

# Maw-pemita'jik Qalipu'k

Pronunciation: [mow bemmy daa jick ha li boog]

Meaning: The caribou are travelling together

## Welcome Chief Mitchell



Chief Brendan Mitchell was born in Corner Brook, NL where he continues to reside with his wife, Sheila LaSaga.

His first involvement in the aboriginal movement in Newfoundland dates to the early 1970's when his father Jack Mitchell initiated information sessions and organized meetings for aboriginal people in the Corner Brook area. Jack Mitchell became the first elected chief of the Corner Brook Band Council as part of the Native Association of Newfoundland and Labrador.

Brendan's family legacy also includes Mattie Mitchell, his great-grandfather, who was a well-known Newfoundland Mi'kmaq guide and prospector now recognized as a person of national historic significance by the Federal Government of Canada for his contribution to this province.

Brendan has extensive work experience in the areas of project management, materials management, transportation and procurement management. He holds Bachelor of Science (Biology) and Master of Business Administration (MBA) degrees from Memorial University of Newfoundland. His organizational involvements are many having served on boards and committees locally, provincially and nationally.

As Qalipu Chief, he is committed to the ongoing development of Qalipu on behalf of our people and our communities. Particularly, key areas of focus include member access to culture, teachings and language initiatives, expanding membership services, strategic growth, program benefit sustainability, increased organizational self-sufficiency through direct business ownership and greater involvement with our communities. He will endeavor to improve governmental relations at municipal, provincial and federal levels. He will promote positive change in fostering a prosperous tomorrow for all.

Chief Mitchell plans to work together with Council and staff at Qalipu in doing the right things right for the Qalipu Nation, putting our people and communities first and doing so with respect, honesty, integrity and true dedication.

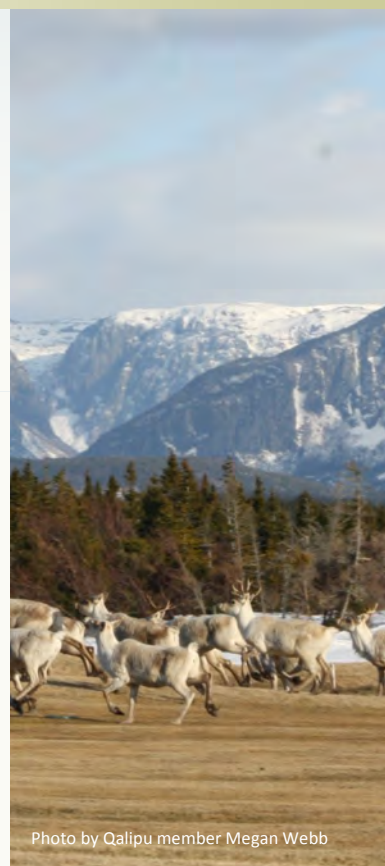


Photo by Qalipu member Megan Webb

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### Special points of interest

- Photo collage from Swearing in Ceremony, page 3
- Events Calendar, Page 10. Share your event with Qalipu membership by emailing [awhite@qalipu.ca](mailto:awhite@qalipu.ca)

# Swearing in Ceremony

*"I, Brendan Mitchell, do solemnly and sincerely promise and swear that I will faithfully and truly, and to the best of my ability, judgement and skill, execute and perform the duties required of me in my role as Chief of the Qalipu Mi'kmaq First Nation Band.*

*I solemnly and sincerely promise and swear that I will uphold the policies and by-laws of the Band in the performance of my duties on behalf of Qalipu and its members. I solemnly and sincerely promise and swear that I will represent our members and our communities by active participation at the Qalipu Council and within the Wards, and I will do so with respect, honesty, integrity and sincere dedication."*

—Oath of Office, November 23, 2015—

An election to choose Qalipu's governing body, the Chief and Council, takes place every three years, and was recently conducted. On November 23, the group of 12 officially began their term after a 30 day transition period. The occasion was marked with a well-attended swearing in ceremony at the Royal Canadian Legion in Corner Brook that included a smudging ceremony, prayer, songs and a heartfelt oath of office by incoming Council members.

