

MI'KMAQ NEWS

FEBRUARY 2009



IMPORTANT

**BE SURE TO HAVE YOUR
ENROLMENT
APPLICATIONS
COMPLETE**

**COMMUNITY ASSISTANTS
AND
ENROLMENT CLERKS ARE
AVAILABLE TO HELP YOU.**

**PLEASE SEE THE LISTING
ON PAGE 4 TO LOCATE THE
CLERK NEAREST YOU**

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**SPECIAL INSERT:
EMPLOYMENT AND TRAINING
SURVEY**



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Newfoundland
Indians**

MESSAGE FROM THE PRESIDENT

Dear members, I hope this newsletter finds you all in reasonably good health and that this newsletter will provide you with an insight regarding the ongoing and new initiatives of the FNI. As previously announced the Federation of Newfoundland Indians (FNI) and the Government of Canada ratified the AIP on June 23, 2008 making it a final agreement. The agreement set the stage for an enrolment process to begin, this process is led by the FNI and to date it is on schedule with the enrolment activities as set out in the implementation work-plan.

Community Assistants have been hired in each of the band council areas along with three regional enrolment clerks. These people have been hired to serve all individuals who wish to make application as a founding member of the Qalipu Mi'kmaq First Nation Band. The FNI has engaged the following individuals as the Enrolment Committee: Mr. Tom Rideout as independent chair, Judge Robert Wells as the Appeal Master, Ms. Litty McDonald and Ms. Marilyn Bruce as the Mi'kmaq representatives. Canada has employed Mr. Aidan Moores and Ms. Susan Kennedy as their representatives on the Enrolment Committee.

It is very important for individuals to note, that even though some of you are members of an existing band council, "you must submit an application to the enrolment committee in order to be considered for Registration under the *Indian Act*". The application for enrolment is available on line at www.qalipu.com or can be picked up at any Community Assistants office.

The enrolment process will continue for at least one year from December 1, 2008. I do encourage all individuals who have the appropriate documentation to apply as soon as possible to the enrolment committee.

The off-reserve aboriginal housing program is just about ready to begin, many applications have been received and a committee will soon be reviewing those applications and making decisions based on the information provided.

Beginning February 09, 2009, the FNI will be implementing a trout winter fishery monitoring and enforcement program. The FNI guardians will be hired to carry out regular patrols in the different regions of the province carrying out similar duties as regular provincial wildlife officers.

continued on page 2...



MESSAGE FROM THE PRESIDENT (continued from page 1)

The FNI has secured funding under the Adaptation Envelope section of the Aboriginal Health Transition Fund, and will begin this initiative hopefully within the next week. The intent of this initiative is to carry out a needs assessment survey that will more appropriately reflect the existing health care programs

and service needs of our off-reserve Mi'kmaq population. Other program information is available for review in this newsletter especially additional information on the enrolment committee process from Mr. Tom Rideout the independent chair.

– Brendan Sheppard, President, FNI



ENROLMENT COMMITTEE REPORT

The Committee began its work during the first week of December 2008. From then until the Christmas break, the Committee set up and adopted internal review procedures for the review of applications and began the actual review process.

As of January 30th 2009, 1600 applications have been transferred to the Committee for its review. To date, 1301 applications have been approved by the Committee for inclusion on the First Founders List (subject to appeal of either party to the Agreement). A number of applications have been deferred and additional information has been requested by the Committee to enable it to complete its review of those applications. Some applications are missing long form birth certificates or other critical information needed by the Committee to enable it to complete a review of the application and to make a decision on it. When the Committee has received the requested information, the deferred files will then be brought forward for determination.

The Committee began its work on applications held at the Corner Brook Enrolment office. Since then, however, we have taken possession of applications from Central Enrolment office and anticipate taking

applications from Bay St. George Enrolment office by the end of February. It is my understanding there is approximately 5000 applications received amongst all three regions.

While letters regarding the current status of applications are ready to be mailed to individuals whose applications have been determined by the Committee, we have not yet done so pending final determination of how approvals are to be entered into the Indian Registry. The Committee and staff are scheduled to receive training on this aspect of our work during the week of February 16th. We anticipate that letters will be mailed shortly after that training is completed.

Individual applicants and the Parties to the Agreement (the FNI and Canada) have thirty (30) days from the mailing of the determination decision to appeal the Committee's decision. Detailed information on the appeal process will be included with the letters.

Individual applicants can expect to hear directly from the Enrolment committee shortly on the status of their application.

