between St. Mary's University Art Gallery and Unama'ki College. It is a privilege to share the stories of our ancestors.

Canada
ST. MARY'S UNIVERSITY ART GALLERY
Arts
NEW BRUNSWICK
GRENFELL CAMPUS
UNAMA'KI COLLEGE

Bay St George
Mi'kmaq Powwow 2016

Craft Fair

November 14th 2015

Try your Luck at our Chinese Auction & Games!
Doors Open at 9am - 4pm
12 Admissions for
Stephenville Lion's Club



Education Outreach



Project Manager Mitch Blanchard helps with the wigwam set up.



Qalipu Cultural Interpreter Michelle Matthews

Qalipu Mi'kmaq First Nation is one of several partners at work delivering outdoor education to hundreds of students each year at Killdevil camp in the old town of Lomond, adjacent to Gros Morne National Park.

The camp based program provides students with an opportunity to participate in an intensive 2.5 day learning adventure. The program is built around 7 modules, one of which is delivered by Qalipu called Epsistat Awiatat, or Little Feet Travelling in a Circle.

"We were so grateful to the St. George's Indian Band for allowing us to use their wigwam. It really helped create a meaningful setting for the children"
-Michelle Matthews-

Through Epsistat Awiatat, Cultural Interpreter Michelle Matthews delivers Mi'kmaq teachings that introduce students to the long and rich history of the Mi'kmaq people including unique cultural, social, political and spiritual traditions, and values of respect and caring for the environment.

This year 396 grade five students participated in the program.

Graduate Incentive Program

The Graduate Incentive Program will financially support Work Force Qalipu graduates increase their employability skills by offering the following services:

- **Bonus** (Lump sum payment to be paid to an aboriginal person for activities related to seeking employment)
- **Job Search Support**
- **Income Support for Job Shadowing** (Based on WFQ training allowances)
- **Wage Subsidy Program** (Guarantees full time employment for at least six weeks following the Wage Subsidy)

For more information, email Judy Falle at jfalle@qalipu.ca

STAY IN THE KNOW

Stay in touch with the day to day happenings of the Qalipu First Nation by liking our Facebook page **Qalipu Mi'kmaq First Nation Band** and following us on our Twitter feed **@Qalipu2011**



Job Title: On-Call Casual Employee

Location of positions: Corner Brook, Glenwood, Grand Falls-Windsor and St. George's Offices.

Hours of Work: As Required

Rate of Pay: \$13.00/hr.

Job Description: The Qalipu Mi'kmaq First Nation Band is currently seeking individuals to fill the On-Call Casual list. Employees placed on the list will be hired on a temporary basis to fill short term positions for a period of one year. Interested applicants will be required to re-apply each year.

Responsibilities: Employees hired to fill the On-Call Casual list will be responsible for the requirements of the position that they are hired to fill. Responsibilities vary with each position. Responsibilities may include but are not limited to the following:

Qualifications: Post-secondary education in Office or Business Administration or other similar education.

Responsibilities: Employees hired to fill the On-Call Casual list will be responsible for the requirements of the position that they are hired to fill. Responsibilities vary with each position. Responsibilities may include but are not limited to the following:

Working Conditions: The majority of positions are office based. However, on occasion employees may be required to work off site.

Apply: Please apply electronically using MS Word with resume, cover letter and three professional references to: jobopportunities@qalipu.ca subject line "On-Call Casual Employee" by **November 20, 2015**

Qalipu Mi'kmaq First Nation
Attention: Mrs. Janet McAuley
Office Manager
3 Church Street Corner Brook, NL
A2H 2Z4

Types of diabetes

Type 1 diabetes: The immune system mistakenly attacks and kills the beta cells of the pancreas. No, or very little, insulin is released into the body. As a result, sugar builds up in the blood instead of being used as energy

Type 2 diabetes: The body cannot properly use insulin that is released, or does not produce enough insulin. As a result, sugar builds up in the blood instead of being used as energy.

Prediabetes: Occurs when blood sugar levels are higher than normal, but not yet high enough to be diagnosed with type 2 diabetes. Although not everyone with prediabetes will develop type 2 diabetes, many people will.

Gestational diabetes A type of diabetes that occurs during pregnancy. The body cannot produce enough insulin to handle the effects of a growing baby and changing hormone levels.

