

**MBI**

**Marine  
Biomass  
Innovation  
(MBI)  
Newsletter**

---

*Issue 01*

*June 2026*

---

# Word of the Day

## Wela'lin

*In the Mi'kmaq language, a commonly shared concept related to kindness is:*

*"Wela'lin" (pronounced: we-la-lin)*

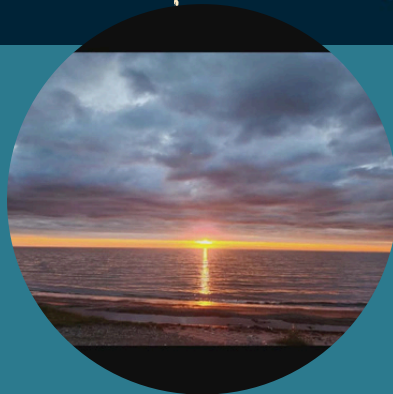
*While it is often translated as "thank you," it carries a deeper meaning of gratitude, appreciation, and kindness of spirit. In Mi'kmaq culture, expressing thanks is closely connected to showing kindness, respect, and acknowledging others. Kindness in Mi'kmaq worldview is also shown through actions—how you treat others, care for the land, and support your community.*

*Source/credit line:*

*Shared by Chief Joanne Miles, Flat Bay Band*

# Community Corner

Explore our partner communities by clicking each photo. You will be directed to the community's website or online page, where you can learn more about their programs, events, and updates.



# Community Happenings

CRRF-NAF Conference 2026

Corner Brook, NL

Conference/Program

Call For Po



Relational Wellness: Prioritizing Connections that Matter for Sustaining Rural, Island, and Northern Communities.

2026 Canadian Rural Revitalization Conference & North Atlantic Forum

June 16-18, 2026 | Grenfell Campus, Memorial University | Corner Brook, NL

Join us for a unique gathering of community leaders, Indigenous partners, government, researchers, policymakers, and grassroots organizations at the heart of Western Newfoundland. Hosted by Grenfell Campus in Corner Brook, this event will explore Relational Wellness in rural and northern contexts, weaving together community, culture, environment, and innovation.

 **JUNE 16-18, 2026**

**CRRF/NAF CONFERENCE**  
**GRENFELL CAMPUS,**  
**CORNER BROOK, NL**

Shore 2 Shore

Home Our Story Program Shore your Shore Our Common Threads

Welcome! Pjila'si! Bienvenue!

Relational Wellness:  
Prioritizing connections that matter in  
Sustaining Rural, Island, and  
Northern Communities

June 16-23, 2026 | Western Newfoundland

[Register Today](#)

A week-long gathering across Western Newfoundland exploring rural life through art, Indigenous knowledge, science, food, music, and community connection.

SHORE TO SHORE (S2S) is a series of unique gatherings in Western Newfoundland that will happen June 16-23, 2026 connecting rural, coastal, and Indigenous communities through shared experiences, storytelling, creativity, research, and celebration.

From Port aux Basques to the Great Northern Peninsula and Labrador, participants will explore the relationships between wellness, culture, environment, and place through community events, conversations, art, music, and local knowledge.

[Learn more about S2S](#)

 **JUNE 18-20, 2026**  
**SHORE TO SHORE**  
**COMMUNITY GATHERINGS**  
**NORRIS POINT, NL**

For more details about each event, including location and purpose, please see the MBI Calendar at the end of this newsletter.

# Community Happenings



**PENWAAQ L'NU'K**  
**NATIONAL INDIGENOUS PEOPLES DAY**  
**COMMUNITY CELEBRATION**

Join us as we celebrate Mi'kmaw culture, creativity, community, and connection through two special events!

**JUNE 21, 2026 SOCIAL & TALKING CIRCLES**

**LOCATION:**  
 Mi'kmaw Centre  
 Downstairs in the Benoit First Nation Building

**3:00 PM**  
 Welcome and opening of social gathering

**3:15 PM**  
 Talking Circles  
 Participants are invited to share stories, experiences, and perspectives in a respectful and supportive environment.

**3:00 PM – 4:30 PM**  
 Snacks and refreshments provided

**DOOR PRIZES**  
 Participants will have opportunities to win door prizes throughout the event.

**4:30 PM**  
 Closing remarks and conclusion of activities

**JUNE 22, 2026 YOUTH CULTURAL & MURAL CELEBRATION**

**12:30 PM**  
 Arrival of students from local schools

**12:40 PM**  
 Welcome and opening remarks

**12:50 PM**  
 Special Guest Speaker Presentation  
 Introduction to Mi'kmaw culture, traditions, and community values

**1:15 PM**  
 Walk to the Desiree Mawio'mi Centre  
 Located at the bottom of Stephens Lane, across from the Mawio'mi Grounds

**1:20 PM**  
 Community Mural Activity Begins  
 Students collaborate on a large mural, expressing their interests, creativity, and personal stories through art.

