



## Flat Bay Band Inc.

“A non-profit village council developing the native community of Flat Bay E, W & St. Teresa, representing our Mikmaq people & citizenship. Our mission is to maintain a self-governance structure, to deliver Social Development, Environmental Heritage, Wellness & Community Economic Initiatives and to preserve the Mi'kmaq Culture by restoring identity, encouraging pride & unity & supporting spiritual & artistic expression.”

“Vibrant, Self-Determined Mi'kmaq Communities”



### Band Council Structure:

Council:

1) Chief:	Liz LaSaga	709-275-2055
2) Vice Chief:	Joanne Miles	709-647-3787
3) Marley Kendall:	Treasurer	709-647-3684
4) Director:	Bernadine Blanchard	709-647-3624
5) Director:	Everett Perrier	709-647-3785
6) Director:	Fay White	709-647-3182
7) Director:	Janet Miles	709-647-3012

No'kmaq Village 10 Band Rd. Flat Bay West, NL - Box 15 Site 2 Flat Bay, NL A0N-1Z0  
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### **Sub Council – Appointed Committees:**

- 1) FINANCIAL ACCOUNTABILITY COMMITTEE (FAC): Ben Bennett, Anne Marie Young & Marley Kendall
- 2) BY-LAWS ACCOUNTABILITY COMMITTEE (BAC): Aboriginal lawyers Judy White and Kayl Pearce, Lieutenant Commander Todd LaSaga & Vice Chief Joanne Miles
- 3) SELF-GOVERNANCE: Dr. Stewart MacNeil, Elder Calvin White, Arlene White, Lieutenant Commander Todd LaSaga, Chief Liz LaSaga & Vice Chief Joanne Miles.
- 4) LAND CLAIMS: Elder Calvin White and Band Council

### **BACKGROUND**

United together through relationships, kinship and friendships, Mi'kmaq – Indigenous people lived together peacefully, sharing freely the gifts that the Creator provided for us. In the 17th and 18th centuries, Mi'kmaq entered into Treaties of Peace and Friendship with the Europeans, agreeing to live together in freedom from strife, but preserving for ourselves our cultures, traditions and rights. We, the Mi'kmaq people have never surrendered our ancestral First Nation and Treaty rights, all of which are now protected and preserved in the Constitution of Canada. These rights have existed from the creation of Mother Earth and must continue to exist for our future children.

Flat Bay is one of the oldest noted communities of Mi'kmaq settlement in Newfoundland. In 1797 Crofton noted Flat Bay's appeal to Mi'kmaq settlement because of the quantity of eels. Flat Bay derives its name from a body of water, sheltered by a strip of land known as Sandy Point. This sheltered harbor provided refuge from storms in the Gulf of St. Lawrence. It also provided for ships to anchor in close proximity to land. For that reason Sandy Point eventually became the European settlement of the West Coast.

When European occupation became dominant, many Mi'kmaq people left occupied areas such as Sandy Point, Main Gut, and various other locations surrounding Flat Bay waters. Some moved as far away as Conne River, others settled in a location isolated between two rivers (Flat Bay and Fishell's River) and, while some Mi'kmaq remained in European settled communities, they were forced into assimilation by governing rules, lifestyles, etc. The community(s) of Flat Bay remained isolated as its borders were protected by Flat Bay River in the East and Fishells River in the West, the Gulf of St Lawrence to the North, and ninety miles of unoccupied wilderness to the South. Since hunting and fishing was the way of life, Flat Bay/St. Teresa's was a paradise for Mi'kmaq settlement. But their struggle to survive as a people was always a challenge, even within families. The people



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of Flat Bay & St. Teresa's were culturally radical and pursued hunting, fishing, and gathering, regardless of consequences. They rebelled against European laws and ignored government policies that were not congruent with the Mi'kmaw way.

Historically the Flat Bay Mi'kmaq managed their own community affairs through a process whereby the most senior and knowledgeable person would take charge of dealing with the resolution process. These roles of responsibility often changed with the exception of treatment and care of the sick. The two community mid-wives, Susan Benoit and Mary Francis-Webb, shared the responsibility until in their late age. Patrick Sheppard and Martin Benoit were the community casket makers. In the mid 1920's, when an epidemic of diphtheria broke out and children were dying at a rate of two/four per day, Ralph Perrier and Jim White organized burials, while John White anointed and provided last rights to the deceased in the absence of a priest.