Newly elected Chief, Brendan Mitchell, welcomed those gathered to celebrate the first day of a new electoral term for the Band. He praised the new Council which he says has a diverse and well-rounded background.

"We have people with a strong business background, extensive community involvement, diverse cultural teachings, and a variety of educational credentials. This group brings a lot of experience and enthusiasm to the table. We can't wait to get started."

He also said that he and the new Council look forward to future opportunities to gather together as they intend to achieve a high level of community involvement in the years ahead.

Each member of the Council read aloud the oath of office.

The ceremony was attended by representatives from other aboriginal organizations including Chief Mi'sel Joe of the Miawpukek First Nation, and Chief Liz LaSaga of the Flat Bay band. Songs were shared by the Strong Bear Drum Group and the Corner Brook Aboriginal Women's Association.



L-R (standing) Andy Barker, Frank Skeard, Gerald Alexander, Calvin Francis, Jasen Benwah, Ben Bennett, Brian Dicks, Joseph Bouzanne, Bernard White, L-R (seated) Erica Samms Hurley, Brendan Mitchell, Arlene Blanchard White

# Swearing in Ceremony

Qalipu Mi'kmaq First Nation Chief and Council 2015

Chief	Brendan Mitchell
Vice-Chief, Central	Joseph Bouzanne
Vice-Chief, Western	Erica Samms Hurley
Benoit's Cove Ward Councilor	Bernard White
Corner Brook Ward Councilor	Brian Dicks
Exploits Ward Councilor	Andrew Barker
Flat Bay Ward Councilor	Ben Bennett
Gander Bay Ward Councilor	Calvin Francis
Glenwood Ward Councilor	Francis Skeard
Port au Port Ward Councilor	Jasen Benwah
Stephenville Ward Councilor	Gerard Joseph Alexander
St. George's Ward Councilor	Arlene Blanchard White

## Upcoming Meetings of Chief and Council

Meeting Date	Meeting Location
January 9, 2016	Corner Brook
March 12, 2016	Grand Falls-Windsor
May 14, 2016	Stephenville
June 25, 2016 (AGM)	Grand Falls-Windsor
August 13, 2016	Corner Brook
October 8, 2016	Corner Brook
December 10, 2016	Stephenville



# Mi'kmaq Cultural Heritage Program Grant



## Request For Proposals Aboriginal Artwork Installation

The Dr. H. Bliss Murphy Cancer Care Foundation is accepting proposals for the installation of permanent works at the Dr. H. Bliss Murphy Cancer Centre from aboriginal artists (First Nations, Inuit, Innu or Métis) which will represent the heritage and culture of this unique community. The art must be innovative, thought-provoking and relate to the Aboriginal culture and community in a powerful and engaging way.

[Click here for more information](#)



Call 709-647-1370 for Tickets



Basket includes: 2 Christmas mugs, cookies, hot chocolate set, Christmas bear, handmade blanket from artist Gertrude Sabarots

## About Us:



The Qalipu Cultural Foundation (QCF) exists to preserve and promote the culture and heritage of the Mi'kmaq people of Newfoundland. We strive to inspire our people to proudly embrace their heritage and empower them to continue the traditions of our Ancestors.

## What is the Mi'kmaq Cultural Heritage Program Grant?

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

## Amount of Funding Available:

Applications can be approved for maximum project funding of \$2,500. These eligible events include regional celebrations, and/or educational outreaches that are multi-day and or involve multiple regions/wards. Short-term events are defined as events that have a duration of one day or less, in a single location. Short-term events often recognize or celebrate traditional culture. The maximum funding available is \$1,000.

## Examples of Eligible Projects:

Regional National Aboriginal Day Celebrations, St. Anne's Day gathering and feast, cultural teachings and workshops (drum and rattle making, regalia) sharing of knowledge with youth.

For more details on the guidelines, [click here](#)

To print and submit the application for the program grant, [click here](#)

For more information contact Mitch Blanchard at 709-634-8046 or email [mblanchard@qalipu.ca](mailto:mblanchard@qalipu.ca)

# Moccasin Making Workshop

On Saturday, November 7, fourteen women from the St. George's area met to participate in a moccasin making workshop. The session was facilitated by Phyllis Cooper from Stephenville. The session started at nine o'clock, and by four thirty, the women attending each went home with a wearable pair of moccasins. The day was not only educational, but very enjoyable with lots of laughs, stories and good old fashioned fun.



