

Tobique news FREE

November 14, 2009 Vol. 1 No. 5



Mah-Sos school visit

Lieutenant-governor
Graydon
Nicholas

PG 6

Tobique took part in world wide efforts to control H1N1 virus

You can't escape a conversation lately, from waiting in line at the grocery store to chatting on the Internet without hearing, "What's the difference between the seasonal flu and H1N1 anyway? Are you going to get vaccinated? And in recent discussions, whether or not the vaccine will even be available to you.

People everywhere are wondering, talking and worrying about the H1N1 virus, and even more troubling there is a shortage of the vaccine and clinics across the country are shutting their doors or limiting vaccination to high risk groups, including clinics scheduled to occur at all Perth schools.

Fortunately for Tobique, the community clinic scheduled for November 5th and 6th at the Tobique Youth Center went ahead as planned, and all interested community members were able to get vaccinated.

Concerns about the newest influenza pandemic appear to be warranted, according to the Public Health Agency of Canada, as of October 29 there has been 95 H1N1 related deaths in the country and

we are now officially entering the second wave of the H1N1 influenza pandemic. Although there are no recorded deaths in New Brunswick, health officials have declared First Nation populations as a high risk group for contracting the virus making matters more disconcerting for community members.

Although health care professionals everywhere state that the vaccine is the best defence against the virus, many are still confused by the contradictory stories in recent weeks and are looking for clear information about the threat posed by H1N1 and the benefits and risks of the vaccine.

On Wednesday, October 28 local Public Health representatives were on hand at the Tobique Wellness Center to present information and facts about the virus and vaccine, as well as to address concerns and answer questions for residents.

One of the most pressing concerns of community members was how to identify the difference between the symptoms and severity of the com-

FLU AVOIDANCE

H1N1 flu has reached national headlines.

The GCHD has been planning for the possibility of a

pandemic for several years and offers the following information.

There are everyday actions people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

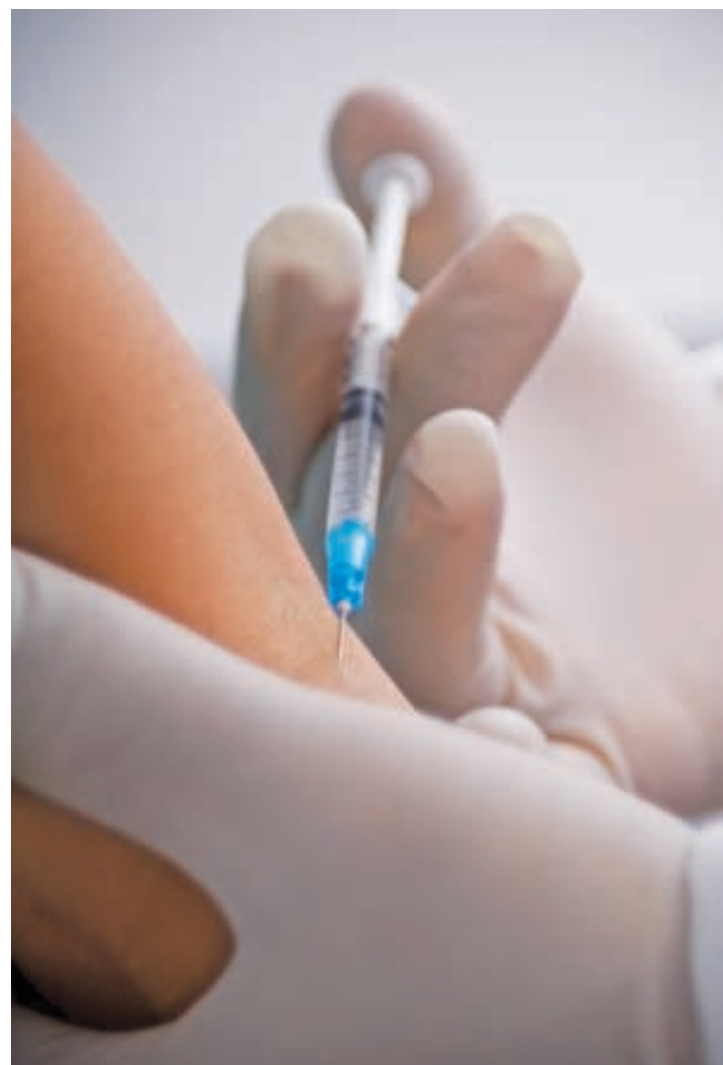
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hands cleaners are also effective.

- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

- If you are feverish, achy, have a dry, painful cough or sore throat, go home from school or work and call your health care provider. When you are sick, keep your distance from others to protect them from getting sick.



» VIRUS Page 4



Salute to our Veterans

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Lest we forget



Anthony, Paul, Peter



Veterans Group



Killed in action (1939-1945)

PTE. Paul P Nicholas
PTE. Walter P Trembly
PTE. Gerald L Paul
PTE. Sanford s Saulis
PTE. Vinal Ennis

WWI (1914-1918)

William Sappier
Steve Lockwood
Solomon Bear
George Bernard
William Saulis
James Ennis
Noel Moulton
Gabe Francis

WWII (1939-1945)

Bert Saulis
Shannon Saulis
Horace Polchies
Paul Perley
Leo Bernard
Clarence Moulton
John Ennis
Arthur Sappier
Walter Saulis
Sam Devoe
Phillip Saulis
Phillip J Sappier
David Ennis
Douglas Saulis
Alphonse Solomon
Ambrose Sappier
Donald Saulis
Charles Felix Francis

Francis Paul
Lewis J Nicholas
Herman J Bernard
Maynard J Bernard
Mark B Francis
Peter P Nicholas
Patrick Bear
Arthur W Moulton
Raymond F Trembly

Vietnam

Ernest C Polchis
Brian L Paul
Terrence J Lolar
Alfred Bernard
Randolph Bear

Persian Gulf

David H Deveau



Eldon Bernard



Peter Sappier, Paul Nicholas



Larry Perley



Hoawrd Paul



Herman Bernard



Brian Paul



Anthony Nicholas



Donald Moulton



Clarence Moulton



Charles Paul



George Bernard



Frank Paul

Maliseet filmmaker ventures home to film part of his newest TV series

The bodies of water scattered across the country have served an essential role in sustaining Indian life. The St. John River was once the primary source of survival for the Maliseet people of Tobique; providing them with a plentiful supply of food, medicine, travel, trade, entertainment and other tools necessary to sustain their culture and lives.

The Maliseet's reliance on, and relationship with the river has been transfigured, as most First Nations have, by the political policies of colonization and capitalism; but, regardless of the unforeseen reality of Indian life and land today, the water remains a significant component of their identity.

The traditional and current condition of Canada's water systems, as well as the uses and importance of those systems to First Nation communities, is the subject of Maliseet filmmaker, Jeff Bear's, latest documentary television series called "T'samahgwon".

T'samahgwon, the Maliseet word for water, is a 13 part series that from an Indigenous perspective aims to provide audiences with a visually exquisite, detailed examination of the health of selected water systems and the impact that these systems have on human life, as well as of the impact that human activity has had on the water.

"Each episode will revolve around recurring physical elements such as: rivers, lakes and oceans. Visually we bring people a solid picture of issues and human activity along the water systems. Along that journey we find stories that connect people to the water through

the fishery, agriculture, hydro development, mineral exploration, recreation and science. We will also tell stories about political and economic issues stemming from water use."

Jeff explains that the series includes a detailed examination of the impact of industrialization, fish farming, sport fishing, marine protection efforts, and other human activity on Canada's rivers and oceans. "Episodes will feature leading experts in the field of environmental research, water sciences, ethno botany, marine biology and more. We will feature stories from many aspects of the aboriginal community, from leaders, elders, hunters and trappers about the impact of changing water conditions and the slow but steady decline of water access."

The St. John River will be featured in the documentary series. "When we decided to produce a series about water issues, how could I pass up the opportunity to bring attention to the little known river, the lifeblood and transportation corridor of my ancestors. This is where I grew up. I played winter hockey on the river. I fished for spring trout. I ate salmon caught by a number of people from the reservation. Yet everywhere I have been in my adult years nobody knows about the St. John," Jeff stated.

