

# Kwimu Messenger

## News Letter

Issue No. 11

June/July 2019

The Voice of Lennox Island



Chief Darlene Bernard and Premier Dennis King following the historic commitment in the Speech from the Throne for government to formally acknowledge Mi'kmaq Treaty Day on October 1st

### TO SUBMIT

#### UPCOMING:

Birthdays/New Babies  
Anniversaries/Weddings  
Program Updates  
Stories  
Events  
Notices

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### What's Inside...

Pg. 2 – Chief Darlene Bernard  
Pg. 3 – Newly Elected Lennox Island Band Council  
Pg. 4 – HEALTH  
Pg. 5 – Miss Lennox Island 2019/ Organization/Youth/Citizen of the Year  
Pg. 6 – Speech from the Throne – Principles of Reconciliation  
Pg. 7 – Community Programs/Events  
Pg. 8 – Community Notices  
Pg. 9 – Celebrations  
Pg. 10 – The Honor Song by George Paul  
Lennox Island Pow Wow Flyer/Medicine Wheel

The following is distributed by the Mi'kmaq Confederacy of PEI



#### For Immediate Release

Charlottetown, PEI --- 19 February 2019

#### Mi'kmaq Treaty Day, October 1<sup>st</sup>

"On behalf of the Mi'kmaq Confederacy of PEI, I would like to commend Premier Dennis King and his new government for the recognition of Mi'kmaq Treaty Day," said Chief Darlene Bernard. "We look forward to celebrating this important event with Islanders and representatives of the Crown on **October 1<sup>st</sup>**."

Mi'kmaq Treaty Day is set on the anniversary of the signing of the Treaty 1752. Treaty Day was first celebrated in Nova Scotia in 1986 and was officially proclaimed by the Nova Scotia Government in 1993.

Mi'kmaq Treaty Day serves as an important symbolic event to both, strengthen the relationship between the Mi'kmaq and the Crown and to educate the public about the Mi'kmaq Treaties, as well as Mi'kmaq History and Culture – all important factors on the path to reconciliation.

Like Nova Scotia, Prince Edward Island is the home to only one Indigenous People, the Mi'kmaq.

"The commitment to recognize Mi'kmaq Treaty Day is a significant gesture and signals the commitment of Premier King and this government to a strong relationship with the PEI Mi'kmaq," said Chief Bernard. "Let the planning begin!"

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For more information: Communications, 902-626-2882, [communications@mcpei.ca](mailto:communications@mcpei.ca)  
Visit our website at <http://www.mcpei.ca>

#### FOR IMMEDIATE RELEASE

**The Mi'kmaq Confederacy of PEI congratulates participants in the  
Lennox Island First Nation Election; Darlene Bernard – elected Chief  
Charlottetown PEI, --- June 9, 2019**



The Mi'kmaq Confederacy of PEI is congratulating the participants in the Lennox Island First Nation election, held on June 8, 2019. In particular, the Confederacy welcomes the election of Darlene Bernard as Chief, as well as newly elected on Reserve Councillor, Madlene Sark, and off Reserve Councillor, Wendell Labobe. On Reserve Councillor, Richard Guimond, was re-elected.

"On behalf of the Mi'kmaq Confederacy of PEI, I would like to congratulate Chief Bernard, and Councillors Guimond, Sark and Labobe on their successful election", said Don MacKenzie, Executive Director of the Confederacy. "And to all who put their name forward, you are to be commended for taking part in the democratic process."

The Confederacy extends its sincere appreciation to outgoing Chief, Matilda Ramjattan, and Councillors, Janet Banks and Mary Moore-Phillips, for their years of dedicated service to their community and all Mi'kmaq on PEI. All have made a tremendous and lasting contribution.

The Lennox Island First Nation Band Council and the Abegweit First Nation Band Council are the two Mi'kmaq Governments on Prince Edward Island, which are the official representatives of all PEI Mi'kmaq. The two Band Councils also form the Board of Directors of the Mi'kmaq Confederacy of PEI.

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Visit our web site at <http://www.mcpei.ca/>



## Newly Elected Chief Darlene Bernard National Indigenous Peoples Day Speech



June 21st, 2019 - National Indigenous Peoples Day, Chief Darlene Bernard & Lieutenant Governor Antionette Perry

K'we! We'lieeksekpoo, Good morning! I am Melgigana Kitpo Abetm Strong Eagle Women! Welcome to Beautiful Lennox Island, Epekweit, home land of the Ilnu, the proud Mi'kmaq People who are the Indigenous People of Prince Edward Island and in who's traditional unseeded territory we celebrate National Indigenous Day, and the First Official Public Inauguration of the Lennox Island Band Council 2019!

Thank you, Elder Keptin James Bernard, for your words to the creator on our behalf!

Thank you to the Mi'kmaq Heritage Actors for your song!

Your Honour, Lientenant Governor Antionette Perry, Elders, Band Councillors, Richard Guimond, Wendell Labobe and Madlene Sark, Councillors from Abegweit Mi'kmaq Nation, Councillors, Bernard and Jadis. Our Youth, Community Members, Honoured guests. Ladies and Gentlemen,

Again! Welcome to Lennox Island – my home, where my heart belongs and where my story began. I stand before you today, both honoured and greatly humbled, as your newly elected Sagamao, Lennox Island First Nations Ambassador and the Co-Chair of the Mi'kmaq Confederacy of PEI.

Words alone cannot convey my sincere appreciation for the trust and confidence you have placed in me to be your Chief; I will work diligently to prove worthy to lead our family's into a bright and prosperous future.

This day is truly a special day of celebration, steeped in symbolic rituals that are woven into the very fabric of our culture and traditions!

Today, we, your Band Council, your Elected Mi'kmaq Government have taken our Oaths of Office in public for the first time.

We stand before our Elders, who are seated with the dignitaries and invited guests to show that we honour and respect their presence here with us today!

We stand before our youth: we pledge to protect your lands and resources and to protect and implement your treaty and aboriginal rights.

We stand before you, our people, and promise to do our fiduciary duty to serve, protect and help you to the very best of our abilities!

Lots of tremendous reasons for celebration on this Historic Day!

We are here as well today to celebrate National Indigenous Peoples Day. This day marks the 23<sup>rd</sup> celebration of what used to be known as National Aboriginal Day – as it was proclaimed for the first time in 1996 by former Governor-General Romeo Leblanc so that Canada would officially participate in and celebrate the proud culture and heritage of the Indigenous Peoples all across our country! It is a celebration that is warranted and necessary.

Here in Epekweit, PEI, the Indigenous People are the Mi'kmaq. My ancestors have inhabited this land for over 10,000 years.

