

Kwimu Messenger

News Letter

Issue No. 12

July/August 2019

The Voice of Lennox Island



Dear Lennox Island First Nation Families:

Once again, I am so very honored and proud to be your Chief. I am working diligently to put into action my promises to you, our families, to ensure that the band is protected and moving forward toward our shared goals of self-determination and prosperity!

So, with that, I have hit the ground running. In our First week in office we were able to secure a solid commitment from the Provincial Government to recognize publicly in a meaningful way our Treaty Rights here on PEI. We will work in cooperation with the province to map out what this historical celebration will look like in the coming months! October 1, 2019 will mark this special historic Mi'kmaq Treaty Day, so save the date!!!

Your Council and I have been working hard to get up to speed on all the business of the band, its programs and services, etc. Although the Band is in a very serious financial position, the programs and services will continue to run as usual. We have been served written notice that we must work to provide the Government with a solid plan to recover funds that were lost through bad decisions made by the former Leadership. This is unfortunate and we will be investigating further and will provide a report to the Membership when that work is complete. At the moment we are working to keep the ship afloat while we make and implement a plan to strengthen our financial position. So, things are going to get tighter than they already are as we are expecting that audit 2018-19 is not going to be positive and will likely prompt the Government to send another letter. That said I have met with the Regional Director General and have assured him that we are able to work through this and get back on track. So, it is my role to ensure that we work with the dept on a suitable recovery plan that will keep the wolves away and keep the house intact!

On the Upside I have had very positive meetings with the Premier, a number of his ministers, federal government officials and others who want to work with us to help achieve our goals. I am excited, humbled and honored by the positive response I have been personally given by all our partners who are eager to get to work and make things happen.

One quick example is the agreement to fix our potholes, scrape the dirt roads and plow snow, was a quick collaboration between us the Provincial Ministers of Transportation and Tourism and our local MLA to get it done in a timely manner. I am so pleased that the potholes got done in time for St. Ann's!!

One other very important development happened at the AFN meeting on July 25. Chief Gould and I were successful in putting a resolution on the floor of the Assembly directing the National Executive to work with us to amend the charter to allow for a Regional Vice Chief for PEI. This is a great advancement for the Mi'kmaq of PEI on the National scene!

There have been lots of great events and activities going on in Mi'kmaqki in the last couple of months, we had hockey stars and an Olympian visit our community to share their stories with us and to encourage our youth to reach for the stars and catch their dreams!

Our community is so beautiful, and I am so proud of all who work hard to keep their properties clean and neat. We are welcoming record numbers of visitors and guests to our homeland, so it is important to keep up with the grass cutting etc.! Kudos to our Maintenance Crew who work hard to keep the common areas of our community looking top notch!

We are going to be having meetings regarding the Sand Hills/Hogg Island Specific Claim. I hope that everyone will get out to one of these meetings to learn about the claim. Once this process is done, there will be a referendum vote on whether to accept the settlement or not.

With that, this is an exciting and challenging time for the Band. I will work continually to bring stability and new opportunities to our band.

I want to wish everyone a wonderful rest of the summer!

In Unity,

Chief Darlene Bernard, xo

OPERATION BACK-PACK IS BACK!!!!

Carol Lewis will be doing operation backpack for the fourth year running. If you need a backpack for your child please send her a private message via Facebook with your child(erns) name, age and grade they will be attending in the fall 2019.

This is NOT a band affiliated event; this is volunteer work Carol does for the children each year!

She is also welcoming non-members that are in need of backpacks to send her a message as well.

SPREAD THE WORD!!

TO SUBMIT

UPCOMING:

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

Please Contact:

MaryAnn Lewis
Communications & Technical
Support Staff Person
Phone: (902)831-2711
Cell: 902-786-3045
Email:
kwimu.admin@lennoxisland.com
Facebook: Kwimu Messenger