– Tom Rideout, Chairperson



ENROLMENT CLERKS REPORTS

CENTRAL REGION

To date, the Central Region has received 434 completed applications, 279 of which have been submitted to the Enrolment Committee for review.

Our Community Assistants will now be available full time. Lisa Gillingham (Gander Bay) has now re-opened her office at the Fire Hall and will be available to help applicants for that area. As well, Lisa Coates (Glenwood), Nellie Power and Karen Earle (Grand Falls-Windsor) are full time and available for appointments. We encourage all potential applicants to come to the office in your area for assistance with your enrolment process. We are here to answer your questions, provide applications and enrolment guidelines or for any other help necessary with the completion of your application. Everyone is welcome! Thank you.

THE BAY OF ISLANDS

The enrolment process for the formation of the Qalipu Mi'kmaq First Nation Band has had a successful start in the Bay of Islands with 2800 completed applications received at the Corner Brook office to date.

This success can be attributed to the hard work and dedication of the Community Assistants, Ellie Edmonds and Sylvia Coombs in the Corner Brook office and Loretta Parsons in our Benoit's Cove office. Kristina Duffy will be joining Loretta in the Benoit's Cove office on February 9. These ladies are there to assist you in completing your application, so please avail of this service. You may call for an appointment at 634-6384 in Corner Brook or 789-3176 in Benoit's Cove.

When you come for your appointment, please have the documentation to support your application together with your proof of residency. If your application requires an affidavit, you will be able to complete the affidavit and have it witnessed by a Commissioner for Oaths at the office.

We look forward to helping you in anyway we can to ensure that you will be among the Founding Members of the Qalipu Mi'kmaq First Nation Band.

BAY ST. GEORGE REGION

We are happy to report that over 1400 applications are now ready for review by the Enrolment Committee, with another 1500 waiting in what has been an ongoing process of review and completion of files.

It has been a slow process due to the fact that the majority of applications that are received by the Enrolment Clerk are not complete. When your file is not complete, this means that it has to be put aside and marked "Pending" until we can make contact with the applicant and let them know what is required for completion of the application. This delay could be avoided if applicants would make sure that they meet with one of our Community Assistants, who are there to assist them with the completion of their application to the Qalipu First Nation Band.

If you haven't taken any steps yet towards the completion of your application, please let your first step be picking up the phone and making an appointment to see one of our community assistants. (see newsletter and website for contact information)

We would recommend that if you don't have an ancestry chart that you would seek genealogy assistance and have information regarding your ancestry available when you meet with one of our Community Assistants. We would also request that if you are applying as a family package, that you would please complete a list of all the people in your family who link to the main applicant, and bring this list along with your application when you meet with a community assistant.

Thank you for your patience and understanding when it comes to this all-important process for the Mi'kmaq people of Newfoundland and Labrador.



ENROLMENT COMMUNITY ASSISTANTS

BAY ST. GEORGE

K'TAQMKUK MI'KMAW MUSEUM
P.O. Box 460, St. George's, NL A0N 1Z0

Judy Falle
Phone: 709-647-3504

Yvonne MacDonald
Phone: (709) 647-3022

Office Hours:
Monday-Friday 8:30 am-4:30 pm

INDIAN HEAD FIRST NATIONS
35 Colonial Ave, Stephenville, NL

Scott Garnier
Phone: (709) 643-5215

Office Hours:
Monday-Friday 8:30 am-4:30 pm

CAMPBELL'S CREEK COMMUNITY CENTER
Campbell's Creek, NL

Sherry Marche
Phone: (709) 648-2545

Office Hours:
Monday-Friday 8:30 am-4:30 pm

THE GAYLEN BUILDING
Corner of Main & Queen
Stephenville, NL A2N 2M8

Wendy Wells
Phone: (709) 643-5579

Office Hours:
Monday-Friday 9:00 am-4:00 pm

The Enrolment Clerks will provide:

- Advice for applicants in completing their enrolment application.
- Recommendations of further documentation an applicant may need to support their application.
- Administrative assistance to the Enrolment Committee

BAY OF ISLANDS

CORNER BROOK OFFICE
Suite 303, 3rd Floor,
Bank of Commerce Building
Corner Brook, NL

Ellie Edmonds
Sylvia Coombs
Phone: (709) 634-6385

Office Hours:
Monday-Friday 9:00 am-5:00 pm

ELMASTOGUEG FIRST NATIONS BAND OFFICE
P.O. Box 207, Benoit's Cove, NL A0L 1A0

Loretta Parsons
Kristina Duffy
Phone: (709) 789-3176

Office Hours:
Monday-Thursday 9:00 am-5:00 pm

IMPORTANT NOTICE:

It is uncertain if the FNI will obtain the necessary funding after April 3rd to continue this assistance for Mi'kmaq People, therefore we encourage everyone to seek this assistance now.