Many of the attributes that Canada is known for the world over – being an open, tolerant and welcoming society, being friendly to our neighbours, being inclusive to all cultures – can be traced back to our Ilnu beginnings. Those are the attributes of the PEI Mi'kmaq, and this has been the case for millennia.

While it is important to celebrate today; the history, culture, contribution and the rights of Indigenous Peoples must not be limited to one day a year. The Mi'kmaq must have a relationship with both the Federal and Provincial Governments based on mutual understanding, trust, good faith and respect – 24/7. I am looking forward to solidifying that relationship.

In that spirit, I am delighted to report, that in the Throne Speech presented last Friday, Premier King's government committed to furthering the governments relationship with the PEI Mi'kmaq, and specifically pledged to recognize Mi'kmaq Treaty Day on October 1<sup>st</sup>. This is an important step in the Province's commitment to reconciliation and the recognition of Treaty Rights in PEI.

To me it signifies a very good start to a mutually respectful relationship going forward with this government and I personally commend Premier King and his government for their insight and knowledge of the Mi'kmaq to understand that the meaning of this most symbolic gesture is, indeed, significant!

It is a new day. Moving forward, we are going to build on all of the great work that has been done to date, and we will ensure that we work with other levels of government as partners – as equals, to reach our goals of self-sufficiency and prosperity.

I will work tirelessly in the spirit of collaboration with my Councillors, staff and with the Abegweit Band Council to make our shared aspirations, reality. I believe that a unified Mi'kmaq People, are stronger together than apart, and only we can end the divide forced upon us through continued colonization. We must be the Generation that says we will be BOLD for Change! Good Change! Chart our own course!

We will explore the best ways to advance our Mi'kmaq Nationhood agenda. I believe that if we integrate elements of our traditional governance structures into a modern-day Governance model, we will go a long way to ensuring that our family's participate more fully in future engagements, consultations and decisions that directly impact us collectively.

Ensuring your voice is heard and that you are informed is the only way forward and must be priority!

We will continue to celebrate our proud Mi'kmaq heritage, while at the same time remain focused on building the future we deserve!

We have come a long way, but we are not satisfied with status quo.

Our Journey to successful future has many miles and challenges ahead. I feel absolutely positive that we are perfectly positioned to take advantage of many opportunities – and that those opportunities will make our journey forward exciting and equitable to all our Mi'kmaq Family and we will all be on the bus together moving forward!

I want to thank the staff of the Lennox Island Band and the Mi'kmaq Confederacy of PEI and all volunteers for their efforts to mark this celebration of National Indigenous Peoples Day and the Inauguration of the Lennox Island Band Council 2019!

As well a big thank you to all of you who collaborate with us to advance our communities and the Mi'kmaq Nation every day by being involved and genuinely interested in our success and wellbeing! You are appreciated and loved by this Chief!

I want to thank former Chief, Matilda Ramjattan and Councillors, Banks and Phillips for their serve to our community. I also want to congratulate everyone who put their name forward to serve our First Nation! It's a brave thing to put yourself out there! And don't give up, your time is yet to come! For Today, we begin anew! Today, and every day, - is a proud day for the Epekweit Mi'kmaq.

Thank you  
Merci  
Wela'liog





## Re-Elected On-Reserve Councillor **Richard Guimond**



Kw'e, Good Morning; I would like to start by congratulating our newly elected team who were chosen to represent our beautiful community, Lennox Island.

Congratulations to Chief Darlene Bernard, to Councillor Madlene Sark and Councillor Wendell Labobe.

I would also like to thank our previous Chief Matilda Ramjattan and past councillors Janet and Mary for their hard work and dedication throughout the past few years.

As one of your council members, I am committed to working with all of our community members on and off reserve, our youth and our elders for the betterment of everyone.

I am both humbled and honoured that you have put your faith and trust in me to work for you as a council member for the next 3 years.

I feel blessed as I begin this new term in council, and I want to assure you that all of the endeavors I undertake will be done with the utmost respect, honesty and integrity.

I am and will always be available to discuss any issues or concerns that band members may have with an open mind.

I would like to close by thanking my family and friends for their unending love, friendship and support but most of all I want to thank the creator.

Wela'liq  
Councillor Richard Guimond

## Newly Elected Off-Reserve Councillor **Wendell Labobe**



My name is Wendell Labobe, son of Wendall Bernard of Lennox Island and Margaret Labobe of Charlottetown. I currently live in Charlottetown with my wife Michelle and two of our children, Kiara and Ty. I was recently elected

as you Off-Reserve Councillor for Lennox Island First Nation on June 8<sup>th</sup>, 2019.

I feel honored and privileged to be elected as Off-Reserve Councillor for Lennox Island, a role in which I take very seriously. I will work hard to ensure the community members voices are heard in order for the right decisions to be made in the best interest of Lennox Island. I look forward to working closely with the Lennox Island Band Council and the Members of Lennox Island to make the important decisions that will bring forth a better future for Lennox Island and all members.

As Councillor, I will ensure I am available whether it be via phone, text, messages or visits; I want to confer with all members to keep everyone informed of all Lennox Island information. As Communication is very important to me, I will be working on different communication methods, so everyone receives all of the important information.

If anyone needs to contact me, you can reach me by cell (902-439-2978 (text/call) or email at [Wendell.labobe@lennoxisland.com](mailto:Wendell.labobe@lennoxisland.com), or if you have Facebook, you can message me on Messenger.

Wela'liq  
Councillor Wendell Labobe

## Newly Elected On-Reserve Councillor **Madlene Sark**



Weli eksitpu'k. Taluisi, Mudalane Sark. Good morning. I am Madlene Sark.

I want to first acknowledge all our Mi'kmaq people of this unseeded territory of Prince Edward Island. I acknowledge all Indigenous Nations that are represented here today, and Welcome. Thank you and welcome to all our Elders, Youth, Two Spirited, Indigenous Allies and Officials.

