

MI'KMAQ NEWS

SUMMER 2009



IMPORTANT

See president's message regarding deadline for housing applications.

Application status update inside!

Employment Opportunity!

Employment & Training Deadline dates.

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MESSAGE FROM THE PRESIDENT

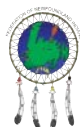
Dear members, once again after several moons, spring has arrived and Mother Nature is beginning to show her magic in transforming many of our desolate looking plants, shrubs and trees into a spectacle of beauty. There is good therapy in gardening that can help us health wise, it is also enjoyable and satisfying, so give a little to help Mother Nature in her beautifying plan.

Well it has been approximately six months since the enrolment committee began the task of organizing and preparing for the review of applications for registration as founding members of the Qalipu Mi'kmaq First Nation Band. There has been a huge influx of applications, much more than anticipated and in addition to this the Indian Registry system had to be set up and introduced to the enrolment clerks to assist in the tracking of applications which cause a slowdown in the process. The process is now moving along well and notification letters are being sent out to applicants. The assistant for Mr. Tom Rideout is the only person responsible for the task of issuing the letters that are required to be sent out and there is only so many on a daily basis that she can complete. The FNI kindly ask all who have applied regardless of the date as to when you applied, to remain patient. The enrolment clerks and the independent enrolment committee are working to the best of their ability to ensure this process is a success.

The FNI has started the housing program and most all inspections for those members who have qualified have been completed and are in the process of being prepared for actual work start-up. Just has a means of notification, there is a good possibility that a second deadline for housing repairs will be set for June 30th 2009 and if there are funds available after this review then a third deadline will be set for August 30th, 2009. We highly encourage applicants to obtain the best possible quotes from suppliers and contractors. All applicants applying for the off-reserve aboriginal housing will now need their 2008 option C print-out from Revenue Canada as proof of their annual income in order to be eligible for the program.

The former coordinator of the Aboriginal Fishery Guardian program Mr. Calvin Francis is now employed as inspector for the FNI off-reserve aboriginal housing program, Mr. Francis will be replaced as coordinator of the AFS program by Andrew Oxford from the north shore of the Bay of Islands.

Continued on next page.....



Published By:
**Federation of
Newfoundland
Indians**



President's message continued ...

On behalf of the FNI and its members I extend congratulations to both Mr. Francis and Mr. Oxford and wish them well in their new positions, I am certain that both these gentlemen will do their utmost to achieve success in the respective programs.

The FNI is pleased to inform all members that the Aboriginal Health Transition Fund (AHTF) "Off-Reserve Health Research Project: Determining the Need - Educating the Stakeholders, has started. This initiative will focus on designing a method to help improve access to health programs and services for the off-reserve aboriginal population. A brief overview of the AHTF is included in this edition of the Mi'kmaq News and it would be greatly appreciated if members would seriously consider providing their insight on the health care issues they believe needs attention by participating in the FNI health care survey, once it is initiated.

The Aboriginal Human Resources Development Agreement (AHRDA) better known to our membership as Employment & Training, continues to be very successful and highly sought after by many of our members, so many in fact that there isn't enough funding in the program each fiscal year to adequately deal with all applicants. The E & T program has a one year extension which sunsets in March 2010 at which time Service Canada will introduce a successor program with some different outcome requirements. The FNI anticipates inclusion in the delivery of this program as we have for the past number of years with the AHRDA.

The other programs such as the Diabetes program, Allocation Transfer Program (ATP) which involves the commercial fishery, the Aboriginal Aquatic Resources & Ocean Management program (AAROM) which involves scientific studies on different species, ocean line and tributary clean-up, the Species At Risk program and the RCMP youth program are all maintaining good results and some will be reported on separately in this edition of Mi'kmaq News by the program coordinators. The FNI remains committed to representing you the member to the best of our ability.

Brendan Sheppard ~ FNI President



Pictured at left is Federation of Newfoundland Indians President Brendan Sheppard meeting with representatives from Canada School of Public Service on the importance of leadership and inspiring leadership in youth. Pictured left to right are Ted Tunis, Raman Srivastava, Jacques Mailloux, Brendan Sheppard, Jenny Ratansi Rodrigues, Pierre Boutin, Philippe Morel and Simon Raybould.

INTERESTED IN A CAREER IN MEDICINE?

