



METIS MESSENGER

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Spring/Summer 2009

Bernie Heard Memorial Bursary

David Goudie is this years recipient of the Bernie Heard Memorial Bursary.

Bernie Heard was an active member of the Labrador Metis Nation who passed away in January 2008. He served as both the Vice President and President for a period of time. Along with Bernie's love of music, he was also very interested in his Labrador roots and culture.

The Bernie Heard Memorial Bursary program awards one bursary to a university student based on Metis ancestry, Labrador residency, merit and enrollment in a bachelor of arts program with a concentration in Music or History.

This years recipient David Goudie is the perfect candidate for this bursary. David will begin his fifth semester this fall at Memorial University in St. John's where he is studying music. He recently declared his major in composition and theory



Shown above: David Goudie being presented with the Bernie Heard Memorial Bursary by President Chris Montague.

and later hopes to complete a degree in education.

David takes great pride and interest in his Metis heritage. He has volunteered with the Labrador Metis Nation for various events such as Metis Friends and Family Day. David is also very interested in the environment, particularly the current state of Labrador. David hopes that his choice of a major in composition and theory will help him express himself through the musical idiom.

David is a great example of the many active Metis youth today and the Labrador Metis Nation would like to extend congratulations to David on all his current success and success that his future will bring. Good Luck David!

The METIS MESSENGER is published by the Labrador Metis Nation - an Aboriginal representative organization formed in the late 1970's to enhance, promote and protect Metis individuals, territory and culture through recognition and protection of their constitutional and inherent Aboriginal rights.

Labrador Metis Nation Youth Comes First Place in School Heritage Project

Sarah Fowler, daughter of LMN councilor Scott Hudson recently won first place at her school for a heritage project surrounding Metis Heritage.

Sarah lives and attends school in Dominion Nova Scotia. She attends MacDonald Elementary school. Her school has about 400 students and goes from K-6.

For the heritage project there were about 70 projects completed. Out of all these projects, 2 from each class were chosen to go to the Provincials at the University of Cape Breton; Sarah's was one of them.

Sarah, the Labrador Metis Nation is very proud of your accomplishment and appreciates the pride and recognition you have brought and shown for your heritage.



Sarah (Right) and her Partner (Left) with their project

NOTICE - New Application Forms are Now Available

In an effort to maintain a clearly defined membership list, the Labrador Metis Nation is in the process of renewing membership. This is a necessary process to ensure that our membership list is updated and accurate. The New Application forms are available at all LMN offices. All individuals must re-apply to become a card holding member of the LMN. For applicants who are re-applying there is no charge, for applicant who are applying for the first time a \$10.00 fee will be required. For any questions regarding the form or the membership renewal, please feel free to contact the LMN.

Phone: 709-896-0592 Ext: 231
Fax: 709-896-0594
Email: jbaggs@labradormetis.ca

Labrador Metis Nation Participates in the 2009 Canadian Cancer Soci- ety Relay for Life

How many of us can sit back and think of someone that has either had cancer or has in some way been affected by cancer? I would think the answer to this is that most of us do know someone, whether it be a friend or family member. We are all affected.

The conversation of cancer is very dominant in today's society and this is no exception to Labrador. As a tight knit community we often hear that this person or that person has cancer or is fighting cancer.

For the second year in a row the Labrador Metis Nation has participated in the Canadian Cancer Societies Relay for Life. The team is made up of LMN members, staff and even former staff. In 2008 the LMN made it's grand entrance to the relay as the "Walking Waldo's." The team took turns walking for 12 hours and participating in a variety of fun and silly games. The Waldo's were the most spirited and energized team throughout the relay and took home the award for most spirited team!

This year the LMN entered the Relay for Life as the Labrador Trappers. The team was dressed in old time Labrador clothing such as handmade Labrador coats, old fashioned leggings and fur hats. This year the team once again excelled. They spent the night in a trailer and walked all night through the pouring rain. However walking in the rain was no big deal as it was for an excellent cause.

Overall, for the past two years team members have had an awesome time raising funds and participating in the relay for life. The team is already making plans to participate in next years relay.

GO TEAM!!!



Members of the 2008 LMN Walking Waldo Relay team.



Members of the 2009 Labrador Trappers Relay team.