He also plans to create an



awareness of the injustices Canada imposed onto the river system and its people, prime among them, Jeff explains, is the theft and harnessing of the river way for the purpose of providing electricity to the masses, while disrupting the livelihood of the people living from that river.

The working title of this episode is 'Drinking From My Mothers Well'. "I know what the water meant to my mother. From a tiny little spring she would gather water that

nourished her. She loved drinking from that well; she was happy whenever she went there with her children and

grandchildren. When a local politician wanted to bottle water from that well for commercial purposes she objected vehemently. I never understood why until recently.

In many ways, he describes that his focus on water for this series is to honour his mother and her values, as well as to help younger generations understand what she knew and helped him to realize: "respect the water, it is one of the most precious outcomes of creation."

T'samahgwon is scheduled for broadcast on APTN in fall of 2010.

This series is one of many critically acclaimed documentary videos produced by Jeff and his all Native production team, Urban Rez Productions, based out of Vancouver, BC. The production company was formed by Jeff and his partner Marianne Jones in 1999, and have been documenting compelling stories about various aspects and components of Native life since 1999.

Currently airing on APTN is their TV documentary, Storytellers In Motion-the third season. In this series Jeff and his team document the lives and works of Aboriginal filmmakers, directors, producers,

writers and actors from across Canada and beyond. This series also includes a Maliseet version, using community elders and members for translation and voiceovers.

Other works produced by Urban Rez include: Obstruction Of Justice filmed in Burnt Church, for which the team won a Telefilm award at the Banff Film Festival, Ravens & Eagles, Song Catchers, and more.

Throughout their work they have it has been their goal and mission to assist in fostering the growth and development of Aboriginal television and entertainment professionals so that the Indigenous voice in mainstream media will be heard.

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Virus is hitting a different group of people-young people

« Continued from page 1

Common seasonal flu and the H1N1 strain. As described by health representative's symptoms of H1N1 are very similar to those of the seasonal flu and without proper medical testing is difficult to determine one from the other. However, patients with H1N1 may experience more serious illness than that caused by the seasonal flu.

They define H1N1 as a new pandemic strain of the influenza virus mainly affecting the respiratory system with symptoms that begin very quickly and include: fever, cough, sore throat, fatigue, difficulty breathing, muscle and joint pain. Children under five may experience gastrointestinal problems and along with persons over 65 may not contract a fever.

What is disturbingly different about this strain is that the most severe and even fatal cases are found primarily among the youth. Local health officials state "this virus is hitting a different group of people-young people, whose immunity is not experienced enough to handle this strain." They strongly recommend parents to vaccinate their children.

But not everyone seemed convinced of whether or not the benefits of being vaccinated outweigh the risks for both their children and themselves. Many expressed a concern with experiencing H1N1 symptoms after vaccination, as well with the use of thimerosal, a form of mercury, in the vaccine and its safety.

Because it is a new strain of influenza, representatives explained, most people do not have immunity against it and are therefore at greater risk of developing serious symptoms and the risks to people from the H1N1 virus are much greater than any safety risk posed by the vaccine.

Health Canada describes on their website that the vaccine is made of killed H1N1 influenza virus and cannot give you the virus. The vaccine contains ingredients similar to the seasonal flu vaccine, including thimerosal, which they claim the vaccine does not have enough of to be hazardous to your health. "In a single dose of the vaccine there is less mercury than you would find in a half a can of tuna," representatives described.

In most cases all that people can expect after getting the vaccine is discomfort and redness at the injection site and in fewer cases fever, fatigue, and muscle aches that should last no more than two days after vaccination. If these symptoms arise, health officials state that it is important not to administer to children under 18 due to its link to Reye's syndrome.

Public health officials recommend that all Canadians receive the vaccine but those at higher risk include: persons younger than 65 with chronic health conditions, pregnant women, healthy children six months to five years of age, health-care workers, and First Nation's populations.

When asked why Aboriginal populations are at greater risk of contracting the virus, representatives were unable to provide a clear answer. But Health Canada, lists individuals or groups living in remote isolated communities as more likely to become infected.

Many of the cases of H1N1 involving Aboriginal people have arisen in more remote communities of Manitoba and British Columbia where access to medical facilities are limited, and living conditions pose higher risk factors with many communities without safe, unusable water and with many people forced to live in one home because of housing shortages.

However there are some people that should not receive the vaccine including those who have had severe allergic reaction to the seasonal flu vaccine; people with an allergy to eggs; and children younger the six months of age.

Obama hosts the Tribal Nations Conference

Looking to end decades of government negligence of Native people, President Barack Obama spoke Nov. 5 to tribal leaders gathered from across the nation for the White House Tribal Nations Conference.

The conference, which was held in Washington, D.C., at the Department of the Interior, gave tribal leaders a chance to interact with Obama and his administration and gave the president a chance to present his agenda as it relates to Native people.

The event also gave the president a chance to tout his achievements so far in fulfilling campaign promises he made to tribes across the country.

The list of achievements Obama re-



cited – accomplishments Native people have, thus far, only witnessed in bits and pieces – was impressive. The appointment of Native leaders like Larry EchoHawk and Kimberly Teehee to prominent and influential positions within the Obama

administration. Efforts to take policy-makers to tribal communities to listen to tribes' concerns. And, of course, hosting the Tribal Nations Conference, an event Obama promised while on the campaign trail.

SPELLING CORRECTION

I would like to express my deepest regrets and sincerest apologies for the spelling mistake made in the Little Miss Tobique article of the October edition of the newspaper. Under the photograph of the pageant winners

an unintentional misprint of one of the awarded titles was made. The correct spelling for Keala Augustine's title was Miss Elikisit. Again apologies for any unintended disrespect the misprint may have caused.



Mike Allen,
M.P.
Tobique-Mactaquac



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Hilary Bonnell Donation Fund

I am writing to ask for your support in raising funds for my niece, Hilary Bonnell. For those of you who do not know me, my name is Erica Augustine; I am the project coordinator for the Aboriginal Health Human Resources Initiative (Nursing) here at UNB.

Hilary has been missing since Saturday September 5, 2009, while walking home at 7:00am. Her last text message was sent to her cousin Haylie Bonnell at approximately 8:20 am that morning, and stated "I don't want to be here, I'm scared". Hilary is not one to run away, and had no reason to hide anything from her mother or family. Like a typical 16 year old, Hilary can't live without her cell phone. Sadly, her cell phone has not been used since her 8:20 am message to her cousin. Hilary is very dear to our hearts and the longer she is gone, the harder it becomes to all those that know and love her.

Since her disappearance, the local community has been continually searching the area. There have been a few false leads, and more dead end tips. No one wants to give up hope, and at this time it is felt that we must publicize her disappearance more thoroughly beyond the local community to other areas of New Brunswick and

Canada.

To this end, Barb Martin, who is also Hilary's aunt, and I have set up an account at the Bank of Montreal located at 29 Dineen Drive. This account is for the sole purpose of raising funds for billboards (10x20 feet) that we intend to distribute to all of the major cities across Canada for posting in such places as bus transit stops. We will continue to brainstorm other ideas such as flyers, posters, and any direction that will lead to the safe return of our niece, Hilary.

Any donation will be greatly appreciated even as little as one dollar. Cheques in a sealed envelope can also be sent directly to my office for your convenience.

Account information: Hilary Bonnell Funds
Bank of Montreal - UNB Campus
Transit number: 0249
Account Number: 8110-432

Erica Augustine
Project Coordinator
Aboriginal Health
Human
Resources Initiative
UNB Room 159,
MacLaggan Hall
PO Box 4400
Fredericton, NB E3B
5A3
506-451-6831

Torch Runner

Elleas Nicholas



- Hails from Tobique First Nation N.B.
- 16 years old
- Goes to Southern Victoria High School
- Son of Janna Nicholas and Allan Saulis
- Grandson of Darryl and Andrea Nicholas
- Grandson of the late Eva and Donald Saulis
- Principal's list student
- E-Spirit business awards participant 2009 and 2010
- NAIG 2008 athlete for baseball
- Plays hockey, baseball, and is an avid snowboarder
- Persistent, good attitude, good sense of humour
- Will be running in Moncton N.B.

