



# MI'KMAQ NEWS

NEWSLETTER OF THE FEDERATION OF NEWFOUNDLAND INDIANS

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

Fall 2006

## MESSAGE FROM THE PRESIDENT



Starting at left front: Randy Drover (Central Vice-President); Hayward Young (Western Vice-President); Shane McDonald (Aboriginal Lawyer and negotiating team member for FNI); Annie Randell (Executive Assistant, FNI) Brendan Sheppard (President, FNI); Steve May (Legal Advisor for FNI) Mr. Roy Gray (INAC); Mr. Martin Rehier (INAC legal rep.); and Mr. Kevin Stamp (Chief Federal Negotiator)

As I write this message, Mother Nature in her own colorful and special way is providing all living creatures with a message that one season has ended and a new season is beginning. I hope that you have all enjoyed the summer season and that you will all be blessed with good health and peace for the days, months and years ahead.

I will keep my message brief and focused on the main initiative of the FNI which I am certain that most, if not, all members are interested in. That being the negotiations toward an Agreement In Principle (AIP). I am pleased to inform you that the negotiations on the AIP between the FNI and Indian Affairs concluded in early September 2006. Currently officials of Indian Affairs are providing briefing sessions on the AIP to internal agencies of the Federal Government especially to the Assistant Deputy Minister and Deputy Minister of Indian Affairs. It is very important that these officials are crystal clear on all aspects of the AIP so they can adequately brief the Minister of Indian Affairs in order to

obtain his approval to have the AIP initialed on behalf of the Federal Government. Once the Minister has approved the AIP for initialing and the initialing executed, the FNI will immediately begin the process of finalizing the information packages, which will go out to each household on the membership list for review. Among the information included in the package will be an outline of the dates, times and places where consultation on the AIP will take place. Following the consultation sessions the FNI will hold a membership ratification vote on the AIP and the results of the ratification vote will ultimately determine whether or not the actual registration process of members will begin with the Department Indian Affairs.

Neither the FNI nor officials of Indian Affairs negotiating team anticipated the extra time required to conclude negotiations on the AIP and as well as obtaining the Minister's approval to have the AIP initialed. There is constant communication with Indian Affairs and I am confident that the officials of Indians Affairs who worked on the negotiating team are doing their utmost to move this process along. The FNI is being as proactive as we possibly can in anticipation of a positive response from the Minister. I once again ask for your patience as matters at this time are beyond our control; however in saying that I will continue to lobby for the utmost attention on our file by the Dept. of Indian Affairs. I am hoping that I will be able to provide you with news on the Minister's decision in the very near future.

All other ongoing initiatives of the FNI will be reported on in this edition of the Mi'Kmaq News by the different coordinators of the programs.

### INSIDE THIS ISSUE:

- 1 President's Message
- 2 Gander Bay News
- 2 News from FNI
- 2 News from Sple'tk
- 3 Diabetes Initiative
- 4 News from MAMKA
- 4 Items for sale
- 5 New CAP Vice-Chief
- 5 News from Indian Head
- 6 Organizational Assessment of FNI
- 7 Employment & Training News
- 8 Executive Listings

## NEWS FROM GANDER BAY INDIAN BAND



Congratulations to Gregory Francis from Gander Bay, NL who graduated from the RCMP Academy in Regina, Sask. on February 6, 2006. Gregory is now stationed in Ferryland, NL.

Also, at this time we wish to congratulate Gregory in receiving the comradeship award sponsored by the Royal Canadian Legion. Gregory was chosen by his troop mates by way of a secret ballot and the award is based on the person who most exemplifies the core values of the RCMP. These values are honesty, integrity, compassion, respect, availability and professionalism. Gregory, pictured at left, is the son of Barbara and Derek Francis of Gander Bay, NL.

## NEWS FROM THE FEDERATION OF NL INDIANS

### NOTICE

Early this summer the FNI advertised for three employment positions within the Federation of Newfoundland Indians. The results of these advertisements are:

Ms. Shelly Garnier of the St. Georges Indian Band is the Community Liaison Person under the Aboriginal Human Resource Development Agreement. Shelly will be working out of the St. Georges office. Welcome to your new position Shelly.