Shannon Sexton and Amanda LaSaga.  
Shannon made her moccasins for 2 year old niece, Noelle.



The Indian Cove Women's Circle has a membership of about fifteen women who are actively going to meetings, and many more women in the area who enthusiastically attend activities and various other social events that the group plans.

The groups' name comes from an old map of the St. George's area which has an area in Seal Rocks listed as "Indian Cove".

Are you interested in becoming a part of this group? Find them on Facebook at "Indian Cove Women's Circle" or call Secretary Darlene Sexton (709) 647-3129

Submitted by Darlene Sexton

## Skills Parachute Program

The **Skills Parachute Program** is in place to increase the skills of Qalipu clients, and improve their chances of maintaining or gaining employment. The program is intended for short-term courses up to a maximum of 5 days in length and at a maximum cost of \$1000. For short-term courses longer than 5 days but less than 12 weeks in duration, applicants can apply for funding through the Short-Term Courses Funding Program. Recertification of expired courses are not eligible. For more information contact Judy Falle, Client Intake Officer with Work Force Qalipu, at 1 (709) 647-3068 or toll free 1 (888) 251-7614

### 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 **@Qalipu2011**



Would you like to be a Vendor at the upcoming Bay St. George 10th Anniversary Powwow?  
How about participate as a dancer or drummer?  
Contact the No'kmaq Village Office at 709-647-1370, 8:30-4:30. Ask for Cassandra.

[Click here for vendor application form](#)

# Community Economic Development

A coordinated approach to Community Economic Development is vital to the growth of the Band. Opportunities and community needs are well defined within the Band's Economic Development Strategy. This Strategy is being implemented at the community level through the efforts of Service Qalipu's Economic Development Officers. Their work involves the engagement, participation and support of multiple stakeholders and partners in areas of financing, economic research and data collection, entrepreneurship and small business assistance, and labour force development.

Wayne is the Community Economic Development Officer for Service Qalipu – Western Region and is responsible for community economic development files for western Newfoundland. He joined the Qalipu team in October 2015, bringing



Wayne Quilty, Qalipu CED  
Officer, Corner Brook  
Tel. 634-8035  
email wquilty@qalipu.ca



extensive experience in community economic development and industry liaison from his previous roles at the Atlantic Canada Opportunities Agency (ACOA), The College of the North Atlantic and Memorial University – Grenfell Campus. Wayne is bilingual and holds a Bachelor of Science degree from Memorial University, supplemented by studies in management, public administration, project management, client services and human resources.

In his current role, Wayne is the first point of contact for west coast Qalipu members seeking information and guidance in their entrepreneurial and community development pursuits.

In October, Qalipu Mi'kmaq First Nation welcomed Kellie Kerpan as one of their new Community Economic Development Officers. Kellie is based in Grand Falls – Windsor and is responsible for central and eastern Newfoundland districts.

Kellie is educated in Social Work, Community Studies with a focus on Aboriginal Communities, Criminology and Child and Youth Care. Since 2002, Kellie has been involved and working with First Nations communities in Alberta and Northern British Columbia. She was employed as a Social Worker which led into the additional opportunity to learn and teach cultures of Mi'kmaq, Beaver, Cree and Talhantan to the Families and communities she served. In 2008, Kellie was given the opportunity to become a part of the Community Projects and Economic Development team;

assisting with the various Social Development and Economic Development departments with various initiatives, such as identifying funding, proposal writing and accessing funding for the purpose of the bands ongoing self-sustainability. In a short while, Kellie became the lead proposal writer and was successful in multiple bids for funding, including the Skills and Partnership Fund (SPF), Western Economic Development fund (WED), Capital fund of British Columbia and numerous others. Kellie has a passion for helping others, and has been a member of many boards and organizations.



