

# MI'KMAQ NEWS

FALL 2009



We have reached the 50% equivalency number of FNI members needed to form the Qalipu Mi'kmaq First Nation Band.

Review of applications for the first stage will continue until November 30, 2009.

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## MESSAGE FROM THE PRESIDENT

Mother Nature is beginning to show signs, that summer season is slowly coming to an end, I hope you all had a very pleasant, safe and enjoyable summer.

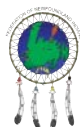
As I have been reporting in past Mi'kmaq News the topic that most members are concerned about and continue to enquire about is the enrolment process, or as most people describe it, the registration process, for the formation of the Qalipu Mi'kmaq First Nation Band. The enrolment process even though explosive in the area of application submissions, to date it is progressing at a satisfactory pace and many members are receiving a response.

A very important milestone in the process have now been reached, the 50% equivalency number of the FNI at the time of initialing of the Agreement have been approved by the Enrolment Committee. This milestone sets the stage for the formation of the Qalipu Mi'kmaq First Nation Band, sometime in 2010. Review of applications will continue on the first stage of the enrolment process until November 30, 2009.

As indicated in section 4.2 19.1 the second stage of the enrolment process shall start immediately after the conclusion of the first stage and shall conclude thirty-six months following the date of its commencement. I am certain that many are concerned about the status of their application however contacting the enrolment clerks or members of the enrolment committee is not recommended, as their time is better spent processing applications and not searching for an application.

All regular programs of the FNI are being administered as usual. The off-reserve aboriginal housing program has encountered a minor problem as a result of replacing a staff person. As per the FNI policy, in order to hire someone to replace this individual an advertisement for the position to the membership had to take place. We now have an individual working in this position and we are confident that all applications and inspections will be taken care of within a reasonable timeframe

Continued on next page.....



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**Federation of  
Newfoundland  
Indians**



Message from the President continued.....

The FNI has just requested additional funding from the off-reserve aboriginal housing fund through Newfoundland Labrador Housing and they are supportive of proceeding to advance more funding for this initiative, therefore additional application request will be considered, based on the criteria requirements.

In closing, I wish to advise, "that the FNI executive and board of directors" are working and will continue to work in the best interest of you, the membership.

~ Brendan Sheppard, President FNI

## EXPLOITS NATIVE WOMEN'S ASSOCIATION AND THE NEWFOUNDLAND ABORIGINAL WOMEN'S NETWORK HOST ELDER ABUSE WORKSHOP

On Saturday May 23, the Exploits Native Women's Association (ENWA) and the Newfoundland Aboriginal Women's Network (NAWN) hosted an Elder Abuse Workshop in Grand Falls-Windsor.

A small group of women participated in the workshop, which consisted of both cultural teachings and information on this important issue. ENWA identified that there was interest in and a need for a workshop on Elder Abuse. Workshop facilitators Marie Eastman and Sheila Robinson opened the workshop with a traditional smudge, prayer and drumming. Participants learned about elder abuse and neglect, the types of elder abuse, common indicators, when and how to intervene, and what options are available. Workshop participants then worked together in groups to develop Safety Plans for elders that are specific to the Central region. Finally, a sharing circle and drumming brought the workshop to a close.

"This workshop was an eye opener for me" said participant Caroline Barker. "This was my first Aboriginal workshop ever, and it was really well presented. The participant's reactions and input was enlightening."

Workshop facilitators Marie Eastman and Sheila Robinson received training for this workshop through NAWN's initiative entitled Kiskat-pukuwit, Aboriginal Women on the Verge of Rising; Breaking Barriers, Building Strong Minds.



## EMPLOYMENT OPPORTUNITIES

MAMKA is compiling list of potential candidates for future employment opportunities. The duration of employment opportunities will depend upon the contractual length of a project. Future opportunities may be related to banded killifish sampling, American eel research, habitat monitoring, eel grass surveys, river obstruction documentation, traditional knowledge interviews, or other similar projects. Preference will be given to members of the Federation of Newfoundland

Indians. College or University education in an environmental/science/natural resource field will be considered an asset.

Anyone interested in being considered for future employment opportunities should send in a resume that highlights work skills, employment background, and education to:

Roger Gallant; MAMKA Biologist  
P.O. Box 956  
Corner Brook, NL A2H 6J3

**A Poem for Elders**  
by Margaret C. Hopfel  
member of Sple'tk First Nations

Have a good word for our Elders,  
they have a right to their lives too.

There'll come a day when you will be one,  
if you live long enough ... Yes, I mean you!

We all started off as youngsters,  
and the years go by so fast.

Don't think you'll be here forever,  
life on earth wasn't meant to last.