Mrs. Judy Fall of the St. Georges Indian Band is the Membership Clerk for the FNI. This position is to assist people that are not eligible to be a member of our local band affiliates. Judy has been developing her skills in genealogy and enters the members approved on the general membership list into a data base. Judy's position is not a guaranteed funded position and there may be at times lapses in her employment for short periods of time.

Ms. Barbara Lannon of the Sple'tk First Nations Indian Band is the Diabetes Coordinator. Barbara is working out of the Grand Falls-Windsor office. I'm certain that Barbara will strive to continue to promote Diabetes prevention for all band members.

Welcome to the FNI team.

## NEWS FROM SPLE'TK FIRST NATIONS

Please be advised that the Annual General Assembly of the Sple'tk First Nations will take place on November 30, 2006 beginning at 7:00 pm. The Assembly will be held at; Senior Citizens Recreation Centre/Exploits Valley 50 Plus Club, 25 Edwards Place, Grand Falls-Windsor, NL

The purpose of the Assembly is to:

- " Receive and consider reports from the Chief and Vice Chief;
- " Receive and consider a report from the Federation of Newfoundland Indians;
- " Review and ratify the Minutes of the 2005 Annual General Assembly;
- " Review and consider the Finance Report for the 2005-2006 fiscal year;
- " Review and consider Program Reports;
- " Hold elections for vacant positions on the Board of Directors;
- " Review and consider By-Law amendments; and
- " Review and consider resolutions, if any.

**All membership is encouraged to attend.**

## PATHWAY TO A HEALTHIER LIFESTYLE

Hello Members. My name is Barbara Lannon and I am the new Diabetes Coordinator for the Federation of Newfoundland Indians. I have recently taken over this position which had previously been held by Shelly Garnier. Shelly has been a big advocate for the prevention and awareness of diabetes for aboriginals and I hope to be able to accomplish as much as she did during her time as Coordinator. I wish her well in her new position as Community Liaison.

Since the commencement of my position I have completed several activities in the prevention and awareness of diabetes. During the month of July I held several summer camps for Kids. These camps were held in Appleton, Gander Bay and Exploits. A total of 24 children attended the camps. We had activities such as races, treasure hunts and coloring. The children were asked to explain their understanding of Diabetes and I assisted them in any questions that they had. They enjoyed their day and had a healthy lunch which was provided.

I will be continuing the Walking Challenge which was previously started by Ms. Garnier. I had three camps on the west coast during September which were attended by only a few of our members. This challenge is a great way to keep everyone active in the prevention of diabetes and I hope that all members will continue with the challenge. They can e-mail me or contact me by telephone of their accomplishments and any concerns that they may have. I hope to be able to have another session during the next few months weather permitting.

As everyone is aware, November is Diabetes Awareness month. This is an opportunity to remind us of the seriousness of diabetes. Diabetes is an epidemic with about 1.8 million Canadians affected. Even more alarming is that one third are unaware that they even have the condition. This rate is 4 to 6 times higher among First Nations people living on-reserve than among Canadians as a whole. This is a time for all members to become more aware of their health. I would like to challenge all members to practice healthy lifestyle choices during the month of November as part of diabetes awareness. Remember, GO THE HEALTHY WAY... Eat well, live well and feel great.

### 11 Tips For Staying Active for People with Type 2 Diabetes

1. Before beginning physical activity, ask your health care provider for guidance on exercising safely.
2. Buy a comfortable pair of shoes that fit well.
3. Check your feet everyday for cuts, blisters, or swelling.
4. Plan a time for physical activity, just like you would for eating and sleeping.
5. Test your blood sugar level before and after you exercise. Don't exercise if it is higher than 250 mg/dL or if there are ketones in your urine.
6. If your blood sugar is below 120 mg/dl, eat a meal or snack before exercising and take a snack with you.
7. If you haven't been physically active, start slowly, and gradually build up to the 30 minutes a day recommended by the Surgeon General.

8. Be aware of how your body responds to physical activity and if you feel faint or dizzy, talk to your health care provider.
9. Wear a medical identification bracelet or carry a card that says you have diabetes.
10. Stretching often is great for avoiding stiffness and feeling good.
11. Set goals for yourself, be consistent and, most of all, have fun.



