

# NunatuKavut<sup>news</sup>

Issue One | Season One

## A Special 2010 Reflection Issue of the NunatuKavut News

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We traditionally referred to ourselves as Labradorians, Inuit descendants indigenous to Labrador. The name has lost its original meaning and was never legally understood to imply our aboriginality. Labrador Metis was our first attempt to legally define ourselves and to underlie our uniqueness to those outside our community.

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NunatuKavut:  
*nu/na/tu/Ha/vut*  
“Our ancient land.”

### In This Issue...

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*Working to keeping traditional events alive*

LABRADOR WINTER GAMES WELLNESS WORKING GROUP *and their roll in the Labrador Winter Games*

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*“Build Your Business”*

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) *Training was offered people in our Southern coastal communities.*

METIS WOMEN REPRESENTED LABRADOR at *The Atlantic Canada Aboriginal Women in Business – Balance 2010 conference*

NUNATUKAVUT MEMBER WINS CANADA'S MOST PRESTIGIOUS SCHOLARSHIP for *Doctoral Students*

### Message from the President

I am pleased to report that we have experienced much progress in NunatuKavut. This would not have been possible without a dedicated staff and council. There are also many possibilities and opportunities that offer us challenges for the future. This brief report will highlighted some of them. • Our organization acquired the services of a management expert to help our council develop a strategic plan.

*Full message on following page.*



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# Chris Montague's Message From the President

I am pleased to report that we have experienced much progress in NunatuKavut. This would not have been possible without a dedicated staff and council. There are also many possibilities and opportunities that offer us challenges for the future. This brief report will highlight some of them.

Our organization acquired the services of a management expert to help our council develop a strategic plan. This helps us to focus our efforts on essential areas of opportunities which contribute to our overall success. We have also acquired the services of communication firms to set up a new website and a new branding for the organization.

We have worked with business partners to further our participation

in the mining industry. We are working to set up a cell phone services for some communities on our South Coast. We also are working on alternative forms of energy such as a co-generation plant in Port Hope Simpson.

We have worked with the Federal Government in many areas. We have concluded an agreement with DFO that will add three inshore crab licenses to our organization. We have signed a four year agreement with the Canadian Wildlife Service and we have agreed to a new expanded forestry agreement with the Provincial Department of Natural Resources.

In my capacity as president we were represented at meetings concerning Parks Canada, MUN

Health and economic development. Our position reflects our historic and modern South-Central Inuit community. Our recognition is firmly established.

Our position in our homeland is strongly supported in case law, right up to the Supreme Court of Canada. Our Treaty of 1765 is being examined and presented to claim our Treaty Rights. We are exploring possible legal avenues to advance our land claim. The future looks promising as we work to bring prosperity and a brighter future to our people.



## The Labrador Youth Leader's Committee

*keeping traditional activities alive*

The Labrador Youth Leader's Committee is made up of a group of individuals from the Community Youth Network, NunatuKavut, United Cultures Youth Project, and Nunatsiavut. We work together to plan youth events, youth nights and other activities for youth, ages 12-24. We have been taught how to make the traditional seal skin mittens, but Audrey Broomfield.



(Above-LEFT) Pictured is Elder, Audrey Broomfield teaching Sterling Penney how to cut out the seal skin for his seal skin mittens. (RIGHT) Holly Greenleaves presenting her nearly finished product of seal skin mittens.

We believe, as youth workers, it is very important for us and our youth to learn as many traditional crafts and ways of life as possible so that our culture does not get lost. Preserving our culture is something very

important as it is so easy to lose it along the way. We enjoy working with the youth and they really enjoy coming to our events, we look forward to seeing new youth, ages 12-24 at each of our events every week!

# Labrador Winter Games Wellness Working Group *and their role in the Labrador Winter Games*

The Labrador Winter Games Wellness Working Group is a group made up of different wellness related groups from around the town. We obtained grants from different places to provide healthy snacks to the athletes every day, during the Labrador Winter Games, free of charge.

We provided condoms to the athletes through our “Lifesaver Challenge” as well as by our condom mascots giving the condoms out at the bars during the games. We had “no smoking” signs at the start lines/ finish lines of the outdoor events, and we had Ticker Tom, our



*Our MP Todd Russell with our wellness mascot, Ticker Tom!*

wellness mascot going around at these events as well.

Based on a point system, we had an award for the “healthiest team”, this year’s winning team with the most points was, Cartwright.

