

## Letter from the Chief



Dear Members of Lennox Island,

K'we! Hello! I hope everyone had a wonderful summer filled with family, friends, sun, fun, love and laughter. It was a hot one, but we survived.

In efforts to improve communications for Band & Council activities, the Lennox Island Health Centre and Lennox Island Cultural Centre have partnered in recreating our Kwimu Messenger. The Kwimu Messenger is property of Lennox Island, therefore, we feel it is a need for our community, as not all members have access to the internet, where most of our notices/events are posted.

Our plans for the Kwimu Messenger is to be delivered monthly to each household. If you wish to have something published in our monthly newsletter, please contact [marvann.lewis11@gmail.com](mailto:marvann.lewis11@gmail.com), for any program updates, notices, events, birthdays, stories etc. There will be 'Kwimu Messenger Suggestion Boxes' located at the Band Office, Lennox Island Health Centre, Fishermen's Pride Office and Alan's Convenience Store. Please submit in boxes, we would love input from our members.

Our St. Anne's Sunday Celebration was a success once again this year. Huge thank you goes to our Planning Committee, who, every year, puts a lot of their time and effort in to making this a memorable event. Kudos to our Property Maintenance Management and Staff for doing all the heavy lifting and yard work. Your hard work doesn't go unnoticed. Thank You! Also, to students for painting the 4 direction colors to poles, they look awesome!

I would also like to Thank Carol Lewis and Ashley Lewis who have volunteered their time to do the Annual Back Pack donations. A little over 100 children were helped this year!

As the fall season approaches there have been many concerns of school starting back up, as the John J. Sark School is still under renovations. School has started as of Monday, September 10th, 2018, any further questions for this issue can be brought up with Neil Forbes who is located at the Lennox Island Band Office.

Day School Class Action: Please register at the Band Office.  
(Note: There will be an application at later date – must be registered to apply for this)

We'lalioq

Chief Matilda Ramjattan  
Lennox Island  
[matilda.ramjattan@lennoxisland.com](mailto:matilda.ramjattan@lennoxisland.com)

### TO SUBMIT

#### UPCOMING:

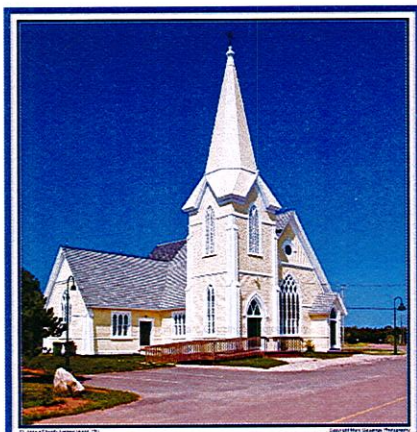
Birthdays/New Babies  
Anniversaries/Weddings  
Program Updates  
Stories  
Student/Athlete of the Month  
Events  
Notices

Please Contact:  
Mary-Ann Lewis  
Phone: 902-831-3109  
Cell: 902-786-3045  
Email:  
[maryann.lewis11@gmail.com](mailto:maryann.lewis11@gmail.com)

### What's Inside:

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# St. Anne's Sunday Celebration



St. Anne's Church of Lennox Island, PE

Every year the Community of Lennox Island celebrate St. Anne's, adopted by the Mi'kmaq as the patron Saint.

Many activities took place throughout the celebration of St. Anne's including the Lobster Dinner and awards.

Bouncy houses, bubble machine play area and pony rides and many more activities for the kids.

Most of the afternoons' events were held in a tent just outside the Health Centre, which was filled despite the rain/heat. Awards were presented, with lots of music and community talent in action.

The day's events concluded with fireworks held at the wharf, directed by Councilor Richard Guimond, Chief of the Fire Department.



## Brief History of St. Anne's

The history of St. Anne's Sunday began in the late 1500s and early 1600s, when French missionaries introduced Catholicism



to the Mi'kmaq. During this period, a close relationship had developed between the Mi'kmaq and the French. At this time, Grand Chief Membertou became intrigued by similarities in the symbolism and ritualism used in the Christian religion and those used in traditional Aboriginal spirituality. In 1610 Grand Chief Membertou was baptized at Port Royal and since then, many Mi'kmaq have combined their traditional spirituality with Christianity.