Metis Business Centre

We Can Help Build Your Business



The Metis Business Centre is a one-stop resource centre for Metis individuals who are interested in starting a new business or developing an existing business. We offer a large variety of services to assist clients in their entrepreneurial endeavors. Our mission is to work with Metis individuals in Central and Coastal regions of Labrador towards greater participation in small and medium business enterprises. Facilitating partnerships with existing agencies and businesses is another goal of the Metis Business Centre. Ensuring the Metis population benefits from advancement of all sectors of development in Labrador along with increasing the amount of Metis owned and operated business ventures throughout Labrador. We successfully accomplish this by promoting entrepreneurship, offering affordable, professional services and ready access to business planning, and allowing access to business information through resources at the centre. Such resources would include a webpage, a well trained business development officer, and workshops for new and prospective entrepreneurs.

Services Available

- Assistance with business planning and research, preparation of business plans, marketing and promotional plans and researching appropriate funding agencies.
- Reference library with self-help literature and guides to starting your own business.
- Information on various sources of financing for entrepreneurs.
- Self Employment Benefit (SEB) - Income support for new business owners.
- Consulting Advisory Services (CAS) Fund– Limited funding, to a maximum of five thousand dollars may be available to eligible clients to conduct market research and to prepare business plans.

For More Information Please Contact:

Metis Business Centre

169 Hamilton River Road
P.O. Box 418, Station C
Happy Valley– Goose Bay, NL
A0P 1C0

Phone: (709) 896-5052

Fax: (709) 896-5739 Toll Free: 1-866-446-5035

Email: info@metisbusiness.ca

Website: www.metisbusiness.ca

Great idea? We can help build your business

The Labrador Metis Nation would like to Welcome two new Staff Members

The Labrador Metis Nation would like to welcome a new General Manager to the organization. Dorothy Earle joined the team in late April and since then has become a perfect fit around the office.

Dorothy's enthusiasm for life and her work excites everyone, and the work environment is quite enjoyable. Since Dorothy has joined the LMN team she has been very busy with a variety of projects that have the possibility of greatly benefiting all the members of the LMN.

Dorothy is very hard working and she strives to provide a great work environment for the staff of the LMN and to work to provide exceptional services for the members of the LMN.

The staff of the LMN would like to extend a heartfelt welcome to Dorothy and everyone looks forward to working with her in the future.

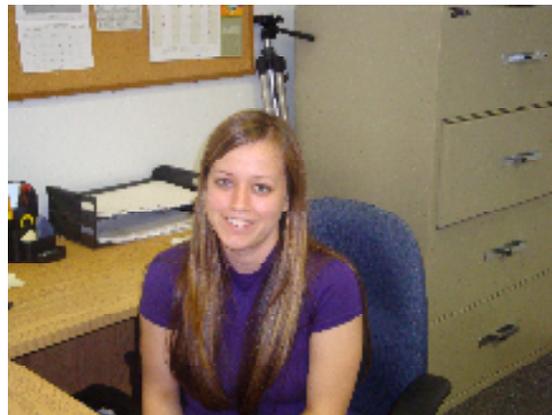


Shown above: GM Dorothy Earle

The Labrador Metis Nation would like to welcome a new work experience student Alicia Elson.

Alicia joins the LMN team fresh out of university. She recently graduated from St. Thomas University where she obtained a degree in Sociology and Native Studies. Alicia has a keen interest in the Labrador Metis Nation and it's genealogy.

Alicia will be working with Jennifer Baggs in the membership department as the membership research assistant. The LMN feels that Alicia is a great new asset to the team and looks forward to working with her over the next few months.



Shown Above: Alicia Elson

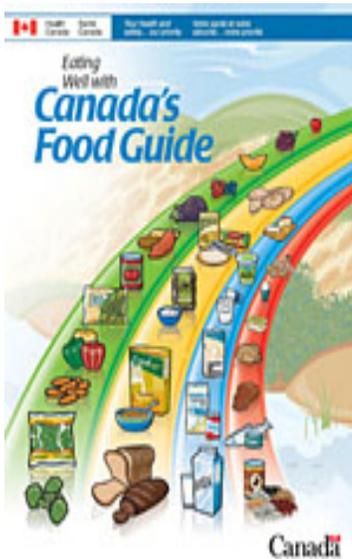


Interested in a Career in Medicine???