Kellie Kerpan, Qalipu CED  
Officer Grand Falls-Windsor  
Tel. 489-2898 email  
kkerpan@qalipu.ca



*As a non-profit organization, RDÉE TNL helps communities of the province develop their economy using French as an added value for companies, job seekers and the tourism sector.*

*Our Hello Bonjour Program aims to identify and promote businesses and organizations offering services in French. If you have a business that provides services in both official languages or for any other information please contact :*

**Wendy Brake**

**R**éseau de **d**éveloppement **é**conomique et d'**e**mployabilité de **T**erre-**N**euve-et-**L**abrador (**RDÉE TNL**)

R.R. # 1 PO Box 190

Mainland NL, A0N 1R0

**Telephone :** (709) 642-5155

**RDÉE**

**Terre-Neuve-et-Labrador**

# Banded Killifish: A Special Concern

Qalipu Natural Resources (QNR) is finishing up their summer sampling season for banded killifish this November. The banded killifish is a small (adults typically 7 to 9 cm) olive colour fish that most commonly resides in freshwater ponds that contain an assortment of freshwater vegetation. This species can be distinguished from the closely related mummichog by the distinctive light and dark banding along the sides, a more slender body, and a less broad head. Both the banded killifish and mummichog are important food resources for American eel, Atlantic salmon, and brook trout. In Newfoundland, this species is not overly abundant and, as of 2008, was limited to only ten locations on the island. For these reasons, the banded killifish was designated as a Special Concern and is now protected under the federal Species at Risk Act. More recent research by Fisheries and Oceans Canada indicates that the banded killifish may also be utilizing protected estuarine and brackish habitats, such as salt marsh lagoons.

Since 2007, Qalipu Natural Resources (QNR) and Mi'kmaq Alsumk Mowimsikik Koqoey Association (MAMKA) have been surveying and monitoring populations of banded killifish in freshwater habitats throughout central and western NL. This year, QNR and MAMKA are hoping to determine if the banded killifish is utilizing estuarine eelgrass habitat and how important this habitat is for this species. Eelgrass is an important nursery habitat that numerous fish and invertebrate species rely on, including the culturally and regionally significant American eel, Atlantic cod, and Atlantic salmon. This year we sampled for banded killifish each month between June and November and completed eelgrass surveys at three sites in Bay St. George. Overall, banded killifish and mummichog were abundant in Muddy Hole, Flat Bay, and inside the causeway, St. George's. Interestingly, banded killifish were mostly absent outside the causeway, where ocean currents and wave activity are too strong for these fish to thrive. A fairly large meadow of eelgrass was observed inside the causeway, St. Georges, which is also where the greatest number of banded killifish and mummichog were observed. This research is the first step towards determining if eelgrass and estuaries are important habitats for banded killifish and will allow us to better protect this important species.

Submitted by Scott Caines, Qalipu Natural Resource Technician



Figure 1: A banded killifish caught in Muddy Hole, Flat Bay. Notice the distinct dark bands along the side



Figure 2: Scott conducting an eelgrass survey. Eelgrass abundance was calculated from images of the sea floor.

# Managers Report



*Renée Dyer,  
Manager of  
Health Services  
provides some  
helpful tips on  
staying healthy  
through the  
holidays.*

## Healthy Tips for the Holidays

### Try it Tonight! Spinach Dip

#### Ingredients:

- 1 pkg (10 oz/300g) frozen spinach, thawed and drained
- 1/2 cup chopped water chestnuts
- 1/4 cup finely chopped onion
- 1/4 cup chopped red bell pepper
- 1 large clove garlic, mashed
- 1 cup lower-fat cottage cheese
- 1 cup lower-fat plain yogurt
- 2 tsp dried basil
- 1/4 tsp dry mustard
- 1/4 tsp garlic powder
- freshly ground black pepper to taste
- round rye or pumpernickel loaf

#### Step 1

In a large bowl, combine spinach, water chestnuts, onion, red pepper and garlic. Stir in cottage cheese, yogurt and seasonings. Chill for several hours.

#### Step 2

To serve, hollow out center of bread. Cut bread into cubes; fill center of bread with dip and surround with bread cubes and sliced vegetables.



Recipe from Dietitians of  
Canada's Cooks' Inspiration

**Portion Control:** It's often not what you eat, but more so too much of a good thing that can cause problems. Use [Canada's Food Guide](#) and eat those special Christmas treats in moderation.