In 1955 due to the opening of a Gypsum mine four (4) miles from the residential part of the community, a link was established to the Trans Canada Highway (TCH). The responsibility of managing community affairs from a Mi'kmaw perspective; immediately became threatened. Laws pertaining to hunting and fishing which were non-existing for hundreds of years were now becoming an everyday nuisance. RCMP and Wildlife and Fisheries officers were routine visitors to the community. By 1970 it was evident that a more organized approach was needed to deal with the intrusion.

Fortunately, the Flat Bay Mi'kmaq knew their people and where they lived. While many surnames are not of Mi'kmaq origin, genealogical links the community residents to Youngs, Kings, Francis, Benois, McDonald and perhaps more significant 1945 census records identifies 95% of the population as French/Indian. Names such as Webb, Sheppard, White and Legge are included, clearly showing the continued strength of aboriginal growth as a people and as a community. Our self-government policies were later enacted through Bill C31. Flat Bay Band has always protected the rights of our women and their children.

They accepted and respected the decisions of others to occupy areas such as Bay of Islands, Corner Brook, and throughout Bay St. George. These connections were to pay dividends when, in 1969, native organizations were springing up across Canada. Flat Bay West, without any municipal structure, opted to institute a Band Council governing body. Conne River had done likewise. Common knowledge of other Mi'kmaq people throughout Newfoundland laid the foundation for a provincial organization. Mi'kmaq people in other communities were contacted and encouraged to identify, promote and organize under First Nation identity.





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The Flat Bay Band was duly elected by democratic process in June 1971 and incorporated in 1974 as the Flat Bay Band Inc. There have been gaps in renewals and updates to the incorporation, mainly due to ignorance of government policies. That is no longer the case and the Flat Bay Band Inc. is a highly credible incorporated body in good standing, free of litigation and without a single encounter with funders. The Flat Bay Band Inc. is one of the oldest and one of the most active Bands, contributing key roles throughout the decades that it took to forge recognition, which is now achieved via the landless – status, Qalipu First Nation Band.

#### STATEMENT of CONSTITUTION

Since 1971, the band governing community affairs and Mi'kmaq rights, is the Flat Bay Band Inc. (legal name). In 2012, it adopted the known name No'kmaq Village. Maintaining its territorial borders, this Band serves as a non-profit village council, reflecting the Mi'kmaq communities of Flat Bay East, West and St. Theresa & representing its citizenship and membership. The Band delivers services & support for economic, cultural, social, wellness & safety initiatives that nurture a life of spirituality, pride & unity.

This Band is mandated to protect the village citizenship and First Nation rights of the members by utilizing direct representation to government. Membership combined with citizenship is required before a Mi'kmaq person in the Band may be active politically. However, access to programs and services are open to all members and in some cases may be accessible to non-Mi'kmaq village citizens and Mi'kmaq of other communities and organizations. Membership in the Band is not necessary to be a recipient of First Nation or Treaty Rights to be a member of another First Nation band or organization; and vice versa.

The Band recognizes that the ancestral links of this Mi'kmaq village are an authentic and vital constituent part of the Mi'kmaq nations of Canada and pledges to work with other organizations to promote equality and fairness in the treatment of all members of the nations.

#### I PRINCIPLES

- A. The LEGAL name is The Flat Bay Band Inc., “No'kmaq Village” is the KNOWN name. The legal name remains in-tact to demonstrate the age, credibility and maturity of the Band. The known name reflects a loose English-Mi'kmaq mix translation suggesting, “Village of Relations” to honor the Mi'kmaq relationships that merge the distinct Flat Bay East, West & St. Teresa's communities, into one Mi'kmaq village. *(Both the legal and known name will hereinafter be referred to as the “Band.”)*