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HOG ISLAND SPECIFIC CLAIM

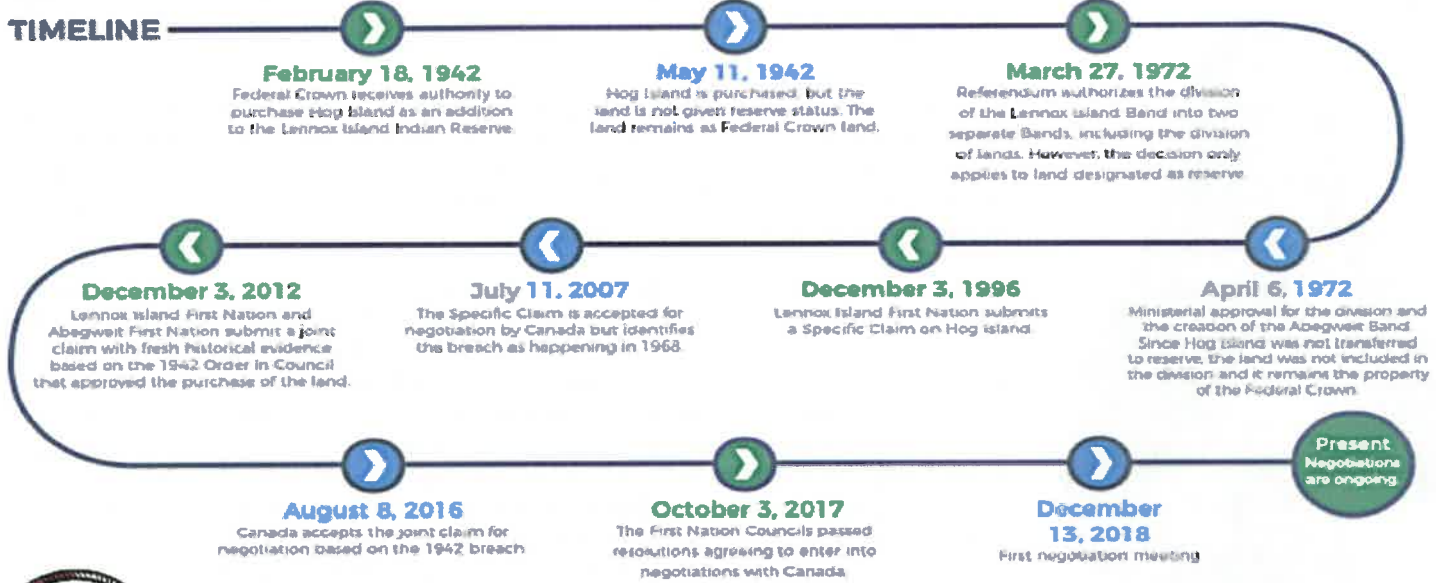
HOG ISLAND SPECIFIC CLAIM INFORMATION SESSIONS

Tuesday, August 6th, 2019
Lennox Island Health Centre Building
4:30pm – 5:30pm
Light supper will be provided.
(Sandwiches & Drinks)

Wednesday, August 7th, 2019
Abegweit First Nation Community Room
Scotchfort, PEI
5:00pm – 6:00pm
Light supper will be provided
(Sandwiches & Drinks)

Thursday, August 8th, 2019
Community Hall, St. Paul's Church
101 Prince Street, Charlottetown, PE
4:30pm – 5:30pm
Light supper will be provided
(Sandwiches & Drinks)

THE SETTLEMENT OF THE HOG ISLAND SPECIFIC CLAIM



- Hog Island is the collective name for the lands originally composed of George Island, George's Sand Island, Fish Island and Bill Hook Island. George's Sand Island and Bill Hook Island are now joined.
- A Specific Claim, otherwise known as a Specific Land Claim, deals with past wrongs against First Nations caused by a breach of Canada's fiduciary duty. These claims relate to the administration of land and other First Nation assets and to the fulfillment of historic treaties and other agreements.

Sixties Scoop Survivor?

You may be eligible for compensation. Please read this notice carefully.

A settlement has been approved between the Federal Government of Canada and certain survivors of the Sixties Scoop that provides compensation for loss of cultural identity for certain survivors.

WHO IS INCLUDED?

The settlement includes people who:

- Are registered Indians (as defined in the *Indian Act*) and Inuit as well as people eligible to be registered Indians; and
- Were removed from their homes in Canada between January 1, 1951 and December 31, 1991 and placed in the care of non-Indigenous foster or adoptive parents.

Those who meet the criteria above will be included in the settlement as "Class Members". All Class Members, except those who validly opt out, are eligible for compensation.

In addition, all Class Members, except those who validly opt out, will be held to the terms of the settlement and covered by the releases in the settlement.

WHAT DOES THE SETTLEMENT PROVIDE?

- Compensation will be available for all Class Members who were adopted or made permanent wards and who were alive on February 20, 2009; and
- a foundation will be created to enable change and reconciliation. The mandate and governance of the foundation will be defined through a consultation process with survivors across the country. The work of the foundation may include providing access to healing/wellness, commemoration and education activities for all communities and individuals impacted by the Sixties Scoop – including those outside of the defined "Class."

HOW DO I GET THIS MONEY?

To make a claim for money, you must fill in a Claim Form and send it to the claims office by **AUGUST 30, 2019**. Copies of the Claim Form are available at sixtiesscoopsettlement.info.

You do not need to pay a lawyer to complete the form. The administrator will help you fill out the form and there are lawyers you can speak with free of charge.

Also, if you do not have papers from the relevant provincial or territorial child service agency documenting your placement in care or documenting your status, you should still complete the Claim Form. The administrator will make the necessary record checks for you as needed.