For those who don't know me, I'm a proud Mi'kmaq Mother of five Beautiful children: My girl, Aaliyah, Autumn, Anabella, Audrina and my boy, Baby Gerry. I'm the daughter of Charlie Lewis and Shirley Sark, however I was raised by my Mother (Shirley) and step father Gilbert "Tommy" Sark. My step father exposed me to some traditional ways of living and to be honest, I wasn't even aware of it. My step-father was much older than my mother. He was born in 1940 into a small Mi'kmaq encampment in Breadalbane and moved from encampment, to encampment with his grandmother, who later died, and he was forced into Residential School until he was 12 years. He was kicked out, as my dad would say animated "well, I hopped her (the nun) nose". From then on, he lived on his own and went through many chapters of his life which I was always eager to hear about. Fast forward to my parents meeting and to this day my mother called him her best friend. My parents harvested wood, made baskets, carved, picked medicines, fished, hunted small game. But one of the more important things he passed on was the verbal knowledge of our people and never lost his Mi'kmaq language (however did not teach us Mi'kmaq as our people were made to feel that English should be taught). I say now I wished I listened more. My step dad was not perfect, my parents struggled with alcoholism and were dealing with issues that ultimately all stemmed from the wounds of residential school. He always seemed too quick to anger and held deep resentments of the "System". In hind sight, having more understanding of how Residential schools effected our people; I can see a man who was born into a Mi'kmaq encampment (his Home), being forced into residential school, on his own as 12 years, and survived many years of injustices (and up until he was 72). I can see how he could have held resentments. But one thing through all the years that was constant was that I was told "remember who you are, L'nu! No one can take that from you, douce." To be honest, I often times thought my dad was old fashioned and it has only been since having children of my own to know the importance of modeling to our children Mi'kmaq ways. It's sweetgrass picking, quilling, fishing, cooking, making baskets, doing ceremony, the list goes on, but that is what my dad did. He didn't lecture me, he showed me while splitting high ask splint for his baskets, he told me stories while I walked behind him (and I could hear the jingle of keys in his pocket) looking for the next brook to fish. He taught me the meaning of taking what we needed when gathering wood or sweetgrass. These are just some great example of how our Mi'kmaq people have kept who we are alive and how we must continue these oral traditions.

I would have loved for my step-father to see all the progress toward Truth and Reconciliation. I would encourage all Canadians to ask themselves "what can I do about truth and reconciliation?" If you are here today, this is a great start. Educate yourself and don't be afraid to ask questions. Become actively involved in initiatives that promote wholistic healing for the Indigenous communities. We need to keep advocating for schools to be presenting and teaching our Mi'kmaq History accurately. Lastly, seeing our Indigenous women, girls and transgender being looked at and treated with equal respect. I had recently had a conversation with my teen who recently felt her first impact of discrimination. She had a young boy make a comment, "That because she was native, she was un-datable." Of course, taken back from the comment I tend asked myself is he saying she wasn't up to a certain standard because of who she is? This situation made me think about the Murdered and Missing Indigenous Women (MMIW) across Canada who were thought of as less then. These attitudes and mindsets must change. We acknowledge anyone effected by a lost loved one. Fortunately, I was able to make this teaching opportunity for my daughter and I realize it is important to provide and instill our youth the security to know that the Creator made them perfectly as who they are.

We can all do a part in this healing journey, be an Indigenous ally.

With this said I want to thank you for your time.

Wela'liq  
Councillor Madlene Sark



## PEI Child Safety Seat Regulations

(Highway Traffic Act R.S.P.E.I. 1998, Section 92, Cap. H-5)

Exemptions for occasional transport by non-parent.

1. **Babies must use a rear-facing seat until they reach age 1 and 22lbs**
2. **Never place a rear-facing seat in the front seat of a vehicle with airbags**
3. **Over 10 kg (22 lb) & Over 1 Year Old**  
Must be in a car seat. May face forward, or face rear if seat has a higher than 10 kg (22 lb) rear-facing limit.
4. **Over 18 kg (40 lb) & Under Age of 10**  
A child must use a car seat or booster seat until they are at least 4'9" (145 cm) or age 10

### Is your child in the right seat?

CHILDSAFETYLINK  
Here for you.



#### REAR-FACING SEAT

- Rear-facing seat – never in front of an airbag
- Seatbelt or UAS strap holding seat tightly; seat can't move side to side more than 2.5 cm
- Harness is snug – can only fit one finger under strap; chest clip at armpit level.
- If using seat belt, seat belt is locked or locking clip used.
- Top of harness straps is level or below shoulders.

#### FORWARD-FACING SEAT

- Tether strap used and tight.
- Top of harness straps is level or above shoulders

#### BOOSTER SEAT

- No-back or high-back style.
- Child must be at least 40 lbs.
- Use booster until age 10 or 145 cm (4'9") tall.
- Must use shoulder/lap seatbelt, not lap seatbelt alone

For more information,  
visit [www.gov.pe.ca](http://www.gov.pe.ca) and  
follow the links to  
Highway Safety

CHILDSAFETYLINK  
[www.childsafetylink.ca](http://www.childsafetylink.ca)

### SAFETY DAY

**Tuesday, July 9<sup>th</sup>, 2019**  
**10:00AM to 12:00PM**

Car seat checks offered along with education on how to keep your child safe this summer. Stop by the Firehall and put your name in for safety related door prizes.

### REMINDER

**The next Wellness Clinic is**

**Tuesday, July 23<sup>rd</sup>, 2019.**  
BP, Blood Sugar Checks, weights and healthy living education offered.

### LENNOX ISLAND HEALTH CENTRE

902-831-2711

**A Diabetes Nurse** is available at the Health Centre once a month. Please contact Charlene Palmer or Leeanne Yeo to make an appointment.

#### **A Nurse Practitioner**

will be available to patients of Dr. Montgomery, 2 times per month. Please contact the Health Centre to book an appointment.

**Dr. Montgomery** will be available throughout the Month of July. Please contact the Health Centre to book an appointment.

### NIHB Eyewear Coverage June 2019

Vision Care Benefit Information:

On June 29<sup>th</sup>, 2019, Non-Insured Health Benefits (NIHB) will make changes to coverage of corrective eyewear (glasses and contact lenses). These changes will make it easier to understand your coverage and will offer more choice – you will be able to use your coverage towards the purchase of any type of prescription eyewear.

These rates will be in effect for eyewear ordered on or after June 29, 2019:

- Standard Coverage Amount \$275\* For prescriptions that are less than +7.0 (minimum prescription strength will continue to apply). This is the most common rate.
- High Index Coverage Amount \$415\* For prescriptions that are +7.0 or higher. \*Clients in the Northern Territories and Atlantic region can contact their regional office for information on applicable rates.

How often you are covered for eyewear will not change. Children 0-17 years are eligible once a year; clients 18 years and older are eligible once every two years; clients whose prescription changes a lot may be eligible for early replacement of the lenses. However, frequency periods will be changed to a calendar year basis. For example, for an adult who is eligible every two years, if you get new eyewear at any time in 2019, you will be eligible again on January 1, 2021.

There will be no change to the policy on exceptions. As was the case before, some clients will qualify for more coverage (reimbursement amount or frequency) based on their medical needs.

You can contact your regional NIHB office for more information about these changes.  
NIHB Atlantic Region Toll Free #: 1-800-565-3294

## LIHC 8 Week Summer Fitbit Group *Small Steps to Better Health* July 9<sup>th</sup> – August 27<sup>th</sup>, 2019

Want to improve your health, try a Fitbit and learn along the way?

