



# MI'KMAQ



# NEWS

**NEWSLETTER OF THE FEDERATION OF NEWFOUNDLAND INDIANS**

Vol.3 No.1

P.O. Box 460, St. George's, NL. A0N 1Z0

Fall 2004

## MESSAGE FROM THE PRESIDENT

The summer winds have come and gone, Mother Nature gives us a hint in her own mellow way that we should prepare for another season and different times ahead. On behalf of the FNI executive, board of directors and staff we hope that your summer was well spent and that you are in the best of health as this edition of Mi'kmaq News reaches you.

Summer is also a time of the year when most people take annual leave, which sometimes slows down certain processes already in progress.

The preliminary negotiations are advancing as anticipated, as the final meeting in that process concluded with Mr. Lalonde on August 3, 2004. We are now hoping that the next step in the process, an agreement in principle, will be approved in the near future. The advancement to the next level of talks will depend greatly on the contents of the Hon. Marc Lalonde's report to the Minister of Indian Affairs and of course the acceptance and approval of this report by cabinet. The FNI expects that Mr. Lalonde will complete and file his report to the Minister by the end of September 2004. This process is far from complete and will require a united approach by all involved in order to reach an acceptable agreement by both parties. ....Continued on page 2

## Bringing the Teachings Back to the People

If you look around Newfoundland today and compare it to Newfoundland ten years ago you will see an amazing transformation taking place. People are becoming aware of their aboriginal ancestry and in doing so are making a concerted effort to learn more about the culture of their ancestors.

Over the last year alone there has been a number of aboriginal related events that people have attended or had the opportunity to attend.

During aboriginal day, celebrations went on across the province. The St. George's Band held ceremonies throughout the day starting at 5:00 in the morning and ending with a traditional feast late in the day. The Ktaqmkuk Mi'kmaq Healing Ceremony took place in Corner Brook. It was led by Paul Pike, the lead singer of Medicine Dream, an intertribal First Nations band that performs contemporary Native American music.

The Sple'tk band in Exploits held gatherings at the Mary March Museum, Wigwam Point, Boyd's Cove Interpretation Centre and they also held the Exploits Native Women's Retreat part II. The Exploits Native Dancers have attended all these functions as well as the Conne River Pow wow, Mi'kmaq exhibition opening in Corner Brook, Stephenville Youth Drum workshop, relay for life plus so much more.

The youth, headed by Candace Russell, Youth Coordinator for the FNI, have been quite active. They participated in the Conne River Pow wow, held an Aboriginal drum workshop featuring Eastern Eagle Singers, as well as an aboriginal awareness day at Indian Head Park. They have organized individual youth groups within bands and are very active with their online youth forums. You can check out the youth website at [www.fniyouth.com](http://www.fniyouth.com)

Another interesting thing that has been on the rise is an aboriginal drum and singing group that has been meeting all summer long. Gertie Mai Muisse, a member of the St. George's Indian Band, started the sessions.

The group gathers once a week to learn aboriginal songs and cultural information about the Mi'kmaq way of life. Each week new people arrive showing a revived interest in their culture and they are openly welcomed into the group.



This aboriginal drum and singing group gathers on Sunday at 2:00 p.m. at the College of the North Atlantic to learn more about their culture. Gertie Mai Muisse (kneeling front) brought the teachings to the group. All are welcome to join in.

### INSIDE THIS ISSUE:

- 1 President's Message
- 1 Bringing back the culture
- 2 Courthouse Update
- 3 Diabetes Initiative
- 4 Youth Action News
- 5 Women's Retreat II
- 6 Flat Bay News
- 7 Employment & Training
- 8 Federation Directory
- 8 Constitutional Corner

*...Message from the President continued*

In the meantime, with direction from the board of directors, the FNI negotiating team has a great deal of work that needs to be done in anticipation of a favourable response from the government of Canada. I would like to reiterate to the membership a statement I made during community consultations on the 2002 Mi'kmaq Regime, that a final decision on the acceptance of any arrangement offered by the government of Canada would ultimately be yours.