Elleas Nicholas feel very proud and honored to be an Olympic torchbearer for the Vancouver 2010 Winter Olympics. I am also very humbled that I can help represent not only Tobique First Nation but something

bigger than myself. It is this attitude which will help me run the Olympic torch in the leg from Summerside, P.E.I. to Moncton, N.B.

Running the Olympic Torch as a First Nation's youth can also be a positive icon for promoting a healthy lifestyle. It takes strength, endurance, courage and a love for your Country to be an Olympic Torchbearer. Not only am happy to represent my community but all Canadians as a whole. This is why I hope that this Journey will inspire many Canadians alike.

My run can only be made possible by the thanks and support of the people of Tobique First Nation. For this I am very grateful and I will take this support with me on my journey. Every moment of this run I will cherish throughout my lifetime. This is why I am proud to be an Olympic torchbearer for the Vancouver 2010 winter Olympics.

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Mah-Sos School News: Halloween celebration

On Friday, October 30 Mah-Sos school students and staff put away their notebooks and lesson plans to enjoy a break from the usual tasks of a school day and celebrate Halloween with costume parades and parties.

Students anxiously awaited in their classrooms as they were called out by grade levels to the cafeteria to show off their scariest, funniest and original costumes to parents and judges in hopes of arousing a few laughs and winning a prize for this year's parade.

Students, staff and even some parents did not disappoint with their creative displays of their favourite characters, villains, superheroes, celebrities and much more. This year's costume competition was broken down into three categories: scariest, funniest and most original, and awarded to each grade level.

Winners include:

K-4- Scariest Brice Nicholas (skeleton), funniest Gage Paul (Dalmatian) and most original Klarissa Sappier (bird).

Grade 1-Scariest Azibis Morey (devil), funniest Benjamin Sappier (ninja) and most original Zoe Perley (witch)

Grade 2-Scariest Asia Bear (devil), funniest Jerico Perley (ninja) and most original Daryl Perley (Dark Vader).

Grade 3-Scariest Cameron

(skeleton), funniest Kennedy Perley (doctor) and most original Mark Francis Jr.

Grade 4-Scariest Wiphun Tomah (vampire), funniest Autumn Sappier (Olive Oil) and most original Heaven Solomon (rock star).

Grade 5-Scariest Chase Perley (werewolf), funniest Shea Nicholas and most original Dallas Bernard (Michael Jackson).

Following the prizes, students went back to their classrooms for their parties and were treated to more than just cupcakes and juice boxes, New Brunswick's new Lieutenant Governor, and community member Graydon Nicholas dropped in for a visit with the children.

The Lieutenant Governor was escorted around the school by his brother Councillor Tim Nicholas, who stated while introducing him to students, "even though Graydon is very busy with his new job, it was important for him to take the time to visit with you and the community where he grew up."

His visit was a friendly, informal meeting where the Lieutenant Governor shared Halloween treats with students, told stories of growing up in Tobique, listened to them display their knowledge of their language by counting numbers and reciting a prayer in Maliseet, and offered some solid advice: "Work hard

and some day you will succeed and get as far as I have."

Before leaving the school Tim read a statement prepared by Director of Education, Warren Tremblay, welcoming him to the school. "Just your presence here assures us of your priorities as Lieutenant Governor, we hope that you will support our efforts to keep our language strong by supporting the proposed Maliseet immersion program."

October Student's of the Month:

Kindergarten-Macy Sappier

Grade 1-Azibis Morey

Grade 2-Keara Muwin

Grade 3-Dylon Demerchant

Grade 4-Wiphun Tomah

Grade 5-Shea Nicholas

Mah-Sos School Christmas Craft Fair

DECEMBER 12, 2009

9:00AM-2:00PM AT TOBIQUE BINGO HALL

TABLES \$10.00
TO RESERVE CALL BERNIE NICHOLAS AT 273-5407 OR 273-2986



PHOTO SUBMITTED

New Brunswick's newly appointed Lieutenant Governor and community member Graydon Nicholas stopped in at Mah-Sos school on Friday October 30 to visit with students during .JPG



Dallas Bernard dressed as the late musician Micheal Jackson, won the most original costume prize for grade 5

Campus, community create Wabanaki Heritage Project garden

PRESQUE ISLE – Members of the campus and community are working together to create a new garden for the University that is tied to the local region and Native American culture.

Professors Alice Sheppard and Dave Putnam received a 2009 Project Compass Educational Mini-Grant for about \$1,000 this summer to work with students and community members on the installation of representative plant specimens at a small plot near the central campus park woods. These plants are used by the region's Native peoples in many ways, including food, healing, dyes, ceremonies, and artifacts.

Putnam is serving as supervisor of this project and Sheppard, who has been trained as a master gardener, is providing assistance, soil preparation, soil enhancement and obtaining plants. Under the guidance of Maliseet (Wolastuqiyik) elder and

medicine man Rocky Bear, of the Tobique First Nation, student Jenn Prokey is studying Native Plants, designing the garden, and developing an informative brochure about it as a senior science project. According to Putnam, traditional knowledge regarding the use of the plants is coupled with a traditional ethos about how and when to gather them. Symbolic offerings of "medicines" illustrate the belief that when one takes, one must give, and when one disturbs a living thing, it must be done in "a good way."

Rocky Bear said that, for him, this project is an excellent opportunity to share an important part of the Maliseet culture with Native and non-Native people alike.

"It's for everyone who wants to learn," Bear said. "My hope is that there will be more Native content in the school's curriculum and that more Native content will be implemented

in the classroom."

Dr. Robert Pinette also is supporting the creation of the garden, consulting on the identification and plant habitats. Community partners Jeanie McGowan and MaryAnn McHugh have offered their experience and extra plants from the Nylander Museum in Caribou to the project. Glenda and Gordon Wysote (Mi'kmaq) have contributed their knowledge of medicinal plants in the creation of the garden.

Work on the garden began this summer with the removal of competing vegetation from the plot, soil enrichment with humus and an 8-week solarization process. An order has been placed for additional plants to complete the garden. Plant labels in English and Maliseet as well as a sign for the garden will be installed this fall.

Professors anticipate that the garden will be utilized in courses



involving anthropology, botany and environmental science.

"It is interesting to learn that the plants we see in the rest stops, roadsides, and at local parks were

used for thousands of years by Native Americans. Jenn's project helps anyone identify them, while creating a living tribute to Wabanaki peoples," Sheppard said.

Project Compass announces Mini-Grant recipients

PRESQUE ISLE – Officials with Project Compass, an effort on the University of Maine at Presque Isle campus to develop and improve culturally responsive strategies for its Native American students, has announced that it has funded 9 mini-grants to campus faculty and staff totaling nearly \$18,000 that will help to support the mission of Project Compass while engaging students and increasing campus awareness of Native cultures.

The University was awarded a major grant from the Nellie Mae Education Foundation in January to better serve its Native American student population as well as the region's Native American community. The award made the University eligible to receive up to \$750,000 over the next four years to put toward this effort. The University was one of four universities in New England chosen to participate in Project Compass, the Nellie Mae Education Foundation's multi-year initiative aimed at increasing the number of underrepresented populations

graduating with four-year degrees. Project Compass is administered by the foundation's intermediary, the New England

Resource Center for Higher Education.

These mini-grant projects, to be implemented during the next year, are one portion of a comprehensive, multi-year plan to improve Native American student retention, academic success and graduation rates at UMPI. The University has engaged with the Aroostook Band of Micmacs and the Houlton Band of Maliseet Indians on this effort. Other key components include the creation of a Native American Student Center, formation of a center for student success and retention, and the development of integrated First Year Learning Communities incorporating cohorts of Native American and other underserved groups of students.