The Faculty of Medicine at Memorial University, St. John's, Newfoundland recently launched a program, the Aboriginal Human Health Resources Initiative, to encourage Aboriginal students to choose a career in medicine. Funded by the federal government, the program focuses on students from First Nations, Inuit and Métis communities in Newfoundland and Labrador. In partnership with the Initiative, two seats are being reserved in the Faculty of Medicine for successful Aboriginal candidates. Through the initiative, systems of support such as an enrichment program, a pre-med study program, and a mentoring system are being explored to help students fulfill their goal in becoming a health care professional. For further information please contact the program coordinator, Dr. Carolyn Sturge Sparkes, e-mail address: carolyn.sturge@med.mun.ca



Constitutional Corner

8.18 Notwithstanding anything herein contained, a proposed resolution which directly affects a Band can only be passed at the first duly called meeting next held after the meeting at which the proposed resolution is first introduced, it being the intention of this Article that such resolution shall have the fullest possible discussion by the Band which may be affected by the passage of the proposed resolution.

QALIPU MI'KMAQ FIRST NATION BAND ENROLMENT COMMITTEE

Since my last report, the work of the Enrolment Committee has continued at an increased pace. Despite technical difficulties that were encountered as a result of having to input applications and Committee decision into the Indian Registry System (IRS), I believe that we have made substantial progress since my last Report. I believe it's fair to say that the number of applications have exceeded all expectations. As of May 22nd, a total of 15,100 applications have been filed at our Enrolment Offices. The statistics for each office is:

Bay of Islands	7210
Bay St. George	6708
Central	1182
Total	15,100

We arranged our first transfer of applications from the Bay of Islands office on December 12th, 2008; the Central office on February 2nd, 2009 and the Bay St. George office on March 16th, 2009. To date, we have transferred 3435 applications from the Bay of Islands office; 1641 from the Bay St. George office and 783 from the Central office. Current to May 22nd, the Enrolment Committee have considered 3,403 applications from all 3 of the Regional Offices. Decisions taken are:

Approved	3,150
Rejected	136
Deferred	117
Total	3,403

To date we have mailed out 1698 letters of Approval and 120 letters of Rejection. This means that we have just over 1400 Approval letter remaining to be mailed in order to be current. We anticipate, barring any further technical difficulties, that we should achieve that goal over the next 4 to 6 weeks.

We realize that applicants are anxiously awaiting Enrolment Committee decisions. I trust that you will appreciate, given the numbers of applications and the technical difficulties that we have had to contend with, that we are proceeding as quickly as possible to determine applications. Every application has to be reviewed by at least 2 Committee Members to ensure that it meets the Agreement criteria before it is considered by the full Committee for final determination. This work can be extremely time consuming so patience is advised!

The work of the Enrolment Committee is proceeding. Applications are considered and decisions made as quickly as possible. Decisions are communicated to applicants and to the Parties to the Agreement as soon as possible thereafter. If the applications continue to arrive as indicated, it looks very much like we will exceed 20,000 applications in our first year of operation. We are challenged by those numbers but we are determined to meet the challenges they present!

Just a reminder that Sple'tk First Nation members have to register with Qualipu First Nation by November 30, 2009.

BAY ST. GEORGE POWWOW 2009

Bay St. George Cultural Revival Committee in partnership with Flat Bay Indian Band Council Presents The Bay St. George Powwow 2009 July 10th, 11th, 12th. At the FLAT BAY POWWOW GROUNDS Our Powwow Site will feature the following: *Live Entertainment (Friday Night) * Traditional Song & Dance * Traditional Wigwam * Sacred Fire * Sweat Lodge * Walking Trail * Free Camping and Parking * Concessions and Craft Booths * Saturday & Sunday Kids Corner*

The Powwow is a Family Friendly event. Everyone is welcome to attend. Please remember all our grounds and activities are drug and alcohol free. Visit us on the Web: www.baystgeorgemikmaqpowwow.com For more information contact by Email: bsgcr@gmail.com Phone: (709) 649-9575



YOUTH ACTION



Pictured left is Youth Coordinator Kristina Duffy of Elmastogoe First Nations delivered a presentation she has done along with Patricia Brockway for the two grade 5 classes at Templeton Academy in Meadows. This presentation was to introduce students to Mi'kmaq culture. Students eagerly participated in drumming and singing, and was thoroughly enjoyed by all.

The Federation of Newfoundland Indians is pleased to introduce the Aboriginal Health Transition Fund (AHTF) "Off-Reserve Health Research Project: Determining the Need - Educating the Stakeholders."

This initiative has been identified by Health Canada's First Nations Inuit Health Branch and the Province of Newfoundland and Labrador for funding to help improve access to health programs and services for the off-reserve aboriginal population.