In Biblical text St. Anne was the grandmother of Jesus and the Mi'kmaq people adopted St. Anne as their patron saint. The mission of St. Anne was established at Lennox Island in 1800 with the construction of a log chapel. It's replacement in 1842 was later destroyed in a fire. The present-day church was erected in 1895; the steeple from the old church mounted with a cross was placed in an adjacent cemetery.

## Lennox Island Fire Department Place 4<sup>th</sup> out of 8 at Firemen's Challenge



2018 LIFD Team From left to right; Dustin Bernard, Kelly Sark, Deputy Fire Chief Robert Lewis, Councillor/Fire Chief Richard Guimond and Jeffery Bernard. (Photo submitted by Richard Guimond)

For the past few years the Lennox Island Fire Department has been participating in the Annual Atlantic Firemen's Challenge, .

This year it was held in We'koqma'q, Cape Breton, Nova Scotia the weekend of July 13<sup>th</sup>, 14<sup>th</sup>, & 15<sup>th</sup>. The competitors for this event were Fire Chief Richard Guimond, Deputy Fire Chief Robert Lewis, Fire Member Dustin Bernard, Fire Member Jeffery Bernard and Probie Member Kelly Sark.

Out of 8 teams, the LIFD Team placed 4<sup>th</sup>. Fire Chief expresses his gratitude towards his team mates;

*"I'm very proud of the LIFD Teammates, we did great! First challenge ever! Probie Kelly Sark did awesome, great bunch of members, they all did amazing"*

- Fire Chief Richard Guimond



Fire Chief Richard Guimond and Deputy Fire Chief Robert Lewis (Photo submitted by Richard Guimond)



Danny Tuplin & daughter, Charlene – Motorcycle Awareness.



LI Cultural Centre – Jeffery Bernard as Glooscap.

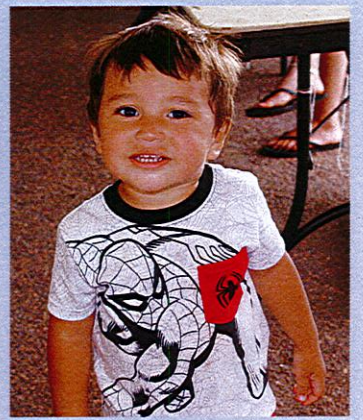


# ST. ANNE'S SUNDAY

*Photos taken by Mary Ann Lewis*



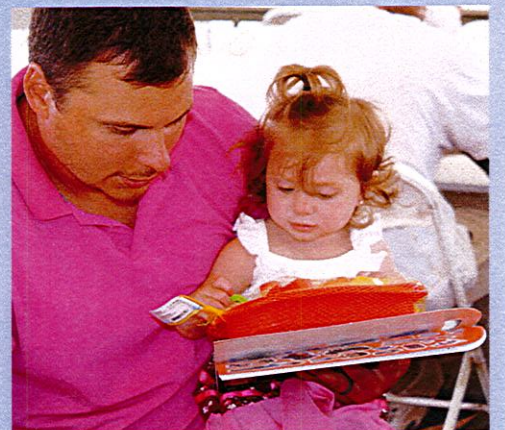
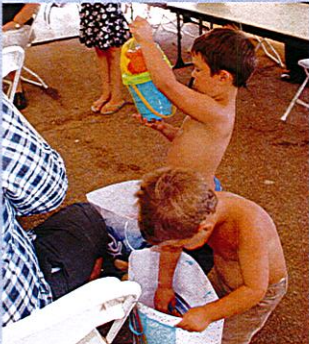
Ashley and Carol Lewis held their Taco sale, which is always a great treat for community members and visitors.



# BABY GALLERY



Photos taken by Mary Ann Lewis



# INFRASTRUCTURE UPDATES

## Priorities for 2018-2019:

1. John J Sark Memorial School/Warming Center – *(Please see bottom of page)*
2. Daycare Centre - *(Please see bottom of page)*
3. Machine Shop/Fishermen's Pride
  - Indigenous Services Canada to arrange testing of insulation
  - Indigenous Services Canada to assess costs of moving to new location
4. New Firehall
  - Needs assessment and Design – Immediately
  - Construction May 2019 (pending Indigenous Services Canada securing funding)
5. Old Firehall
  - Demolition of old firehall
  - Remediate site
  - Following Commissioning of new firehall
6. Red Sky Lodge Assisted Living Centre
  - Design Phase – Community Consultation – Seniors visit to other assisted Living Facilities.
  - No funding commitment other than funding business plan currently
7. Health Care Centre
  - Community Wishes to expand center once existing firehall is demolished and remediated
  - Community to work with ISC-FNIHB to explore sources of funds