Mini-grant recipients include: Ms. Renee Felini, Ms. Jean Henderson, Dr. Jason Johnston, Mr. Luke Joseph, Dr. Jacqui Lowman, Mr. David Putnam, Dr. JoAnne Putnam, and Dr. Alice Sheppard.

Ms. Renee Felini received \$1,660 to incorporate the creative expression of the Wabanaki people into some of her Art courses, including an introductory Art course that reaches a large number of first

year students and a ceramics class, thereby exposing many UMPI students to the history of Native American people in the region and encouraging student research and discourse. Felini will conduct research, gather images, and create course slides for use most immediately in the courses she teaches during the 2009-2010 academic year. She will also work toward the development of workshops as part of these classes in future years which could include dance, drumming, and basket-making.

Ms. Jean Henderson received \$870 to organize a professional development opportunity for UMPI adjunct faculty at the Houlton Higher Education Center – a viewing of the documentary film Wabanaki: A New Dawn followed by a discussion of the survival of Native American culture in today's world led by Richard Silliboy, a tribal member with the Aroostook Band of Micmacs, and a dialogue of how to incorporate Native American culture across the curriculum. The project includes a follow-up survey after the event regarding relevant curriculum changes.

Dr. Jason Johnston received

\$1,875 to engage students participating in two UMPI courses in the improvement of trails and educational materials, and the incorporation of Native content into those materials, for the West Campus Woods. The project – which will be done in collaboration with Native community members – includes new and replaced posts and signage, an informative trailhead, new or redesigned educational materials such as brochures and web pages that will add new content focusing on Native American ecological content, and a new trail that leads to black ash, the tree used in Native basket-making. Students will present their project during an end-of-semester event.

Mr. Luke Joseph received \$1,000 to purchase educational resources and materials for the Native American Educational and Services Center, which was recently established at UMPI to create a comfortable atmosphere on campus for Native American students. It serves as a location that provides these students with strong support as they complete their college educations, including everything from tutoring services to assistance

in filling out paperwork to establishing positive connections on campus.

Dr. Jacqui Lowman received \$3,000 to develop a multi-pronged approach to helping Native American students and other traditionally marginalized people use communica-

tion as a tool for advocacy and dissemination. The effort includes working with Native American students to increase coverage of Native American events and issues on campus and beyond; offering basic writing workshops and strategies for message formu-

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Tobique Daycare Centre

Over the past few weeks, the Tobique Daycare Centre has been steadily increasing in the number of children that attend on a regular basis. At this point in time, we have 16 regulars and 4 part-time. And due to the small play area, if your child is not attending daycare at this time, he/she will be put on a waiting list. We accept children who are 2 years of age and up.

The hours of operation are 8:30 to 4:00, Monday thru Thursday, and 8:30 to Noon on Fridays. We are open on funeral days, but I am not sure about snow days yet.

The rates for the Tobique Daycare Centre are very reasonable and the prices are \$16.00 for a full day or \$8.00 for half day. Rates are adjusted if there are two children from the same family. Also, if your child was at daycare in the past, and there is an old bill, management requests that this be paid off or, at the very least, arrangements made and kept up with, in order for your child to be re-enrolled here.

We appreciate the various personalities we have in the children that attend the daycare centre and we want to thank you for trusting us with the care of your child while you are at work or school.

Over the past few weeks the staff members have been working with the children and we had a great time doing Halloween activities during the last week of October. In a couple of weeks, we will begin Christmas activities as part of our arts and story reading. Below are some pictures that we wish to share with you during our Halloween week activities.



CoraLee--Painting her Pumpkin



Halloween Cupcakes Bryce, Zander, & Brydon



Painting Pumpkins Kalie & Lydia

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Dylan Ray Francis Houston Bear Jayden Andrew Solomon Nathan Fowler	8	Mitchell Brewer Tamara Nicholas Pauline Bear	9	Avery Jones SharonAnn Nicholas Spiss Moulton	10	REMEMBRANCE DAY John Albert Paul Darlene Sappier Sgt T Randolph Bear	11	12	Alicia Moulton	13	C'Anna Moulton Eric Trevor Nicholas Kelly Bernard	14	
Amy Lynn Moulton Donald Paul Sr Sevigny Bear Irene I Bernard	15	16	Jennifer Johnson Rochie Sappier Rosalee Smyth	17	Cecilia Paul MacKenzie Edwin Parley	18	Jarret Leigh Francis Kerriberly Ann Parley Sidney Bear	19	Joe & Connie Bernard Kelsey Bernard Myra Ware Stephen Campbell Vincent Stuart Clair	20	21	22	
Chikwabun Sappier Megan Moulton Stephanie Marie Idle Tina Martin Zoev Angel Sappier-Nicholas Dean Paul Parley	22	Wayne & Cathy Nicholas Don Castro Jim Arnold Justin Moulton Darrell Daigle John Thomas Devreau	23	Lloyd Nicholas Muriel Moulton Mary Laurene Savits Alma M Laporte	24	Patricia Kay Moulton	25	Raymond & Mary Ann Sockabasin	26	Evelyn Sappier Shelly Paul	27	Irvin & Lucie Sappier Laurena & Terry Later Caleb Davis Morgan Alexander Nicholas Tarence Pyras II Zona Moulton Sappier	28
Jesse Bear Fournier Nikko Sappier	29	Kaitlan Lewry Cecelia Moulton	30					Full M. 2nd New M.	Last Q. 9th 13.14	OCTOBER 2009 S M T W T F S 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	DECEMBER 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

From the Tobique First Nation Daycare Centre Staff
Stella Nicholas, Paula Sisson, Sandy Sappier, Amy Moulton, Judy Moulton



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Maliseet carver helping to keep the tradition of carving totem poles alive

For some culture is only a part of their identity, but for Maliseet carver and traditionalist Spencer Saulis from a young age his culture brought pride, meaning and purpose to his life and came to define and guide every aspect of his who he is.

Through ceremony and carving Spencer has overcome the same challenges and hardships many Aboriginal youth face, and he has moved here from his community in Kingsclear to focus more on his carving, to be closer to the circle of Maliseet traditionalists, and to share with his people the knowledge that his has gained through practicing his spirituality.

Spencer has been carving totem poles now for seven years. He first discovered his gift after deciding to attempt to carve a mask out of a piece of fire wood that was lying around, to his surprise it turned out good and today Spencer is carving 15 ft. cedar poles.

Entirely self taught, Spencer and his cousin Qwabid Saulis, are currently working on their seventh pole that usually takes up to a few months to complete at their new workshop just outside of the reserve line towards Arthurette.

Carving poles serves many purposes for Spencer. "It keeps my mind and spirit occupied and happy and is very therapeutic," he described. Spencer became actively involved in Maliseet ceremony and spirituality just a few years before he started carving as a source of healing and recovery from substance abuse.

"The ceremonies were a springboard to carving to continue to help me in that process of healing."

It is equally important to Spencer that he play a role in preserving as well as promoting the tradition of pole carving within the Maliseet community. Spencer explains that each pole tells a story of our creation and of our history and represents very significant elements of our culture. It is not just an artistic document of a people, he describes, "totem poles are a beacon of hope and pride for our people and provides others with an idea of who we are."

Spencer also hopes to sell his work so that he can help to fund a recovery program that he and family members started over a year ago

called the Cedar Lodge Healing Center located at the site of his workshop. The program was originally meant to serve as a traditional form of recovery after the 30 day rehabilitation program, but a lack of government funding for the program limited the ability for Spencer and his family to provide this service.

They are currently running the lodge through private funds. Spencer and his family are part of the Sundance community and host sweat lodges, feasts and other ceremonies at the lodge. They offer one on one assistance and counselling to people through cultural ceremony and teachings. A few months ago they hosted a sweat lodge ceremony for non-Native students.

As part of a commitment, or marriage, as Spencer's wife Joan calls it, to the creator they will continue to promote cultural awareness among their people and all people, as well as help people recover from personal struggles, as they did, through tradition and spirituality.