**1:20 PM – 2:00 PM**  
 Snacks and refreshments available throughout the activity

**1:55 PM**  
 Closing remarks and group photo (optional)

**2:00 PM**  
 Event concludes and students depart

**SPECIAL GUEST SPEAKER**  
 Learn about Mi'kmaw culture, traditions, and community values.

**COMMUNITY MURAL PROJECT**  
 Children will help create a large mural and are encouraged to paint in any style that represents their interests, creativity, and individuality.

**MURAL LOCATION:**  
 Desiree Mawio'mi Centre  
 Bottom of Stephens Lane, directly across from the Mawio'mi Grounds.

**SNACKS & REFRESHMENTS PROVIDED**

**Everyone Welcome!**  
 Come celebrate Indigenous culture, creativity, learning, and community with Penwaaq L'nu'k.

CULTURE • COMMUNITY • CONNECTION • RESPECT • TOGETHER

**JUNE 21, 2026**

**FLAT BAY NATIONAL  
 INDIGENOUS PEOPLES DAY**

**JUNE 21, 2026**

**BENOIT FIRST NATION  
 EVENT**

**JUNE 29, 2026**

**COMMUNITY GARDEN,  
 BENOIT FIRST NATION**



**You're invited!**

**COMMUNITY GARDEN**

**GREENHOUSE PLANTING ACTIVITY**

Join us as we plant seeds and seedlings to grow healthy food for our community through our **Penwaaq L'nu'k** FOOD SECURITY PROGRAM

**WHEN:**  
**MONDAY**

**TIME:**  
**1:00 PM**

**WHERE:**  
**COMMUNITY GREENHOUSE IN DE GRAU**

**GROWING FOOD. STRENGTHENING COMMUNITY. HONOURING TRADITION.**

**All are welcome!**  
 Let's grow together, share knowledge, and nourish our community.

**OUR FOOD. OUR HEALTH. OUR FUTURE.**  
**PENWAAQ L'NU'K – TOGETHER AS ONE**

For more details about each event, including location and purpose, please see the MBI Calendar at the end of this newsletter.

# Community Happenings



**JULY 10-12, 2026**

**ANNUAL BAY ST. GEORGE POWWOW**



**JULY 17-18, 2026**

**PENWAAQ L'NU'K MAWIO'MI,**



**AUGUST 7-9, 2026**

**ELMASTUKWEK MAWIO'MI,**  
**CORNER BROOK**

For more details about each event, including location and purpose, please see the MBI Calendar at the end of this newsletter.

# Research Feature

# Etuaptmumk in Action

## FEATURING DR. ERICA HURLEY AND DR. KAREN DOODY

Each newsletter will include a Research Feature titled “Etuaptmumk in Action” which highlights community-engaged collaborations that have developed within the MBI Project. The features will be accompanied by short videos that involve researchers discussing their collaboration and community-partnered research.

The first research feature highlights Dr. Erica (Samms) Hurley and Dr. Karen Doody. Dr. Erica Hurley is a Mi’kmaq scholar and Assistant Professor in Memorial University’s Faculty of Nursing, cross-appointed with Humanities at Grenfell Campus. Dr. Karen Doody is an Assistant Professor in the Department of Environmental Science at Grenfell Campus, Memorial University.



From Left to Right: Dr. Erica (Samms) Hurley and Dr. Karen Doody.



 Flat Bay

# Research Feature

# Etuaptmumk in Action



**Keep an eye on this space as we will be releasing a short video featuring Erica's and Karen's collaborative research in the coming weeks.**



Through their collaborative work, Karen and Erica bring together Indigenous and Western ways of knowing, being, and doing, showing how research can be shaped through respect, relationship-building, and shared learning. Together, their work reflects Etuaptmumk in practice by creating space for different knowledge systems to inform research, teaching, and community-engaged collaboration.

While the two first met at high school in Corner Brook, NL, Karen and Erica have recently partnered to establish the Transforming Relations and Convergent Knowledges (TRACK) Co-Lab. TRACK is a research collective that provides space and place for members to pursue research pathways that transform current practices in Indigenous and western scientific knowledge systems.

Developed through the MBI Project, TRACK is a collaboration of Dr. (Samms) Hurley's Wellness and Transformative Engagement in Research Relationships (WATERR) Lab and Dr. Doody's Health, Environment, and Aging Lab (HEAL), both of which are located at Memorial University's Grenfell Campus.

# Marine Institute Trip



From left to right, Back: Chief Terri Greene (Benoit's Cove Indian Band), Matthew Perrier Indigenous Community Liaison (Bay of Islands), Chief Joanne Miles (Flat Bay Band), and Past Chief Rhonda Sheppard (St. George's Indian Band). Chief Peggy White (Three Rivers Mi'kmaq Band).