The Aboriginal Health Transition Fund is a project that hopes to improve the overall health status of the off-reserve aboriginal population in this province. It is one of a three part initiative of The Newfoundland and Labrador Adaptation Plan which was approved by Health Canada's First Nations Inuit Health Branch and the Province of NL. The 3 initiatives are:

- The Mi'kmaq Needs Assessment of Off Reserve Mi'kmaq Peoples in Newfoundland (island)
- The Labrador Metis Nations' Needs Assessment (Labrador)
- The Eastern Regional Health Authority's Patient Navigator Project
*program established to give aboriginal people living outside St John's direction at times it is necessary to visit a Health Center in the city

The FNI proposal "Off- Reserve Mi'kmaq Health Research Project: Determining the Need - Educating the Stakeholders" was identified for funding in the province's Adaptation Plan. We have finished the initial stages of the project and have already completed profiling all nine Bands which make up the FNI. We are now close to finishing our research of ways to begin needs assessments.

Our next step involves each Band directly. We will need members of the Bands to share experiences and information with us through private and confidential questionnaires or possibly focus groups. With focus groups, participants have an opportunity to discuss their concerns with other members. These concerns will be recorded by the AHTF Team and brought forward. Again, any information you do not want recorded will be left out.

The ultimate goal is to identify areas of concern for the off-reserve aboriginal people living in Newfoundland, especially in regards to accessing timely, appropriate health care. It will also stress the importance of self-reliance and self-determination and its influence on how members view health care alternatives.

The AHTF hopes our findings will help to influence and re-shape the direction of future health care initiatives. But, we need your help. This next phase will begin soon. Be prepared when you are contacted to take part in this important project. Your voice is necessary to promote change.

Patty Colombe
Director -AHTF
FNI - Stephenville
145 Main St
Stephenville, NL A2N 1J5 Phone: 709-643-6177

MAPLE SALMON (SERVES 4)

Ingredients

0.8 lb (400 g)	Salmon, fresh or frozen
1 tbsp (15 ml)	Mustard
1 tbsp (15 ml)	soy sauce, sodium reduced
2 tbsp (30 ml)	maple syrup
To taste	pepper

Directions:

1. Whisk mustard with soy sauce and maple syrup.
2. Place salmon on a foil-lined dish. Season with pepper.
3. Spoon syrup mixture over salmon and bake uncovered at 450 degrees F (230 degrees C) for 15 minutes or until done.

Serve with rice and vegetables.

Nutrition Information per serving (75 g):

Calories 228; Fat 12 grams; Carbohydrate 7 grams; Fibre 0 grams; Protein 20 grams; Sodium 289 milligrams

HEALTH TIP

One of the cornerstones of type 2 diabetes management is exercise. Exercise can help keep blood glucose levels in check, builds muscle and increases quality of life.

Starting any physical activity at all will help improve quality of life and get the ball in motion to benefit diabetes management. The more exercise you do, the more you can do, so starting small can help set the stage for future weight loss, improved blood sugars, increased strength and ultimately better health.

Get Started with These Low Impact/Gentle Exercise Ideas...

~ Exercise doesn't have to be fancy or complicated. It can be as easy as a walk in the park. Are you up for a daily walk?

~ Swimming is a great physical activity for people with diabetes. Swimming improves cardiovascular fitness. This is very important because people with diabetes have higher risks than others for heart disease. Swimming also burns calories and can help control weight, which is also important for diabetics.

Kwe'



HEALTH INITIATIVE

The Diabetes Program "Pathway to a Healthier Lifestyle" has been very busy lately with presentations in the schools on Healthy Nutrition as well as presentations on The Traditional Aboriginal Food Booklet. The school presentations, with the assistance of a Nutritionist/dietitian, allowed our children to learn how to choose healthy foods over unhealthy and the reasons why. Many children were not aware, for example, that a 2 Liter bottle of pop contained 55 teaspoons of sugar. The presentations on the booklet showed the benefits of choosing traditional foods over store bought foods.

The Traditional Aboriginal Food Booklet also has a quiz in the back for everyone. Once you answer the questions, just send your answers in to the Diabetes Coordinator, Barbara Lannon, so that your name can be entered in the draw for a chance to win a \$100 gift card.

There will be several presentations over the next few weeks in all areas. One presentation will be "HEALTHY EATING ON A BUDGET". This presentation will be partnered with a nutritionist/dietitian in showing how we all can eat healthy even on a limited or fixed income. Listen for dates and times of the presentations in your areas.

I am currently in the process of compiling recipes for a Traditional Aboriginal Cookbook. If anyone has traditional recipes that they would like to add to the cookbook, please forward them to me.

Summer is a time to enjoy family, friends, and life. It is also a great time to refocus on feeling better, eating healthy, and controlling your diabetes, for life!