We will be loaning a Fitbit to the first 10 people who commit to weekly sessions (1 hour each week) for 8 weeks.

There will be tips, resources and support to help you make small changes that can go a long way in improving health.

Contact Leeanne or Charlene at the Health Centre to participate  
902-831-2711

There is a maximum of 10 participants for this program.  
First come, first serve!





# Miss Lennox Island 2019

## Alyssa-Jo Bernard Crowned Miss Lennox Island 2019



Chief Darlene Bernard crowns Miss Lennox Island 2019 - Alyssa Jo Bernard



Left to right (back): Jewel Bernard, Chief Darlene Bernard, Claire Gallant Front: Miss Lennox Island 2019 - Alyssa Jo Bernard

Kw'e pja'si

Hello everyone and welcome to our annual celebration of National Indigenous Peoples day. First of all, I would like to thank all of you for attending and commemorating our community's rich history here on PEI.

Ni'n Telusis

My Name is Alyssa Jo Bernard and I am the 19-year-old daughter of Emily Bernard of Lennox Island and Marty Augustine of Elsipogtog, New Brunswick. I have graduated Westisle Composite High school with my academic diploma and have recently been accepted into Oulton College in Moncton to further my education as a Youth and Child Care Worker.

My personal interests include reading and writing poetry, singing, traditional jingle dress dancing, playing the piano, photography, traveling and volunteering.

My culture has had a huge impact on my past and present. I was fortunate to grow up in a traditional home with my Grandparents where I was taught to drum, sing and dance. I have been a traditional fancy shawl dancer, a traditional hoop dancer and a traditional jingle dress dancer. I am currently in the process of making my own jingle dress for the upcoming pow wows in the Maritimes.

My native heritage has also presented me with many great opportunities. I participated in the National Aboriginal Indigenous Games in Regina, Saskatchewan in 2014 as well as Toronto in 2017 and represented team PEI in badminton. In 2016 I had the opportunity to be an RCMP youth in Regina, Saskatchewan which allowed me to get a glimpse into the life of a police officer. This sparked my interest in public service and drove me to want to make an impact in others' lives in my community, especially children, thought my future career as a Youth and Childcare worker.

I am very outgoing and have strong dedication to the tasks that are assigned to me. I am currently volunteering to job shadow Doris Googoo with her Mi'kmaq Classes at John J. Sark Memorial school on Lennox Island in the mornings and at Hernewood Intermediate school in the afternoon. I am also in a program called Stepping Stones to Success and that program gives me the tools and confidence that I need to pursue my future.

I would be honoured to win the title of Miss Lennox Island because this pageant gives women a platform to represent not only themselves but all the young women residing on and off reserve. If chosen, I would strive to share my knowledge of my culture and the beauty of my community by continuing to respect and learn the teachings of our elders and passing those lessons onto and supporting our youth.

Wela'lioq mst no'kmaq

Thank you all my relations and I hope you all enjoy the rest of your day.

**Congratulations to Alyssa Jo Bernard and all participants!**

## CANADA DAY CELEBRATIONS

July 1<sup>st</sup>, 2019

**2019 Organization  
of the Year**



**The Lennox Island  
Cultural Centre**

Accepted by Councillor Richard Guimond

**2019 Youth of the Year**



**MacKenzie Thomas**

**2019 Citizen of the Year**



**David Lewis**

HAPPY  
**Canada Day**



# Speech from the Throne – Principles of Reconciliation

## PEI Speech from the Throne June 14<sup>th</sup>, 2019



### Deepening Reconciliation with our First Nations

My Government values its Relationship with the Mi'kmaq of PEI and recognizes the contribution of Mi'kmaq citizens to the Island's economy, society, heritage and identity. We take seriously the moral and legal imperative to balance the interests between Aboriginal and treaty rights and broader society. Earlier this year, as an expression of our commitment to the conciliation process, we entered into a Framework Agreement with the Mi'kmaq of Prince Edward Island and the Government of Canada. This agreement sets out a process by which we will continue to work collaboratively with Canada and the Mi'kmaq on issues of importance to the Lennox Island and Abegweit First Nations. At the same time, we are devoting our attention to broader societal issues such as housing, education, justice, skills and training, employment, children and families, and economic development, whether on or off reserve. We look forward to working with the Mi'kmaq Confederacy of PEI, the Lennox Island and Abegweit First Nations and Indigenous organizations to make progress in areas such as these. This year, as a clear indication of our commitment to the reconciliation process, we will recognize and celebrate Mi'kmaq Treaty Day on October 1<sup>st</sup>.

*Submitted by: Chief Darlene Bernard*

*We take seriously the moral and legal imperative to balance the interests between Aboriginal and treaty rights and broader society.*

## Principles of Reconciliation

The Truth and Reconciliation Commission of Canada believe that in order for Canada to flourish in the twenty-first century, reconciliation between Aboriginal and on-Aboriginal Canada must be based on the following principles.

1. The United Nations Declaration on the Rights of Indigenous Peoples is the framework for reconciliation at all levels and across all sectors of Canadian Society.
2. First Nations, Inuit, and Metis peoples, as the original peoples of this country and as self-determining peoples, have Treaty, constitutional, and human rights that must be recognized and respected.
3. Reconciliation is a process of healing of relationships that requires public truth sharing, apology, and commemoration that acknowledge and redress past harms.
4. Reconciliation requires constructive action on addressing the ongoing legacies of colonialism that have had destructive impacts on Aboriginal peoples' education, cultures, and languages, health, child welfare, the administration of justice, and economic opportunities and prosperity.
5. Reconciliation must create a more equitable and inclusive society by closing the gaps in social, health, and economic outcomes that exist between Aboriginal and non-Aboriginal Canadians.
6. All Canadians, as Treaty peoples, share responsibility for establishing and maintaining mutually respectful relationships.
7. The perspectives and understandings of Aboriginal Elders and Traditional Knowledge Keepers of the ethics, concepts, and practices of reconciliation are vital to long-term reconciliation.
8. Supporting Aboriginal peoples' cultural revitalization and integrating Indigenous knowledge systems, oral histories, laws, protocols, and connections to the land into the reconciliation process are essential.
9. Reconciliation requires political will, joint leadership, trust building, accountability, and transparency, as well as a substantial investment of resources.
10. Reconciliation requires sustained public education and dialogue, including youth engagement, about the history and legacy of residential schools, Treaties, and Aboriginal rights, as well as the historical and contemporary contributions of Aboriginal people to Canadian Society.

*Submitted by Jamie Thomas*

## The 2019 Elementary School Soccer Season culminated with our annual Jamboree

Monday June 17<sup>th</sup>, 2019

The jamboree was well attended, and Lennox Island finished the day with a 1-1-1 record (win/loss/tie).