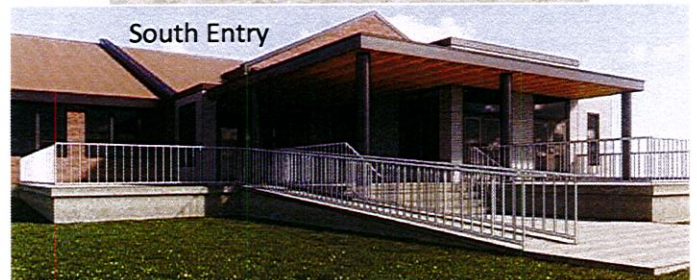
### 1. John J Sark Memorial School Update

Since July 2018, our elementary school has been under construction. The renovation and expansion is expected to last until summer 2019 with multiple phases. Over the summer they began site work and demolition. As of September 5, 2018, the school is operating with a temporary entrance, front office, principal's office and two classrooms. During the fall, a new entrance, front office and two classrooms are being constructed at the front of the school. By February 2019 we hope to be using these new spaces. During the Winter, work with continuing on a new cafeteria and kitchen being built off the back of the gym. Once all work is completed, the school will have new floors, lights, cabinetry, ceiling tiles, doors, and a brand-new sprinkler system. Finally, we are getting a new parking lot and drop off zone, with roundabout, so that no students coming to or leaving the school need to cross traffic.

West Entry



South Entry



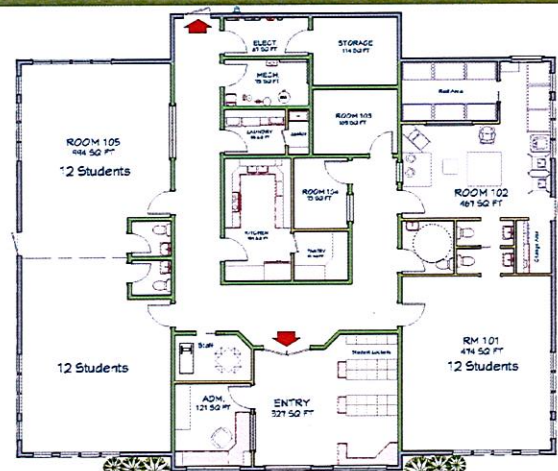
### 2. Daycare Centre Update

We are very happy to report that Lennox Island is in the process of building a new daycare facility. It is so exciting to see the children have the opportunity to move into a new, bright, and accessible daycare. Our timeline has been held back due to the record-breaking construction season which has made it difficult to get things moving. We hope to start construction in the next number of weeks. Some of the improvements will include:

- Wheelchair accessibility
- Large Bright Classrooms
- Staff Room
- Enhanced Outdoor Play Area
- Close to School and Health Centre
- More space for children under 2
- Wonderful Kitchen facility and storage

We are hopeful this project will be complete by December; and we will keep the community aware of any updates as they become available.

### EXTERIOR DESIGN/FLOOR PLAN



# 2018

## Elders of the Year



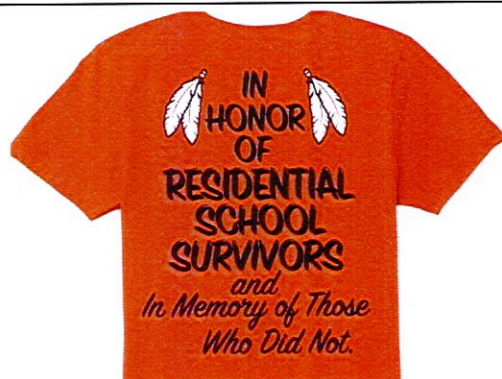
Chosen by the community of Lennox Island, our Elders of the Year Award for On-Reserve go to Gregory 'Vincent' Tuplin and to Off-Reserve, Diane Francis. Congratulations!!



### Kwimu Messenger

The Voice for Lennox Island

*A joint production of the Lennox Island Health Centre and Lennox Island Cultural Centre.*



Orange Shirt Day is an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come.