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- B. The Mi'kmaq TERRITORY represented by the Band is Flat Bay East, West & St. Teresa's and its boundaries are from Fishels River to the west, Flat Bay River on the east, the Gulf of St. Lawrence to the north and unspecified uninhabited boundaries to the south. *(The territory hereinafter will be referred to as the “Village”).*
- C. The MEMBERSHIP of the Band, are those individuals who have registered with the Band in acknowledgment of their ancestral Mi'kmaq links and substantial connections to the village. These individuals may be citizens or non-citizens of the Village.
- D. The CITIZENSHIP are those individuals who have vested interest, live in or own property within the village. These individuals may be members or non-members of the Band.
- E. The political process of the Band is a democratic process open to Voting Members. VOTING MEMBERS are individuals who are all inclusive; \*Band members, \*of the age to vote, and \*are citizens of the village.
- F. The Band claims that essentially they are a Federal Responsibility in accordance to the Canadian constitution as it applies to “First Nations.”
- G. The Band remains a credible organization that strives to operate without funding or legal encounter; unless chosen to the contrary, that an ethical or political statement is to be made for the betterment of the Band or under unforeseen circumstances beyond the Band's capacity or control.

## II OBJECTIVES

- 1. To serve as an advocate for First Nations treaty rights as they reflect empowerment & enrichment of the Band via the pursuit of self-government and/or other viable alternatives.
- 2. To provide an organization for the Citizens of the Village for the purpose of managing or supporting the management of community affairs and for supporting or delivering programs & services for economic, cultural, social, wellness & safety initiatives.
- 3. To engage all levels of government, public and private agencies/industry to gain funding and supports;
  - a) To obtain funding to enrich and empower the Village;
  - b) To obtain funding for core operations of the Band and administration of the Band Council;
  - c) To obtain funding to implement economic, cultural, social, wellness & safety programs for Members + citizens (1<sup>st</sup> priority), Members (2<sup>nd</sup> priority), non-Mi'kmaq citizens (3<sup>rd</sup> priority)

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and to outreach to other Mi'kmaq people, other Mi'kmaq communities & organizations (4<sup>th</sup> priority).

4. To deliver public notifications of the economic, cultural, social programs wellness & safety initiatives that are available for members and citizens and how to obtain full and equal participation.
5. To initiate and co-operate with other organizations for the betterment of the Band, whose aims are similar to and supportive of those of the Band; to foster and strengthen cultural identity and pride amongst Mi'kmaq communities.
6. To be a cooperative and accountable entity that satisfies the obligations of legal, funding, government and stakeholder agreements.
7. To strive to remain abreast of service gaps, member & citizen feedback, innovative concepts and funding priorities and to develop strategic plans and proposals that consider all rational perspectives.

## SELF GOVERNANCE PROFILE & EXPERTISE

No'kmaq Village (The Flat Bay Band Inc) is 45 years old - the oldest band surviving in the province, outside of the Miawpukek Reserve. The majority of Mi'kmaw stemming from Newfoundland trace back to Flat Bay roots and our membership consists of over 1,000 families, within the Flat Bay village and residing across the province/nation. With vast connections, we often outreach beyond our vicinity to mentor other organizations and Mi'kmaw.

Over the decades we have successfully delivered thousands of initiatives, infrastructure, hosted the only powwow to be ever be held on the West Coast now seeing about 8,000 visitors. We founded and mentored numerous organizations/committees in the region and nation. The Flat Bay Band Inc. (No'kmaq Village) remains in good standing with the corporations act, all funders, lenders and government without single encounter and we remain free of litigation.

No'kmaq Village (The Flat Bay Band Inc.) is the only community in Canada that self-governs without a government budget nor municipal supports such as town council or local service district. For the past 44 years we have avoided colonial style government, one where policies are developed and passed down by imposing on the people. Our system originates from the people and is carried out by the council and there is no desire to abolish what has worked for hundreds of years. The Federation of Newfoundland Indians which Flat Bay as a found member, to found the now Qalipu First Nation Band, overlooked to address Flat Bay as a standalone community, which should have had equality to Conne River & Labrador Innue.

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Despite, this financial challenge, the band still survives in its role to self-govern the community and in one of the most active non-profit native organizations in the province. No'kmaq Village is well known for its charitable, humanitarian services and cultural mentorship in the province.

**MISSION:** “A non-profit village council developing the native community of Flat Bay E, W & St. Teresa representing it's Mikmaq people & citizenship. Our mission is to maintain a self-governance structure, to deliver Social Development, Environmental Heritage, Wellness & Community Economic Initiatives and to preserve the Mi'kmaq Culture by restoring identity, encouraging pride & unity and supporting spiritual and artistic expression.