SPENCER SAULIS

15 ft. cedar totem pole carved by Maliseet carver Spencer Saulis, and his cousin Qwabid Saulis. The pole took the pair two months to complete and is representative of Maliseet culture, as you see at the base with two carved fiddleheads. The pole is also representative of the earth and humanity and our role on earth; as displayed in the turtle, meaning turtle island, and in the man holding the rest of the figures symbolizing peoples' responsibility of maintaining balance among all living things.



Council Corner, *Paul Pyres*

I first want to thank everyone that participated in the election of 08. It has been a year now that the new Chief and Council took over, and positive things have been happening in our community. As you all know we are in third party and that has been a challenge since day one. When it comes to essential programs they have the control to make all of the cut backs that we are suffering now. Your Chief and Council will continue to fight for us to gain control back from Indian affairs. In the mean time we have been working at maintain through our own source funds. Despite all our challenges with third party we were able to put people to work this past summer and fall, we will be receiving a new health center, a new school and we are in the works for the river restoration, all of this will create the employment that as greatly needed here.

Communications is an important part of a community and organization. Something I feel our community has had a lack of in the past. Tobique News has created an outlet for band organizations and the community to get their message out. Because great people live here and good things happen here I want everyone to know that this is a great place to live. As with any new project there are things to work out. Because we are funded on contributions and advertising it has been a struggle but Sipsis Kenny and myself will try to continue this service. We also welcome articles and ideas. Something I'm working on for the future is a public access television channel for our community; I will keep you updated as it progresses.

There has been a committee set up to deal with the section 87 cigarette and gas tax. The committee consists of me, Richard, Rob and Edward. I have made numerous attempts at setting up a meeting on this issue, but I was told by Patrick Francis that when the government signs off on the MOU, we will begin talks on

the section 87 claim. I have been asked about this coming out before Christmas, PLEASE DON'T COUNT ON THIS FOR CHRISTMAS. There is a slim possibility but with only 40 days till Christmas I don't see that happening.

Our fisheries operation is running in full force now with the season beginning this week. Me, Wendell and Tina sit on the fisheries committee. We have worked very hard at reorganizing our fisheries and we now have new deals and a new buyer. We are hoping for a productive season this year.

With the declining price of lumber our forestry has been challenging. The loggers have been cutting hard wood in Kintore which is closer to home. Because of the decline we were forced to allow Irving to cut our soft wood allocation so that royalties could flow weekly. We will resume production in San Quinton next year. Me and Harry will be exploring the possibility of building some homes and apartment building through a communal allocation agreement. This is only in the beginning stage but I will keep you informed as it happens.

Who are our next doctors, lawyers, teachers and

leaders; they are the kids at Mahsos school. With the new school coming its time that parents and community members become more involved with our children's education. That's why a small group of council and community members have formed a technical committee to explore the creation of a School Board. We are seeking support from the community, portfolio holders, director and staff. We are not looking for control but for the community to be more involved. This effort is about our CHILDREN and nothing else, I want the best education for my children as I'm sure you do to.

This summer I sat on a committee for the Maliseet Village at Kings Landing project. This project was a partnership with Kings Landing, Maliseet communities and the Maliseet Conservation Council. We as a group organized a one day event held at Kings Landing consisting of traditional demonstrations by Maliseets in traditional dress. There was sweat lodge, basket making, sweet grass, birch bark canoe, crafts and many people from Maliseet communities in traditional dress. Apparently

this was the biggest day of sales that Kings Landing had all year. Of course this sparked an idea amongst the committee members. Why don't the Maliseet nations create our own traditional village? Strategically placed this could create the needed summer employment for Maliseet students and craft makers.

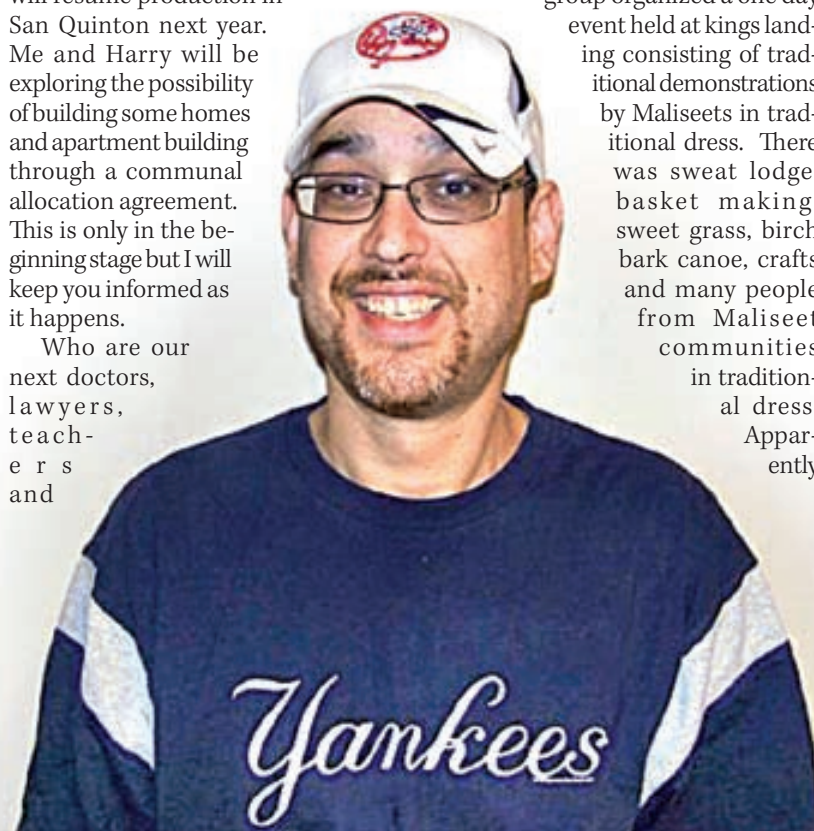
Brenda and I hold the portfolio for head start and daycare. The daycare has seen some improvements and there is over 15 kids that attended daycare. The staff can't stress enough that this is a business and to please settle up on your past due bills. The head start program has always given our children a quality education, and will continue to do so. Keep up the good work. These kids are the future.

Besides dealing with the day to day issues of our community we as a council are working collectively on many issues. There are many good things to come. We can only go up from here. You have to be positive and positive thinking can change the world.

I want to thank the community for giving me the chance to represent you in council. I feel honoured everyday and work hard to improve the quality of our lives. Although it has been a learning experience I am not afraid to speak up or make a decision. I am available for you anytime, anyone can stop in my house my door is always open to community members, or you can call me at 473 8291. Between the hours of 10 and 3 I can be found at the fisheries building. If you have any questions or concerns contact me anytime.

On a personal note, I want to thank everyone for the continued support and prayers in my fight against cancer. My family and my community are my inspiration. In fact it must be working because my health is great.

**woliwon
Paul Pyres**



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MISSION STATEMENT

We here at Tobique News are dedicated to bringing you the news and information relevant to our community. We encourage community members and band organizations to become more involved with the content. We are here for you and your input and contributions are important in order for us to keep

bringing you a quality newspaper.

We are again between offices, the best way to get in touch with us is through e-mail. tobiquenews@hotmail.com or you can contact me directly by cell phone. 473-8291.

Once again we would like to thank the readers and all our sponsors, without you we wouldn't have this

information outlet.

We here at Tobique News hope everyone had a happy Thanksgiving and hope you have a safe and fun Halloween.

**Paul Pyres
Woliween,
Tobique News**

Tobique News Staff

Sipsis Bear
Editor/Writer

Kenneth St. Jacques
Sales/Advertising Representative

Paul Pyres
Sales/Advertising Representative



Local musician selected to compete in popular reality TV show

Adding to his already impressive list of national recognition received for his music; from being nominated for East Coast Music Awards and Aboriginal People's Choice Music Awards, to being selected to be a part of a group of Canadian musicians performing for coalition troops in Afghanistan, local musician Gary Sappier has been accepted to audition for NBC Television show, 'America's Got Talent'.