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

Mi'kmaq Words

check out: www.mikmaqonline.org

ala'q: (pronounced a-laahk) **swim about**

ge'tipnet: (pronounced gee-di-be-net) **harvest crops**

gopit: (pronounced go-bit) **beaver**





Here is a picture of Litty MacDonald and Helen Cooze with the \$500 donation towards the breakfast program at St. Thomas Aquinas School

The Federation of Newfoundland Indians Diabetes program through Litty MacDonald and the Port au Port Indian Band presented Helen Cooze of St. Thomas Aquinas school a donation of \$500 towards the breakfast program at the school. This donation will be matched by the Provincial Government through their breakfast in schools program. These donations assist the school in providing a healthy breakfast to the students of that school.



Elmastogoeg First Nations has made a donation of \$100.00 to 2 schools for their breakfast program. Kristina Duffy, Youth Rep for the FNI presented the donation on behalf of Elmastogoeg First Nations. Pictured left is the donation to St. Peter's Academy, Benoit's Cove and the pictured right is the donation to the St. James' All Grade in Lark Harbour.



" Smoke Free...It Is Never Too Late"

Quitting smoking is not easy but it can be done.

Most people need support, a quit plan and a quit date. The Seniors Resource Centre NL supports adults in their efforts to quit smoking. A Smoke Free Team is available in the Port au Port area. The team is trained to do individual or group presentations for adults 50+ who have a desire to quit smoking. The Team is anxious to explain the services available to those who wish to quit smoking.

For those who have tried to quit and have started smoking again, this team can help you take steps to reduce and eventually quit smoking. Don't quit quitting!

If you are thinking about quitting and want to attend a Smoke Free Session in your area, phone Mary at 648-2688. The team is available to support those who express a desire to quit smoking.



(Left to right) Theresa Hann, Judy LaFitte and Mary Hynes(Facilitator).

EMPLOYMENT + TRAINING

EMPLOYMENT AND TRAINING APPLICATIONS FOR SKILLS TRAINING

The next deadline for applications is **JULY 15, 2009** completed applications must be received by our offices no later than **4:00 pm** on the deadline date; no exceptions will apply. If you would like to submit an application please make sure it is complete and send to either the St. George's or the Grand Falls office; addresses are below.

*Federation of Newfoundland Indians
Employment & Training
5 Church Road, Suite 1
Grand Falls-Windsor, NL A2A 1Y9*

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



Pictured above is a group of members of the Elmastogoege First Nations band who took part in the GPS course sponsored by the FNI AHRDA program.

ARE YOU A STUDENT LOOKING FOR SUMMER EMPLOYMENT?

Please check with your local band council to see if they are offering summer student employment. Each band may have positions available in their communities, please contact your local band Chief for more information. Also a good place to look for summer employment is on Service Canada's youth job bank which can be viewed at http://jb-ge.hrddrhc.gc.ca/intro_eng.aspx

FNI OFFICE HOURS FOR THE SUMMER MONTHS

The FNI, Mamka, and Qalipu offices have now started summer hours. Each office will now be opened Monday to Thursday 8:30 am to 4:00 pm and Friday from 8:30 am to 1:00 pm. Please take note of these times they will be in effect from June 1, 2009 to September 4, 2009.

EMPLOYMENT OPPORTUNITY FNI HOUSING ASSISTANT

Administrative Assistant

This position is open to all Members of the Federation of Newfoundland Indians. To qualify for this position you must have a minimum if a two year business administration diploma focused on Finance. A copy of your diploma must be attached to your resume.

Preference will be given to applicants that have experience in Simply Accounting, Budgeting and Microsoft products. Place of operation will depend on the person that is hired.

This position is classified as Permanent Part-time with the probably of going full time without notice to the public. Rate of pay is based on an annual salary of \$27,000.

Deadline for applications is June 30, 2008 at 4:00pm. Federation of Newfoundland Indians P.O. Box 956, Corner Brook, NL A2H 6J3.

We thank all those who apply and advise that only those selected for further consideration will be contacted.

CONTACT US

FNI DIRECTORY

CHIEFS

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Port au Port Indian Band

Chief Laetitia MacDonald

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Port au Port, NL A0N 1T0
phone/fax: 648-2692
littymac@persona.ca

Flat Bay Indian Band

Chief Liz LaSaga

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St. George's, NL A0N 1Z0
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Sple'tk First Nation

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Chief Kevin Barnes

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barneskevin@yahoo.ca

St. George's Indian Band

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Kevin Barnes

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MI'KMAQ NEWS

Contributors:

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

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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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