Have a kind heart and you won't regret it,  
'cause you too will get old one day.

Do a good deed for an elder,  
even if you think they are in your way.

Don't forget they are someone's mother,  
and could use a helping hand.  
Open a door for an elder,  
they are the best in this fine land.

In 1999 the Federation of Newfoundland Indians conducted an extensive Traditional Land Use project interviewing approximately 60% of its members. The FNI has housed this information since that time, the interviews were saved on cassette tapes and we have been advised that the shelf life of these tapes have expired. Therefore we would have begun to digitize these cassette to archival CD's. The FNI board of directors in 1999 passed a resolution indicating that the information collected during this project would not be used for anything other than a Land Claims. We now realized that there is invaluable information into this data base that can assist the Mi'kmaq community to enhance research and education. We asked that if any member has any objection to the Board of Directors revising the resolution with the intent to allow individuals authorized by the FNI to access this information for the good of the Mi'kmaq community in an appropriate manner please advised the FNI office by October 2nd.

## Indian Head First Nations Band Council

Indian Head First Nations Band Council will hold it's Annual General Assembly and election for Chief on September 18, 19, 20. Candidates running for Chief of the band are:

Candace Simon, Present Acting Chief  
Gerard Alexander, Past Director  
Sheldon Young, Present Director

Voting for Chief will take place on Friday, September 18 in Stephenville at the Senior's Citizen's Club on Pleasant Avenue from 7-9pm and on Saturday, September 19 in Stephenville Crossing at the Fire Hall, 7-9pm. The AGA will commence at the Senoir Citizen's Club in Stephenville from 2-4pm on Sunday, September 20.

The following positions were filled by acclamation:

Vice-Chief - Myron Gallant  
Secretary - Linda Wells  
Treasurer - Joan Fromm  
Director - Delores Gallant  
Director- Louis White  
Director - Sharon Bennett  
Director - Wayne Russell  
Youth Director - Sarah Wells

Congratulations to the new band council of Indian Head First Nations effective September 20, 2009 & Good Luck to the running candidates! IHFN encourages all members of the band to come on out to vote.

## TENDER

The FNI is accepting tenders on a 65 Johnson Outboard motor that is useful for parts. The motor is currently located in Benoit's Cove with one of the FNI designated fishermen. All bids must be submitted by September 25th to the FNI Corner Brook Office. Please ensure that the word "**TENDER**" is clearly identified on the outside of the envelope.

## FISHING GEAR FOR SALE

The Federation of Newfoundland Indians has 400 turbot nets & rope for sale. 200 nets are 6" and 200 are 8" mesh. Asking \$50 per net. If interested please contact the FNI office.



# BAND NEWS

## FNI Health Transition Project

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The FNI Health Transition project is progressing well, the team has completed the questionnaires to be used in the upcoming survey and each member will soon receive their questionnaire through the mail. This project is very important. We encourage each person to complete the questionnaire and send it back to the team by the deadline date of October 2, 2009. Questionnaires received after the deadline will not be reviewed.

Please review the cover letter attached to the questionnaire. It has information on returning the questionnaire, the deadline date and dates for upcoming community meetings. As well the dates for the community meetings are listed below. Remove the cover letter and keep it in a location where it can easily remind you of the meeting in your community.

A toll free number is also available for use by members who have questions regarding the questionnaire, community meetings or general information about the FNI Health Transition Project. The number is 1-877-280-0989.

Participation in the FNI Health Transition project survey is an opportunity for the off-reserve aboriginal people of Newfoundland to have a voice. Let your voice be heard.

<b>BAND</b>	<b>DATE</b>	<b>LOCATION</b>
Indian Head First Nations	September 8/09	College of the North Atlantic Main headquarters - Stephenville
Port au Port Indian Band	September 10/09	Our Lady of Mercy Gym
Elmastogoeg First Nations	September 15/09	Benoit's Cove Town Hall
Corner Brook Indian Band	September 17/09	College of the North Atlantic Main Headquarters Corner Brook
Flat Bay Indian Band	September 22/09	Flat Bay Band Office
St George's Indian Band	September 24/09	St George's Band Office, Museum Upstairs
Sple'tk Indian Band	September 28/09	Grand Falls/Windsor 50 Plus Club
Gander Bay Indian Band	September 29/09	Gander Bay Community Centre
Glenwood Indian Band	September 30/09	Appleton Community Centre

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## ST. GEORGE'S INDIAN BAND NEWS

The St. George's Indian Band is pleased to relay to its members that the K'taqmkuk Mi'maw Museum has had another successful summer with over 350 visitors to its museum in 8 weeks that it has been open. The museum is staffed by summer students that are hired with funding from the FNI's youth program and has been very successful to date. The museum has closed for this season and hopes to reopen again next summer, thanks to the FNI, and all those who visited our Mi'kmaq museum.