Special thanks to Paul Shepard (Parkside) and Michael Doiron (Ecole Sur Mer) for making our season once again a successful one.

Further Thank you to Gordie Whitlock and staff from Generation XX for providing the BBQ, to our fabulous referee Tillman Pineau who volunteers his time every year, and to the parents of our kids that came to watch and cheer!

To Lori Ellsworth and Parker Campbell and Dion Tuplin and Daniel Annand who went over and above to assist with transportation. Thank You!

And last but not least, Sarah Ellis and Stacey Montgomery, my assistant coaches were fabulous with the kids! Always positive and always there!

*Submitted by Blair Creelman*





# Programs & Events

## MI'KMAQ TEA

Come join us at the Lennox Island  
Mi'kmaq Cultural Center for a cup of tea  
and great conversation!

Open to all band members on and off reserve.

Thursdays, from 10am – 12pm  
Refreshments provided!  
For more information call 902-831-3109



## Youth Drop In Wednesdays - 3:30 to 4:00pm

Youth Drop-In will continue for the  
summer months We will be planting a  
garden in the Sacred Garden (Indian  
Feather Path) and will be taking care of it.  
Weed, water and maintain its health.

Contact Brent Chassion for more info.  
902-831-2711

## Alcoholics Anonymous

AA meetings are held every  
**Wednesday** at the Health  
Centre Building from  
**11:00am – 12:00pm.**  
For further information please  
contact Alan Francis  
at 902-831-2711

## Mi'kmaq Language Class

Every Thursday from 6pm – 9pm  
At the John J. Sark Memorial  
School

For further information please  
contact Doris Googoo; via  
Facebook or call 902-954-1729

**\*\*If anyone wants to learn  
Mi'kmaq Language at home for 1  
hour to start off, please contact  
the Cultural Centre or Message  
Doris Googoo for more info.**

## ALAN'S CONVENIENCE STORE

Phone: 902-831-3211

## SUMMER HOURS

**Monday's – CLOSED**  
**Tuesday's – 7:30AM – 8:00PM**  
**Wednesday's – 7:30AM – 8:00PM**  
**Thursday's – 7:30AM – 8:00PM**  
**Friday's – CLOSED**  
**Saturday's – 9:00AM – 5:00PM**  
**Sunday's - CLOSED**



**Where: Health Centre Play Room**  
Please contact April Perry at the Health  
Centre for more details; 902-831-2711

## Eagle Nest Gym

Monday	4:00pm – 7:00pm
Tuesday	4:00pm – 7:00pm
Wednesday	4:00pm – 7:00pm
Thursday	4:00pm – 7:00pm
Friday	CLOSED
Saturday	9:00am – 11:00am
Sunday	CLOSED

The Eagle Nest Gym will also be  
available during work hours with the  
exception of closing daily at 3:30pm,  
Monday – Thursdays, Fridays the gym  
will be closing at 11:30am. Please  
ensure that you enter and leave the gym  
through the main Band Office Entrance  
if you are using the facility during the  
time that has been mentioned in this  
paragraph. Thank You

## Lennox Island First Nation Health Centre MEDICAL CARRIERS CONTACT INFORMATION

Name	Cell #	House #
Stevie Bernard	902-439-0713	
Tabatha Bernard	902-315-0076	
Tracy Day	902-439-1806	
Patsy Gavin	902-432-0213	
Kim Guimond	902-439-3157	
Rhonda Joseph	902-598-8186	
Mike Labobe	902-439-6390	
Tanya Lewis	902-439-6186	
Charlotte Morris	902-439-5059	
Mary Sark	902-439-6067	902-831-2575
Allan Ramjattan	902-439-2822	902-831-3200

## TMAWEY Inc.

### Hours of Operation

Monday: 10:00AM – 4:00PM  
Tuesday: 10:00AM – 4:00PM  
Wednesday: 10:00am – 4:00PM  
Thursday: 10:00AM – 4:00PM  
Friday: 8:30AM – 12:00PM  
Sunday: 8:30am – 12:00PM

Please be advised that we can only accept cash at this time.  
Sorry for any inconvenience this may cause.  
**Note: Please use back entrance to purchase tobacco products.**

### Upcoming Closure Dates:

July 1<sup>st</sup>, 2019 – Canada  
September 2<sup>nd</sup>, 2019 – Labour Day  
October 14<sup>th</sup>, 2019 – Thanks Giving  
November 11<sup>th</sup>, 2019 – Remembrance Day  
December 25<sup>th</sup>, 2019 – Christmas Day  
December 26<sup>th</sup>, 2019 – Boxing Day

**SUN SCREEN Tips**

Exp. 07/2021

**BROAD-SPECTRUM**  
PROTECTS AGAINST BOTH UVA AND UVB RAYS  
**SPF 30+**  
WATER RESISTANT

Choose a sunscreen with...

CHECK THE EXPIRY DATE

15 min before going outside

2 hrs or more often... especially if swimming, towelling off, or sweating heavily

KEEP BABIES OUT OF THE HEAT & DIRECT SUNLIGHT whenever possible

ASK A HEALTH PROFESSIONAL ABOUT USING SUNSCREEN ON BABIES LESS THAN 6 MONTHS OLD

USE A WIDE-BRIMMED HAT

USE LOOSE, LIGHTWEIGHT CLOTHING

KEEP BABIES WELL HYDRATED

Consider testing your sunscreen on a small patch of skin

If your skin develops a rash, becomes itchy, or otherwise reacts:

- Stop using the product.
- Talk to your health professional.
- If you have questions or concerns OF
- Choose a product with different ingredients

Use about 7 tsp (35 ml) for the entire body. 1 tsp for:

- Face and neck
- Each arm and leg
- Front
- Back

DO NOT FORGET often missed areas: tops of ears, nose, shoulders, feet, heels of feet, back of neck, back of hands, back of legs, back of feet.

Canada.ca/sun-safety

For an ADULT

Canada





## Artist Patricia Bourque's Beyond The Regalia

is a series of photographic portraits of Mi'kmaq women from my traditional territory of Mi'kma'ki.

With these images,  
I want to bring *Honour* back to the  
Mi'kmaq women.

I see in our Women;  
*Beauty,  
Dignity,  
Strength &  
Sacredness.*



Happening at The Guild, Charlottetown  
Show Dates: July 10 - August 18, 2019  
Show Opening: July 10, 2019  
Time: 7 pm - 9 pm

Thanks to This Town Is Small.

## MI'KMAQ ARTISANS!!

It has come to my attention that there has been a growth of  
Mi'kmaq Artisans!

If it is of high interest, I would like to show case interested  
Artisans (both on and off-reserve members) in our Monthly  
Newsletter the

**"Kwimu Messenger".**

If you are interested, please contact  
Mary Ann Lewis or Misti Myers

at 902-831-2711 or 902-831-3109 for further information.