HOW MUCH MONEY WILL I GET?

Your payment will depend on how many Eligible Class Members submit claims in the settlement. The range of compensation will likely be \$25,000 - \$50,000. The details are explained in the settlement agreement. A copy of the settlement agreement is available at sixtiesscoopsettlement.info.

WHAT IF I WANT TO EXCLUDE MYSELF FROM THE SETTLEMENT?

If you want to exclude yourself from the settlement, you must opt out of the class action by October 31, 2018. If you opt out, you will not be entitled to any compensation from the settlement and your claim against Canada in respect of the Sixties Scoop will not be released. A copy of the Opt Out Form is available at sixtiesscoopsettlement.info. If you have commenced a legal proceeding against Canada relating to the Sixties Scoop and you do not discontinue it on or before October 31, 2018, you will be deemed to have opted out of the settlement.

Important Note: The settlement does not interfere with any Class Member's ability to pursue legal proceedings against provinces or territories or their agencies for physical, sexual, or psychological abuse suffered as a result of the Sixties Scoop.

WANT MORE INFORMATION?

Visit sixtiesscoopsettlement.info, call 1-844-287-4270, or email sixtiesscoop@collectiva.ca.

DO YOU KNOW ANY OTHER SURVIVORS OF THE SIXTIES SCOOP?

Please share this information with them.

MCPEI HEALTH PROGRAM UPDATE

200 Read Drive, Summerside Office

rsark@mcpei.ca / 902-315-0650 / 902-438-2117

Hello to the Community,

On behalf of the MCPEI Health Program Team, we want to extend our congratulations to the Newly Elected Chief and Council on becoming elected this past June. If there is anything that we can do to bring you up to speed on the MCPEI Health Program let us know.

I would also like to take this time to acknowledge previous Chief and Council and thank them for all the support they provided on several Health Matters. It was a pleasure to work with you!

Roseanne Sark
Director of Health

Health Policy Planning Forum (HPPF)

The HPPF 2019-2020 Work Plan has been completed. We heard from all the Working Groups (Primary Care, Healthy Living, Home Care, Mental Health and Additions, eHealth) and received their work-plans with three areas of focus:

1. Service Agreements
2. PEI-Mi'kmaq Data Sharing; and
3. Culturally Appropriate Service Delivery

If you would like to learn more about the HPPF work and would like to see any of the work plans please contact Roseanne Sark at rsark@mcpei.ca.

RHSW/CSP

As of April 1st, 2019, we hired a 1-year term position Coordinator, Tiffany Sark. She joined us with much experience a culture and language. Her contribution thus far has been supporting IRS former students and descendants; Supporting community members to apply to the Day School class action; the 60s Scoop applications and was instrumental on the MMIWG retreat held in April. If you would like support in completing your application, please contact Tiffany at tsark@mcpei.ca.

Atlantic First Nations Health Partnership:

The Atlantic First Nations Health Partnership has completed their cycle of three (3) meetings for this 2018-2019 fiscal year. The last cycle of meetings was held in January. 2019-2020 began in May. The PEI First Nations Health Advisory met in April and discussed Sub-Committee delegation. The members are on: **Public Health Primary Care** – Stephanie Francis; **Mental Health** – Tammy Arsenault; **NIHB** – Jennifer Knockwood; **Child and Youth (New)** – Tara Little. We now have a **Chief Representative** – Chief Roddy Gould.

I was to acknowledge former Chief Matilda who was an active member as the PEI Chief representative on the Atlantic First Nations Health Partnership. Thank you very much for all your contributions to the health field.

Jordan's Principle

The Jordan's Principle Program supports 3 staff positions. One in each community (Case Managers) and 1 service coordinator (SC) based out of MCPEI Charlottetown office. We have established a PEI Jordan's Principle Advisory (Health, Social, Education), where we can discuss common interests, receive updates and talk about improvements of the program. The Service Coordinator and Case Managers also have a sub-committee. The Jordan's Principle Staff are doing a great job!

Emergency Management

It is our hope that we will achieve a 10-year Tripartite agreement on Emergency Management before the Federal election in October. We are currently waiting on the Province to review the final draft.

John J. Sark Memorial School Construction update!

As we finish off another school year, our school construction project nears completion. All major renovation projects are still on schedule for completion by the start of the new school year.

A few cosmetic projects, like the school signs, will not be ready by the end of the summer, but no project will delay the start of our year.

The school property, including the playground, remains closed to the community, as the whole property is still considered a construction site. Sorry for any inconvenience this has caused, but I am confident it will be worth it in the end.

Also, landscaping will begin soon, please be respectful of the process and stay off the grass.

If you have any questions, please feel free to give me a call or come by the office.