**When: Friday, Sept 28<sup>th</sup>, 2018**

**Time: 10:30am**

**Where: John J Sark Memorial School Gym**  
(meet to give out orange t-shirts)

**11:00am - Walk in support of our survivors**

**Followed by Soup and Snacks also being held at the School Gym.**

## COMMUNITY PROGRAMS

### Sacred Soup

**When:** First Friday each Month.  
**Time:** 9:00am-12:00pm  
**Where:** Lennox Island Health Centre building  
This program is open to on/off reserve members. A Cultural gathering in preparing a pot of home-made soup together from one of the Seven Sacred Teaching plants and storytelling.  
**For more details contact:**  
Tracy MacLennan  
902 831-2711



**The Home and Community Care Senior Meal Program** for those 65 and over living on Lennox Island will start back up this Monday, September 10<sup>th</sup>, 2018 at 12 noon at the Lennox Island Health Center .  
Please contact Marlene MacLennan at 902-831-2711



Brent Chassion will be starting Youth Drop-in groups on **September 12<sup>th</sup>, 2018** until the end of May.

It will be held every Wednesday after school for Hernewood and Westisle students from **3:45pm - 5:15pm** in the building beside the Health Centre.

### Eagle Nest Gym - September 2018

**Opened 8:30am-12:00pm & 1:00pm-4:00pm** for anyone, closed at lunch except the following dates:  
Sept. 10<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>  
Sept. 17<sup>th</sup>-20<sup>th</sup>  
Sept. 24<sup>th</sup>  
Sept. 26<sup>th</sup>-27<sup>th</sup>  
April Perry will be opening the gym from 12:00pm – 1:00pm on these days.

**Alan's Convenience Store**  
**Fall/Winter Hours**  
Phone: 902-831-3211

Monday-Friday 7:30am – 7:00pm  
Saturdays 10am – 5pm

### Women's H.E.L.P Group (Home Enhancement Life Skills Program)

**When:** Every Thursday  
**Time:** 9:00am-12:00pm  
**Where:** Lennox Island Health Centre Community Room

Explore issues and solutions experienced by ladies in the community. Cultural teachings such as Basket Weaving, Quill Work, Beading etc.  
Life Skills including cooking, baking, and cleaning  
Physical activity with a wellness walk at the beginning of each group.  
**For more details contact:**  
Marlene MacLennan  
902 831-2711

### Men's H.E.L.P group (Home Enhancement Life Skills Program)

**When:** Every Tuesday  
**Time:** 9:30am-12:00pm  
**Where:** Lennox Island Health Centre Building

This program will help Healthy Meal preparing with Meal bag program .  
Cultural teachings such as beading, basket weaving, leather work, Quill art etc.  
Life Skills including cooking and baking.  
**For more details contact:**  
Tracy MacLennan  
902 831-2711



**September 2018**

**Time: 9:30am – 11:00pm**  
**Where: Health Centre (Play Room)**

**Sept. 7<sup>th</sup>** - Welcome back  
**Sept. 14<sup>th</sup>** – Oral Health Bingo  
**Sept. 21<sup>st</sup>** – Swimming at the Credit Union Place (meet @ 10am)  
**Sept. 28<sup>th</sup>** – Welcome to Fall craft

Please contact April Perry at the Health Centre for more details;  
902-831-2711.

### Alcoholics Anonymous

AA meetings are held every Wednesday at the building beside the Health Centre from 11:00am – 12:00pm.

For further information please contact Alan Francis; 902-831-2711

## Lennox Island Signs with Habitat for Humanity

A memorandum of understanding (MOU) between Lennox Island and Habitat for Humanity PEI, signed August 23<sup>rd</sup>, 2018, will lead to the first ever Habitat for Humanity build on the First Nation community next year. P.E.I. executive director for Habitat for Humanity, Aaron Brown, said the MOU lays the groundwork for one build on Lennox Island next year and two in each of the following two years. He said Habitat is also interested in doing some training in tandem with the builds.

“We’re hoping for a lot of buy-in and engagement from the local community,” he said. “A very important piece of this for us is going to be skills training for younger community members. We want to get young members of the community, or older members of the community who are interested in getting into construction, getting into the trades, out there working on a home with our professionals.”

Jay Thakar, manager responsible for Habitat Canada’s Indigenous Housing Partnership, said the homes will be owned by the families through a certificate of possession which allows them access to a parcel of crown land. As with all Habitat builds, Thakar said the families will be directly involved in the building of their homes.