### BARBARA LANNON

*Diabetes Coordinator*  
 Phone: 709-489-8420 or  
 Toll free **1-888-489-8420**  
 134 Main Street  
 Grand Falls-Windsor, NL  
 A2B 1J8  
**email: barbara@fni.nf.ca**



## NEWS FROM THE FEDERATION OF NL INDIANS

### FNI Purchasing 5 fishing enterprises

The Federation of Newfoundland Indians conducted a survey in July 2000; this survey gave the FNI a database of fisherpersons, which outlined their experience and training. To date the FNI has purchased two under 34'11" enterprises in the Bay of Islands and one 44'11" in central Newfoundland. Under the ATP program (program that is under the auspices of DFO that the FNI has been seeking funds to secure licenses) there is an exception for aboriginal organizations; the people hired to fish the designated licenses held by the aboriginal organization do not have to have an individual core status. The licenses acquired by the FNI through the ATP will be held as a communally license within the organization. The licenses will be fished by members, all fish landed excluding a small percentage for management fees will belong to the member.

The FNI are seeking to purchase 4 under 34'11" core enterprise in the 13 A & B zone. These licenses will be fished by members from the West Coast Bands. Any members wishing to submit their names to fish with the FNI in the future should do so by writing the FNI expressing interest. Any member that did express in 2000 survey will be given preference.

Also, the FNI is very pleased to say that funds have been secured to purchase an additional 44'11" bank of licenses to be added to the current 44'11" enterprise in Central, NL.

## NEWS FROM MAMKA

### MAMKA Quarterly

The Mi'kmaq Alsumk Mowimsikik Koqoey Association (MAMKA) is a collaborative Aboriginal aquatic resource and oceans management body formed by the Federation of Newfoundland Indians (FNI) and the Miawpukek First Nation (MFN). MAMKA's main objective is to deal with Aboriginal aquatic resource and ocean management issues in the Aboriginal communities of the FNI and MFN. MAMKA has a quarterly newsletter, the MAMKA Quarterly, which is distributed to all FNI/MFN residents in Newfoundland it is also available at [www.mamka.ca](http://www.mamka.ca). If you have not received a copy of the MAMKA Quarterly and would like to, please contact Roger Gallant by Email: [roger@fni.nf.ca](mailto:roger@fni.nf.ca) or Tel: 709-634-9896.



## ITEMS FOR SALE FROM FNI

The following is a list of items the FNI has to tender off in this edition of the Mi'kmaq News:

- 2 HP Deskjet 3940 Printer
- 1 HP Deskjet 1120 printer
- 1 HP Deskjet 5150 printer
- 1 HP Deskjet 632 printer
- 1 HP 1040 Fax machine.
- 1 computer monitor (approximately 2 yrs old)

Please present your bid via mail. On the outside of the envelope please mark "TENDER". The deadline for all items is November 30th, 2006.

## NATIONAL VICE-CHIEF APPOINTMENT



Left to right: Brendan Sheppard(Vice-Chief CAP) Patrick Brazeau (Chief CAP)

On October 02, 2006 at a meeting of the National Organization of the Congress of Aboriginal Peoples (CAP) which was held in Prince Edward Island, the president of the Federation of Newfoundland Indians, Brendan Sheppard received a unanimous vote of confidence from the CAP board of directors to serve as the National interim Vice-Chief for the balance of the term. The vice president's position became vacant when former vice-chief Mr. Patrick Brazeau took on the position as Chief of the national organization. Mr. Sheppard made the FNI board of directors aware of the appointment and at the same time made it clear to them that this national position will not in anyway interfere with his responsibility for the Federation of Newfoundland Indians. Mr. Sheppard states, " he truly appreciates the confidence, trust and reliability that his colleagues at the national board have place in him to serve as the national vice-chief.

## NEWS FROM INDIAN HEAD FIRST NATIONS



Jody-Lynn Squire  
Administrative Assistant

Indian Head First Nations is pleased to announce the opening of its new band office, located at 35 Carolina Avenue Stephenville, in the W.E. Cormack Building. The office is open daily from 9:00 am to 4:30 pm and staffed by our Administrative Assistant, Jody-Lynn Squire. Also located in the office is Sarah Nash, Bay St. George Youth Coordinator. Any youth between the ages of 14 - 30 in the Bay St. George region, with questions on youth employment and programs, are welcome to call, email, or to stop in to meet with Sarah.