Gary has already established a respectable reputation for himself in Canada's Aboriginal and mainstream music industries as a talented rock artist playing venues from coast to coast. Gary is a multi-instrumentalist and vocalist who has developed a style of his own that has been described as "a combination of Aboriginal flavour mixed with contemporary rock." He has written and produced two CDs, "The Gary Sappier Experience" and "Wanted".

Now, Gary is being given an opportunity to showcase his talent at international levels when he performed for judges for a spot on the fifth season of the popular reality series on November 1, in New York City.

Although Gary won't know how he placed in this round of auditions until January or February, he explains that the judges reaction to his performance was positive and he is confident that he stands a good chance of moving on to the next round of auditions that will be performed in front of celebrity judges, and televised on NBC.

Gary described that he was given 90 seconds to impress the judges, who critiqued his performance based on the level of difficulty of the song he chose, as well as the professionalism and skill with which he delivered the song. He performed the Eagles classic, "Love Will Keep Us Alive".

'America's Got Talent' is a reality talent program that features singers, dancers, musicians and other performers of all ages and skill, who are given an opportunity to show case their talent and to compete for the top prize of \$1 million. But contestants must go through a tough and lengthy process of elimination determined by three appointed judges, as well as by live audiences.



Local rock musician, Gary Sappier, after passing through preliminary auditions for American reality TV series, is heading to New York City to audition for the next round of auditions competing for the grand prize of \$1 million

Regardless of how far Gary proceeds in the show, having his music and talent broadcast on an international television station and a program that in the last season recorded 15.5 million viewers watching the final episode, will be phenomenal publicity for his work as a musician.

Gary realized his passion for music as a boy watching his father and his band practice and perform at community events. This inspired him to pursue a career within the music industry. He is hopeful that he too can inspire young local musicians, through this experience and other accomplishments, to go after any and all opportunities to develop and expand their careers as musicians.

ICE SCHEDULE 2009-2010

Sunday

12:45-1:45 pm Peewee Competitive Try outs
2:00-4:00 pm Public Skate
4:15-6:30 pm SV Girls
6:30-7:45 pm Thunder Game or Open Ice
8:00-9:00 pm Thunder Game or Maroons
9:15-10:30 pm Carleton Mutual

Monday

8:00-9:30 am Ice Maintenance
9:30 am-3:30 pm Open Schools
3:30-6:15 pm Skate Club
6:15-7:10 pm Novice Practice
7:20-8:15 pm Peewee Practice
8:30-9:30 pm Bantam Practice
9:40-10:40 pm Pentecost Men

Tuesday

9:00-11:30 am Open Schools
12:00-2:00 pm Senior Skate
2:00-3:15 pm Toddler Skate
3:45-4:45 pm Midget Practice
5:00-6:00 pm Initiation Practice
6:10-7:10 pm Atom Practice
7:25-8:45 pm ... Western Valley Minor Hockey
8:50-9:50 pm SV Boys
10:00-11:00 pm Lightning Rods

Wednesday

9:00-11:30 am Open Schools
11:30 am-12:30pm Lunch Shinney (\$5)
12:30-3:00 pm Open Schools
3:30-4:45 pm Open Ice
5:00-6:00 pm Novice Practice
6:00-7:00 pm Peewee Practice

7:10-8:10 pm SV Girls
8:20-9:35 pm Thunder/Minor Hockey (alt. weeks)
9:50-11:05 pm Chiefs

Thursday

8:00-9:30 am Ice Maintenance
9:30 am-12:00pm Open Schools
12:00-2:00 pm Senior Skate
2:00-3:15 pm Toddler Skate
3:40-4:40 pm SV Girls
4:50-6:05 pm SV Boys
6:20-7:20 pm Bantam Practice
7:20-8:20 pm Midget Practice
8:30-9:45 pm Maroons
9:55-11:10 pm Old Dogs

Friday

9:00-3:00 pm Open Schools
3:30-4:45 pm Shinney (\$5)
5:15-6:15 pm Atom Practice
6:30-8:15 pm Public Skate
8:30-9:45 pm Thunder Game/Open

Saturday

8:30- 9:30 am Midget Practice
9:40- 10:40 am Bantam Practice
10:50-11:50 am Peewee Practice
12:00-1:00 pm Initiation Practice
1:10-2:10 pm Novice Practice
2:20-3:20 pm Atom Practice
3:30-4:30 pm Peewee Competitive Try Out
4:30-5:30 pm
5:30-6:30 pm Open
6:30-9:30 pm SV Boys



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BC Association of
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GATHERING OUR VOICES 2010 Aboriginal Youth Conference

"Our Health and Our Environment"

Vancouver, BC March 10 - 13th 2010

The BC Association of Aboriginal Friendship Centres is excited to announce the 8th Annual Provincial Aboriginal Youth Conference *Gathering Our Voices* will take place **March 10-13th, 2010** in **Vancouver, BC** at the **Hyatt Regency Vancouver**.

The eighth annual Provincial Aboriginal Youth Conference will attract up to 1500 Aboriginal youth (ages 14-24) from across both the Province of BC and Canada. This year our chosen theme is "**Our Health and Our Environment**", and is reflected in 30+ workshops, a 50 booth Health and Environment Fair, Cultural and Recreational Activities, Evening Events and Motivational Speakers.

Please see below for further information on Conference Registration, our Call for Workshop Facilitators and our Call for Exhibitors. To access all of this information online please visit:

www.bcaafc.com/content/view/54/207/

REGISTRATION INFORMATION

Early Registration Fee \$125.00 UNTIL FEBRUARY 5th, 2010

(EARLY REGISTRATION INCENTIVE: 6th registrant FREE for every group of 5 registered!)

Regular Registration Fee \$175.00 FEBRUARY 6th - MARCH 10th, 2010

- For every five youth registered (under the age of 18) there must be one chaperon
- All chaperons must register for the conference, and must 21 years of age or older

To access Conference Registration Package please click here: www.bcaafc.com/content/view/54/207/

CALL FOR FACILITATORS

DEADLINE FOR SUBMISSIONS: November 27th, 2009 by 5:00 pm PST

The Aboriginal youth conference planning committee **invites interested individuals/groups to facilitate highly interactive workshops** for the 2010 Aboriginal Youth Conference.

Preference will be given to workshops that demonstrate high interaction and share best practices/successful approaches to this year's theme of **Health and the Environment**

To access the Call for Facilitators please click here: www.bcaafc.com/content/view/54/207/

CALL FOR EXHIBITORS

DEADLINE FOR SUBMISSIONS: February 1st, 2010 by 5:00 pm PST

The Aboriginal youth conference planning committee **invites interested individuals/organizations to exhibit at the Health and Environment Fair** during the 2010 Aboriginal Youth Conference. This is a unique opportunity to share information with up to 1500 Aboriginal youth. Aboriginal youth who attend come from across the country and reside either on-reserve or in urban centres. While in the Health and Environment fair, Aboriginal youth and their chaperons can hear presentations, gather information, and network with various Health, Environmental and Educational institutions, organizations, public agencies and departments, industry, and arts and craft vendors.

- Spaces for the Health and Environment Fair will fill up very quickly. Potential Exhibitors are encouraged to send in their completed forms as soon as possible to ensure a spot at the Youth Conference.

To access the Call for Exhibitors please click here: www.bcaafc.com/content/view/54/207/

For More Information Please Contact:

Rosy Steinhauer | Youth Conference Coordinator

BC Association Aboriginal Friendship Centers | #200-506 Fort Street | Victoria BC | V8W 1E6

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MALISEET CONVIENCE 273-5630

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LYNN DINGEE



LIVING HEALTHY WITH DIABETES

November is Diabetes Month

Take Action by Raising Awareness in Your Community

November is Diabetes Month and the Canadian Diabetes Association is urging all Canadians to take action by raising awareness of diabetes in their community. For many people, diabetes simply means "too much sugar in your blood". However, it is important that people understand that it is much more serious than that! Diabetes is a life long disease that affects the body's ability to properly use the energy from the food we eat. The body is unable to produce enough insulin, or does not use the insulin it produces to change sugar from our food into energy. This causes sugars to stay in our bloodstream causing blood sugars to go high. High blood sugars over time may lead to serious complications such as blindness, heart attack, kidney failure or amputation. However, keeping blood sugars as close to normal can reduce chances of complications and people with diabetes can live a healthy life.