## TEAM PEI ANNOUNCEMENT

### BADMINTON



Nikeda Sark  
Keely Dymont  
Madison Annand  
Aaliyah Lewis  
Aryn Lewis

Mikey Perry  
Landon Augustine  
Kavon Bernard  
Dylan Knockwood  
Dylan Sapier

Coaches: Robin Enman & Mackenzie Thomas

## Summer Note from John J. Sark Memorial School

Due to construction, the school will be closed down  
for the summer and will not be available for any public  
events. On behalf of all of our staff we would like to  
wish our school family a very restful, happy and  
healthy summer, and we look forward to seeing you all  
in September!

Principal & Staff of John J. Sark Memorial School

## ANNOUNCEMENT

### Atlantic Indigenous Games Halifax, NS July 11-14, 2019



The four Atlantic Provincial/Territorial Indigenous Sport Bodies representing New Brunswick, Newfoundland & Labrador, Nova Scotia, and Prince Edward Island are implementing some of the Recommendations of the Truth and Reconciliation Report in relation to the development of Indigenous athletes. The Atlantic Indigenous Games will bring together Indigenous Youth aged 18 and under for the purpose of cultural enrichment and physical training which will be achieved through educational sessions, meaningful competition, and cultural celebrations.

The Atlantic Indigenous Games will take place from July 11<sup>th</sup>-14<sup>th</sup>, 2019 at Saint Mary's University and Citadel High School. Approximately 300 Indigenous Athletes from all four Atlantic provinces are anticipated to partake in the inaugural Atlantic Indigenous Games and experience the positive benefits of sport and community in a comfortable, yet challenging, environment.

Through activities, such as, but not limited to, physical testing, athlete education, competition, and cultural celebrations the Atlantic Indigenous Games will provide youth the opportunity to learn more about themselves, their culture and others.

In partnership with the Canadian Sport Centre Atlantic (CSCA), physical testing will be provided as well as athlete education sessions with topics on mental preparation, nutrition, and proper physical training. The Atlantic Indigenous Games are exactly one year away from the 2020 North American Indigenous Games (NAIG) which will also be hosted in Halifax, Nova Scotia. In collaboration with the Province of Nova Scotia, a one year out celebration will be organized that will incorporate Mi'kmaq performers and recognition of prospective NAIG athletes. This celebration will be a tremendous opportunity to expose and enrich our youth to traditional Mi'kmaq culture, while also providing well deserved recognition of the potential of our Indigenous youth in the Atlantic region.

For more information:

To learn more about the Games, please contact the Atlantic Provincial/Territorial Indigenous Sport Body in your area:

#### Aboriginal Sports and Recreation Circle NL

Todd Winters, Executive Director

[asrcnl@nf.aibn.com](mailto:asrcnl@nf.aibn.com) / 709-896-9218

#### Aboriginal Sport and Recreation New Brunswick

Sky Perely, Executive Director

[sky@wolastoqed.com](mailto:sky@wolastoqed.com) / 506-476-7418

#### PEI Aboriginal Sport Circle

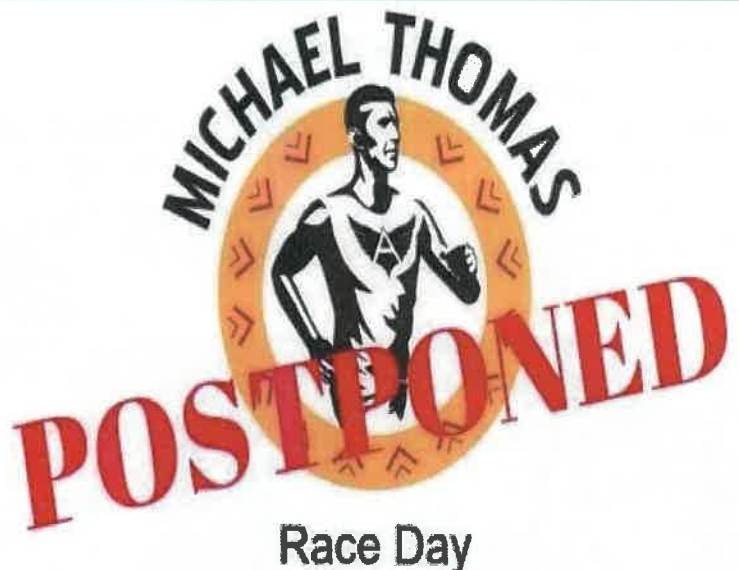
Lynn Anne Hogan, Manager

[lahogan@mcpei.ca](mailto:lahogan@mcpei.ca) / 902-786-4348

#### Mi'kmaq Kina'matneway

Ryan Francis, Mi'kmaq Sport Coordinator

[ryan@kinu.ca](mailto:ryan@kinu.ca) / 902-220-8487



Out of respect for Elder and Mi'kmaq Confederacy  
of Prince Edward Island employee  
Alma MacDougall, we will be postponing the July  
6th Michael Thomas Race Day to allow staff,  
family and friends to attend funeral services.



## JUNE 2019

June 3<sup>rd</sup> – Happy Birthday Preston! Love Candace  
 June 12<sup>th</sup> – Happy 14<sup>th</sup> Birthday to Skyler Arsenault! Love Mom  
 June 12<sup>th</sup> – Happy 21<sup>st</sup> Birthday to my beautiful daughter Maikayla MacPhail! Love Mom  
 June 16<sup>th</sup> – Teresa Lewis  
 -Happy Birthday Mom! Love Kate & girls  
 -Happy Birthday! Love all of your children!  
 June 17<sup>th</sup> – Happy Birthday Mom/Nanny! From Emily & girls  
 June 18<sup>th</sup> – Matilda Ramjattan  
 -Happy Birthday Auntie Matil! Love Mary Ann & Family xoxo  
 -Happiest Birthdays to my Momma, Matilda! Lots of love from the Kiddo's & I!  
 We hope you have a superb day! Xoxo Love Care & kids  
 -Happy Birthday to my Sister! Love Roseanne  
 -Happy Birthday Grandma! Love Felicity & Clarity  
 -Happy Birthday to my beautiful Momma! Love Ashley & Jason  
 June 20<sup>th</sup> – Happy birthday to my grandson Wowkwis! Love Giju  
 June 21<sup>st</sup> – Happy Birthday to my brother-in-law Nevin! Love Roseanne  
 June 21<sup>st</sup> – Happy 17<sup>th</sup> Birthday to my granddaughter Trenna! I hope you have a great day! Love Nanny  
 June 21<sup>st</sup> – Happy Birthday to my son Lawrence! Love mom< Dad & siblings.  
 June 23<sup>rd</sup> – Happy Birthday to Nikeda Sark! Love Daddy  
 June 24<sup>th</sup> – Joan Maloney  
 -Happy Birthday to my loving mother Joan! Love Sheryl & Family  
 -Happy Birthday Mom! Love Richard, Jane & Kayon xoxo  
 -Happy Birthday trouble maker, Joan! From Badness Sheila Collicutt  
 June 30<sup>th</sup> – Happy Birthday Daddy! Love Chelsey, Gerard & all the children & fur babies!  
 June 30<sup>th</sup> – Happy 2<sup>nd</sup> Birthday to Delyilah! Love Nanny & Kallee