From left to right, Front: Vice-Chief Barbra Benoit (Benoit First Nation), Nina Tourett-Retieffe (Mi'kmaq Community Engagement Coordinator).

# Conference Report

As part of the MBI project, community partners visited research spaces at the Fisheries and Marine Institute and in St. John's, including Dr. Kelly Hawboldt's lab, Dr. Javier Santander's lab, and Dr. Sukhinder Cheema's lab. These visits created valuable opportunities for Chiefs, community partners, project staff, and researchers to connect in person, learn more about the research being carried out, and strengthen relationships between community and science.



From Left to Right: Chief Peggy White (Three Rivers Mi'kmaq Band), Vice-Chief Barbra Benoit (Benoit First Nation), Yuna Zhang, Phd Candidate at Memorial University, Chief Terri Greene (Benoit's Cove Indian Band), Chief Joanne Miles (Flat Bay Band), and Past Chief Rhonda Sheppard (St. George's Indian Band).

# Marine Institute Trip

# Conference Report



During the Marine Institute visit, community partners toured the Food Processing Pilot Plant and learned about specialized research equipment used to support food processing, product development, and applied marine innovation.

These visits provided wonderful opportunities to gain a deeper understanding of the studies being carried out, especially those connected to Mi'kmaw communities. It was meaningful to see the depth of research and the care taken in this work.

Overall, the Marine Institute and St. John's lab visits showed how shared learning can strengthen relationships, deepen understanding, and support respectful collaboration between communities and researchers.



From left to right, Front: Dr. Kelly Vodden, Chief Joanne Miles, Sathees Duglas (Master student).  
From left to right, Back: Dr. Javier Santander, Chief Terri Greene, Chief Peggy White, Vice-Chief Barbra Benoit, Nina Tourett-Retieffe, and Chief Rhonda Sheppard



From left to right : Dr. Kelly Vodden, Nina Tourett-Retieffe, Chief Rhonda Sheppard, Chief Peggy White, Vice-Chief Barbra Benoit, Dr. Kelly Hawboldt, Chief Terri Greene, and Chief Joanne Miles

# Co-developing Knowledge



Chief Joanne Miles is leading a sacred ceremony with researchers and students, creating a respectful space for Mi'kmaw cultural practices, learning, and relationship-building to come together.

During a separate visit to St. John's, Chief Joanne Miles, Dr. Sukhinder Cheema, and her students had the opportunity to meet in Sukhinder's lab. The visit was especially meaningful because it included a sacred ceremony, creating a respectful space where Mi'kmaw cultural practices and university-based scientific learning could come together.

Rather than being only a lab visit, this gathering became a moment where culture, science, and learning were connected in practice.



From left to right: Phan Dien Hong, Postdoctoral Researcher, Chief Joanne Miles, Dr. Sukhinder Cheema, Narmada Weerakkody, PhD student.

“The strength of this work lies in the connection between community and science, when we come together, we not only share knowledge but create opportunities that benefit both our people and future generations.”

-Chief Joanne Miles (Flat Bay Band)

# MBI Calendar

## JUNE 2026

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	(16) CRRF/NAF CONFERENCE GRENFELL CAMPUS, CORNER BROOK, NL	(17) CRRF/NAF CONFERENCE GRENFELL CAMPUS, CORNER BROOK, NL	(18) CRRF/NAF CONFERENCE GRENFELL CAMPUS, CORNER BROOK, NL SHORE TO SHORE COMMUNITY GATHERINGS NORRIS POINT, NL	(19) SHORE TO SHORE COMMUNITY GATHERINGS NORRIS POINT, NL	(20) SHORE TO SHORE COMMUNITY GATHERINGS NORRIS POINT, NL
(21) FLAT BAY NATIONAL INDIGENOUS PEOPLES DAY BENOIT FIRST NATION EVENT	22	23	24	25	26	27
28	(29) COMMUNITY GARDEN, BENOIT FIRST NATION	30	1	2	3	4

# MBI Calendar

## JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
5	6	7	8	9	10  <u>Annual Bay St. George Powwow,</u>	11  <u>Annual Bay St. George Powwow,</u>
12  <u>Annual Bay St. George Powwow,</u>	13	14	15	16	17  <u>Penwaag. L'nu'k Mawio'mi</u>	18  <u>Penwaag. L'nu'k Mawio'mi</u>
19	20	21	22	23	24	25
26	27	28	29	30	31	1

# MBI Calendar

## AUGUST 2026

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
5	6	7 <u>ELMASTUKWE</u> <u>K MAWIO'MI,</u> <u>Corner Brook</u>	8 <u>ELMASTUKWE</u> <u>K MAWIO'MI,</u> <u>Corner Brook</u>	9 <u>ELMASTUKWE</u> <u>K MAWIO'MI,</u> <u>Corner Brook</u>	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1