We had loads of fun during the games as our group helped provide healthier choices to the athletes and we look forward to helping out again in 2013!

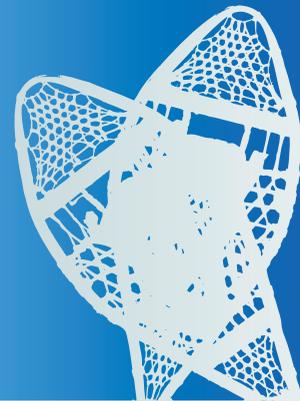


*Jenni-Rose Campbell (left) and Holly Greenleaves (right) presenting the Cartwright Team with the “Healthiest Team” award.*



*(LEFT) Members of the Charlottetown team surrounding Ramsey Powell after doing a marvelous job in the snowshoe race.*

*(RIGHT) Pinsent’s Arm’s Richard Williams during the Labrathon.*



## Skipping...

### Fun For All Ages!

The Health & Social Sector of NunatuKavut, along with a community working group (representatives from the Labrador School Board, LG Health, Nunatsiavut – DHSD, Integrated Innu Diabetes Initiative, Labrador Regional Wellness Coalition), worked together to plan a train-the-trainer formal skipping program in Happy Valley-Goose Bay in December 2009. Other community partners to help carry out the event were the Labrador Winter Games Office, Southern Labrador Family Resource Centres and the College of the North Atlantic. Funding for this initiative was provided by a Provincial Wellness Grant from the Gov of NL – Dept of Health & Community Services.

This training reflected a capacity building ideology in that it focused on the strengths within smaller communities, and more specifically, community physical activity leaders. We invited well-known skipping program trainer – Loyola Fitzpatrick (and two of his students) to train adults in the skills associated with skipping as an accessible and inexpensive physical activity.

People from many parts of Labrador availed of this exciting training and will now carry out youth skipping programming in their communities over the coming months.

For more information on this project or anything in the health & sector, please contact Darlene Wall at 1-877-896-0592, Ext. 2238 or [dwall@labradormetis.ca](mailto:dwall@labradormetis.ca).

## Metis Women represented Labrador at The Atlantic Canada Aboriginal Women in Business – Balance 2010 conference

Two clients of the Metis Business Centre will be attending The Atlantic Canada Aboriginal Women in Business – Balance 2010 conference. Doris Patey from Goose Bay, owner/operator of Doris's Design and Engraving and Lisa Bolger a young lady from Labrador City, who is interested in starting her own business will be representing Metis people and Labrador at the conference. The conference was open to all aboriginal women who own a business, would like to start a business or expand a business to register, 100 women from Atlantic Canada were selected. All costs are covered by the Membertou Entrepreneur Centre partners and sponsors. The three day conference is rooted in the theme of balance and the concept of "sound body... sound mind" offering an opportunity to simulate business presentations, hear from Bill Rancic, Winner of TV Apprentice" and learn from industry and finance experts. As well as participate in apprentice challenge, hands-on challenges, fashion show, bootcamp and trade show! We are proud of you Doris and Lisa!

You can visit the Metis Business Centre at 169 Hamilton River Road, Happy Valley - Goose Bay, Labrador or call (709) 896-5052 to schedule an appointment. You may also visit their website at [www.metis-business.ca](http://www.metis-business.ca). As always, they look forward to hearing from you.

# Metis Business Centre

*"We can help Build Your Business"*



### Arpeggio's: Strings & Things

Arpeggio's: Strings & Things is owned and operated by entrepreneur Mr. Paul Walsh in Happy Valley -Goose Bay, NL. Paul has always wanted to open his own business, and paired with his hobby of playing guitar, opening a music store was a natural fit. This is a small business focused on quality musical supplies at affordable prices. The available products include, but not limited to; acoustic and electric guitars, basses, complete drum kits, cymbals, microphones, and much more. Paul is also

able to perform basic repairs, maintenance, and instrument set-ups. For all your musical supply needs, or if you want to revive that old junker in the closet, go to Arpeggio's: Strings & Things, located at 3 Grenfell St. If you would like more info, call (709) 896-9296, or email [palsh109@hotmail.com](mailto:palsh109@hotmail.com), and Paul will set up your guitar like it was always meant to be played!