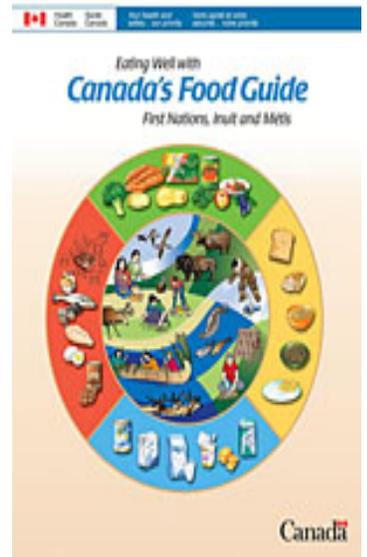
The Faculty of Medicine at Memorial University, St. John's, Newfoundland recently launched a program, the *Aboriginal Human Health Resources Initiative*, to encourage Aboriginal students to choose a career in medicine. Funded by the federal government, the program focuses on students from First Nations,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

Learning For Life ~ Preventing Diabetes Traditional Food Kit

This Traditional Food Kit is meant to provide the Metis people with printed information as a reminder of living healthy and to know more information about the benefits of eating Traditional Foods!



In 2007, Health Canada released two national food guides: Eating Well with Canada's Food Guide. An image of its cover is shown on the left. Eating Well with Canada's Food Guide - First Nations, Inuit, and Métis. An image of its cover is shown on the right. This food guide is based on Eating Well with Canada's Food Guide. Each of these two food guides is a tool to help Canadians make healthy food choices. Each is a guide to choosing healthy amounts and types of foods. Both food guides give recommendations for eating well based on science.



Information on the Aboriginal Food Guide:

It reflects the importance of food as a link to the land, to family and community, and as an element of spirituality

It shows traditional foods inside, as examples for Food Guide Servings.

The main design on the cover is a circle instead of a rainbow. A circular design is meaningful to many Aboriginal cultures, representing balance, cycles of life, and nature, etc.

This food guide reflects the importance of both traditional and store-bought foods for Aboriginal people.

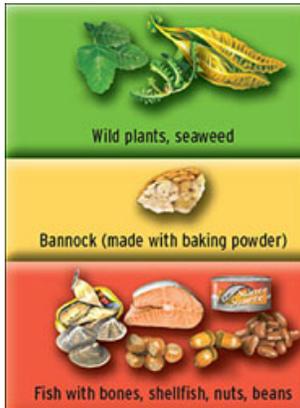
The store-bought foods on this food guide are generally available in rural and remote locations, as well as in cities.

This food guide highlights the diversity of traditional foods across Canada, and shows examples of foods that are representative of traditional foods from across the country. This food guide is not intended to represent all of the food choices of First Nations, Inuit and Métis.



Traditional food sources of the nutrients found in milk

In the past Métis people got the important nutrients found in milk from traditional foods, including the foods shown below.



People who don't drink milk products should get advice from a health care provider.

Traditional foods in the Meat and Alternatives group



- °Traditional meats and wild game
 - °Beaver, caribou, rabbit, birds, moose, seal, and deer
- °Fish and shellfish
 - °Crab, mussels, scallop, fish (whole or canned)

The traditional foods in the Meat and Alternatives food group include foods from the water, land and air. You will see beaver, caribou, rabbit, wild birds, moose, seal and deer, as well as crab, scallop, mussels, and fish.

The benefits of eating traditional foods include:

- √ Traditional foods have less fat, salt and sugar than many store-bought foods.
- √ They have essential nutrients that are needed for good health during harvesting, and people being physically active.
- √ The cultural importance of harvesting and eating traditional foods.

In some instances, governments advise people to limit certain foods when there is particular concern for a contaminant. These advisories are usually for pregnant and breastfeeding women and very young children. The food guide encourages consumers to ask about advisories for their communities or local area.

Comparison of Store bought Foods Vs Traditional Foods!

Per 90 g serving of ...	Fat (g)	Calories
➤ Beef, stewing, cooked	9	197
➤ Hamburger, reg, cooked	18	260
➤ Bologna	27	283
➤ Pork chop	28	351
➤ Wieners (< 2 1/2)	27	288
➤ Canned luncheon meat	28	300

Per 90 g serving of ...	Fat (g)	Calories
➤ Caribou, roasted	4.5	170
➤ Rabbit/hare, wild, stewed	3	156
➤ Seal, cooked	8	165
➤ Partridge, roasted	5	156
➤ Cod, Atlantic, dry heat	1	95
➤ Salmon, Atlantic, broiled/baked	7	164

Labrador Metis Nation Youth Wins Award!!