The regular programs being implemented by the FNI such as Diabetes, Aboriginal Human Resources Development Agreement, Aboriginal Fisheries, Youth and the Mi'kmaq News, have all continued at their normal pace during the past few months and each of these programs are briefly reported on in this edition of the Mi'kmaq News. The 2004 Mi'kmaq Travelling Exhibition found its way into many of the local communities over the summer and provided a great opportunity for others to learn more about the Mi'kmaq people both past and present. The travelling exhibition will be a valuable source of information that can be used by the FNI in the future for educational projects which are frequently requested by schools in the immediate areas of our band councils.

The new 44'-11" FNI fishing enterprise, which began operations this past spring, experienced some of the worst wind conditions heard of in a long time. Despite these adverse weather conditions the skipper and crew working together for the first time demonstrated an excellent working relationship, which rated the enterprise among the high liners in the crab fishery for that area. The sad news to this good news is that rumor has it that the crab quota for all fishers in this area may be cut as high as 30% for the 2005 fishing season due to a decrease in the crab stocks. We certainly hope that this won't be the case however; the FNI would obviously support this action in the interest of conservation.

The FNI continues to seek partnership arrangements with different organizations and government departments both federally and provincially to advance our plan to meet certain goals and objectives. Apart from the current programs already in operation and the preliminary negotiations for official recognition, the FNI have been providing input to the department of education in an attempt to convince educators that the Mi'kmaq history should be made available to our children and their non-aboriginal friends in the classrooms of schools throughout Atlantic Canada. It appears to be prime time to seek inclusion since the department of education is in the process of revamping their current Social Studies for the first time in Atlantic Canada since the 1980's. Apart from our earlier involvement with the department of education to help encourage consideration for inclusion, the FNI has recently provided a package of resource information to a teacher in-service session in St. John's for their consideration. The FNI is optimistic that some Mi'kmaq resources will be integrated into the new curriculum in the Social Studies for grades K-9. I hope that this brief summary along with the additional information in the Mi'kmaq News will provide you, the members with a reasonable insight of the activities for the past three months.

## ST. GEORGE'S HISTORIC COURTHOUSE UPDATE

Work on the historic St. George's courthouse got underway during the past summer. The project which was slated to proceed in three phases saw some set backs during the first phase. Simeon Lee, chairperson for the historical courthouse restoration committee is happy with the rate the project is proceeding. "We incurred some extra cost which we had not budgeted for. All hazardous materials had to be removed before the project could go ahead, however work is now back on schedule and phase I will be complete by the end of November," states Mr. Lee.

Phase II will see the hiring of an interpretive planner to work with the committee and aid in the promotion and planning of the Mi'kmaq museum and the heritage of Sandy Point.

Phase III will be the interior renovations and design. This phase is scheduled to begin in April 2005. The entire project is slated for completion by September 2005.

The Historical Courthouse restoration committee would like to extend thanks to the organizations who have financially assisted with the project. The Federation of Newfoundland Indians aided with six employment positions. HRSDC aided with four positions. ACOA for the main source of funding. Heritage Canada for the standard \$10,000 donation.

During this time Judy Doucette will be visiting the schools in the community to promote awareness of the importance of the courthouse to the people of the area and to the future of the children growing up in the community. The main objective is to teach the children to respect the courthouse as it has the potential to positively affect the whole area and the people living here.



Front from left; Billy Lucas(carpenter apprentice), Penny Cooke-Alexander & Bertha White(labourers), Melvin White(carpenter foreman), Ben Alexander(engineer), Gerard King & Judy Doucette(labourers). Back from left; Adolphe Lucas(carpenter), Leonard Young(project manager), Jeremy Lee(carpenter), Sheldon Lucas(carpenter apprentice), Gregory Young & Joshua Duval(labourers).

**The St. George's Indian Band will be holding their Annual General Meeting on Sunday, November 14, 2004, @ 2:00 p.m. at the Royal Canadian Legion, St. George's, NL**

## PATHWAY TO A HEALTHIER LIFESTYLE

The Federation of Newfoundland Indians diabetes program has just completed its summer project which included holding summer camps in the band areas. The summer camps were a great success in most areas with over 90 participants taking part in the programs on diabetes prevention, the benefits of exercise and nutrition.