## **OPERATIONS**

We have two divisions that serve as a core for all other departments, venues and activities.

### **Division 1) Human Resources (48 Band Rd. Flat Bay, NL)**

The purpose of this division is to be the operating engine for all band departments, venues and activities.

This division is managed and serviced by seasonal core staff and volunteer band council. In addition to all departments, venues and activities (described below), this division contains a free public-drop in resource centre 5 days a week and a front-line, administration area that assists public. There is also a board/training room that is provided free of charge to other groups who do not have funds, so they can meet and plan for various community/regional activities. This division also features a volunteer Elder Coaching room where individuals and groups come to access support and guidance according to Mi'kmaq standards. This division also supports a Finance Office, where the books and records of the band are maintained. It also publishes No'kmaq Village bulletins/memos which go out 1 to 5 times a month to all households as well as by email to members abroad. The memos serve as a source of information, opportunities and resources for Mi'kmaw. The memos also features ad by other non-profit native and community groups, free of charge. This division is revamping its website and will launch it in April or May of 2015. The websites will be continuously updated and will also serve as a source of information, opportunities and resources for the community, membership, region and nation.



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#### **Division 2) Cultural Restoration & Partnership Division Resources (48 Band Rd. Flat Bay, NL)**

The purpose of this division is to promote the cultural aspect of all department, venues and activities.

Every program and service is customized with Mi'kmaq culture by Mi'kmaq methodologies and standards. By

adding the cultural element to mainstream community/public services, we are able to appeal to the unique needs of native people and overcome potential barriers to success. This is a partnership division with the external group, the Bay St. George Cultural Revival Committee, a volunteer-based, non-profit group that primarily relies on fund-raising to deliver the annual powwow which sees 8,000-10,000 (Mi'kmaw, visitors, media, politicians and cultural dignitaries) from all over the globe. The band serves as host for the annual powwow which is held on its sacred grounds. By providing this space, at no cost to the BSGCRC, we are able to provide them with the operating space to plan the annual powwows and it provides us the opportunity to work together as partners or supporters to deliver cultural capacity building initiatives. This division is always planning and seeking funds to maintain the growing powwow and to deliver cultural capacity building initiatives.

#### **ACTIVITIES**

##### **A: DELIVER PROGRAMS & SERVICES:**

We operate four departments with a range of programs and services. The type of programs and services are incumbent on what grants/contributions we are successful in gaining each year.

#### **Social Development**

The purpose of this department is to make a positive and significant impact on the socioeconomic progress of the region. Through this department, we deliver programs and services for children, youth, women, aging citizens and other target groups for the purpose of crime/violence prevention and socio-economic welfare. With support from the Flat Bay St. Teresa's Native Women's Association and other local groups, we deliver the following programs/services.

Epiw'ik Children's Programs: We deliver a summer Mi'kmaq Mentorship program for children and youth. We also support local Best Buds, You Go Girls, children's drum groups and various craft groups. We also have developed a native-themed children play area within the band and we are looking to expand the art work with positive native graphics and to stock it with resources for childhood development. This department is also planning and seeking funds to maintain these services as well as add infant, child & family supports & services.

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We are also seeking to establish a licensed native, child care facility to support low income working families. Guiding Our Nation Youth Programs: Typical annual programs are; Skills Link—Employment & Training,

Linkages—Employment & Training, Mi'kmaq Youth Mentorship—Green Team, Level 1,2,3—Summer Jobs Program, Advanced Education & Skills – Post Secondary Summer Students, Service Canada—Student Summer Jobs, SWASP—Student Works & Services, Career Focus—Graduate Positions, imagineNATIVE-Annual Film Mentorship, Youth internships, youth resources, etc. This department is always seeking funds to maintain and expand these services.

Healing Our Nation Programs: Here, we support various violence prevention programs for women and children, as well as create films to raise awareness to native people and groups abroad. We have initiated healing circles and alternative measure support system for community/member offenders and are seeking funding to formalize and expand these practises. This department is also planning and seeking funds to add crime prevention and justice programs that are customized for the needs and profiles of Mi'kmaq people.