While the MOU mentions five homes, Brown suggests that’s just a starting point.

“This is the road map we have laid out, but we have no intention of just coming up for the three years and disappearing; we want this to be an ongoing project with the First Nation in perpetuity. We don’t have an exit date or exit plan with this.”

Who will occupy the Habitat for Humanity homes will be determined prior to the start of construction. Ramjattan said the First Nation’s housing policy will be considered and, subsequently, Habitat for Humanity will be provided with a list and will work with the families to determine who qualifies for assistance.

## Upcoming Events/Notices



The Lennox Island First Nation Band Council has been working to develop a Matrimonial Real Property law. For it to take effect, it must be approved by a community vote which is scheduled for:  
**Oct. 13<sup>th</sup>, 2018 – 12pm to 8 pm at Murphy’s Community Centre; Charlottetown.**  
**Oct. 20<sup>th</sup>, 2018 – 12pm to 8pm in Lennox Island**  
- at least 25 percent of eligible voters must participate in the vote; AND  
- a majority of those members who participate in the vote, must vote to approve it.

If the Lennox Island Matrimonial Real Property law is not passed before then the Federal *Family Homes on Reserves and Matrimonial Interests or Rights Act*, will continue to apply on Lennox Island First Nation.

Come to the community information session and learn about the default rules in the Federal legislation the *Family Homes on Reserves and Matrimonial Interests or Rights Act* AND the Lennox Island First Nation’s proposed Matrimonial Real Property Law. Come and get the information you need to make an informed decision for the vote on October 13<sup>th</sup> and October 20<sup>th</sup>!

**Community Information Sessions:**  
**September 18, 2018 at 4pm in the John J. Sark Memorial School (Supper Provided); and**  
**September 19, 2018 at 4pm in Charlottetown at Murphy’s Recreation Centre (Supper Provided).**

## Backpack Fundraiser



Carol Lewis has volunteered her time for the last 4 years to help children get the necessities they need for starting back to school. She has decided she would like to have a fundraiser.  
She is kindly asking for any cans and bottles. She will personally take your generous donations for the next school years backpacks and drop it off to the Centre 150. This is where the volunteers work hard to make sure this happens every year.  
This year they did quite a few, and not only was it for band members it was also open for all people needing assistance. Next year if you are needing it, please don’t hesitate to let her know.  
She can be contacted via Facebook or at the band office.



**“Looking Out for Each Other”  
Sharing Circle**  
**Date: Sept. 12<sup>th</sup>, 2018**  
**5:30pm-6pm – Meet & Greet with light refreshments**  
**6pm – 8pm: Sharing Circle**  
**Where: 312 Sweetgrass Trail, Lennox Island**

The Aboriginal Women’s Association will be holding an event in connection with the Sisters in Spirit Vigil that happens every year on **October 4<sup>th</sup>**. It is a national day where we honor the lives of Missing and Murdered Indigenous Women and Girls (MMIWG). (Details for this event have yet to be determined.)



**\*\*AWAPEI will also be holding their Annual General Assembly on November 10<sup>th</sup>, 2018, with a storm date set for November 24<sup>th</sup>, 2018. \*\***  
**\*\*For further information regarding these events please contact the AWAPEI Office at 902-831-3059.**

# CELEBRATIONS PAGE

## Wli'ajipuna'

### August

Aug. 2<sup>nd</sup> – Amber Thomas  
 Aug. 3<sup>rd</sup> – Margaret Sark  
 Aug. 4<sup>th</sup> – Jeanie Bernard  
 Aug. 8<sup>th</sup> – Danielle Annand  
 Aug. 16<sup>th</sup> – Stephen Bernard Jr.  
 Aug. 21<sup>st</sup> – Irene Kilbride  
 Aug. 21<sup>st</sup> – Kenny Bernard Sr.  
 Aug. 22<sup>nd</sup> – Baby Gerry Lewis  
 Aug. 28<sup>th</sup> – Rob Augustine  
 Aug. 30<sup>th</sup> – Gerard Bernard  
 Aug. 31<sup>st</sup> – Ashley Lewis  
 Aug. 31<sup>st</sup> – Jeffery Bernard