Neil Forbes
Director of Education
Lennox Island First Nation
1-902-831-2779 ext. 227

Hockey Day in Lennox Island was a Success



July 15th, 2019

It was of great honour to have former & current NHL players come to Lennox Island First Nation to present and experience the island with Bannock & Clams in the Sand.

Thank you to the partnership of with the Lennox Island Development Corporation, the Lennox Island Health Centre, Lennox Island Culture & Tourism and the Boys & Girls Club of Summerside.

Left to Right: Curtis Reilly, Sherri Barrett, MLA Robert Henderson, Cody McCormack, Councillor Richard Guimond, Chief Darlene Bernard, Waneek Horn-Miller, Jamie Thomas, Brandon Montour, John Cabot & Rick Nattress

Presenters/NHL Players



Waneek Horn-Miller, Mohawk of Kahnawake, and member of the Canadian Women's Water Polo team. She also became the first Mohawk Woman from Canada to ever compete in the Olympic Games.



Cody McCormack, is a former ice hockey player and coach. He is of European and First Nations descent with both Oneida and Chippewa, Ojibway ancestors. He has played for Colorado Avalanche, Buffalo Sabers and the Minnesota Wild. He was also the head coach of the Buffalo Beauts of the National Women's Hockey League from December 2018 – May 2019.



Brandon Montour, is of Mohawk descent from the Six Nations of Grand River. Montour is a Canadian Professional ice hockey defencemen for the Buffalo Sabres. Montour is of Mohawk descent from the Six Nations. He was selected by the Anaheim Ducks in the second round, 55th overall of the 2014 NHL Entry Draft.



Rick Nattress, is a former NHL defencemen. He was drafted in the second round, 27th overall by the Montreal Canadiens in the 1980 NHL Entry Draft. Nattress has also played for the St. Louis Blues, Calgary Flames, Toronto Maple Leafs, and the Philadelphia Flyers. He was a member of the Sherbrooke Canadiens 1985 Calder Cup and Calgary Flames team which won the Stanley Cup in 1989.



John Chabot, is a Canadian retired professional ice hockey player and coach. Chabot was drafted in 1980 by the Montreal Canadiens, and played 508 career NHL games for the Montreal Canadiens, Pittsburgh Penguins and Detroit Red Wings.



Fishermen's Pride 2019 Awards

Mentor of the Year
PAT BERNARD



Employee of the Year



DOMINIC DIJULIO

Snow Crab Captain of the Year
MARK BERNARD



**Captain
Of the
Year**
Went to:

**SHAWN
LABOBE**

**Not present
for photo**

**TOP VESSEL FOR CATCHING
THE MOST LOBSTER**



**Randy Thomas, Brandon Bernard
& Joel Bernard (not present)**

CREW OF THE YEAR



Mike Day & Cory Sark

Bideford Shellfish Hatchery

July 11th, 2019

Another first for the Bideford Shellfish Hatchery and the Skills Partnership Fund (SPF) crews. After conditioning their oyster brood stock, spawning and raising the product onsite the hatchery crew was able to deliver **1 million** perfect baby oysters at a size of 2mm back to East Cape Oyster Company. The product is now safely feeding in the FLUPSY that was delivered, set up in Souris, PEI.

On behalf of the Bideford Shellfish Hatchery and the Skills Partnership Fund (SPF) crews – we would like to thank Phil and his crew at East Cape Oyster Company for their ongoing partnership and business. We wish you all the best and look forward to seeing the growth in your product.



6 Things to Know about HEP C

1. Hepatitis C (HEP C) is a virus that injures the liver.

The liver is a very important organ in your body. It helps the body fight infections, break down toxins (poisons) and drugs, digest food, and more. You can't live without it.

2. You can have HEP C and not know it.

You can live with HEP C for 20 to 30 years or more without feeling sick even though the virus is injuring the liver. Over time, the injury to the liver gets worse, making it hard for this organ to work properly.

3. Testing is the only way to find out if you have HEP C.

It usually takes two blood tests to tell whether you have HEP C. The first test (an antibody test) checks to see if you have ever come in contact with the virus. The second test (a PCR or RNA test) checks to see if you have a HEP C infection right now.

4. HEP C is passed Blood to Blood.

The virus gets into the blood through breaks in the skin or in the living of the nose and mouth. HEP C is a strong virus: it can live outside of the body for many days. This means dried blood can also pass the virus.

The main ways HEP C can get inside the body:

- Re-using drug equipment that was used by someone else. This includes needles, syringes, filters, cookers, acidifiers, alcohol swabs, tourniquets, water, pipes for smoking crack or crystal meth, and straws for snorting.
- Re-using tools for piercing and tattooing, including needles, ink and ink pots. Also re-using tools for electrolysis or acupuncture.
- Re-using medical equipment that was meant to be used only once, such as needles for vaccines or medicines, or medical equipment that was not cleaned properly before re-use.
- Getting a blood transfusion or organ transplant that was not screened for HEP C. In Canada, donated blood has been screened for HEP C since 1990. In some other countries, blood was not able to be screened until more recently.