In an ongoing effort to help our children learn more about diabetes prevention, the diabetes program is developing a magazine for the youth of FNI, please read more below on how you or your children can help make this project a success.

The diabetes coordinator is very interested in helping the members learn about diabetes prevention and ways to keep healthy. We know that maintaining a healthy weight and exercising are the keys to ensure that type 2 diabetes is prevented or at least delayed. Contact the Diabetes Coordinator if you would like further information on the diabetes program

### Summary of role and source of essential nutrients in health.

**Protein:** Builds and repairs body tissues; builds antibodies to fight infection; supplies energy.

**Food source:** Game, fish, birds, meat, cheese, milk, beans, peas, lentils, nuts, seeds and wild bird eggs.

**Fat:** Supplies energy; aids in absorption of fat soluble vitamins A, D, E and K; supplies essential fatty acids for transport of fats.

**Food Source:** Fish oil, seal fat, lard, margarine, butter, oil, grease rendered from wild game.

**Carbohydrate:** Supplies energy; helps to metabolize fats.

**Food Source:** Berries, roots, bannock, potatoes, breads, cereals, pasta, sugar.

### ATTENTION ALL CHILDREN

The diabetes program is planning to develop a children's/youth magazine and we are looking for your ideas, stories, drawings, pictures, games and any other fun thing you can think of to add to our magazine. If you have any ideas please send them to the diabetes coordinator at the address given and we will look at them to see if we can use them in our book. Include with each item: your name, age and the Indian band you are with in order to add it to the magazine. THANKS for all the help making our book great.

## TAKE THE TEST!!!

To determine if you are at risk for type 2 diabetes please take the test below:

### ARE YOU AT RISK FOR TYPE 2 DIABETES?

**Are you:**

- Over 45?
- Overweight?
- Of Aboriginal, Hispanic, Asian, or African descent?

**Do you have:**

- A parent or sibling with diabetes?
- High cholesterol?
- High blood pressure or heart disease?

**Have you:**

- Given birth to a baby over 9 lbs or had gestational diabetes?

**If you checked any of these boxes you should talk to your doctor about diabetes?**

The diabetes coordinator has material on diabetes and prevention that is available to the FNI members, so if you would like more information on how you can prevent or at least delay the onset of Type 2 Diabetes, please feel free to contact the coordinator at the contact information given below.

**Together we can make a difference!**

## Check out the recipes and health tips on the diabetes website!!!

The FNI has a website and within that website the diabetes program has a web page. This is an interactive webpage with many different sections dealing with diabetes and related activities. Please visit our website and let us know what you think of the diabetes web page, or if you have any questions please do not hesitate to let us know.

**WEBPAGE: [www.fni.nf.ca](http://www.fni.nf.ca)**

### SHELLEY GARNIER

Diabetes Coordinator

709-647-3009 or

**1-866-647-3009**

P.O. Box 294

St. George's, NL

A0N 1Z0



## YOUTH ACTION NEWS

### Summer Career Placements

Four students from the band areas were hired as Cultural Researchers over the summer. As a result of their summer research and interviewing Elders and Youth in the communities, they put together a booklet of information, which includes history, culture and traditions of the Mi'kmaq people. The students also planned a day of awareness in their area to celebrate some of our culture and traditions. The benefits of these positions proved to be doubly successful as the students were able to learn things about their culture that they never knew, all the while planning an event that would bring the community closer together.

Our summer student cultural researchers were Byron Milley of Grand Falls-Windsor, Sean Paul of Point Leamington, Neill Snow of St. George's, and Jenelle Duval of Stephenville. Great Job!!

### Traditional Mi'kmaq Cultural Revival Workshop - July 5-9, 2004

Forty-five youth participants from across the nine band areas took part in the drum workshop which was intended to have the youth learn the traditions of Mi'kmaq song and dance, learn to respect and honor the drum as the heartbeat of our Nation and to carry on their new found knowledge to other youth and Elders in our communities. As the workshop was intended, the youth were given those teachings, but also were given the most sacred gift of all, their Spirit.

The workshop was led by a group of amazing Mi'kmaq men from the Indian Brook First Nation in Shubenacadie, Nova



Scotia. They are the Eastern Eagle Mi'kmaq Singers who have been singing together since 1993. The workshop was

not only amazingly successful and powerful, but it has given the youth newfound courage and hope for the revival of our lost Mi'kmaq culture.