Beginning August 31, 2009 Yvonne MacDonald will once again be hired by the St. George's Band to help its members in filling out their applications to the Qalipu Mi'kmaq First Nation band. Yvonne can be reached at 647-3022 for an appointment, she will be on staff until October 16, 2009, if you have not already filled out your application to the Qalipu band please make an appointment with Yvonne to do so.

The St. George's Indian Band will be holding its Annual General Assembly on Sunday November 15th, 2009 at 2:00 pm at the Mi'kmaq Museum, we hope to see you all there.

~ Chief Karen White

## EAT HEALTHY....STAY ACTIVE.....LIVE LONG

The Diabetes Program "Pathway to a Healthier Lifestyle" has been busy over the past few months with presentations on "Healthy Eating on a Budget". Presentations have already been held in St. George's and Corner Brook and others are presently being scheduled for all other areas. Keep listening for times and dates in your area. This presentation enabled us to see that even though making healthy food choices on a budget may seem impossible and is complicated by time restraints, finances and accessibility, it can be done.

A winner has been picked out of all names submitted to the Diabetes Program in response to the Traditional Aboriginal Food Booklet quiz. Annie Randell selected the winner out of all the responses received. The winner was Margaret Humber of Grand Fall-Windsor. Chief Nellie Power presented Margaret with her prize.

I am still looking for "Traditional Aboriginal Recipes" for a cookbook which is being developed. If you have any recipes that you would like to see in the booklet, please forward them to Barbara Lannon either by mail or fax.

Summer is almost over and the fall is just around the corner. It is important that we continue in the fight against Diabetes.



Pictured above is Margaret Humber receiving her prize from Chief Nellie Power of Sple'tk First Nation for the Traditional Aboriginal Food Booklet quiz.

## NORTHWEST BERRY PUFF

A delicious breakfast treat your whole family will enjoy! This fun pancake puffs way over the top of the pan and is garnished with heaps of berries and a dusting of powdered sugar. Beautiful to look at and scrumptious to eat.

Number of Servings: 6  
Serving Size: 1 slice

### Ingredients

- 2 lg. whole eggs
- 1 lg. egg white
- 1/2 cup fat-free milk
- 1/2 cup all-purpose flour
- 1 Tbsp granulated sugar
- 1/8 tsp salt
- 2 cups fresh raspberries, blackberries, boysenberries, blueberries, strawberries or a combination
- 1 Tbsp powdered sugar

### Preparation Instructions

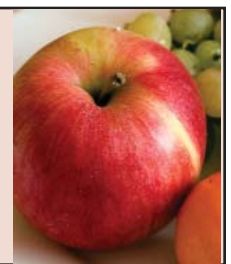
1. Heat the oven to 450 degrees F. Prepare a 10-inch ovenproof skillet or glass pie pan with non-stick pan spray.
2. Beat the eggs and egg white in a medium bowl. Whisk in the milk. Slowly whisk in the flour, sugar, and salt. Pour into the prepared skillet and bake 15 minutes. Reduce the heat to 350 degrees F and bake 10 minutes more, or until the batter is puffed and brown. Remove from the oven and slide the puff onto a serving plate.
3. Cover with fruit (if strawberries are used, slice large berries in bite-size pieces); sift powdered sugar over the pancake. Cut the puff into 6 equal wedges.



## HEALTH TIP

### Are All Calories the Same?

Some people say that a calorie is a calorie and that it does not matter whether it is from a salad or from ice cream. But really they are different, nutrition-wise. Salad has lots of nutrients like vitamins and fiber calories whereas the calories from ice cream are mostly fat and sugar calories.





## QALIPU MI'KMAQ FIRST NATION BAND ENROLMENT COMMITTEE

### CHAIRPERSON REPORT

On behalf of the Enrolment Committee, I am pleased to have the opportunity to report on the Enrolment progress through the Mi'kmaq News.

July 30, 2009 was a historic day for the Enrolment process! On that day the Enrolment Committee met for the 22nd time to consider applications. At that meeting application # 5,246 was approved by the Committee. The Agreement provides that the Qalipu Mi'kmaq First Nation Band will be formed if, during the First Stage of the Enrolment Process, 50% of the FNI Membership list at the time the Agreement was signed ( 10,490 ) were approved for inclusion on the First Founders List. That milestone was met at our July 30th meeting! The Qalipu Mi'kmaq First Nation Band will now be a reality! Congratulations to all who helped make this moment possible!