### Father's Day Wishes

-Happy Father's Day to the best Dad ever. Peter Bernard! Love Emily

-Wishing a Happy Father's Day to my wonderful husband Shewin Phillips, you are my soul mate. Love Mary Moore-Phillips xoxox

### Congratulations

Congratulations to my daughter Savannah on the birth of her son "Piel Duma Stephen "Denver" Augustine" who was born in Moncton, NB on May 31<sup>st</sup>, 2019. Also, congratulations to JR & Delyilah as well!  
 Love Mom & Kallee

-Congrats to Cheryl Paynter & Peter Gallant on getting Married!  
 From Owen & Sheila Collicutt

-Congratulations to all the beautiful girls who ran for Miss Lennox Island 2019! Alyssa Jo Bernard, Claire Joseph & Jewel Bernard.  
 From Claire

### Anniversaries

June 14<sup>th</sup> – Happy 11<sup>th</sup> Anniversary to my husband! Love Barbara Saulnier  
 July 13<sup>th</sup> – Happy Wedding Day Joe & Martina! Love Auntie Tracy & Uncle Mike  
 July 20<sup>th</sup> – Happy Wedding Day Peter! Love Cheryl  
 July 23<sup>rd</sup> – Happy Wedding Anniversary to Danielle & Early Rayner! Love yahs! Mary & Sherwin  
 July 23<sup>rd</sup> – Happy Anniversary to Earl Rayner! Love Danielle  
 Happy Wedding Anniversary to Mom & Sherwin Phillips! Love Danielle, Earl, Guinness & Wapitak

## Instant Peanut Butter-Banana Ice Cream

Just 5 minutes & 5 Ingredients

### Ingredients:

-3 peeled, frozen, overripe bananas (See note)  
 -3/4 cup natural, creamy peanut butter  
 -5 tablespoons non-fat milk  
 -Toppings: mini chocolate chips, shredded coconut, sliced fresh bananas

### Directions:

1. Break bananas in half and place them in a blender, along with the peanut butter and milk. Blend until creamy and smooth, scraping sides once or twice if needed.  
 2. Serve immediately with chocolate chips, coconut and banana slices

NOTE: You want to use overripe, brown-speckled bananas for this recipe because they taste sweeter (just as those are the ones, you'd want to use to make excellent banana bread).



## JULY 2019

## Wli'ajipuna'

July 3<sup>rd</sup> – Sheila Collicutt  
 -Happy Birthday nan! Love Hunter  
 -Happy Birthday to my sister Sheila! Have a fabulous day! Love Cindy  
 -Happy birthday goes out to my bff! Have yourself a fabulous one! Love yah bunches, Sadie  
 -Happy Birthday to my amazing godmother! Love always your favorite godchild Kay  
 July 4<sup>th</sup> – Felicity Lewis  
 -Happy 9<sup>th</sup> Birthday Felicity! Love Sissy  
 -Happy Birthday Felicity! We love you so much! Love Mom & Jason  
 July 5<sup>th</sup> – Happy Birthday to my son, Anthony! Love Mom  
 July 5<sup>th</sup> – Sunil Sanichari  
 -Happy Birthday Sunil! From Riley & Keira  
 -Happy Birthday to our little man! Love Mommy, Grammy & Mikey  
 July 6<sup>th</sup> – Earl Rayner  
 -Happy Birthday Earl! From George & Stacy  
 -Happy Birthday to our son-in-law Earl! Love You xoxo Mary & Sherwin  
 -Happy Birthday Brother! Love Pam & Family  
 -Happy Birthday to Earl! Love Danielle, Guinness & Wapitak  
 July 6<sup>th</sup> – Happy Birthday George! Love Stacy  
 July 9<sup>th</sup> – Happy Birthday to my mom, Janet! Love George & Stacy  
 July 9<sup>th</sup> – Elaine Rayner  
 -Happy Birthday mom! With lots of love! Pam & family!  
 -Happy Birthday to Elaine! Love George & Stacy  
 -Happy Birthday Elaine! Love Earl, Danielle, Guinness & Wapitak  
 July 9<sup>th</sup> – Nathan Sark  
 -Happy Birthday Nathan! Love Godmother Sheila  
 -Happy Birthday Nathan! Love Mom  
 -Happy Birthday to my Big Brother! Have an amazing day! Love Britt & Zayna  
 July 11<sup>th</sup> – Joe Tuplin  
 -Happy Birthday Joe! Love Martina  
 -Happy Birthday Daddy! Love Canyon, Creed, Cayson & Cruze  
 July 12<sup>th</sup> – Happy Birthday to Fran Man! From Kayla & Family  
 July 13<sup>th</sup> – Happy 9<sup>th</sup> Birthday to Xavier Bernard! Love Kim & Kallee  
 July 13<sup>th</sup> – Happy 22<sup>nd</sup> Birthday to Savannah Guimond! Love Mom & Kallee  
 July 14<sup>th</sup> – Cheryl Bernard  
 -Happy Birthday Cheryl! Love Mom  
 -Happy Birthday to Cheryl! Love from Mikey & Teresa  
 -Happy Birthday Cheryl! Love Auntie Anne & Family  
 -Happy Birthday Cheryl! Love Dad, Jane & Kavon  
 -Happy Birthday Cheryl! Love, Kallee, Kim & Stevie  
 July 14<sup>th</sup> – Linda Bernard  
 -Happy Birthday Mom! Love Colleen & Tyler  
 -Happy Birthday to my bff! Have a great day! Love Sadie  
 -Happy Birthday to my beautiful Namy! Love Cheryl & Kids xoxo  
 -Happy Birthday Linda! From Noella  
 -Happy Birthday to our loving Mother, Linda! From Mikey & Teresa  
 -Happy Birthday to my sister, Linda! Love Mary Jane, Richard & Kavon!  
 -Happy Birthday Linda! Love Anne & Family  
 -Happy Birthday Nanny! Love Kallee  
 -Happy Birthday to my sister Linda! Love Stevie  
 -Happy Birthday to my young friend, Linda! From Barbara Saulnier  
 July 15<sup>th</sup> – Peter Gallant  
 -Happy Birthday Dad! Hope you have an amazing day! Love Britt & Zayna  
 -Happy Birthday to my soon to be husband, Peter! Love the wifey.  
 July 15<sup>th</sup> – Sharon Matthews  
 -Happy Birthday Auntie Sharon! Love Anne & Family  
 -Happy Birthday Mom! From Kent, Kathleen, Brook, Allie & Kenten  
 -Happy Birthday Sharon! Have yourself an awesome day! Love Sadie  
 -Happy Birthday to my sister! Love Jane, Richard & Kavon  
 -Happy Birthday to my sister! Love Stevie  
 July 16<sup>th</sup> – Happy Birthday Matissa Jo! Lots of love from Mom & Sissies  
 July 17<sup>th</sup> – Happy Birthday to my baby brother Mike Gallant! Love Jackie Gallant  
 July 17<sup>th</sup> – Happy 1<sup>st</sup> Birthday Ovie! Love Mommy, Daddy, brothers & sisters  
 July 22<sup>nd</sup> – Cecil Banks  
 -Happy Birthday Godfather! Love you lots, Kenzie  
 -Happy Birthday to my dad!? From George & Stacy  
 July 22<sup>nd</sup> – Happy Birthday Alyssa Francis! Love Mom  
 July 24<sup>th</sup> – Alyssa Jo Bernard  
 -Happy Birthday to my first-born Alyssa Jo! Lots of love from Mom & your sissies. Xoxox  
 -Happy 20<sup>th</sup> Birthday Lyssa! Love Kenz  
 -Happy Birthday to my best friend, Alyssa Jo! From Drew  
 July 25<sup>th</sup> – Happy Birthday Mom! Lots of love! From Your dear daughters  
 July 25<sup>th</sup> – Jacob Bernard Sr.  
 -Happy Birthday Jake! Love Kristin  
 -Happy Birthday Dad! Love, Jacob, Eric, Angie & Dylan  
 -Happy Birthday Jacob! Love Colleen  
 -Happy Birthday Jacob! Love Anne & Family  
 -Happy Birthday Jacob! Love Mom, Richard & Kavon