\*If you would like to read more about the drum workshop, visit the youth website at [www.fnityouth.com](http://www.fnityouth.com)

### Student Scholarships

Don't forget to check the youth website for scholarships that are available to you!!!

## Youth Speak

### An Inside Look: By Cindy Kyle, Youth leader, Flat Bay Indian Band Council

Shane Snook is seventeen years old and a member of the Flat Bay Indian Band Council.

Shane has recently become very interested in finding out more about his Mi'kmaq culture. After attending a Dream Catcher Workshop held by the Flat Bay and St. George's Youth Committees in April of 2004 he decided to become a member of the Flat Bay Indian Band Youth Committee.

Through his involvement in the past few workshops, Shane feels that he has learned quite a bit about his culture. He has learned to make various crafts such as dream catchers and has also picked up some of the Mi'kmaq language. In addition to this Shane has learned a few songs as well as their meaning and importance to our culture. Recently Shane had the opportunity to attend the FNI Youth trip to the Conne River Pow Wow. "I have become very interested in my culture lately thanks in part to the local youth committee and I have started to move out on my own to learn about my culture," states Shane. He has done this by keeping in touch with people he has met along the way like Brian Knockwood of the Eastern Eagle Drum Group. As well Shane's uncle, Danny White, has taught him how to make spruce-root baskets.

Not only has Shane learned about his culture, it has helped him to develop as an individual. Shane's involvement with the Drum Workshop (July 2004) has taught him to be proud of his voice and sing openly rather than shy away from others.

"I am proud to know who I am and that I am one of the youth who has started bringing back our nearly lost culture," he continues.

When asked what he would do to encourage youth participation Shane said: "If I had to encourage youth participation, which I do, I would probably mention the fun that is involved with the events. I would regale the youth in question with stories of the fun that I've had during youth events. Hearing of having so much fun would interest the youth, and when youth have fun, they learn."

**Contact: FNI Youth Coordinator**

**Candace Russell**

P.O. Box 956

Corner Brook, NL A2H 6J3

Tel: (709) 634 - 6299

Toll Free: 1-877-634-6299

Fax: (709) 639 - 2257

email: [candace@fni.nf.ca](mailto:candace@fni.nf.ca)

website: [www.fnityouth.com](http://www.fnityouth.com)

## EXPLOIT'S NATIVE WOMEN'S RETREAT PART 2

Aboriginal women from across the Island gathered together on September 25th and 26th, 2004, for a retreat organized by the Exploit's Native Women's Association and funded by Heritage Canada.

The purpose of the gathering was to bring aboriginal women together to experience the Mi'kmaq culture, in the hopes that they will return to their areas to form native women's associations of their own.

The first gathering was held in September of 2003 and at that time the only organized regional group was the Exploits Native Women's Association. As a result of the first gathering, three new organizations were formed over the last year. The Corner Brook Aboriginal Women's Association, The Indian Head Mi'kmaq Women's Association and the Benoit's Cove Native Women's Association have set up groups to help promote their culture and help improve awareness of the Mi'kmaq People.

During the weekend the group also formed a Provincial

Native Women's Organization in order to communicate with the National Women's Association of Canada (NWAC). It was decided then that a prechair would be put in place in order to start the ball rolling and have someone make contact with NWAC. Gwen Campbell was elected prechair for the organization.

During the weekend other women decided that they will be going back to their respective areas to form regional native women's groups of their own.

The entire weekend was filled with aboriginal ceremonies, drumming, dancing and singing. The women learned about cultural rituals and enjoyed talking circles and sweetgrass ceremonies performed by Victor Muise. They

also learned how to do beadwork and created their own pair of beaded earrings.

The gathering was a huge success and ended with closing prayers and a display by the Exploits Native Drummers and Dancers.