5. Other ways HEP C can get inside the body:

- Sharing or borrowing personal care items that might have blood on them, such as razors, nail clippers and toothbrushes.
- Having anal sex without a condom, especially when blood is present or when one of the partners has HIV or another sexually transmitted infection.
- Treatment can cure HEP C.
- About one in four people clear HEP C without treatment, but most people need treatment to cure HEP C. Treatment cures almost everyone. It comes in pill form, has few side effects, and is often taken for as short as 8 or 12 weeks. Everyone who has HEP C should talk to their healthcare provider about their options.
- HEP C is different from HEP A and HEP B. Hepatitis A (HEP A) and hepatitis B (HEP B) can also affect the liver. These viruses are easy to confuse with HEP C.

6. The main differences are:

- Most people clear Hep A and Hep B after a period of sickness, but people can have Hep C for years without knowing it.
- There are vaccines to protect against Hep A and Hep B, but there is no vaccine for Hep C.

New NIHB Program Updates available online;
Google Search: "NIHB Program Updates"

July 2019

1. Vision Care Benefit Information
2. Changes to Corrective Eyewear Coverage
3. Pharmacy Benefit Information
4. Changes to Pediatric Nutrition Coverage
5. Listing Status Change for nabilone
6. New Benefit for Treatment of Atopic Dermatitis (Eczema) in Children
7. Information for Clients in Ontario: Coordination of Benefits with OHIP+
8. Dental Benefit Information
9. New Coverage of All-Porcelain/Ceramic Crowns
10. Increased Coverage for Washable Bed pads
11. Coverage for Cochlear Implant Processors and Bone Anchored Hearing System Processors
12. New Listing _BPAP ST Device
13. General program Information
14. Reminder-Effective Dates

If you have questions about the NIHB Program, please contact us by email at nihb-ssna@hc-sc.gc.ca or via our online form.

MONTHLY WELLNESS CLINIC

The next
Wellness Clinic is
Tuesday
August 20th, 2019

BP, Blood Sugar Checks,
weights and healthy
livings education
offered.
For further information
contact Charlene Palmer

LENNOX ISLAND HEALTH CENTRE

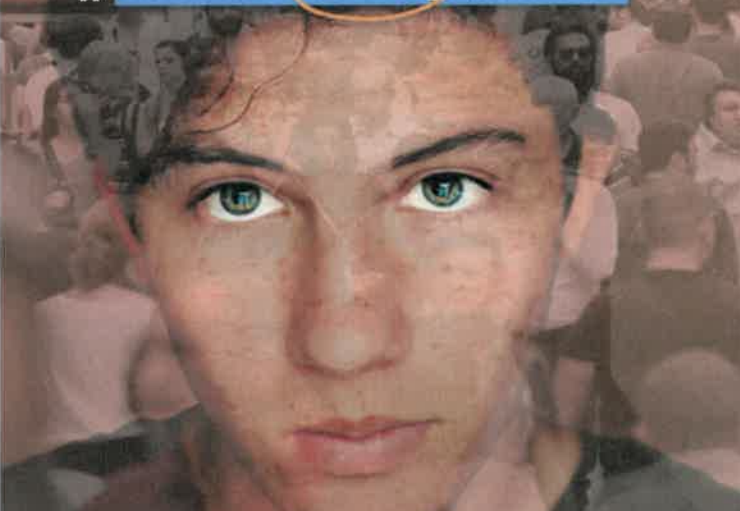
902-831-2711

A Diabetes Nurse is available at the Health Centre once a month. Please contact Charlene Palmer or Leanne 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.

World Hepatitis Day - 28 July

Find The Missing Millions.



290 million people live with viral hepatitis unaware
Have you been tested?



Find out more at www.worldhepatitisday.org
ELIMINATE HEPATITIS



Porcupine Quill Baskets

Kwei'l Pu'taliewe'l = Porcupine Quill Baskets

The use of porcupine quills in Mi'kmaq artwork is a long-standing tradition, from complex patterns on clothing and moccasins to beautifully crafted quillboxes. Mi'kmaq quillboxes became popular in the "made-for-trade" economies of the 18th century, with quillwork expanding later to chairs, tables and cradles. Some motifs are linked to particular families (e.g., Thomas or Williams), who have passed their styles down through generations.

Quillboxes are made from quills, birch bark and spruce root. Sections are created separately, and then fitted together to create a finished box. Each box includes a base made of birch bark or wood, the inner birch bark liner, rings of spruce root (often decorated with quills), and the lid. Over time, the tools and techniques have evolved from bone awls to modern hole punches. Aniline dyes came into use after 1860, though some artisans still use natural dyes.