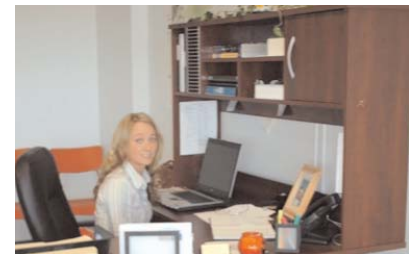
**Contact information is as follows:**

**Administrative Assistant:**

Tele: 709-643-5215 Email: f6indian@nf.aibn.com

**Youth Coordinator:**

Tele: 709-643-6711 Email: youth.services@nf.aibn.com



Sarah Nash  
Youth Coordinator

**Services now available at our office:**

- " **Application pick-up**
- " **Band card pick-up**
- " **Schedule for general meetings**
- " **Programs available to youth**
- " **Information on programs available to band members through the Federation of Newfoundland Indians**

Members are reminded that we need to be informed of any change of address or telephone number to ensure the Mi'kmaq News and other mail-outs will reach them in a timely manner.

Our next regular band meeting is on Sunday November 5th, at 7:00pm in St. Michael's School cafeteria, Stephenville Crossing.

## NEWS FROM THE BAY ST. GEORGE POW WOW COMMITTEE

Congratulations to Jane Long of St. Theresa's who was the winner of the Quad that the Pow wow committee were selling tickets on this summer.

# ORGANIZATIONAL ASSESSMENT OF THE FEDERATION OF NEWFOUNDLAND INDIANS

During the spring and summer of 2005, Terence Hickey Associates Inc. was hired to conduct an organizational assessment of the FNI. This process was completed and the final document was presented to the board of directors October 2005. Upon the one year anniversary of this important assessment it seems fitting to update the members on what has taken place thus far as a direct result of recommendations of this assessment. A committee was formed consisting of a director from the FNI board, a staff person, and a committee representative. To date the following has been initiated:

## Administration

- The FNI has a policy in place to tender out through the Mi'kmaq News all FNI assets that are deemed surplus;
- The FNI has accepted the recommendations of adding outside members to internal working committees established within the FNI. The FNI did advertise this in our Mi'kmaq News but a very limited number of people that are interested in sitting on committee's have put forth their names. If anyone is interested in sitting on a committee that is developed within the FNI please put forth your resume and your area of interest.

## Board Communication

- The Annual General Assembly has accepted a resolution stating that all Vice Chiefs and Treasurers would be notified each time a band chief is sent a cheque for band business;

## Governance

- Funds have been secured under the Aboriginal Peoples Program to develop a Board of Directors Orientation Binder;
- A policy is developed to address conflict of interest in situation where the Chief of a local band is also an employee of the FNI;

## Human Resource

- FNI has authorized training for the facilitation of Performance Review. Annual performance review for all staff is currently taking place.
- The FNI has established a Personnel Policy committee to revamp the current policy manual of the FNI. This manual will be inclusive of a grievance procedure and advertising of contractual, part time and full time positions within the FNI. This manual has been presented to the board of directors and all employees have attended a workshop to express their interest in the content.

## Recruitment and Hiring

- The FNI will advise, via the Mi'kmaq News, all employment, committee and workshop position that have been filled by the FNI.

## Classification and Pay

- FNI has engaged the services of Terence Hickey Associates Inc. to develop a classification and pay scale for all employees of the FNI.

## Culture

- The FNI has established a cultural committee and a small budget for meetings. A report regarding their terms of reference will be highlighted in a future edition of the Mi'kmaq news.

# EMPLOYMENT & TRAINING

THE FEDERATION OF NEWFOUNDLAND INDIANS

## ARE YOU LOOKING FOR EMPLOYMENT?

Let our Community Liaison help.

We can offer help with resumes, job search techniques and other employment related concerns. At times we have employers coming to the FNI asking for help finding employees, so if you are a member of the FNI and would like to include your name and resume into a database for possible future employment, or would like help with your resume, interview skills, or job search please contact the Community Liaison, Shelley Garnier at:

Phone: 709-647-3009  
 Toll free: 866-647-3009  
 Email: shelly@fni.nf.ca

## YOUTH NEWS:

The nine Indian bands are now providing opportunities for youth in each of the band areas. During the summer months there have been several students hired by each of the band to complete various work in each area. The summer student program has always been successful and it not only helps out the student financially but the bands are getting much needed help in various areas.

