



**NO'KMAQ VILLAGE**  
**FLAT BAY BAND, INC.**

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MEMO 1.....March 2026

**INTERNATIONAL  
WOMEN'S DAY  
CELEBRATION**

HONORING OUR WOMEN • CELEBRATING OUR STRENGTH

*Please Join Us*

The Flat Bay – St. Teresa's Native Women Association  
invites you to a special evening in honor of

**Our Matriarchs & All Women of  
Our Community**

**March 10**  
**5:30 PM – 7:30 PM**  
**People's Complex**

Enjoy food and prizes.  
**THIS EVENT IS OPEN  
TO EVERYONE.**

**FLAT BAY–ST. TERESA'S NATIVE WOMEN'S ASSOCIATION  
ANNUAL GENERAL ASSEMBLY (AGA)**

March 10, 2026 - 3:30 PM – 4:45 PM  
People's Complex

Join Us & Be Part of the Circle  
All First Nations women are warmly invited to attend and participate.

- This is an important gathering where we will:
- Share updates and celebrate our accomplishments
- Discuss plans and priorities for the coming year
- **Hold Elections of Officers**
- **Welcome New Members**

**Your voice matters. Your presence matters.**

Come help shape the future of our Association and strengthen the circle of Indigenous women in our community.

**New Membership Welcome!**

If you are interested in becoming a member, this is the perfect opportunity to join.

Together we support, uplift, and empower one another.  
We look forward to seeing you there!

Please Join Us

# COMMUNITY INFORMATION SESSION

 **Thursday, March 26, 2026**  
6:00 PM


 **Peoples Complex**  
Flat Bay, NL

## Let's Discuss

- ✔ Fischells Salt Dome Energy Project
- ✔ Preliminary results of feasibility studies
- ✔ Your input on project design
- ✔ Environmental Assessment
- ✔ Your questions and concerns

**EVERYONE  
WELCOME**

## CONTACT US

 (709) 214-2078

 [www.triplepoint.ca](http://www.triplepoint.ca)



### NIHB Support Update

The NIHB Navigator supports members by helping them understand and access their NIHB benefits, including assistance with coverage questions and advocacy.

**For assistance, please contact:**

**NIHB Manager (Qalipu First Nation): Melissa Muise**

Email: [mmuise@qalipu.ca](mailto:mmuise@qalipu.ca)

Phone: 709-634-3144

**Medical Transportation**

Email: [mtpreapprovals@qalipu.ca](mailto:mtpreapprovals@qalipu.ca)

Phone: 709-634-3386

**Mental Health Counselling**

Mental Wellness Navigator: Susan Bryan

Email: [sbryan@qalipu.ca](mailto:sbryan@qalipu.ca)

Phone: 709-679-2238

**NIHB Atlantic Office: 1-800-565-3294**

Vision Care: Coverage for eye exams and corrective eyewear

Medical Supplies & Equipment (MS&E): Requests for mobility aids, hearing aids, and other

**Pharmacy (Drug Exception Centre): 1-800-580-0950**

**Dental (Dental Predetermination Centre): 1-855-618-6291**