Happy 15<sup>th</sup> Birthday to my granddaughter Hailey Palmer! Love Nanny Sadie  
 Happy Birthday Hailey Palmer! From Claire Gallant  
 Happy Birthday to my nephew Robert! Love Auntie Sadie

## Mi'kmaq

### Words of the Month

I am babysitting = Nespi  
 I am baking = Etoqtey  
 I am beautiful = Kelu'si  
 I am brave = Melkitai  
 I am cooking = Wissukway  
 I am dancing = Amalkay

### Have a story idea, community notice or birthday wishes?

Please Contact: Mary Ann Lewis  
 Work: 902-831-2711 Cell: 902-786-3045  
 Email: kwimu.admin@lennoxisland.com  
 \*Facebook Search "Kwimu Messenger". Please add as friend.  
 Submissions can be received via inbox.



# The Honour Song – By George Paul

## Honour Song By George Paul

I travelled out west to Alberta in 1983 to visit a wise Elder (Spiritual Healer) named Buffalo Child, most commonly known as Albert Lightning.

Albert has been conducting ceremonies for our people here in the East Coast a few years before this time we were going to attend ceremonies out there.

Our first ceremony was a Sundance, conducted by Harold Cardinal and his family which was being held at the Alexander Reserve, 40 miles north of Edmonton, in a wooded area. This was my first experience in a ceremony of that type, but it was at this ceremony where I saw a vision.

Above the Sundance lodge, and hanging from a roughly-constructed structure, were many different coloured cotton clothes hanging from the ceiling. What I saw in this vision was a green rolling hill and dancing up and over this hill were thousands of native people of all tribes. As they came closer into view, I could see that it was the Micmac leading the dance. I didn't tell too many people about this, because of ridicule.

Shortly after, we went to Kootney Plains, somewhere near Two O'clock Creek. Albert Lightning was conducting ceremonies and there were many people from different parts of the world attending. There were people from my home areas that had grown akin to Albert and his ceremonies. Around the campfire at night, the talk was about reviving our culture. I had a feeling in my heart to fast for an understanding. To learn why my people lost so much, and the questions: "What did we do so wrong, to have lost our songs, our ceremonies, our dances?" During my fast this feeling hit me, and it weighted heavy on my heart. I couldn't help but cry. I cried until the crying turned into a chant and it was this chant that gave the message. The message of unity. My people let us work together towards that unity, be proud of who you are, believe in the power of the creator, believe in yourself.

Tahoe!  
George Paul

The Honour Song  
by George Paul

Gěp mē tē tēm ǎn ětj  
dǒn dēli Inno ǒlteewk  
Let us Honour the people  
we are  
Nēgām ātjtōt  
mǒwē dǒn ětj  
My people let us unite

Gěp mē tā tēm ǎn ětj  
dǒn wēdǎbēksǒlteewk  
Let us honour our  
ancestral lineage  
Nēgām atj tot aboken  
mǎ dǒltin ětj  
My people let us help one  
another

Ǽbōk ǎn mǎ dǒltin ětj  
dǒn gisoolk dēl  
ikǎlōkseewk ǒlǎ  
ǒksitkāmō  
(Chant only  
wey yah hey yo)  
Let us help one another  
the way our creator has  
placed us here upon  
Mother Earth

2 Verses – Chant

## Medicine Wheel



The Medicine Wheel is a representation of how all things in the natural world come in fours:

1. **Four Directions** (North, East, South, West)
2. **Four Seasons** (Winter, Spring, Summer, Fall)
3. **Four Stages of Life** (Infant, Child, Adult, Elder)
4. **Four Basic Elements** (Air, Water, Earth, Fire)
5. **Four States of Being** (Physical, Mental, Spiritual, Emotional)
6. **Four Sacred Medicines** (Sage, Cedar, Sweet Grass, Tobacco)

The Medicine Wheel represents the wholeness of life and the importance of maintaining balance.

**LENNOX ISLAND** **AUGUST 24-25**

**19TH ANNUAL POWWOW**

HEAD FEMALE DANCER  
*Denise John*

HEAD MALE DANCER  
*Bert Milberg*

Head Jr Female Dancer  
*Jaci Sylaboy*

Indian Brook NS

Head Jr Male Dancer  
*Wambit Cochise Conquering Bear Martinez*

Colorado USA

Host Drum  
Smokey Point

Guest Drum  
East Boys

Home Drum  
Hey Cuzzins

GRAND ENTRY AT 1

IRON MAN DANCE COMPETITION

IRON WOMAN DANCE COMPETITION

ONE MAN HAND DRUM COMP

HAND DRUM COMPETITION

BINGO!!