Although there is no cure for diabetes, research has shown that type 2 diabetes can be prevented or delayed in many people who are at risk for this disease. Aboriginal people in Canada are at a greater risk for developing type 2 diabetes than other Canadians. Following

a healthy lifestyle by eating well, keeping active and maintaining a healthy weight can reduce a person's risk of developing type 2 diabetes. Children are also now being diagnosed with type 2 diabetes which in the past occurred mainly in older adults. Today's children are spending more time in non-active activities such as playing video games and watching TV. This inactive lifestyle coupled with eating higher fat foods has put children at risk for developing type 2 diabetes as well. It is important we educate our children now about the importance of eating healthy and regular physical activity to prevent diabetes.

Risk Factors for Developing Diabetes:

- Anyone age 40 or older
- Have a parent, brother or sister with diabetes
- Being overweight (especially around the stomach)
- High Blood Pressure and/or High Blood Cholesterol
- Inactive lifestyle
- Gave Birth to a baby who weighed over 9 lbs or had gestational diabetes while pregnant
- Dark patches of skin around your neck

What are the symptoms of Diabetes?

- Being thirsty often
- Having to go to the bathroom more than usual
- Feeling tired
- Weight loss
- Blurred vision
- Tingly or numb hands and feet
- Getting infections often and having cuts that are slow to heal

If you experience any of these symptoms, it does not mean you have diabetes but you should visit your family doctor or community health center and asked to be tested for diabetes.

For people who have diabetes it is important you see your doctor for regular check-ups.

Tips to Living Healthy with Diabetes:

- **Healthy Eating:** Eating healthy meals and snacks at regular times of the day will help keep your sugars in good control. Your community Dietitian can assist you with meal planning that is best suited for you.
- **Exercise** is also important to keeping your blood sugars in good control. Doing some form of activity 30 minutes a day will

help keep blood sugars in good control. Remember...always check with your doctor before starting any exercise program to be sure it is right for you.

- **Take Medications as prescribed:** Know the name of your medication and how it works. Always check with your pharmacist before taking any over-the-counter medication to be sure it is safe to take with your diabetes.
- **Test your blood sugars regularly.**
- **Take care of you Feet!** Visit your community health center to receive information on how to care for your feet.
- **Eye exam:** be sure to have your eyes checked by a specialist every 1 to 2 yrs.

To learn more about diabetes see your health staff your community wellness center or visit website www.healthcanada.gc.ca/ADI or www.diabetes.ca

Let's work together to create awareness on diabetes!

Source: Canadian Diabetes Association
Submitted by:
Margie Gray, Registered Dietitian
Aboriginal Diabetes Initiative
MAIWIW Council of First Nation

Plan your menus, it pays!

Part 1

Planning your weekly menus will provide another tool to achieve balanced diet. It will also save time and money. No empty fridge midweek, limit detours to the groceries and cost controls to the restaurant on the corner!

Plan the menu in three easy steps

1. Think "balance"

Plan your evening meal with a protein source (fish and seafood, poultry, eggs, meat, including legumes). The meat or substitute should be on the menu at least twice a day. Make sure



you have Vegetables and Fruit at every meal, and a cereal product ideally whole grain. Milk products are recommended at least twice a day. Complete with accompaniments.

2. Make a grocery list, taking into account seasonal products

For example, buy strawberries fresh in July and frozen during the winter. You will gain in nutritional value and cost savings. Stock up on foods: buy in bulk, buy a case of can of tomatoes when on sale. Apples and potatoes in the fall season... Use the weekly flyer to do your menu and grocery list.

3. Find and book time for cooking

Make it a Family activity, Teamwork!

Cook some dinner in double. Reuse the leftovers in the lunches. Less meal planning!

Emphasize the simple recipes, nutritious and fast. A tip: try one or two new recipes a month to change your eating habits gradually and without too much effort.

Stay informed! Participate in a cooking class!

Part 2

To compose your menu, here are the key elements to focus

The whole fruit ... rather than the juice.

They are rich in fiber and therefore more satisfying.

Whole grains ... rather than refined flours. More nutrients, more fiber, more flavors, and many health benefits!

The eggs, which have regained their status. An excellent nutritional value! A good source of protein and easy on the wallet.

Legumes. They are nutritious, environment friendly and economically. It is easier than you think to incorporate into your diet; try them in soup, salad, or use as a spread in a sandwich.

Nuts and Nuts (Almond, pecans, cashews, Etc..). Although their calorie content is a bit high, they contain many nutrients beneficial

Wolastoqewiyik Healing Lodge Schedule

NOVEMBER 2009



The staff, volunteers and guests of the Wolastoqewiyik Healing Lodge offer the following schedule of step-programs and support groups to community members and guests who desire to strengthen their individual pride and feelings of self-worth.

All events will take the place at the bottom level of the Healing Lodge (side door), unless otherwise noted.

Gamblers Anonymous (GA) Meetings

Every Sunday 6:00 – 7:00 pm

Alcoholics Anonymous (AA) Meetings*

Every Sunday 7:30 – 8:30 pm

*Located at St. Ann's Church Basement (28 River Road, Tobique First Nation)

Al-Anon Meetings

Every Monday 7:00 – 8:00 pm

*Located at St. Ann's Church Basement (These meetings will not start until later in the New Year)

Narcotics Anonymous (NA) Meetings

Every Tuesday 7:00 – 8:00 pm

(Please note the change in DAY)

Alcoholics Anonymous (AA) Meetings

Every Friday 7:00 – 8:00 pm

(Newcomers Welcome)

**National Addictions Awareness Week (NAAW) activities have been scheduled for the week of November 16-22nd. Once a schedule is available, it will be circulated in the community.

To make an appointment or to get a hold of any of our staff, please note the following numbers:

Dianne Perley, Director..... 273-5421

Ann Marie Flanagan,
Licensed Psychologist 273-5610

Loretta Perley, Prevention..... 273-5418

Charles 'Diamond' Nicholas,
Prevention..... 273-5425

Mary Solomon, Family Wellness 273-5541

Tatawnyha Nicholas,
Case Manager/Front Desk 273-5403

Alison Sappier and Robert Brewer work with clients in our In-Client Program.

Marilyn Perley, Probation, works out of our downstairs offices (side door entrance). She can be reached directly at 273-4723.

For information about any of our programs, please do not hesitate to call our office at (506) 273-5403.

to health.

Fish and other seafood They are an excellent source of protein! Oily fish also contain valuable Vitamin D and omega-3.

Vegetables. Add color to your plate! Eat a variety every meals and snacks. Vegetables and fruit are rich in antioxidant, vitamin C and more.

Stephanie Levesque, Dietitian
Tobique Wellness Centre



**Kwilmu'kw Maw-klusuaqn
Mi'kmaq Rights Initiative**

Employment Opportunity Fisheries Coordinator

Kwilmu'kw Maw-klusuaqn Negotiation Office (KMKNO) is currently seeking to hire a Fisheries Coordinator, to full term position to support KMKNO and the Fishery Working Group. The Coordinator will work with the Fishery Working Group and the Assembly of Nova Scotia Mi'kmaq Chiefs and operate under the direct supervision of the KMKNO Executive Director.

Specific duties include but are not limited to:

- Conduct various governance research initiatives in accordance to an approved work plan;
- Produce reports and research papers in accordance to sound research practices;
- Develop base line data for Mi'kmaq with respect to all aspects of fisheries;
- Conduct presentations on research findings to community, technical and political representatives;
- Develop Draft Management Plans; and
- Provide regular updates to the Fishery Working Group Committee and KMKNO representatives;

Qualifications:

- Demonstrated research experience through the production of reports and/or research papers;
- Ability to conduct independent research in a team environment with, at times, limited supervision;
- A college/university degree in science or fisheries and or management, or related field or equivalent experience;
- Strong interpersonal skills and is able to work in a team environment;
- Excellent communication, public speaking, writing and analytical skills;
- Be highly organized and able to multi-task;
- Familiarity with Mi'kmaq culture and associated communities;
- Knowledge of M'kmaq/Aboriginal community issues and perspectives; and
- Have a valid driver's license, insurance, access to a reliable vehicle and be willing to travel.