Nestue'g Mi'kmaq Programs: Here we provide a Community Assistance program whereby summer youth or volunteers give help to aging citizens and people with disabilities or people with outstanding needs. For example, when the water was out for two months in the summer of 2014, we delivered water, supplies and store cards to all residents affected. Also, summer students are hired annually to help people in needs with various domestic projects such as having yard sales, spring cleaning, recycling, organizing, small maintenance, etc. We also provide services to aging citizens as funding proposal become available. Such as community social/resource lunches and talking circles, etc. This department is also planning and seeking funds to maintain these services as well as to gain a ride, learn and lunch program, community freezer, community garden and food bank, etc, to support poverty.

Bay St. George Mi'kmaw Justice Strategy: Here, we strengthen the capacity of local Mi'kmaw around the management of justice issues; draw upon the strengths of community members and resources to promote community-building practices particularly in relation to justice issues; identify and mobilize the resources offered through the traditional Mi'kmaq approach to justice and community building; and, stay current with the evolving roles of the Provincial and Federal Justice systems on a local level as well as on a larger scale. In partnership with RCMP and Memorial University, we established the Bay St. George Mi'kmaw Youth Justice Strategy and are currently providing pre-charge diversion services in the form of culturally based extra-judicial measures. We are also the first in Canada to be establishing Supportive Reporting. By modelling a successful program in Edinburgh Scotland, this encourages victims (or witnesses) to report crimes to police through the use of community resources agents (CRAs), thus facilitating trust and builds relationships between members, youth, CRAs and community.

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### **“Vibrant, Self-Determined Mi'kmaq Communities” Environmental Heritage**

The purpose of this department is deliver projects for environmental restoration & protection, to research Mi'kmaq land use and occupancy, to promote tourism & heritage in our community and to maintain and upgrade local water and waste services.

**Environmental Restoration & Protection:** We have delivered Green Teams every year, we run a Living in Harmony with the Land resource booth at the annual powwows and we deliver a community clean up every spring, providing the cost for waste and rubbish to be removed from the community. This department has achieved special funding to upgrade the water systems for Flat Bay West and Birchy Brook and continues to support the local water and waste committee. We have performed other restorative projects such as cleaning up the Big Pond recreational site, brush cutting projects, beach clean-up and installed garbage and recycle boxes through the community, etc. We continuously meet with government and industry such as InvestCan Energy Corp. to work together in restoring and protecting the land while forging industrial progress. We are seeking funding to target other sites that need restoration such as the former Fincote gypsum site and Fishell's River tributaries.

**Tourism & Heritage:** We have delivered various films projects, programs and services that promote our history and heritage. We promote tourism in many ways. We support the annual powwow which is growing by about 3,000 more visitors per year. Flat Bay serves as the host site for this event. We have just installed signage throughout the community with Mi'kmaq language. We have started to improve and expand the Big Pond site and are seeking funding to establish it as a Mi'kmaq park. We are seeking funding to support further films, books and resources to educate the nation on our history and heritage.

**Land Use & Occupancy:** We have started land use and occupancy research and are seeking funding to complete and document this initiative.



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#### **Health & Wellness**

The purpose of this department is to blend western health and holistic healing methodologies and deliver programs and service for native health and well-being.

**Programs & Services:** In partnership with Tabletop Chiropractic we are currently in the process of piloting the founding of Tajike'k Creating Wellness Centres in native communities across Canada. In cooperation with the Western Health - Community Action Committee, we continuously try to identify service gaps for native people and where funding becomes available we deliver programs and services that range from education & awareness to direct interventions, focusing on healthy living, mental health to chronic disease motifs. We are seeking funding to deliver some key motifs that we have identified, such as a regional Mi'kmaq Addictions Circle and an interactive traditional nutrition website, etc.

**Local Support:** In support of local Mi'kmaq Healers, health/fitness service providers, we provide free space and resources so that such things as health information, traditional healing, foot care and fitness classes can be accessed in the community free of charge. We are always seeking funding to maintain our commitments and expand our resources.

#### **Community Economic Initiatives**

The purpose of this department is to be a major employer for the community and region by delivering community-based employment initiatives, developing infrastructure and exploring economies opportunities for the community.

**Community based employment initiatives:** We have delivered 1 to 2 group employment projects every year, which helps to support economic potential, increase employability in the community/region and to help reduce poverty. We continually seek funding to support projects and to enhance employment prospects in the community and region.