To learn more about risk factors, signs & symptoms, and complications related to diabetes, [click here](#)



“November 14 is World Diabetes Day. Know the facts and reduce your risk.”
-Renee Dyer,
Manager of
Health Services

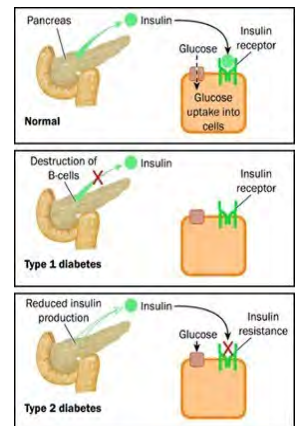
What is Diabetes?

Diabetes is a chronic condition in which the body cannot produce insulin or cannot properly use the insulin it produces. Insulin is a hormone produced by the pancreas, which controls the amount of glucose, or sugar, in your blood. Our bodies need insulin to convert sugar into

energy we need to perform daily activities, such as walking, thinking, or even sleeping. If controlled poorly, diabetes can lead to high blood sugar levels, which can lead to organ, blood vessel, and nerve damage over time.

What is the Pancreas, and What Does it Do?

The pancreas is an organ that lays behind the stomach and releases hormones to help us digest the foods we eat. In a properly functioning pancreas, its special cells, called the beta cells, release insulin when blood sugar levels start to get too high. Insulin signals the bodies cells to take in the bodies sugars to use as energy or to store as fat. This process causes the blood sugar levels to come back down to normal.



Preventing and Managing Diabetes: what *you* can do

Education: Diabetes education is an important first step. All people with prediabetes and diabetes need to be informed about their condition.

Physical Activity: Regular physical activity helps the body to lower blood sugar levels, promotes weight loss, and reduces stress and enhances overall fitness.

Nutrition: What, when, and how much you eat all play an important role in regulating blood sugar levels. But remember everything is “okay” in moderation.

Weight Management: Maintaining a healthy weight is especially important in prevention and management of type 2 diabetes.

Medication: Type 1 diabetes is always treated with insulin. Type 2 diabetes is managed through physical activity and meal planning and may require medications and/or insulin to assist your body in controlling blood glucose more effectively.

Lifestyle management: Learning to reduce stress levels in day-to-day life can help people with diabetes better manage their disease.

Avian Species at Risk Monitoring

Project lead Stephen Rose reports on piping plover

This year we were glad to have received funding for our Avian Species at Risk Monitoring Project. The piping plover was our main species of interest as a species at risk and one of the few native species to Newfoundland. We also kept an eye out for red knot *rufa*. Monitoring started June 4th and finished August 14th. Surveys took place in the Bay St. George area between Stephenville Crossing and Flat Bay. Five plover nests were found in total with 4 being on Sandy Point and 1 in Stephenville Crossing. 19 adult plovers were also observed in these areas. Qalipu Fishery Guardians, trained by Environment Canada, assisted in completing these surveys and educating the public on recovery strategies for the piping plover. Good practices include walking your dog on a leash, not operating motor vehicles on the beach or in sand dune areas, and if walking on the beach to walk between the water line and high water mark. An easy way to remember the last rule is to only walk on wet sand. Piping plover make their nests above the high water mark and into the sand dunes and are very difficult to see. It is important that we assist the plover in recovering to a healthy population so they may be around for many years to come.

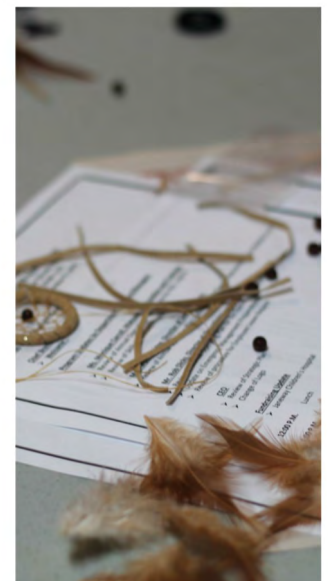


WORKSHOP SURVEY

What kind of workshop would you like to see offered in your community?

In the upcoming months, Qalipu First Nation and Cultural Foundation are hoping to provide a series of workshops and teachings within our communities and wards. We are asking you to take a few minutes to complete the following survey which will be used to help us identify areas of interest in our communities that we can focus and build upon.

Click [HERE](#) to take the survey.



Remembrance Day Reflections

Melvin and Karen White recently published a book that highlights the contributions of French-Mi'kmaq soldiers from Bay St. George south who served in the First World War. Below is an excerpt.