It is very important for individuals to note that even though some of you are members of an existing band council, ie "Port au Port Indian Band" you must submit an application to the enrolment committee in order to be considered for Registration under the *Indian Act*.

CENTRAL

GLENWOOD MI'KMAQ FIRST NATION BAND OFFICE
P. O. Box 149, Glenwood, NL A0G 2K0

Lisa Coates
Phone: (709) 679-5551

Office Hours:
Monday-Friday 9:00 am-5:00 pm

SPL'E'TK FIRST NATION BAND OFFICE
5 Church Road, Suite 1
Grand Falls-Windsor, NL A2A 1Y9

Karen Earle
Nellie Power
Phone: (709) 489-8425

Office Hours:
Monday-Friday 9:00 am-5:00 pm

GANDER BAY COMMUNITY CENTRE/ FIRE HALL
Clarke's Head, Gander Bay, NL A0G 2G0

Lisa Gillingham
Phone: (709) 676-2086

Office Hours:
Monday 4:00 pm-9:00 pm
Tuesday-Thursday 9:00 am-5:00 pm
Friday 1:00 pm-6:00 pm
Saturday-Sunday 1:00 pm-4:00 pm

MEMBERS LIVING OUTSIDE

the geographic communities of FNI affiliated bands call 1-877-679-5551.

NON-MEMBERS LIVING WITHIN

the geographic locations of FNI affiliated band contact enrolment staff for your area.

Example: Mi'kmaq living on the Port au Port peninsula but not a member of the FNI can call Sherry Marche, Wendy Wells, Judy Falle, or Violet Dawson.

EAT HEALTHY! STAY ACTIVE!

15 Minute Chicken Rice & Broccoli Dinner

Ingredients:

- 1 Tbsp oil
- 4 boneless chicken breast halves
- 1 10¾ oz can condensed reduced-sodium cream of chicken soup
- 1½ cups water
- 2 cups Minute white rice, uncooked
- 2 cups fresh broccoli florets

Instructions:

1. Heat oil in large nonstick skillet on medium high heat. Add chicken; cook 4 minutes on each side or until cooked through. Remove from skillet.
 2. Add soup and water to skillet. Bring to a boil.
 3. Stir in rice and broccoli. Top with chicken; cover. Cook on low heat 5 minutes.
- Note: Increase oil to 2 Tbsp if using a regular skillet.

Nutrition Information: (per serving)

Calories	410
Fat	10 g
Saturated fat	3 g
Cholesterol	65 mg
Sodium	660 mg
Dietary fiber	3 g
Sugars	2 g
Protein	33

Hello Everyone. This year is coming to a close and a new one is beginning. This past year, the Diabetes program "Pathway to a Healthier Lifestyle" has seen many challenges as well as many accomplishments. One accomplishment was being selected by Health Canada as a Best Practice Program. The FNI's Diabetes Program was chosen to go to Vancouver to participate in the 2nd International Diabetes in Indigenous Peoples Forum. This was a great opportunity to promote our program and to learn how other Aboriginal Communities are dealing with Diabetes.

There were several presentations held in the schools to teach our youth the importance of physical activity and healthy nutrition as prevention and management tools for Diabetes. In upcoming weeks, presentations will be held for our members at all schools with a Nutritionist. These presentations will demonstrate the differences between healthy food choices and bad food choices. "Grocery Shopping Tours" were held in two areas and went well. Presentations in two other areas, Gander and Stephenville, had to be postponed due to inclement weather. These events have been re-scheduled to the last week in February, 2009. Cooking classes are scheduled for members to learn simple cooking recipes that are healthy and inexpensive. I will be working with the Nutritionists in these areas for this activity.

Along with The Canadian Diabetes Association, I will be holding a presentation called "Diabetes...Living the Reality" on March 19th, 2009 at the Corner Brook Lion's Club, Wellington Street, Corner Brook from 7:00 p.m. to 9:00 p.m. The guest speaker will be Dr. Brent Thistle. All members are welcome.

The Youth/Elder Survival Night is now being scheduled for the last three weekends in March. Any member who wishes to participate will need to registrar before March 6th, 2009.