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**Great Idea? We can help build your business.**

I would like to introduce Metis Entrepreneur, Mr. Paul Walsh. He is the owner operator of Arpeggio's: Strings & Things, our Metis Business of the month. Arpeggio's: Strings & Things is located in Happy Valley-Goose Bay, NL. Paul has always wanted to open his own business, and paired with his hobby of playing guitar, opening a music store was a natural fit.

His store is a small business focused on supplying the town, as well as surrounding communities with quality musical supplies at affordable prices. The available products include, but not limited to; acoustic and electric guitars, basses, complete drum kits, cymbals, microphones, and much more.

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For you facebook fans, join Arpeggio's: Strings & Things facebook page and keep up to date on available supplies and discounts!

*The ad that the Metis Business Centre will be featuring this month in the Labradorian and Northern Penn at no cost to Paul or his business. This is a service we would like to provide for all Metis business owners, so please read below to see how you and your business can be featured.*

The Metis Business Centre is a one-stop resource centre for Metis individuals interested in establishing a new business or developing an existing business. This Centre offers a large variety of services to assist clients in their entrepreneurial endeavors.

# Applied Suicide Intervention Skills Training (ASIST)

*“A workshop for people who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million people worldwide have participated in this two-day, highly interactive, practical, practice-oriented workshop.” Thanks to the Social Sector of NunatuKavut this training was offered people in our Southern costal communities. Here is the story:*

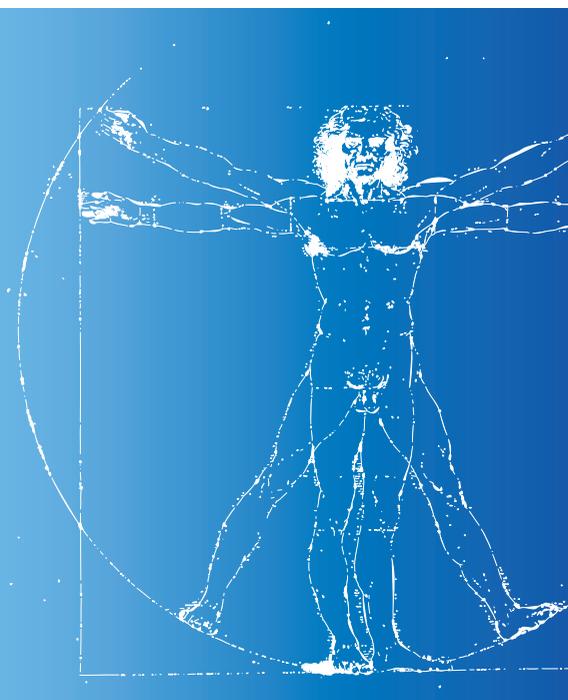


The Social Sector of NunatuKavut along with Living Works Education, offered Applied Suicide Intervention Skills Training (ASIST) in Port Hope Simpson in December 2009. Funding for this training came from the Government of Newfoundland and Labrador, Department of Labrador & Aboriginal Affairs Suicide & Detrimental Lifestyles Project Grant.

Jocelyn Rose of Corner Brook and Gerry Dooley of St. John’s were the facilitators to the 20 participants from various communities along the south coast of Labrador. The workshop gave participants the opportunity to share their experiences,

concerns and attitudes on suicide while offering the resources to better understand and address the needs of persons at risk through suicide first-aid training.

The ASIST workshops are based around a two-day program in which participants take part in small and large group interactive learning sessions. It was first developed in 1983 in an effort to help create and promote suicide safer communities internationally and since 1985 has been delivered to over 500,000 caregivers in more than ten countries.



## THINKING ABOUT A CAREER IN MEDICINE?

The Faculty of Medicine at Memorial University, St. John’s, Newfoundland now offers the Aboriginal Health Initiative, a program to encourage Aboriginal students to choose a career in medicine. The initiative focuses primarily on students from First Nations, Inuit and Metis communities in Newfoundland and Labrador. In partnership with the Initiative, two seats, through the Aboriginal Admissions Program, are now reserved in the Faculty of Medicine for successful Aboriginal candidates. A pre-med orientation program and a mentoring system are provided to help prepare the applicants.

You can find out more information about the initiative through our Website [www.med.mun.ca/AHI/home.aspx](http://www.med.mun.ca/AHI/home.aspx) or by contacting the program coordinator, Dr. Carolyn Sturge Sparkes, e-mail address: [carolyn.sturge@med.mun.ca](mailto:carolyn.sturge@med.mun.ca)

A woman with short brown hair and glasses, wearing a black and white patterned dress, stands smiling in front of a large body of water. In the background, there are green mountains and a forest under a cloudy sky. The text is overlaid on the left side of the image.

