

# PIKTUK AKNUTMAQN

## Celebrating the Winter Solstice

The winter solstice is the point at which the sun is the farthest from the Equator; thus, it is the darkest and shortest day of the year. As with the Summer solstice, the longest day of the year, these seasonal events hold great importance for many.

Gatherings for winter solstice comfort, warmth and people together to share stories, laughter and of course food. Reflecting on past stories, and thanking our ancestors is an important part of honouring where we're from, especially as we plan for the cold months.



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## PIKTUK NEWS



Band Office Hours	Health Centre Hours	Garbage Day	Chief & Council Meetings
<p>Monday - Thursday 9:00 am - 4:00 pm</p> <p>Friday 9:00 am - 3:00 pm</p> <p>Closed for lunch hour.</p>	<p>Monday - Thursday 9:00 am - 4:00 pm</p> <p>Friday 9:00 am - 3:00 pm</p> <p>Closed for lunch hour.</p>	<p>Collection is every second Tuesday</p> <p><b>Next Collection Date is:</b></p> <p>Tuesday February 22, 2022</p>	<p>The next Chief &amp; Council meeting is Tuesday February 22.</p> <p>To submit a letter or request please email <a href="mailto:janet@plfn.ca">janet@plfn.ca</a> or <a href="mailto:webmaster@plfn.ca">webmaster@plfn.ca</a> or you can drop off at the front desk of the Band Office.</p>
VCM Hours	Wolf Den Hours	Pictou Landing Pantry Hours	Fishers Hours
<p>Monday - Friday 7:00 am - 11:00 pm</p> <p>Saturday- Sunday 9:00 am - 11:00 pm</p>	<p>Open 7 days a week 9:00 am - Midnight</p>	<p>Tuesday 1:00 pm - 3:00 pm</p> <p>Wednesday - Thursday 9:00 am - 3:00 pm</p> <p>902.759.3805</p>	<p>Monday - Thursday 9:00 am - 4:00 pm</p> <p>Friday 9:00 am - 3:00 pm</p> <p>Closed for lunch hour.</p>

## Nova Scotia's Reopening plan: phase 1

Phase 1 of the reopening plan starts 14 February 2022. During Phase 1, events start again and gathering limits are increased. Businesses and services start to gradually ease restrictions. Border restrictions are lifted for domestic travellers.

The first phase of Nova Scotia's COVID-19 reopening plan starts today, February 14. Gathering limits have increased to 25, events are allowed again, and all domestic travel restrictions have been lifted.

Other changes include:

- Long-term care residents can have 2 visitors at a time (it doesn't need to be the same 2 visitors each time).
- Bars and restaurants can operate at 75% capacity with social distancing.
- Up to 60 sports participants and officials can gather without social distancing (indoor and outdoor).
- Festivals, special events and arts and culture events can operate at 50% of the venue's capacity.

You can read the full details at [www.NovaScotia.ca/Reopening-Plan](http://www.NovaScotia.ca/Reopening-Plan).



## Notice from the Victoria Corner Market:

Please refrain from placing your garbage and recycling in the dumpsters at the store. These are rented by the store for store use only.

Wela'liq.

## **PIKTUK EMPLOYMENT OPPORTUNITES:**

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**Job Title: Nurse Practitioner Part time contract positions consisting of 1-3 days a week for 18 months.**

### **Job Opportunity Details:**

This position could be filled by multiple NP's with ability to work 1 day each.

Pictou Landing First Nations is seeking Nurse Practitioners who would like to work in community 1-3 days per week to provide services to community members who do not have a Family Physician. Pictou Landing First Nations is a Mi'kmaq community of approximately 600 people on the Northumberland Strait in Nova Scotia. Pictou Landing is located approximately 15 minutes from New Glasgow. Pictou Landing Health Center supports the community through primary care, public health, Mental health supports and prevention programs. Nurse Practitioners will work in partnership with the other staff of the Health Center to provide holistic care to community members.

### **Responsibilities:**

Nurse Practitioners (NP) will provide comprehensive and coordinated care to Pictou Landing First Nation community members. The NP partners with other health care services in community such as nurses, mental health supports or maternal child health supports and complements other members of the health care team for the achievement of person and family centred care, assessment, diagnosis, treatment, monitoring and evaluation of patient health and treatment outcomes, screening and health promotion, early detection of illness and disease, chronic disease management, continuity and coordination of care and enhanced access to programs, services and community resources

### **Qualifications:**

Masters of Nursing - Advanced Nursing Practice stream or equivalent nurse practitioner program

Current registration as a Nurse Practitioner - Family/ All Ages, and in good standing with College of Registered Nurses of Nova Scotia (CRNNS), or eligible.

Recent experience working in a Nurse Practitioner role with family of all ages preferred

Experience working within a First Nation community preferred

Compensation Hourly or Daily rates will be in line with the NS Health pay scale travel to community will be supported.

Application Deadline: Open until the position is filled

### **Please send Resume and Cover Letter to:**

Katie Paul, Human Resources

6533 Pictou Landing Road

Fisher's Grant, NS B0K 1X0

Or via email at [katie.p@plfn.ca](mailto:katie.p@plfn.ca)

## Boat Harbour Remediation Project – Community Meeting

A community meeting will be held on March 3, 2022 from 5:00 p.m. to 6:45 p.m. to provide information on the Federal environmental assessment (EA) for the Boat Harbour Remediation Project (BHR Project). Pictou Landing First Nation community members will have the opportunity to ask the Impact Assessment Agency of Canada (Agency), Federal experts and Nova Scotia Lands Inc. (NS Lands) questions.