Labrador Metis Nation youth, Julie Renee Bull, from Happy Valley-Goose Bay, was recently awarded the Jens Peter Hart Hansen Award at the 14th International Congress on Circumpolar Health (ICCH) in Yellowknife, Northwest Territories. There were five of these awards given out and Julie was the only person from Canada to receive it. This prestigious award is given by the Canadian Society for Circumpolar Health for a student who shows scientific excellence and relevance to circumpolar health with his or her research. The award also recognizes the student's current and past work and contributions to circumpolar health.

While attending the ICCH, Julie gave two presentations – one on building research relationships with aboriginal communities and the second about aboriginal graduate student successes in aboriginal health research.

Elder Anne Wieler presented Julie with her award and this is what she had to say:

Our Canadian recipient of the Hart Hanson Award for the 14th Annual International Congress on Circumpolar Health is Julie Renee Bull from Labrador. Her educational background includes a Bachelor of Arts degree with a double major in Philosophy and Psychology, a Master's of Applied Health Services Research, and she is currently enrolled in the Interdisciplinary PhD program at Dalhousie University.

Her research areas are wide ranging, with a clear focus on aboriginal issues. Julie has an impressive number of publications and presentations on diverse issues with aboriginal dimensions – in particular she was the founder and president of the First Nations, Inuit, and Métis student group at the University of Prince Edward Island.

Julie has been very active, both in her community, the Maritimes, and across Canada, sharing her knowledge, skills and demonstrating passion and commitment for aboriginal well being.

It is clearly evident in her work resume that Julie is a committed, capable, and dedicated individual who has already made an amazing impact in her professional life. Her future will no doubt bring about even great achievement and change. I'd say "watch this lady!" We all agree that Julie is most deserving of the Hart Hanson Award! Congratulations and best wishes from all of us.

The Labrador Metis Nation is very proud of Julie. Julie's Master's thesis explored Research Ethics involving Aboriginal peoples, using qualitative methods. An Aboriginal Scholar, Julie's research interests are rooted in Aboriginal and rural health and education, which brings her closer to people. She has worked very closely with all the Aboriginal organizations in Labrador. She also works closely with Aboriginal organizations in PEI.

In June 2007 Julie received recognition from the National Aboriginal Health Organization when she became one of twelve 2007-2008 National Aboriginal Role Models. Julie has also received an Atlantic Aboriginal Health Research Program Graduate Student award. Julie has received a Canadian Institutes of Health Research - Institute of Aboriginal Peoples Health (CIHR-IAPH) Scientific Director's Award of Excellence for her thesis work. While working on her PhD Julie is currently Project Manager at UPEI for the Maoi Omi Aboriginal Student Centre, the first student centre at UPEI for First Nations, Inuit, and Métis students. Julie also sits on various boards including the Research Ethics Board at UPEI and the Congress of Aboriginal Peoples' National Youth Council. Though living away from home to attend university, Julie remains active in the Labrador Metis Nation. Congratulations! We wish you well, Julie.

If you would like to contact Julie, please email her at jbull@upei.ca.



Healthy Living Tips!

° Did you know that bakeapples are as equivalent in Vitamin C as oranges!

° Blackberries, raspberries and blueberries contain some phenolic acid phytochemicals, "These phytochemical families (bioflavonoids and phenolic acids) have powerful antioxidant duties in the body and may help protect us against cancer.

° The American Heart Association recommends that people include at least two servings of fish per week, particularly fatty fish (such as salmon), in their diets. This advice was based on scientific evidence suggesting that people who consume at least one, preferably two, servings of fish a week have a lower incidence of heart disease and stroke.

° There is solid research that fish is good for people with diabetes by helping to reduce their risk of a heart attack.

° Dried juniper was used for children who had a cold to relieve chest congestions.

° Indian tea leaves and blackberry bushes was used for various health matters such as flu's, weakness, blood loss during child delivery, etc...

LMN Summer Employment!