# NunatuKavut Member Wins Canada's Most Prestigious Scholarship for Doctoral Students

*Julie Bull, a member of NunatuKavut and a graduate of the University of Prince Edward Island, was recently announced as one of the 2010 recipients of Canada's most prestigious scholarship for doctoral students — the Vanier Canada Graduate Scholarship.*

Julie is working on her PhD in Interdisciplinary Studies at the University of New Brunswick. Her research is rooted in Aboriginal and rural health and education. She wins the Vanier award for her doctoral research on Ethics. Her study is in partnership with NunatuKavut where she examines “Grassroots voices: authenticity in relationships with academic researchers in the context of Aboriginal health research”. Chris Montague, President of NunatuKavut, says, “Our relatively small Aboriginal community has produced a considerable portion of high achievers.

Julie is an excellent example of this and more. She has not only achieved academic excellence, but while doing so she has contributed so much to our community. We are all so proud of her.”

Being from Happy Valley-Goose Bay, Labrador, Julie says, “It is an honor and a privilege to be able to work with my home communities while I complete my education. It helps me stay connected while studying away from home and gives me a real sense of pride to be able to give back to so many people who have helped me achieve so much”.

Julie has received numerous awards and recognition in acknowledgement of her scholarly abilities. She received several graduate awards at the Master’s level, including the Canadian Institutes of Health Research – Institute of Aboriginal Peoples Health Scientific Director’s Award of Excellence, awarded to an outstanding trainee in Aboriginal health research who exemplifies

exceptional promise as a scholar in the field. During her first year of her doctoral work, Julie received several awards: the Atlantic Aboriginal Health Research Program Doctoral Fellowship, the National Aboriginal Achievement Foundation Scholarship, and the Jens Peder Hart Hansen Fellow Award. The last award was given to Julie as being an outstanding circumpolar health researcher in Canada who has demonstrated excellence in improving circumpolar health.

Vanier scholars receive \$50,000 annually for up to three years, and each was chosen as a result of their demonstrated leadership skills and high standard of scholarly achievement in graduate studies in the social sciences and humanities, natural sciences and engineering, and health research. The program is designed to attract and retain world-class doctoral students by offering them a significant financial award to assist them during their studies at Canadian universities.



## What’s in a name?

Our organization has changed its name.

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NunatuKavut appropriately reflects the continual link that we have with our historic Inuit Community in South Central Labrador. Our Community existed long before Europeans came to our coast. It clearly announces, “We have always been here... This is our home”. It says Europeans have come here and intermarried with us, but they did not absorb us into their culture, making us Metis. We have absorbed them into our historic Inuit Community, NunatuKavut.

In 1765, Governor Sir Hugh Palliser made a Treaty of peace and friendship with our historic Inuit Community in the Straits of Labrador. He recognized the right we have to our homeland. The treaty is still a reality and our historic Inuit Community is alive with us. It is on this basis, and other historic and modern realities that we claim our homeland, NunatuKavut



## In our next Issue...

ELDER & YOUTH EVENT  
St. Lewis, Labrador



DOG SLEDDING  
Happy Valley-Goose Bay



**NunatuKavut**  
our ancient land

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# Building Research Capacity... *in Our NunatuKavut Communities!*

Over the past several months, the Health & Social Sector of NunatuKavut, through funding from the Government of NL Aboriginal Health Transition Fund's Adaptation Envelope, has been carrying out an extensive community health needs assessment along the southeast coast of Labrador.

In November 2009 two academic instructors, James Valcour and Julie Bull offered qualitative and quantitative research training to some of our employees and steering committee

members who would be involved in this project. The training also included some sessions on data management and analysis, as well as health research ethics.

For more information on this training, or the NunatuKavut Aboriginal Health Transition Fund project (community health needs assessment), please contact Melita Paul at 949-0292 or [mpaul@labradormetis.ca](mailto:mpaul@labradormetis.ca) or Darlene Wall at 1-877-896-0592, Ext. 2238 or [dwall@labradormetis.ca](mailto:dwall@labradormetis.ca).



Contact us today for any questions or comments!



Black Tickle's 2010 Bike Rodeo, sponsored by  
NunatuKavut's Social Sector