-Sip water between alcoholic drinks to pace yourself and to stay hydrated.  
-If you drink alcohol, do so in moderation.  
-Skip alcohol with sparkling water and juice spritzers, or virgin cocktails.

Use fresh veggies for dipping (cucumber and carrot sticks, broccoli florets, red and green peppers) Serve with low fat dip like hummus, salsa or plain yogurt with herbs.

Serve crispy pita triangles, flatbread, Naan or Melba toast as alternatives to salty, high fat snack crackers and chips.

A tray of fresh fruit served with yogurt is a wonderful dessert option. Try it with pineapple, kiwi, apples, mango, cantaloupe, honeydew melon, oranges, grapes, and bananas.

Let the holiday spirit move you! Exercise will not only help you cope with stress but also compensate for some of the food overindulgences. Strive for 2.5 hours/week. ([click here for tips](#))

Be careful about the food choices you make to prevent weight gain. Stick to three balanced meals (remember don't skip breakfast), use a small plate, limit the number of appetizers you eat, and [try these healthy snack options](#).

Give a healthy gift this Christmas: for example an exercise ball, a yoga video and mat, golf lessons, weights, or a pedometer for someone who likes walking.

# To Light the Fire- NL Indigenous Arts Symposium



I was very fortunate to be one of two dancers asked to offer some teachings on dance during the Inaugural Provincial Indigenous Arts Symposium, which took place in Goose Bay, Labrador from November 19<sup>th</sup> to the 22<sup>nd</sup>. The Event “To Light the Fire” was hosted by Arts NL and was created by a well rounded steering committee representing aboriginal people from all regions of NL together with Arts NL. A big shout out to Mitch Blanchard, Resources Coordinator with the Qalipu Cultural Foundation, for all the work he did with this committee organizing such a successful event.

The event started with a smudging ceremony, opening prayers, welcoming remarks and a keynote speaker. Over the next 2 days many breakout sessions were offered. Participants chose what sessions they wanted to attend sessions

ranging from Commerce & Taxation, Marketing and Social Media, Doll making, Moccasins Making, First Nation drum making (led by Janelle Duval), bone carving, Inuit Drum making, dance, film, music, throat singing, and multi-media. Within the breakout sessions, participants had the opportunity to meet with representatives of different funding agencies, art banks, residencies, and galleries. During the evening, artists were provided the opportunity to sell their crafts/work. I can tell you there is no shortage of amazing art in our beautiful province.

Julia Blanchard and I were very proud to host our session. Of course, we started in a circle and shared a bit about who we are and our journey. Those who participated in our circle also shared some of their journey. We both provided some teaching we have learned over the years so that they could understand our journey as dancers. We shared a very upbeat fancy shawl dance with them, and the look on their faces once we finished was

enough to fill our hearts forever. Elders always told us, “share your knowledge”, so Julia showed our group some dance steps. It was simply amazing. The smiles and laughter filled the room as we went from the basic steps to twirls and fancy foot work. The most amazing part was when Elders from Labrador donned our fancy shawls and danced away. The room was bursting with energy and we had become a family in a matter of an hour. As the saying goes *all good things come to an end*, and it was time to close our sacred circle. We finished with the travelling song, a special prayer that all our brothers and sisters would make it home safe. Participants in our sessions told us they felt a huge sense of connectivity, healing, and were drawn to come in.

Participants were then treated to some storytelling, throat singing and some drumming and singing from Eastern Owl, made up of Qalipu and Miawpukek members.

“I will forever remember my new powwow family and look forward to our paths crossing again in the near future”.

**Submitted by Arlene Blanchard White**



The dance lesson shared the teaching of including everyone, with group dances like the Snake Dance, pictured here.

## 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 Qalipu'k is a monthly newsletter. In it, we aim to share not only the happenings of the Band but also, to help connect our dispersed communities.

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

Alison White  
Communications Officer  
Qalipu Mi'kmaq First Nation  
Tel. 709-634-5163  
Email [awhite@qalipu.ca](mailto:awhite@qalipu.ca)

# December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23 Qalipu offices close at noon. Reopening January 4	24	25	26
27	28	29	30	31		