The meeting will be held virtually through ZOOM. To join the meeting:

LINK COMING SOON

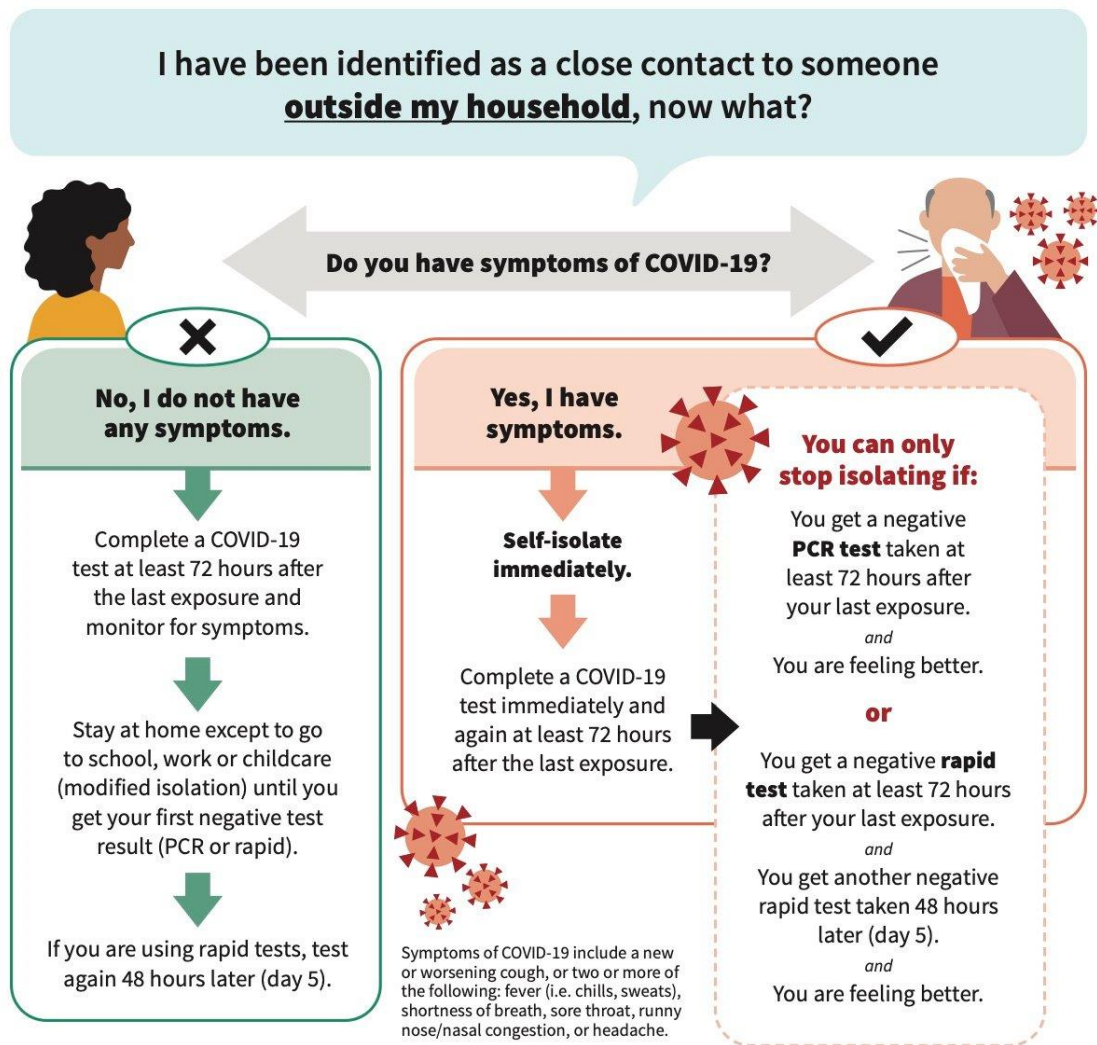
### Proposed Agenda:

Time		Speaker/Presenter
5:00 p.m.	Welcome	Chief Andrea Paul/Agency
	Opening prayer and comments	Chief Andrea Paul
5:10 p.m.	Presentation: overview and update on the progress of the federal environmental assessment process for the BHR Project	Agency
5:30 p.m.	Q&A on the EA process	PLFN Community members
5:45 p.m.	Presentation: overview of BHR Project	Nova Scotia Lands Inc.
6:05 p.m.	Q&A on BHR Project	PLFN Community members
6:30 p.m.	Closing comments	Chief Andrea Paul/Nova Scotia Lands/Agency
	Closing prayer	Chief Andrea Paul
6:45 p.m.	Meeting adjourned	

To register for your meal gift card and to have the link emailed to you can contact Kara at [Kara.b@plfn.ca](mailto:Kara.b@plfn.ca).

If you are not able to attend and have a question, please contact Kara and she will be sure to pass it along to the presenters.

Here is some great info if you were a close contact of someone who tested positive for COVID who isn't living in your home.



**If you have recovered from COVID-19 in the past 90 days**, you do not need to test, and do not need to isolate unless you have symptoms.

**If you do not complete testing**, you are required to isolate a full 7 days from the last day you were exposed, or if you develop symptoms, from the date the symptoms started.

### Helpful links:

- **If you test positive** on a rapid or PCR test, visit [nshhealth.ca/testedpositiveforcovid](https://www.nshhealth.ca/testedpositiveforcovid) for more information (i.e. how long to self-isolate and which contacts to notify).
- **If symptoms develop**, isolate and book a test by completing the online assessment at [covid-self-assessment.novascotia.ca/en](https://covid-self-assessment.novascotia.ca/en) or call 811 if you do not have access to the internet.



Updated February 9, 2022