Design is an intricate process. Imagine entire boxes, tables, or chairs being covered with quills, that are no longer than two inches each. Design methods include using a drawing compass and birch bark biting (an art form of its own). Most time is spent creating these exquisite patterns, which require great patience to execute. The final step is to assemble the box-fitting the sections into each other like a puzzle.



(Mi'kmaq History Month October 2013-Wikewiku's 2013)

Artisan Feature

Quill Artisan – Kayla Sark



Kayla Sark is a Mi'kmaq Woman from Lennox Island First Nation. She is currently an Administrative Assistant at the Lennox Island Health Centre. Kayla has always been involved in many different facets of her Mi'kmaq Culture, but has devoted much time to perfecting and specializing in Mi'kmaq Quill Art.

Quill art is the method of using porcupine quills, birch bark, and dyes, all harvested by hand. Kayla enjoys keeping the traditional art alive in her community by teaching the youth, community members, friends, along with her two young children.

Email: kayla.sark@lennoxisland.com

Kay's Kreations



Submitted by Kayla Sark

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

Mi'kmaq Language Class

**WILL CONTINUE
IN THE FALL**

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



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



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

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

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

Sober and Friendly Environment

Facebook:

www.facebook.com/SoberAndFriendlyEnvironment

Website: <http://www.safepei.ca>

Email:

soberandfriendlyenvironment@gmail.com

Phone: Evenings – 902-370-2015

Daytime – 902-218-6171

Address: 165 Hillsborough St.
Charlottetown, PEI

Lennox Island First Nation Health Centre MEDICAL CARRIERS CONTACT INFORMATION

| Name | Cell # | House # |
|------------------|--------------|--------------|
| Kate Arsenault | 902-888-8983 | |
| 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 – 8:30am – 4:00pm

Tuesday: 8:30am – 4:00pm

Wednesday: 8:30am – 4:00pm

Thursday: 8:30am – 4:00pm

Friday: 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:

September 2nd, 2019 – Labour Day

October 14th, 2019 – Thanks Giving

November 11th, 2019 – Remembrance Day

December 25th, 2019 – Christmas Day

December 26th, 2019 – Boxing Day

72 HOUR EMERGENCY KIT

Basic Supplies

- Water: One gallon per person, per day
- Food: Non-perishable, easy-to-prepare items
- Flashlight
- Extra Batteries
- First Aid Kit
- Medications
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents
- Cell phone with chargers
- Extra Cash (Small bills & coins)
- Emergency Blanket
- Maps of the Area
- Hand-Crank Radio

Extras

- Baby Supplies: Formula, Diapers, medications
- Pet Supplies: Collar, Leash, ID, Food, Carrier & Bowl
- Extra set of car and house keys
- Extra Clothing, Hat and Sturdy shoes
- Games & Activities
- Two-way Radios
- Surgical Mask
- Plastic Sheeting
- Household Liquid Bleach
- Entertainment Items-Blankets or sleeping bags
- Trash bags
- Baby Wipes
- Towels
- Manual Can Opener
- Matches
- Duct Tape
- Work Gloves
- Whistle
- Rain Gear
- Scissors
- Wrench or pliers to turn off utilities
- Family Plan
- Tool Kit

Found online: <http://seattlerefined.com/lifestyle/gallery/prepare-yourself-and-build-a-72-hour-disaster-emergency-survival-kit-12-17-2015>

NOTICES

Mi'kmaq Confederacy of PEI's

11th Annual Mawiomi (Powwow)

August 12th and 13th, 2019
Confederation Landing Park
Charlottetown Waterfront, PE

Celebrate Mi'kmaq Culture:
All Are Welcome!

Day 1

August 12:

"Mi'kmaq Traditional Teaching Circles"
Learn from Mi'kmaq community members, sharing
Seasonal traditions, Cultural Ways and Teachings

From 1pm to 5pm.
Light refreshments will be served



Day 2

August 13:

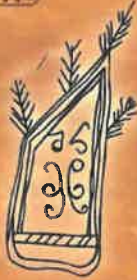
"Mawiomi (Powwow)"

See and hear Traditional Drumming and
Dancing, and enjoy a delicious Feast

Grand Entry: 1pm
Community Feast: 5pm

Vendors will be on site both days.

For more information, contact Tammy MacDonald,
communications@mcpei.ca; (902) 626-2682



MICHAEL THOMAS

Sept 7th



RACE DAY 2019

Date: Saturday Sept 7, 2019

Where: Stratford Town Hall
(Shakespeare Drive,
Stratford, PEI)

Registration: 7:30 am

Start Time: 8:30 am

10-Miler

Registration Fee \$30

5 KM Fun Run & Walk

Registration Fee \$20

Kids Fun Dash

Begins @ 10:00 am
FREE

Registration is through
the Running Room



Redfeather
Natural Products

ELECTRIC



Funds raised from this event will
support programs and services delivered
by the Aboriginal Sport Circle to increase
participation in sport for Indigenous
youth in PEI.