Marie Eastman, President of the Exploits Native Women's Association speaking to the women at one of the sessions held during the weekend

### APTN visits FNI

The Federation of Newfoundland Indians (FNI) received a visit from the Aboriginal Peoples Television Network (APTN) during September. Maureen Googoo, the Halifax Correspondent with APTN interviewed the FNI president Brendan Sheppard on the negotiation process the FNI is currently dealing with. The three part mini series which also featured an interview with Misel Joe, Chief of Conne River, aired September 28, 29 & 30.



### Federation of Newfoundland Indians (Aboriginal Fishery Guardian Program)

Over the past summer the aboriginal fishery guardian program commenced with 15 guardians employed in Western and Central Newfoundland for a total of fourteen weeks.

During that time both day and night patrols were completed which resulted in four violations of fishery regulations and the removal of three nets from inland waters.



Ulnooweg is an aboriginal capital corporation which provides commercial lending and business services for new and existing businesses. Ulnooweg provides loans to status Indian entrepreneurs and assists in the development of the native people living both on and off reserve in Atlantic Canada.

#### The Ulnooweg Story

Ulnooweg development group inc has been providing capital and developmental assistance to aboriginal entrepreneurs since its inception in 1985. Over the past 18 years of operation Ulnooweg staff have assisted hundreds of aboriginal clients investigate, plan and start businesses. They have focused on developmental loans and have provided services where traditional banking institutions would not.

For more information please contact:

Terence Hickey

Phone: (709) 782 - 2180

Fax: (709) 782 - 2190

email: thas@nf.sympatico.ca

## “THE PULP DRIVERS OF FLAT BAY”

Dorman Alexander of Flat Bay was only fourteen years old when he first ventured off into the adult world of pulp driving. “There was no such thing as welfare or baby bonus back then,” stated Mr. Alexander. So at his young age he started driving pulp in the rivers and ponds in order to help make ends meet. The work was hard but the living conditions were far worse. They would strip small longers or rungs and lay them on the ground with larger logs in between. The logs would divide the sleeping quarters for each man. Small limbs would be cut and stuck between the longers to make a softer bed. Each man would have two blankets and they would use one to cover the limbs and one to cover themselves up. Each year the drives would take them to different areas but in this particular picture they were on a drive on Lady Slipper Road, five miles west of Corner Brook. “We would get the logs into the brook and drive them down to Pinchgut Lake, from there we would drive them down Pinchgut River to George’s Lake where Howard’s would boom it up,” states Mr. Alexander. Howard’s was also a loading station for pulp and they would load it up on railcars for the trip to Corner Brook.

“We would take the wood from behind Corner Brook and move it further away in order to get it to the train. Water and rail were the cheapest modes of transportation then and there wasn’t a lot of equipment to make roads back then either,” continues Mr. Alexander.

There are still a few of the men around and Mr. Alexander can still recall with detail more of the drives that he was on. “If I told you all the stories I’d keep you here for a long time,” he laughed.

*.....If you have old stories of interest from your elders please contact the communications officer at the contact info on the back.*



**The pulp drivers of Flat Bay.**

This picture was taken on May 2, 1946 on Lady Slipper Road by Albert White. The men pictured were all from the St. Teresa’s and Flat Bay area and would travel to different camps in order to follow the drive.

Front from left; William (Willy) Bennett, Adian Webb, Edward Legge, Neil Cormier and Dorman Alexander. Back from left; Robert Legge, Francis Webb, Norman Young, Joseph Legge and Paul Young.

## Newfoundland Native, Paul Pike Promoting Culture Across the Nation

### Kwe' Nokamaq,

I would like to say that it was such an honor to see so many of our people joining in our cultural activities this year. I almost cried watching you dance and share your stories. Some of you came out to the Pipe Ceremony for the Unity of our people in Corner Brook in July and I had the privilege to pray with you also. Even though I am thousands of miles away in Alaska, I am always trying to stay in touch and keep up to date on what's happening with our Ktaqmuk Mi'kmaq People.

I am very proud to tell our story through traditional and contemporary songs with my band Medicine Dream ([www.medicinedream.com](http://www.medicinedream.com)). Many people of many cultures around the world now know who we are on this Island and about the injustices and slanderous stories told about us by colonial governments. People know that we are a peaceful loving people.