This summer the Labrador Metis Nation was able to provide summer career placements to 20 clients. All students were returning to University studies in September. The LMN is not able to provide Skills Funding Assistance to University students under the current agreement with the government, therefore, this summer preference was given to students who will be attending University in the fall.

Summer career placements are scattered though out all of the Labrador Metis Nation communities. The main focus was on placing students with work placements that fit with in the clients over all career goals. This was very successful in seeing that all of the placed students were able to gain valuable experience in their field of study.

The Labrador Metis Nation values and supports the success of its students and would like to extend a congratulations to all students who have completed training this past year and wish them the best of luck in the future.

Aboriginal Patient Navigator Pilot Program

The Aboriginal Patient Navigator Program is based in the Health Science Centre, St. John's. The Aboriginal Patient Navigator works as an embedded member of a multi-disciplinary team, to support the provision of health care services (acute care, residential care, mental health, community services, etc.) to Aboriginal patients/clients, caregivers and their families to specifically address:

- Aboriginal Patients with Language Barriers
- Aboriginal Patients from rural areas requiring navigation to scheduled appointments within the Health Science Centre and St. Claires

Aboriginal Patients requiring acute care and extended stays within the Health Science, Waterford, Miller Centre and St. Claires and have little or no support from family because they are from other areas of the province

This position acts as a resource for health care providers and Aboriginal patients to ensure care is culturally specific and ethno sensitive. The APN provides a link between Aboriginal communities and Eastern Health care providers and supports Aboriginal peoples understanding of the Provincial health care system.

Contact Info:

Paula Delaney
Paula.delaney@easternhealth.ca
(709)777-2110

Katie Dicker
Katie.dicker@easternhealth.ca
(709)777-2110

If you require their services after these hours please page the site clinical manager on call @709-570-9217, and your call will be re-directed.

If you require any further information with regards to the Health and Social Sector, please feel free to contact us at:

Darlene Wall
dwall@labradormetis.ca
(709)896-0592 Ext: 238

Or

Melita Paul
mpaul@labradormetis.ca
(709)949-0292

Labrador Metis Nation
Po. Box 460 Stn.C
Goose Bay, NL
A0P 1C0

Labrador Metis Nation
Po. Box 59
5 School House Lane
Charlottetown, NL
A0K 5Y0

Did you know??

Molasses and a cake of sunlight soap was blended together to make a cream and was used to draw infection out of sores or gatherings!

**Labrador Metis
Nation 2009
Ray Turnbull
Memorial Bursary**



Mr. Raymond Turnbull grew up in Charlottetown, Labrador. He went on to pursue a degree in education and later taught at the school in Charlottetown. Raymond came to the LMN as the Education Officer where he dedicated his life to helping Metis Youth. Sadly, Raymond passed away in 2004 leaving a void in the hearts of his family, friends and colleagues. In 2005 there was a bursary created in memory and honor of Ray. This bursary is in the amount of \$2,000 and is awarded annually to a Metis Student who is graduating from level III and who has demonstrated admirable community and school involvement as well as academic achievement

The recipient of this years bursary is Alana Rumbolt. Alana is starting her first year of a Bachelor of Science degree at Acadia University in Nova Scotia.

The Labrador Metis would like to congratulate Alana on her achievement and wishes her the best of luck in her studies.

For more information please contact:

Human Resource Development
Manager

Debbie Goude
709-896-0592 Ext: 223
dgoudie@labradormetis.ca

Or

Senior Human Resource
Development Officer

Leeanne Fowler
709-896-0592 Ext:227
lfowler@labradormetis.ca

For information on any of our many
funding opportunities please check
out our website.

www.labradormetis.ca

Messages from the Natural Resources Department

The natural resource department of the Labrador Metis Nation would like to remind everyone to return their salmon catch logs and caribou hunting logs once harvesting is completed.

The Labrador Metis Nation is in the process of exploring new options with regards to recreational cod fishing on the south coast of Labrador, anyone willing to release their landings for the 2009 recreational cod fishery are urged to contact us. For more information please contact Roland Kemuksigak (709) 896-0592 Ext. 241. All information collected will be kept anonymous and confidential.

Community Freezer Bakeapples



Shown Above: President Chris Montague with Elder Gerald Dyson receiving some fresh Bakeapples.