**Infrastructure:** We have delivered 1 to 2 major infrastructure projects per year. These projects beautify the community, increase amenities, enhance its function and make our community more healthy, economically viable and appealing to residents and visitors. We are continually seeking funding to support the beautification, function, economic potential and appeal of our community.



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#### **Community Enterprise**

The purpose of this department is to explore community enterprises that can increase local/regional/member employment and bring revenue to the band to support our operations and activities. This department is still in establishment phase. Potential investors and business opportunities are being researched and considered.

#### **B. ESTABLISHED AND MAINTAIN VENUES AND AMENITIES**

1) Sacred Grounds and Amenities: The band had developed the sacred grounds and amenities (sweat lodge, stage, vendor booths, elders shelters, dining gazebo, sacred fire area, medicine walk paths, medicine garden, leentu, wigwams, parking, camping, etc) where the powwow and other cultural activities such as National aboriginal day takes place. The purpose of this venue is to provide a place for Mi'kmaq people to participate in ceremony and traditions. This venue is used by groups from all over the province and we are continually seeking funds to expand and accommodate the area for the growing numbers each year.

2) Captive Expressions (Native Film Studio): This venue was established to create Mi'kmaq films and documentaries that raise awareness about native issues, history and culture. Films are shared with the nation. We are continually seeking funding to develop films of interest and significance to the nation.

3) Tajike'k Multi-purpose Room: This venue was established to provide a multi-purpose amenity for the community and region. The space accommodates large group activities (drumming, crafts, workshops, healing circles, assemblies and celebrations, fitness classes, etc). The room is provided free of charge to groups that do not have available funds. This space also features a community kitchen where traditional and nutritional feasts take place. We are continually seeking funds to continue developing and expanding the venue.

4) The Tajike'k Satellite Centre for Newfoundland. This is Indigenous based service centre for Healthy Living and Chronic Disease Prevention in partnership with Tabletop Family Chiropractic. This is a satellite centre located in Flat Bay, which outreaches to people across the Western region and province. In a highly Mi'kmaq populated region/province, the Tajike'k Centre is meant to provide knowledge and support that weaves together the deep natural wisdom of Indigenous traditions, the spiritual insights of Eastern philosophy, and the quantum breakthroughs of modern science. Tabletop Family Chiropractic Inc. is the only licensed Creating Wellness system provider in the province. With a mantra of Be Fit, Eat Right and Think Well, this system uses cutting edge technology and shows clients how to meet their specific goals through lifestyle changes and to chart these improvements using the Creating Wellness system.





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The Tajike'k Centre program takes the system a little further as it is aimed at customizing it for the culture, lifestyle and profiles of Indigenous people. Being that the Western region of Newfoundland has a high Mi'kmaq profile, the system is administered by No'kmaq Village and a mostly Mi'kmaw staff but can cater to any profile. The centre opened April 4<sup>th</sup>, 2016 and is currently serving 134 clients.

5) Community Infrastructure: The band provides modest renovations to improve the appeal, function and ergonomics of other venues such as the local Catholic Church, local small businesses and the local Community Centre. We also start larger local infrastructure projects that are separate from the band property. An example is the Big Pond area. This site is in development to become a recreational site with a native park theme. This will be a phase-by-phase development project and the band maintains the site in interim. We are continually seeking funds to continue updating and developing the site.

6) Band Office: The band office is the landmark of Mi'kmaq representation, community history and community governance. This venue is maintained by the band council and has been continuously renovated and updated. We are continually seeking funds to continue renovating, updating and expanding the venue as well as to maintain it.

#### **C. SERVE AS A SOURCE OF MUNICIPALITY FOR THE VILLAGE**

Define our National Identity: Part of the purpose for maintaining a self-governance style is to recognize our long history and rich culture of our Mi'kmaq people and community. Also, to point out that our community significantly helps to shape the social and economic well-being of our region and even nation. By fostering good government and showing strong accountability, we help to increase investor confidence, support economic partnerships and improve living conditions.

Maintain and Support our Self-Government Approach: We maintain a self-government approach in our community, with or without an agreement, because we are committed to representing and sphere-heading the decisions of our people that affect their lives. We have built strong relationships with governments and we continue to work as equal partners in the progression of social, economic development, education, health, lands etc. of our community.