NOTE: Kwilmu kw Maw-klusuaqn Negotiation Office hired on the basis of merit and is committed to employment equity. We encourage all qualified persons to apply; however, qualified Aboriginal applicants will be given priority in accordance with the Aboriginal Employment Preference policy of the Canadian Human Rights Commission.

TERM: Term Contract with the possibility for renewal.

SALARY: Commensurate with knowledge and experience.

Deadline for applications is Friday, November 27, 2009, @ 4:30 pm

Forward resumes and cover letter with two references to:

Attention: Debbie Paul, Office Manager
Kwilmu'kw Maw-klusuaqn Negotiation Office
851 Willow Street, Truro, NS B2N 6N8
Email: debbiepaul@mikmaqrights.com
Fax: 902-843-3882

Only successfully screened applicants will be contacted for an interview.

ATTENTION COMMUNITY MEMBERS! The Dental Clinic is now open

for operation with a certified Dental Therapist

Joe Tomah is a trained Professional in the Dental Field and can provide you with all of your dental needs i.e. Cleanings, fillings, sealants, extractions, x-rays etc.

Joe is in the office;
Monday, Tuesday, Thursday and Friday
From 9:00 AM to 4:00 PM

Call the Tobique Wellness Center to book an appointment at 273-6940 or 273-5430



Community Celebration

Tobique's Community Celebration for the new
**Lt-Gov. of NB,
Graydon Nicholas,**

will be on Sunday, December 6th from 2:00-4:00 pm. It will be at the Tobique Bingo Hall and it is a potluck (reminder that Uncle doesn't like onions in his food). Thanks and I hope you can make it!

The Tobique Youth Center

Canteen is open at 1:00 – 11:00

MENU

Poutine	\$4.00	Drinks	
Fries	\$3.00	Pop	\$1.00
Buffalo Wings (4)	\$3.00	Water	\$1.00
Mozza Sticks (4)	\$3.00	Slushies	\$1.00
Chicken Burger	\$3.00		
Nuggets (4)	\$3.00	Also Available	
Onion Rings	\$3.00	Chips	\$1.30
Pogo	\$1.50	Asst. Candy	
Pizza Pop	\$1.50	Ice Cream	\$1/scp
Clams	\$3.00	<i>We give the most ice cream for the price</i>	

Monday Wednesday Friday

Basketball	2:00-4:00	Pool	\$4.00
Arts and Crafts	2:00-4:00	Fitness Room	\$4.00
Hockey	6:00-8:00	Skate Park	\$4.00

Tuesday Thursday Saturday

Soccer	2:00-4:00	Helmets and balls are	
Skateboard	6:00-8:00	\$1.00 to rent	
Swimming	1:00-10:00		

Memberships

\$30.00/ month \$80.00/ month Family of 4

(Immediate family only/ \$10 each additional member)

*After 8:00 nobody 12 and under is allowed in the building (no exceptions)

**6 and under must be accompanied by an adult at all times

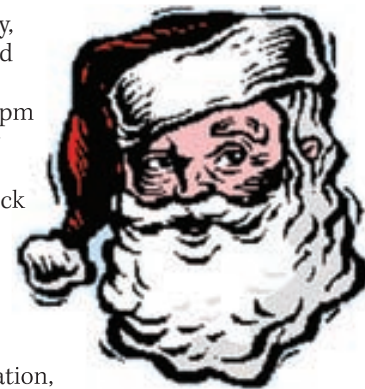
5th Annual Christmas Bazaar

Hosted by the Woodstock First
Nation Beading Group

WHEN: Friday,
November 27th and
Saturday, 28th
TIME: Friday 1:00pm
to 8:00pm Saturday
9:00am-4:00pm

WHERE: Woodstock
First Nation
Gymnasium

ADMISSION:
\$1.00 for adults



For more information,
contact Annie Nicholas at (506)
594-0079 or Melissa Sappier at (506) 328-9430. Table
rental is \$10.00 and this covers both days. We will also
have Santa Claus here taking pictures with all the children
on both days on Friday from 4:00pm-6:00pm and on
Saturday from 2:00pm-4:00pm.

**Come One, Come All,
And Spread the Joy
Of
Christmas!!**



**Cheapest
Tobacco in
Tobique**

273-4117
Open Mon-Sat 11am-11pm
Sunday 2pm-10pm

**Bodin's Native
Crafts & Supplies**

Connie Nicholas

275 Main St.,
Tobique First Nation, NB
E7H 2X7

Store: (506) 273-4066

Office: (506) 273-2827

Fax: (506) 273-2258



Winter

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an activity played on Winter.

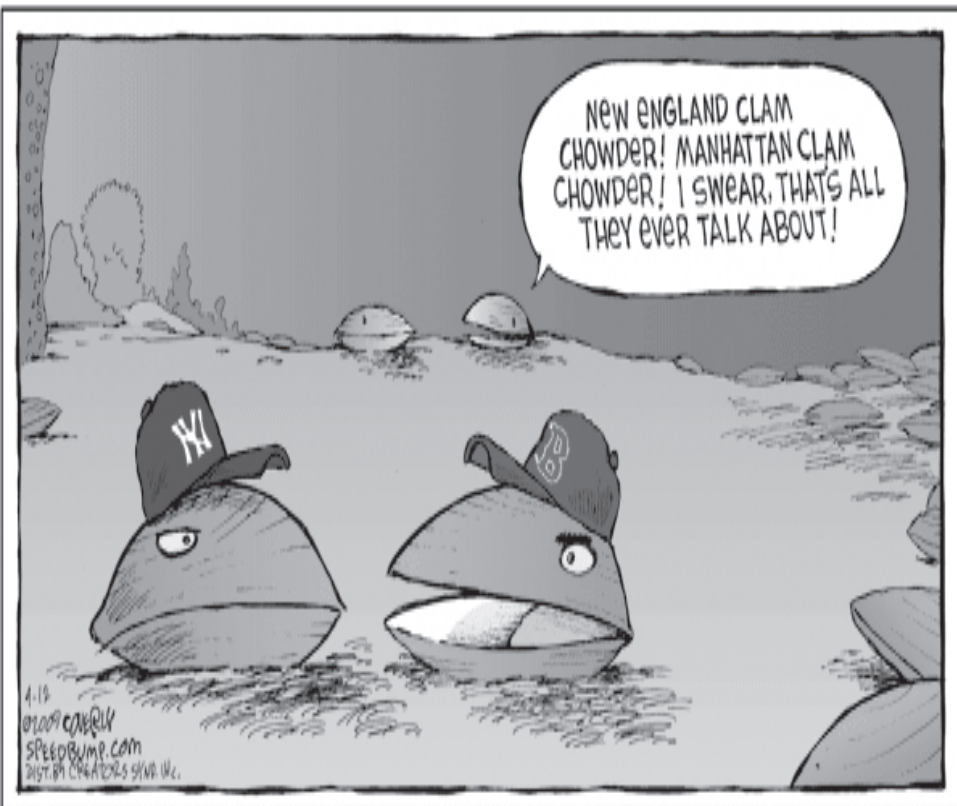
- | | | | |
|-----------|----------|---------|----------|
| BLIZZARD | FROST | MITTENS | SLED |
| BOOTS | GLOVES | PARKA | SLEET |
| CHRISTMAS | ICE | SCARF | SNOW |
| COLD | ICICLES | SKATES | TOBOGGAN |
| FREEZE | KNIT CAP | SKIING | |



Lest We
Forget

SPEED BUMP

BY DAVE COVERLY



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**Nick and Sock
Plumbing**