For more information contact:
Lynn Anne Hogan
Manager, Aboriginal Sport Circle
902-786-4348
lahogan@mcpei.ca

LENNOX ISLAND

AUGUST
24-25

19TH ANNUAL POWWOW

HEAD FEMALE DANCER

Denise John

HEAD MALE DANCER

Norm Milberry

Head Jr Female Dancer

Jaci Sylbooy

Indian Brook NS

Head Jr Male Dancer

Wambli Cochise Conquering Bear, Mustang

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!!



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.

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

Wli'ajipuna

Correction: June 14th – Happy 13th Birthday to Skyler Arsenaull! Love Mom
June 22nd – Happy Birthday to Lenny Thomas! Love Jamie & the boys.

July 2019

July 1st – Happy Birthday to Janet Gallant!
Love Jamie, Cassidy, Austin, Kallie & Isaha

July 3rd – Sunil Sanichari
-Happy Birthday to Sunil! With love from Mom, Gram & Mikey! We love you!
-Happy Birthday lil' cuz Sunil! Love Misti

July 4th – Happy Birthday Felicity! Hope you had the best day! Love you big bunches! Lots of love from Auntie Care & Family

July 6th – Happy Birthday Annabella Carol Anne aka BoBo! Lots of love from Auntie Care & Family

July 17th – Mike Gallant
-Happy Birthday to Mike! Love Kim, Jamie, Janet, Jeff & all your grandbabies
-Happy Birthday to the bestest poppa ever!
Who can fix & building anything! Love Xavier

July 17th – Ovie Augustine
-Happy 1st Birthday Ovie! Love your godparents, Jamie & Lenny
-Happy 1st Birthday! Love Mommy, Daddy & the kids xoxo

July 22nd – Edwin Campbell
-Happy Birthday Edwin Campbell! Love Mom & Dad
-Happy Birthday Edwin! Love Auntie Hehe & Uncle Mike

July 22nd – Happy Birthday to Alyssa Francis! Love Mom

July 22nd – Happy 15th Birthday to Bee (Aaliyah Lewis) Auntie loves you a whole bunch! Love Auntie Care & Family

July 22nd – Happy Birthday Lenny Thomas! Love Jamie & the Boys

August 2019

Aug 2nd – Amber Thomas
-Happy Birthday to Amber Thomas! Love you beautiful!
With lots of love from Mary Ann & Aurora
-Happy Birthday to my godchild Amber! Love Auntie Ashley, Jason & Kids
-Happy 15th Birthday Amber! We hope you have the best day ever baby!
Love Mom, Parker, & the kids! We love you so much!

Aug 3rd – Ethan Campbell
- Happy Birthday to Ethan Campbell! Love Godma & Godfather xo
-Happy Birthday Ethan! Love Mom & Dad

-Aug 3rd – Sadie Mitchell
-Happy Birthday! Love Roger & Family
-Happy Birthday Sadie! Love Shirley & Family
-Happy Birthday BFF! Have a good one! From Sheila Collicutt
-Happy Birthday to my sissy Sadie! Wishing you a happy birthday!
Love yah from Jackie Lantz

Aug 3rd – Margaret Sark
-Happy Birthday Godmother! Love Sheila Collicutt
-Happy Birthday to my beautiful Auntie Margaret! Love Sadie Mitchell
Aug 3rd – Happy Birthday to my awesome husband Charlie Saulnier!
Love Barbara xo

Aug 4th – Happy Birthday to Sheila Bernard! From Wendy Francis
Aug 4th – Happy Birthday Mom (Jeanie Bernard)! Hope your day is as amazing as you! With love from Teresa, Mikey & Sunil. We love you!

Aug 6th – Drew Sark
-Happy Birthday Drew! Love Mom & Dad
-Happy Birthday to my beautiful granddaughter Drew! Love Nanny Sadie

Aug 9th – Isaac Sark
-Happy Birthday Isaac! Love Mom & Dad
-Happy Birthday to my nephew Isaac! Love Auntie Sadie

Aug 9th – Happy Birthday to Kade! Love Rob, Mommy, Jansen & Ovie

Aug 10th – Happy Birthday to Wendy Francis!