The Natural Resources Department, along with Learning for Life ~ Preventing Diabetes Project of the Labrador Metis Nation, have worked together to expand the Community Freezer Program. This year for the first time we were able to purchase bakeapples from the south coast and give them to Elders in the Upper Lake Melville area. It is our hope that we can return the favour to our south coast Elders later on by bringing caribou from central Labrador for them.

Labrador Metis Nation 2009 University Bursaries

The Bursary Program awards bursaries to post-secondary students based on Metis ancestry, Labrador residency, labour market prospects and merit. Bursaries are awarded in collaboration with the Labrador Metis Nation Human Resource Development Committee.

This year the Labrador Metis Nation was able to fund 24 students. Each student will receive \$4,000 per semester for a total of \$8,000 for the school year.

The Labrador Metis Nation is very pleased to be able to aid these students and wishes that there was enough funding to assist all LMN students.

For further information on our bursary program, please feel free to contact us at:

Telephone: 709-896-0592 or 1-877-896-0592

Email: dgoudie@labradormetis.ca or lfowler@labradormetis.ca

Office of the President Contact Information

President

Chris Montague

1-709-896-0592 Ext:222

Fax: 1-709-896-0594

Email:

cmontague@labradormetis.ca

Executive Assistant to the Office of the President

Amanda Parady-McKay

1-709-896-0592 Ext: 225

Fax: 1-709-896-0594

Email:

apardy@labradormetis.ca

Website:

www.labradormetis.ca

Presidents Message

The Labrador Metis Nation continues to develop new opportunities and to confront new challenges. New opportunities far from instant but there is a continued growth that brings us closer to our goals, many which were formulated during my first presidency nearly thirty years ago. This considered, the progress we have made over the last three years is truly amazing.

Our AHRDA Continues to fund many of our students in post secondary education. We continue to work on new training initiatives which include a training plan for the Lower Churchill Project (ASEP) and training partnerships with small business's (ASTSIF). Much work remains on both projects, but both hold great promise and will greatly enhance our ability to fund more students.

Our fishery has also experienced a successful season. We continue to receive profits from both our offshore and in-shore fishery enterprises. Our communal fishery was a success and we continue to partner with DFO on conservation. Our harvesting program continues to be a success.

The medical needs assessment project has been slightly delayed but the survey will proceed in the near future. This provides an opportunity for our people to express concerns on health issues. The results will enable us to obtain a more efficient healthcare system for our people.

There are challenges facing us in court. Our hunters await trial for hunting caribou without a Newfoundland license. Our hunters followed principles of safety and conservation. The Powley decision recognized our rights. The Newfoundland and Labrador Supreme Court of Appeals stated those rights. The Supreme Court of Canada agreed with the decision. The Labrador Metis Nation will defend our people. A trial date may be set in October and we are confident we will win.



In the mean time our land claim research is moving forward. We have received nearly \$280,000 for land claim research this year. The strength of our claim continually grows stronger

We have also partnered with MUN on a CURA project which will continue archaeological work on the South Coasts of Labrador. Such work will reveal much of Labrador's early history. With our past illuminated, our future looks bright.

I am proud to be your President at this crucial and exciting time, a time when fairness and opportunity will finally come to our people.

Chris Montague
President

Off Reserve Aboriginal Housing Program

Over the past while, Phase I applications have all been approved. Contracts have been drawn up for 30 applicants to date. Further contracts are still being drawn up daily as supporting documents are being received. It is estimated that a total of 80, with the possibility of even up to 90 contracts, will be completed in Phase I. To date, 44 applications have been received for Phase II with applications arriving daily.

As of July 6, 2009, Ms. Diane Brown has moved into the position of Housing Program Officer. As a long time employee of the LMN, Ms. Brown has a wealth of knowledge regarding Membership and the LMN as a whole.

Ms. Brown has taken over the housing files and has transitioned into this position very smoothly. There is no doubt that she will be very competent and efficient in providing programming as required. We would like to sincerely thank Shirley Oliver for the dedication she put into the position of Housing Program Officer over the past several months.

Staff are always open to any questions or concerns, please contact the following at:

Diane Brown
(709)896-0592, Ext. 232
dbrown@labradormetis.ca

Trent Acreman
(709)921-6908
tacreman@labradormetis.ca

Darlene Wall
(709)896-0592, Ext: 238
dwall@labradormetis.ca