There are several bands who have hired coordinators to work on youth related issues. Those bands include:

- Port au Port**
- Indian Head**
- Flat Bay**
- St. George's**
- Elmastogoeog (Benoit's Cove)**
- Gander Bay**

If you would like to talk to the youth coordinator in your area please contact your chief for more information.

**CENTRAL**  
**ABORIGINAL CLIENT RELATIONS**  
**OFFICER**  
**Bernie Hanlon: (709) 489-6770**  
**Toll free 1-877-489-6770**  
**Email: exploits@fni.nf.ca**

**AHRDA MANAGER**  
**Annie Randell:(709)634-0823**  
**Email: annie@fni.nf.ca**

**WESTERN**  
**Community Liaison**  
**Shelley Garnier: (709)-647-3009**  
**Toll Free: 1-866-647-3009**  
**Email: shelly@fni.nf.ca**

### Aboriginal Client Relations Officer:

The ACRO is responsible for the skills training programs under the AHRDA agreement and this officer is responsible for all items dealing with training programs. If you have any questions regarding skills training or would like more information please contact the ACRO at the information given above.

### Community Liaison Position:

The Community Liaison for the Federation is responsible for employment programs under the AHRDA agreement. This person can help members with information on Wage Subsidies, Grad Incentive programs, and other employment related issues. If you require any further information please contact the Community Liaison at the information given above.

**Deadline dates for training applications are July 15 & January 15th. They must be completed and sent to Bernie Hanlon in the Grand Falls office by the deadline date to be considered for funding.**

## FEDERATION DIRECTORY

### CHIEFS

**Chief Calvin Francis**  
*Gander Bay Band*  
 Clarke's Head  
 Gander Bay, NL  
 A0G 2G0  
 Phone: 676-2188  
 Fax: 676-2187  
 cal.francis@nf.sympatico.ca

**Chief Laetitia MacDonald**  
*Port au Port Band*  
 P. O. Box 156  
 Port au Port, NL  
 A0N 1T0  
 Phone/Fax: 648-2692  
 littymac@persona.ca

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

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

**Chief Hayward Young**  
*Indian Head First Nations*  
 35 Carolina Ave  
 Suite 131  
 Stephenville, NL  
 A2N 3P8  
 Phone: 643-5215  
 f6indian@nf.aibn.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@fni.nf.ca

**Randy Drover**  
**Central Vice President**  
 P.O. Box 369  
 Bishop Falls, NL  
 A0H 1C0  
 Phone: 258-2996  
 Cell: 486-1832  
 randy.drover@nf.sympatico.ca

**Hayward Young**  
**Western Vice President**  
 (see chief listings)

**Ms. Annie Randell**  
**Executive Assistant**  
 P.O. Box 956  
 Corner Brook, NL  
 A2H 6J3  
 Phone: 634-0996  
 Fax: 639-3997  
 annie@fni.nf.ca

## Mi'kmaq Words

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

**agnutmajig** - a.ge.nu.de.ma.jik- (talk to each other; discuss; negotiate)

**tege'g** - de.geeg - (cold{of weather})

**Gisu'lg** - gi.suulk - (Creator)

**gjinisgam** - ek.chi.nis.kam - (Great Spirit)

## CONSTITUTIONAL CORNER

### Did you know:

**13.03** The Chair of the Corporation shall be the President. The Chair shall have general supervision of the activities of the Corporation and shall perform such duties as may be assigned to the Chair by the Board of Directors from time to time.

**13.04** Either Vice-President shall, at the request of the Board and subject to its directions, perform the duties of the Chair at a general meeting during the absence, illness or incapacity of the Chair, or during such period as the Chair may request him or her to do so.

## 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 956**  
**Corner Brook, NL**  
**A2H 6J3**

Phone: (709) 634-0996 Ext. # 1  
 Fax: (709) 634-3477  
 email: [news@fni.nf.ca](mailto:news@fni.nf.ca)  
 website: [www.fni.nf.ca](http://www.fni.nf.ca)