Aug 18th – Happy Birthday to my only son, Jesse Levil Love Mom
Aug 22nd – Baby Gerry Lewis
-Happy 5th Birthday to Mr. Gerry Lewis! Love Godma, Godfather, Riley & Kiki
-Happy 5th Birthday to Baby Gerry! Love your BFF Atticus Reed
-Happy Birthday to my Nephew Gerry! Love Auntie Sadie
-Happy Birthday my dear Baby Gerry!
Love & Kisses from Auntie Jackie, Uncle Richard, Keith & Joshua
-Happy 5th Birthday Baby Gerry! Made it all the way to 5! That's half way to 10, so proud of you kwis! Love from Auntie Care & Family

Aug 25th – Cindy Sark
-Happy Birthday Juj! Love Riley & Kiki
-Happy Birthday Little sis! Love Sheila
-Happy Birthday to my cousin Cindy! Love yah, Sadie

Aug 26th – William Arsenaull
-Happy Birthday William! Love Mommy & Tommy
-Happy Birthday William! Love Grammy
-Happy Birthday William! Love Sugi Jeb n Jub
-Happy Birthday William! Love Godma, Godfather, Riley and Kiki. We love you so much and hope you have an amazing day!

Aug 28th – Happy Birthday to Rob Augustine! Love Lor

Aug 30th – Gerard Bernard
-Happy Birthday to the best boyfriend ever, Gerard! Love you, Chelsey
-Happy Birthday Daddy! From your boys & girls! We love you so much!
-Happy Birthday Daddy! From your fur babies

Aug 30th – Michael Day
-Happy Big 30! Love Mom & Mike
-Happy Birthday Dadda! Love Aubree xoxo
-Happy Birthday Uncle Mike! Love Liam, Noah & Kirsten

Aug 31st – Jeffery Bernard
-Happy Birthday to my Birthday Twin, Jeffery Bernard! From Ashley
-Happy Birthday granddad Jeffery! Love William & Tommy

Aug 31st – Ashley Lewis
-Happy Birthday Ashley! From MaryAnn & Aurora
-Happy Birthday to the Best Babysitter ever! Love Tommy & Dest
-Happy 34th Birthday to Ashley! You're amazing! Love always, Ashley!
-Happy Birthday to my birthday twin, Ashley! From Jeffery
-Happy Birthday to my little sis, Ashley, who is also my best friend! Have a wonderful day! Love you long time. Love Care & Family

Happy Birthday goes out to my beautiful granddaughter Brianna! Love ya to the moon & back. Nanny Sadie

-Happy Birthday goes out to my little Lilly Bear! Love Mom

Happy Birthday to my godchild Alyssa-Jo Bernard! Enjoy your special Day!
From Joyce Labobe

ANNIVERSARY WISHES

July 5th – Happy 13th Anniversary Preston Thomas! Love Candance

August 8th – Happy Anniversary Mom & Dad! From Vickey & Chance

August 8th – Happy Anniversary Mom & Dad! From George & Stacy

August 26th – Happy Anniversary Mom & Dad! We hope you have a great day together! WE LOVE YOU! Love Mary Ann, Chris & Aurora

August 26th – Happy Anniversary Babe! Can't believe it's going to be a year already!
Love Chance

August 26th – Happy Anniversary to Chance & Victoria! Love you both! From Stacy & George

Aug 26th – Happy Anniversary Chance & Vicky Banks! Love you!
Misti & family

August 27th – Happy Anniversary Rob Augustine! Love Lor

Happy Anniversary to my husband, Richard Lantz! Love your wife Jackie

Happy 14th Anniversary to Troy Bernard! Just when I think I can't love you anymore, I do! Love Kerri xo

Strawberry Shortcake

Ingredients:

1 ½ lbs strawberries, quartered
5 tbsp sugar
2 cups flour
2 tsps. baking powder
¼ tsp baking soda
2 tsps. sugar
¼ tsp salt
1 ½ cups heavy cream

Directions:

- Mix strawberries with 3 tbsp. of sugar and refrigerate while juices develop, at least 30 minutes.
- Preheat oven to 400 degrees f.
- Sift together the flour, baking powder, baking soda, remaining 2 tbsp sugar, and salt in medium bowl. Add heavy cream and mix until just combined. Place mixture in an ungreased 8" square pan and bake until gold 18-20 minutes.
- Remove shortcake from pan and place on a rack to cool slightly. Cut into 6 pieces and split each piece in half horizontally.
- Spoon some of the strawberries with their juice onto each shortcake bottom. Top with a generous dollop of whipped cream and then the shortcake top. Spoon more strawberries over the top and serve.

Whipped Cream

6. Using a mixer, beat the heavy cream, sugar, vanilla, and lemon zest until soft peaks form, about 1 ½ to 2 minutes.

Ingredients:

1 ½ cups heavy cream, chilled
3 tbsp sugar
1 ½ tsps vanilla extract
1 tsp freshly grated lemon zest



Mi'kmaq

Words of the Month

Maskwi = Birch Bark
Wjipiskapi'l = Spruce
RootKawi'l = Quills
Kawiey = Design
Amalukwaqn = Quilling
Kisitasik Pu'taliewey = Finished Basket

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.