Contact me, the Diabetes Coordinator, Barbara A. Lannon, to registrar for any and all activities.

– Barbara Lannon, Diabetes Coordinator

HEALTH TIP



Although winter is upon us it is important to be physically active in the prevention and management of Diabetes. Snowshoeing, ice fishing, skiing and skating are all good outdoor activities. If it is not possible for you to enjoy these activities then try some exercises at home. Try some simple stretches or even walking the stairs in your home if you are unable to go outside.





ELMASTOGOEG FIRST NATIONS BAND

The Elmastogoege First Nations Indian Band donated \$3000.00 to the South Shore Fire Department for the AED program. They are an asset to our community and the donation was for a very worthwhile cause.



(left to right): Kristina Duffy, Sherry Compagnon, Vice Chief Ross Companion, Chief Kevin Barnes, Fire Chief Brad Gallant, Bern White, Fireman Tim Gallant and Fireman Danny Coates.
Missing: Councilors Yvonne Jesso, Dwayne Gillam, and Edward Russell

ST. GEORGE'S BAND

My Grandma's Gift

On June 28, 2008, I decided to do a search on my grandfather "Cecil Albert Benoit". His sister Suzanne Benoit Curnew declared herself French Indian on the 1945 Census so I wanted to see what he put on his. Six weeks later I received the census back with my grandmother declaring herself French Indian – unexpected. I am the mother of 9 year old Quadruplets. When I came home with 4 premature babies and their dad working away I was finding it a little overwhelming. I would talk on the phone with my grand-mother who was about 84 at the time. She would always wish how much she could help me with the babies but her health was not good at the time. Little did she know that she had given her great grandchildren a special gift: a link to their heritage. My grandmother's name was Genevieve Perrier Benoit, her parents were Anthony Perrier and Jane Duval Perrier of St. Georges.

– Barbara Bennett

top right: Elizabeth Lucas Duval, grandmother of Genevieve (b. Oct 1856); bottom (left to right): Genevieve's parents, Jane Duval Perrier (b May 13, 1888), Anthony Perrier (b. May 22, 1883); Genevieve's daughter and baby granddaughter, Isabel Benoit and Barbara Bennett (me); Genevieve with her 3 sons and daughter (Isabel Benoit)



EMPLOYMENT + TRAINING

FNIET TRAINING PROGRAMS



The Federation of Newfoundland Indians (FNI) Employment and Training program reviews applications for aboriginal people who wish to further their post-secondary education.

In order to ensure the best possible outcome for our members, the FNIET program has four deadline dates for applications, these are: **January 15th, March 15th, May 15th, and July 15th** of each year.

In order to process these applications they need to be received by the FNIET office no later than **4:00pm on the deadline dates**. If applications are not received and complete by these times they will not be reviewed at the FNIET meeting for that date.

The upcoming meetings are March 15th and May 15th.

Please send your applications to:
Federation of Newfoundland Indians
P.O. Box 460
St. George's, NL A0N 1Z0



YOUTH ACTION

ST. GEORGE'S BAND YOUTH RECIPIENT OF \$1000 SCHOLARSHIP



The Honourable Tom Hedderson, Minister of Fisheries and Aquaculture, presenting Jessica Besaw with a \$1000 scholarship.

The Department of Fisheries and Aquaculture awarded its first-ever departmental scholarship to Jessica Besaw of St. John's on November 7, 2008.

The scholarship, valued at \$1,000, was developed to help students entering post-secondary studies to increase their awareness of the fishing industry in the province. Student applicants submitted a 2,500 word essay describing what they saw as the major issues

facing the province's fishing industry and to provide potential solutions. Jessica's essay addressed additional issues such as over-fishing, technology and the need for increased scientific research and aquaculture.

Jessica Besaw, a descendant of both Benoit and Lejeune lineage, is a member of the St. George's Band. A graduate of Bishops College in St. John's, Jessica maintained a 97.5% average while participating in extra-curricular activities such the year book committee, theater arts, Students Against Driving Drunk, Run for the Cure, soccer, cross country running, Taekwondo and a school beautification program.

The scholarship is funded through the Sustainable Fisheries and Oceans Policy Division, Department of Fisheries and Aquaculture, Government of Newfoundland and Labrador.



CONTACT US



FNI DIRECTORY

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Port au Port Indian Band

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Flat Bay Indian Band

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EXECUTIVE

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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 half page; \$75 full page;
\$75/hour for art services.
We have a growing distribution that is currently over 8000.

please contact us at:

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