This summer I had the honor of working with the Peabody Essex Museum in Salem, Massachusetts identifying Mi'kmaq artifacts in their collection and describing how they were made. I also recorded some of my own traditionally inspired songs. Just recently, Medicine Dream performed at the Kennedy Center in Washington D.C. as part of a multi-cultural celebration. We performed in front of about 34,000 people and they got to hear about our Mi'kmaq way of life on the Island. Good things are happening and all of you are a part of it. My prayers go out to you all.

**Welalioq aqq nmu'tes app, Msit Nokamaq,  
Paul Pike (Ketupekiet Sisip - Singing Bird)**



**Paul Pike during the  
Conne River Pow Wow**

# EMPLOYMENT & TRAINING

## THE FEDERATION OF NEWFOUNDLAND INDIANS

### University Training

The Federation of Newfoundland Indians Employment & Training Program is no different than Human Resource & Skills Development Canada (HRSDC) when it comes to assisting aboriginal people with a University Education. The FNI ET has been using AHRDA funds to assist members with a university education and will remain doing so but it has to use the same criteria as HRSDC. See the interview below by Doug House, HRSDC to provide further details to persons whom the FNI may be able to assist in the future with university training.

#### Would Skills Development help me get a university education?

Are there cases where the Skills Development program would provide assistance to help an unemployed former university student finish a program of studies? That was the question we recently put to Doug House, Business Lines Consultant with the Employment and Social Support unit at Regional Headquarters of Human Resources and Skills Development Canada in St. John's. Doug advised that there are situations where the department could assist eligible Employment Insurance clients who had not completed their undergraduate degree but certain criteria would apply. "First and foremost, the client would have had to have completed at least 50% of the required courses and have had a work history of lower paying positions not related to their training. Secondly, the client would have to show that he or she experienced a continuing reliance on the Employment Insurance system. Thirdly, it would have to be demonstrated that additional university education is required to create a permanent and meaningful attachment to the labour market." Doug says that if these conditions have all been met, the client could be eligible to receive assistance for up to three years.

We then asked Doug if the same conditions would apply for someone who wanted to tackle graduate level studies or a second degree. Doug was quick to point out that the policy was applicable not only for higher degrees such as Masters and Doctorate levels but also for second undergraduate degrees. "For example, we would consider someone who has a Bachelor of Arts degree but who now wants to complete a Bachelor of Education or a Bachelor of Science degree. The key factor is that the client would have experienced ongoing dependence on the EI system. Simply put, we have to see that the client has had significant periods of unemployment and is having trouble to forming a sustaining attachment to the workforce. Here again we're basically considering someone who has just had four or five years of lower paying work in areas unrelated to their university training." As well, Doug says the client would have had to have completed their undergraduate degree four or five years prior to applying for assistance to do the graduate or second degree level work. Similar to the undergraduate student, it is necessary that the additional education be seen as a means to create a better and stronger connection to the labour force. With second or post-graduate degrees, Doug says there is an additional requirement that the training be completed within two years. "That is the maximum length of time that we would support a student in this category."

So, if one gets approval for assistance under Skills Development, are there any other conditions that will apply? Can the education be undertaken at any university? Doug says in all cases, the undergraduate and post-graduate programs must be completed at Memorial University of Newfoundland, if the course of study is available. If MUN does not have the program, consideration will be given to attending an out-of-province university. "We encourage clients to complete as many courses as possible through distance education if they are required to travel away from home to attend university."

If you have questions on any aspect of eligibility for educational assistance under the Skills Development program, contact the nearest office of Human Resources and Skills Development Canada or check the Department's website [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)

### Deadline for Training Applications

The Federation of Newfoundland Indians does not have a deadline for applications per say. We would like to take this opportunity to advise all interested individuals that the Employment & Training committee meets to review applications when there is funding available and sufficient number of completed applications received to warrant calling the committee together. Therefore, advice to all individuals that are considering entering a training program in the near future; have your application and all necessary documents into your Aboriginal Client Relations Officer as soon as you receive your acceptance letter into the training institution because a meeting to review applications can be called at anytime and there is a limited budget.