“
Winchester, January 1918

Dear mother, just a few lines to let you know that I am well. Hoping you are all well home and are you getting my money what I'm sending home? Write and tell me if you are getting it alright? And when you write tell me if you got the two letters I wrote from St. John's. I didn't get any answer. When you write, send me a couple of pairs of socks, a cake and some tobacco. And tell me how all the girls are? And a good fine comb. And a suit of inside clothes. And we are getting good grub here better than in Scotland. Give my love to all. Tell me all the news when you write. Goodbye from your son.
4143 Pte. Charlie Bennett C Company

Military records confirm these important dates: Charles Benoit born 1900, died in the battle of St. Quentin Canal, October 3, 1918.

Cruel fate, the war ended November 11, 1918. Too late for Charlie.”

Cultural Sharing in Grand Falls-Windsor

Aboriginal Community group shares culture with Beaver Scouts

Toby Penney and Vanda Martin, of the GFW Aboriginal Community Group, visited the 4th Grand Falls Beaver Scouts, on Wednesday, October 7, 2015. These Beaver Scouts, boys and girls aged 4-6 years old, were very excited to see the drums, rattles, and medicines that are used for traditional smudging. The Beaver Scouts were quite interested in the materials used to make these drums and rattles, and how feathers are used. Scouts Canada teaches the youth about environmental and wildlife conservation, and these young Beaver Scouts were very pleased to learn that all the animal materials are used in such a way that no parts of the animals are wasted when a skin is used to make a drum! The children were given the opportunity to make their own rattles using corn kernels and they learned a traditional song. They did a wonderfully enthusiastic, and noisy performance. It was a very fun visit!

Submitted by Toby Penney, a member of the Grand Falls-Windsor Aboriginal Community Group



Employee Profile

Meet Tara Saunders, Special Programs Analyst



This month Qalipu Mi'kmaq First Nation welcomed Tara Saunders as their new Special Programs Analyst. Tara is thrilled to join the Qalipu team, and is honored to work for the Band she is so proudly a member of.

In 2009 Tara completed a degree in Education at Memorial University of Newfoundland. While attending university Tara was kept busy in the summertime by completing several work placements in a variety of places, including Gros Morne National Park, Canada Revenue Agency and Service Canada. She had the amazing opportunity to work as an Aboriginal research assistant with Natural Resources Canada and visit Aboriginal reserves all across the country researching the connection between culture and natural resources. Though Tara was always interested in the Aboriginal community and her heritage, this experience truly enlightened her to the fact that she wanted to work within the Aboriginal sector. Tara has also conducted Aboriginal research with MUN's Education department with new teachers in aboriginal communities and has worked at the MUN Aboriginal Liaison Office.

Since graduation, Tara moved back to the Corner Brook area, where she now lives with her husband and beautiful little girl, Ellie. She has not only taught various grades and subjects with the Newfoundland and Labrador English School District over the last six years, but has also worked with the Humber Community Youth Network as a Program Coordinator, and worked with various community stakeholders as a Grant Coordinator. She has been fortunate enough to receive training in many diverse areas, including crisis response, interpersonal communication and suicide intervention. Tara has immensely enjoyed working with many diverse community groups, and is thankful for the enriching professional experience she has gained over the years.

Tara's hobbies are as diverse as her work experience. She has been an active member of her community volunteering, teaching piano, tutoring community youth and performing musically at many concerts and events. While she is extremely involved in art and music, she also loves connecting with nature, spending time growing her own vegetables, fishing, berry picking, spending time with her hunting dog London and helping her husband build their country cabin. Tara's hope is to instill her love for nature in her daughter.



Are you a Qalipu Member Seeking Employment?

Work Force Qalipu has been keeping an eye out for job openings with the Muskrat Falls/Maritime Link Project and helping to connect members with those opportunities.

We encourage you to visit our website at www.qalipu.ca/wf/job_postings to view weekly updated job postings, and a helpful PowerPoint that will guide you through the process of registering with IBEW Local 1620 in order to be eligible for many of those jobs.

Members are reminded that keeping your ginu membership profile up to date allows us to regularly keep you informed on employment opportunities in your field.

For more information, call or email Vickie. Tel. 709-634-8611, ymacdonald@qalipu.ca

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 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

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 Remembrance Day	12	13	14
15	16	17	18	19	20	21
22	23 New Chief and Council take office	24	25	26	27	28
29	30					