



NO'KMAQ VILLAGE  
FLAT BAY BAND, INC.

Tel: 709-647-1370 Line 2: 709-275-3010 Fax 709-275-3330  
10 Band Rd. Flat Bay W \*\*Postal: Box 15 Site 2, Flat Bay, NL A0N1Z0 \*\*Email: [flatbayband@gmail.com](mailto:flatbayband@gmail.com) \*\* Web: [www.flatbayband.ca](http://www.flatbayband.ca)

MEMO 3.....June 2026



# NO'KMAQ VILLAGE

## FLAT BAY BAND, INC.

### YOUTH – LIVING IN HARMONY WITH THE LAND

#### EVERY MONDAY AFTERNOON – SUMMER 2026

Join us this summer for an exciting series of land-based, cultural, and outdoor experiences designed to connect youth with Mi'kmaw traditions, nature, wellness, and community!

### JULY 13 – SEPTEMBER 7, 2026

**MONDAYS**  
1:00 PM – 3:00 PM

**YOUTH AGES**  
13 TO 19

**LOCATION**  
CALM WATER PARK  
FLAT BAY

**PROVIDED**  
SNACKS, MEALS,  
MATERIALS AS  
APPROPRIATE FOR TOPIC

**COST**  
COMPLIMENTARY

### ACTIVITIES INCLUDE:

|                                                                                                       |                                                                                                                                                                                                                  |                                           |
|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| <b>JULY 13</b><br> | <b>FARMING &amp; SUSTAINABILITY</b> – Presented By: Derek Cormier<br>Help plant, maintain, and harvest while learning about healthy foods, and sustainability.                                                   | Bring Rubber Boots, Rain Coat, and a Hat! |
| <b>JULY 20</b><br> | <b>TRADITIONAL PLANT KNOWLEDGE &amp; HARVESTING</b> – Presented By: Derek Cormier<br>Learn about plant identification, traditional uses and medicines.                                                           | Bring Rubber Boots, Rain Coat, and a Hat! |
| <b>JULY 27</b><br> | <b>TRADITIONAL FISHING &amp; HARVESTING</b> – Presented By: Derek Cormier<br>Learn traditional Mi'kmaw fishing, cleaning, and conservation methods.                                                              | Bring Rubber Boots, Rain Coat, and a Hat! |
| <b>AUG 3</b><br>   | <b>LAND-BASED SURVIVAL</b> – Presented By: Derek Cormier<br>Develop practical outdoor skills including fire building, shelter basics, and navigation.                                                            | Bring Rubber Boots, Rain Coat, and a Hat! |
| <b>AUG 10</b><br>  | <b>OUTDOOR FIRE COOKING &amp; TRADITIONAL MEAL PREPARATION</b> – Presented By: Derek Cormier<br>Prepare meals over open fires while learning traditional cooking methods.                                        |                                           |
| <b>AUG 17</b><br>  | <b>NATURE WELLNESS &amp; OUTDOOR RECREATION</b> – Presented By: Stewart McNeil<br>Enjoy hiking, canoeing, beach walks, mindfulness activities, and outdoor recreation that support physical and mental wellness. | Bring Clothes for Swimming and Canoeing!  |
| <b>AUG 24</b><br>  | <b>CULTURAL TEACHINGS &amp; STORYTELLING CIRCLES</b> – Presented By: Elder Calvin White<br>Listen to Elders and Knowledge Holders share Mi'kmaw teachings.                                                       |                                           |
| <b>AUG 31</b><br>  | <b>TRAPPING, HUNTING &amp; HARVESTING</b> – Presented By: Derek Cormier<br>Learn about traditional trapping, hunting and field dressing methods.                                                                 | Bring Rubber Boots, Rain Coat, and a Hat! |

FOR REGISTRATION OR MORE INFORMATION, CONTACT:

 **709-647-1370**



**DEADLINE TO REGISTER:**  
**FRIDAY**  
**JULY 10<sup>TH</sup>, 2026**

HONOURING OUR TRADITIONS • RESPECTING THE LAND • BUILDING STRONG FUTURES

# FLAT BAY WARD MEETING

**with Councillor Ivan White Sr.**

We invite ward members to attend an open and respectful ward meeting with special guests Chied Administrative Officer Brad Evoy and QDC Chief Operating Officer Jonathan Walsh.

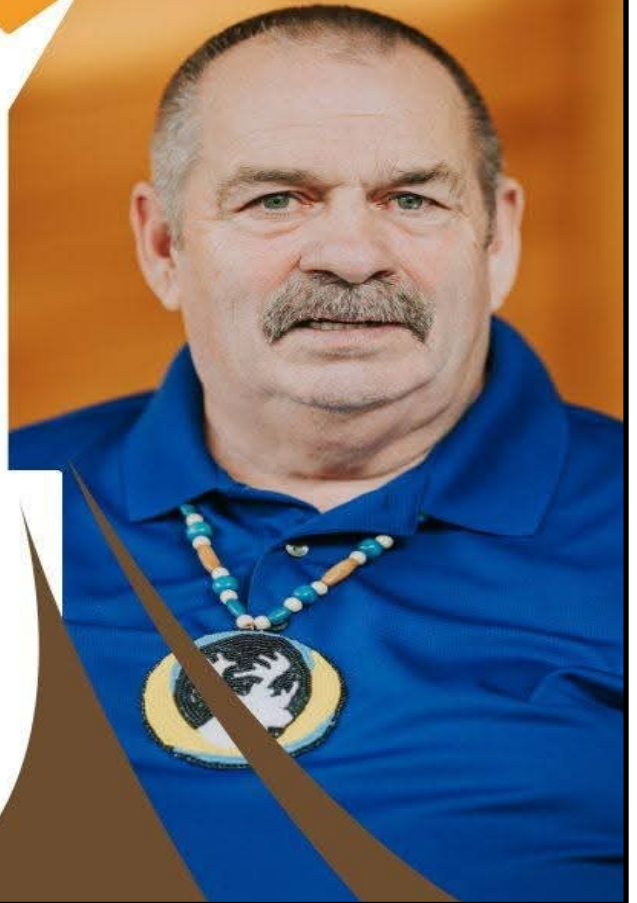
**Sunday, June 28, 2026 | 1pm**

**People's Complex, 4 Main Road, Flat Bay East**

Open to Qalipu First Nation members of the Flay Bay Ward



ivan.white@qalipu.ca



## COMMUNITY SHORELINE & WETLAND STEWARDSHIP DAY

**HELP PROTECT OUR SHORELINES, WETLANDS, AND WILDLIFE!**

Join community members, youth, Indigenous partners, schools, volunteers, and local leaders for a day of hands-on conservation, environmental learning, and community stewardship.

**Where: Flat Bay Community Centre**

**When: June 30<sup>th</sup> 2026**

**Time: 10 am-2 pm**

**Lunch will be provided!**

**For further information, email:**

**Erichbennett@intervale.ca**



**Discover Nature &  
Build Knowledge**



**Learn by Doing**



**Make an Impact!**

### **Clean-up**

Help Remove Litter and debris from our shorelines and wetlands. All the waste will be properly sorted and disposed of.

### **Learn & Explore**

Species identification, wetland ecology walks, and birding education for both kids and Adults.

### **Water Quality Demonstrations**

Try hands-on water testing and learn what it means to our fish, wildlife and community.

### **Leadership in Action**

Municipal and provincial decision-makers are invited to join, learn and take action with us.

**Offered by Intervale in partnership with the Flat Bay East Local Service District**