#### CENTRAL

**Bernie Hanlon: (709) 489-6770**  
**toll free 1-877-489-6770**  
**email: exploits@fni.nf.ca**

#### WESTERN

**Hayward Young: (709) 647-3550**  
**toll free 1-877-647-3129**  
**email: hayward@fni.nf.ca**

#### ANNIE M. RANDELL

**AHRDA COORDINATOR.**  
**(709) 634 - 0996**  
**annie@fni.nf.ca**

## FEDERATION DIRECTORY

### CHIEFS

#### Chief Calvin Francis

*Gander Bay Band*  
Clarke's Head  
Gander Bay, NL  
A0G 2G0  
Phone: 676-2188  
Fax: 676-2187  
calvin@fni.nf.ca

#### Chief Laetitia MacDonald

*Port au Port Band*  
P. O. Box 156  
Port au Port, NL  
A0N 1T0  
Phone/ Fax: 648-2692  
littymac@cablerocket.com

#### Chief Calvin White

*Flat Bay Indian Band*  
P.O. Box 23, Site 6, RR #1  
St. George's, NL  
A0N 1Z0  
Phone/Fax: 647-3378  
calshunting45@nf.sympatico.ca

#### Chief Nellie Power

*Sple'ik First Nations*  
134 Main Street  
Grand Falls-Windsor, NL  
A2B 1J8  
Phone: 489-8425  
Fax: 489-8417  
npower@warp.nfld.net

#### Chief Tony John

*Glenwood Mi'kmaq 1st Nation*  
General Delivery  
Glenwood, NL  
A0G 2K0  
Phone: 679-5551  
Fax: 679-2344  
marie.cati@thzone.net

#### Chief Ben White

*Indian Head First Nations*  
8 Maple Street  
Stephenville, NL  
A2N 2H9  
Phone/Fax: 643-3003  
benwhite3003@hotmail.com

#### Acting Chief

#### Ed Webb

*Corner Brook Band*  
1 Fir Terrace  
Corner Brook, NL  
A2H 5T1  
Phone: 634-1696  
ewebb\_234@hotmail.com

#### Chief Kevin Barnes

*Elmastogoeg First Nations*  
Box 207  
Benoit's Cove, NL  
A0L 1A0  
Phone: 789-2726  
barneskevin@yahoo.ca

#### Chief Violet Dawson

*St. George's Band*  
General Delivery  
Barachois Brook, NL  
A0N 1B0  
Phone: 646-2005  
vbenoitdawson@hotmail.com

### EXECUTIVE

#### Mr. Brendan Sheppard President

P.O. Box 956  
Corner Brook, NL  
A2H 6J3  
Phone: 647-3033  
Fax: 647-3705  
bsheppard@nf.sympatico.ca

#### Tony John Central Vice President (see chief listings)

#### Hayward Young Western Vice President

Indian Head First Nations  
P.O. Box 452  
Stephenville Crossing, NL  
A0N 2C0  
Phone: 647-3550  
hayward@fni.nf.ca

#### Ms. Annie Randell Executive Assistant

P.O. Box 956  
Corner Brook, NL  
A2H 6J3  
Phone: 634-0996  
Fax: 634-3477  
annie@fni.nf.ca

## Mi'Kmaq Words

**Tia'm - moose -**

pronounced (di-aam)

**Tia'mugwet - to hunt moose -**

pronounced (di-aa-mu-gwet)

**Tqo'nug - next fall -**

pronounced (et-hkoo-nuk)

**Inu saqamaw - aboriginal chief -**

pronounced (ell-nu-sa-hga-maw)

for more words:

check out <http://www.mikmaqonline.org/>

## CONSTITUTIONAL CORNER

### Did you Know

#### Section 16.03 states that:

Each Band Council shall maintain its own officers, directors and executive committee in accordance with the Band By-laws and shall be responsible for its day to day operations.

## Band Support

At a board of directors meeting on September 18, 2004, the FNI was able to provide each of the nine band councils with financial support to carry out band related business and local activities.

## MI'KMAQ NEWS

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

You can send them to:

**Federation of Newfoundland Indians**  
P.O. Box 460  
St. George's, NL  
A0N 1Z0

Phone: (709) 647-3800  
Toll Free: 1 866-640-3800  
Fax: (709) 647-3509  
email: michelle@fni.nf.ca  
website: www.fni.nf.ca