Applications continue to arrive at the Enrolment Offices. It now appears more than likely that we will receive in excess of 20,000 applications before the end of this calendar year. The statistics for each Enrolment Office on July 21st, 2009 is:

Bay of Islands	8505
Bay St. George's	7086
Central	1547
 Total	 17,135

Community Assistants will no longer be available in the Bay of Islands or Bay St. George offices. However, individuals can request an Application Guide from the Enrolment offices and can mail their completed applications to the Enrolment Clerks at those offices.

As of August 19, 2009, the Enrolment Committee has considered 6,816 applications from the 3 Regional Offices. Decisions taken are:

Approved	6,437
Rejected	179
Deferred	157
Added/Appeal*	43

To date we have mailed 4,040 Letters of Approval and 179 Letters of Rejection. This means that there is still just over 2,300 approval letters remaining to be mailed. There will always be a gap between the "approved" and the "mailed" as it takes some significant time after approval to prepare the letters for mailing.

The Enrolment Committee believes that we have made substantial and significant progress since we began our work in December of 2008. We have overcome many challenges and have made steady and measurable progress despite receiving much larger numbers of applications than anyone expected. We look forward to the conclusion of the first Stage of the Enrolment Process at the end of this year. Two things are now certain: the Qalipu Mi'kmaq First Nation Band will be formed and the criteria that guarantee a Second Stage of the Enrolment Process has now been met!

*\* Pursuant to S.4.3.7 of the Agreement added to the Founders List on order of the Appeal Master.*

*~ Chairperson Enrolment Committee; Thomas Rideout*

At this time many of the Community Assistant have finished their employment or are about to complete their employment with the Qalipu First Nation. In absence of Community Assistants people wishing to apply for the Qalipu First Nation band are asked to visit the web site ([www.qalipu.com](http://www.qalipu.com)) to obtain an application and enrolment application guide.

# EMPLOYMENT + TRAINING



The Federation of Newfoundland Indians Employment and Training (FNIET) program is working toward implementing its 2009-2010 workplan for the Aboriginal Human Resource Development Agreement (AHRDA). The FNIET program has budgets set in each program area; at this time due to the volume of skills training applications received the FNIET skills training budget has been exhausted. However, as the year moves forward there may be budgets that are not utilized in other areas that maybe shifted to the skills training program. Therefore, we encourage those that were denied funding at this time due to lack of funds to maintain an active file so that they can be considered if funds do become available. To keep a skills training file active a student must submit their most current marks from each semester as soon as possible and before any deadline dates. For more information please contact one of the AHRDA staff.

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## YOUTH ACTION

### FNI PARTNERSHIP WITH RCMP

Again this summer the FNI has partnered with the RCMP to allow aboriginal youth an opportunity to work within the RCMP and get an idea of what it is like to work in this fast paced exciting organization. This year there were six youth from both the Bay of Islands and Bay St. George areas who took part in this nine week program. These six students worked in both the Stephenville and Corner Brook RCMP detachments as well as a one week training session in St. John's to get them ready for what they would encounter in their detachments.



Sgt Andy Langille and the summer students with the explosives disposal unit command vehicle

Some of the activities that the students took part in again this year included bike rodeos, seat beat surveys, working with community organizations to promote the RCMP and other activities that were assigned by the supervisor in the detachment. This program has been a great success as many of the former students have gone on to become RCMP officers after their time spent working with the police officers in the detachments. The FNI is proud of the success of this program and of this years students and wish them well in their future.

### FEDERATION OF NEWFOUNDLAND INDIANS YOUTH PROGRAM

The FNI youth funding has been utilized again this year for both the RCMP summer program and for each of the bands to fund youth in their band area. Most of the bands have hired summer students to work for their band councils doing a variety of tasks. These programs are put in place to help youth gain much needed work experience that may help them in their future. These programs have been very successful in the past and again this summer the students have done a great job. Thanks to all.

# CONTACT US

## FNI DIRECTORY

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### CHIEFS

#### *Gander Bay Indian Band*

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#### *Port au Port Indian Band*

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#### *Flat Bay Indian Band*

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#### *Corner Brook Indian Band*

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#### *Elmastogoeg First Nations*

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### EXECUTIVE

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**Kevin Barnes**

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### MAIN OFFICE

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## MI'KMAQ NEWS

### Contributors:

We are always looking for event listings, stories, suggestions, poems, ideas, and artwork.

### Advertise with us:

We have great rates: (Special rates for FNI members and students).  
\$40.00 half page; \$75.00 full page;  
\$75.00 per hour art services. We have a growing distribution that is currently over 8000.

### Please contact us at:

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