### September

Sept. 3<sup>rd</sup> – Darryl-Lynn Bernard  
 Sept. 4<sup>th</sup> – Travis Lewis  
 Sept. 5<sup>th</sup> – Debbie Bernard  
 Sept. 5<sup>th</sup> – MacKenzie Thomas  
 Sept. 17<sup>th</sup> – Kendra Bernard  
 Sept. 18<sup>th</sup> – Elizabeth Mitchell  
 Sept. 18<sup>th</sup> – Gilbert Sark  
 Sept. 19<sup>th</sup> – Cory Annand  
 Sept. 22<sup>nd</sup> – Kyler Peters  
 Sept. 23<sup>rd</sup> – Andrea Kilbride  
 Sept. 23<sup>rd</sup> – Jake Cooling  
 Sept. 23<sup>rd</sup> – Kavon Bernard  
 Sept. 25<sup>th</sup> – Marina Sark  
 Sept. 25<sup>th</sup> – Cindy Sark  
 Sept. 27<sup>th</sup> – Jean Tuplin  
 Sept. 29<sup>th</sup> – Dominic Di Julio

Wishing you all a very Happy Birthday. ☺

## MI'KMAQ TRADITIONAL WEDDING

On August 26<sup>th</sup>, 2018 at Lennox Island's 18<sup>th</sup> Annual Pow Wow, all attending got to witness a Mi'kmaq Traditional wedding, one of the first Pow Wow weddings held in over 100 years. Congratulations to Chance Banks & Victoria Trondsen. Wishing you all the best!



Photo taken by Mary Ann Lewis

Sept. 24<sup>th</sup> – Happy Birthday to  
 Jenessa-Jo French Love Mom

Sept. 24<sup>th</sup> – Happy Birthday to  
 Matissa-Jo French, Karissa-Jo  
 Bernard, & Alyssa-Jo Bernard  
 Love Nanny & Medada

## Happy Anniversary

Aug. 26<sup>th</sup> – Happy Anniversary to  
 Nevin Di Julio from your loving  
 wife Geraldine. Love you.  
 Aug. 27<sup>th</sup> – Robert & Lor Augustine  
 Aug. 29<sup>th</sup> – Karen & Nelson Noye

Have a story idea, community notice or birthday wishes, etc.? Please Contact:

Mary Ann Lewis Work: 902-831-3109 Cell: 902-786-3045

Email: [maryann.lewis11@gmail.com](mailto:maryann.lewis11@gmail.com)

\*For Future Submitting there will be a Kwimu Messenger Facebook Page created.

### SUPPER IDEA – Tasty with Bannock

#### CHICKEN, MUSHROOM & WILD RICE SOUP

4 chicken breasts cooked and diced

1 onion chopped

1 tsp curry powder

½ tsp oregano, dried

½ tsp salt

3 cups chicken broth

3 tbsp flour

1 tbsp butter/margarine

½ lb. mushrooms, sliced

½ cup wild rice, drained and rinsed

1 tbsp parsley, fresh, chopped

¼ tsp pepper

1 can evaporated skim milk

1. In a large pot, melt margarine over low heat. Add onions, mushrooms and curry powder and cook until the onions are tender.

2. Stir in wild rice, oregano, parsley, salt, peppers, cubed chicken and stock.

3. Bring to a boil, cover, then reduce heat and simmer until the rice is tender (about 40-45 minutes)

4. Stir together evaporated milk and flour until no lumps remain.

5. Stir into soup and cook until slightly thickened.



Q: What is the world's tallest building?

A: The library because it has the most stories.



Q: Why did the cookie go to the nurse?

A: Because he was feeling crummy.

### BACK TO SCHOOL JOKES



Q: What do elves learn in school?

A: The elf-abet!



Q: What did the paper say to the pencil?

A: You have a good point.

## Mi'kmaq

### Words of the Month

### GREETINGS

Kw'e = Hello

Me'tal-wuleyn – How are you?

We'leyi = I am good

Kesalul = I love you

Teluisi \_\_\_\_ = My name is \_\_\_\_

### KWIMU MESSENGER NEWSLETTER FEEDBACK

Did you like the Newsletter? YES/NO

What did you like/dislike? \_\_\_\_\_

Suggestions: \_\_\_\_\_

Please cut out and submit to suggestion boxes located at the Health Centre, Band Office, Fishermen's Pride Office, or Alan's Convenience Store. Thank you.