

PIKTUK AKNUTMAQN

Pictou Landing First Nation Health Centre is pleased to Welcome Tonya Francis and Dr. David MacNeil to our team!

The Pictou Landing Health Centre would like to welcome Tonya Francis as the new Pictou Landing First Nation Band Designate. This position is to support band members in matters relating to child protection, as prevention, cultural and community email is: tonyamarie@plfn.ca or you can leave a Center until she gets her work phone.



PLFN Health Center would like to welcome Dr. David MacNeil as the new community physician. He is originally from Stellarton, but has had his practice in Amherst and Bedford. He has been in practice over 40 years, and has a variety of expertise in human health. We are excited to have him working with us. Please call the Health Center to book your appointment (902) 752-0085.



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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>Next Collection Date is:</p> <p>Tuesday March 21, 2023</p> <p>Tuesday April 4, 2023</p> | <p>The next Chief & Council meeting is TBD</p> <p>To submit a letter or request please email janet@plfn.ca or webmaster@plfn.ca or you can drop off at the front desk of the Band Office.</p> |
| VCM Hours | Wolf Den Hours | Pictou Landing Pantry Hours | Fisheries 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 9:00 am - 3:00 pm</p> <p>Wednesday 1:00 pm - 3:00 pm</p> <p>Thursday 9:00 am - 3:00 pm</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> |

Chief & Council Corner:

To submit a letter or request please email janet@plfn.ca or webmaster@plfn.ca or you can drop off at the front desk of the Band Office.

Some things to Note:

- Winter Carnival is taking place all month long! Be sure to check out the schedule of events.
- Residential School Survivors weekend retreat is happening April 14-16, forms can be picked up at the band office.
- The Wolf Den has two positions posted to be filled. You can find them online at www.plfn.ca or at the front desk of the band office.

Update on Community Hub:

Chief and Council would like to say thank you to the team who have been working on bringing the plans for the community hub to reality. The community hub is currently still under going renovations. The work completed so far is beautiful.

Inside the community hub there is:

A fitness centre with new to us fitness equipment;

We are collaborating with Sobeys on a teaching kitchen;

An Elders room;

A training room for METS and community economic development initiatives;

A new social projects room shared with METS (i.e. sewing project, case management, etc);

A community room that can be used for Native Women, Mawio'mi, etc.;

And the Health Centre is also putting in a walk in freezer for food security.

Attached below are some before and after photos of a few of the rooms.



Mi'kmaw Home Energy Efficiency Project (MHEEP)

Anyone who wants to take part in the Mi'kmaw Home Energy Efficiency Project (MHEEP) Phase 6, please contact the Housing Department and leave your name and contact number. This is a program where representatives from *Efficiency Nova Scotia* come to your home and they conduct an energy efficiency assessment.

Once they complete the assessment, recommendations are made to improve the energy efficiency in your home. This can include everything from energy-efficient light bulbs, water-efficient aerators for sink taps and heat-pumps. This is only for band members who did not take part in one of the first five phases.

There are only 35 openings available and it is on a first come first serve basis.

Housing Director,

Albert M. Denny

Cell #: (902)301-9442

Office: (902)752-4912 ext.112

Email: Albert.d@plfn.ca

Community Notices:

- **Drumming** is on Thursdays with Carl from 5:00pm – 8:00pm at the school.

- **Bloodwork**

Collections happen between **10 – 11** at the Health Centre every Wednesday by **APPOINTMENT ONLY**. We will need your **Lab Requisition** paper the **Monday** prior to your appointment, as it has to be faxed to the lab before they come down, to ensure they have the proper supplies. It can be dropped off at the front desk or faxed to (902)752-6465 or 1(833)842-5564 **If the requisition is not received, you will be removed from the list and be responsible for rescheduling yourself.** Please call Ashley at the Health Centre (902-752-0085) to book your appointment.

Patients also have the option to book in New Glasgow by phone or online.

Aberdeen Blood Collection 678 East River Road, New Glasgow, NS B2H 3S1

Appointments are required for blood collection service.

This location offers online appointment bookings. Visit <https://booking.nshealth.ca> to book your own appointment.

Patients can book their own appointment for blood collection service by calling 902-928-2830 from 8:30 a.m. to 2:30 p.m. Monday to Friday (excluding holidays).

- Our Lady of Perpetual Help Church every Friday for Lent at 6:00 pm, with be the Stations of the Cross, lead by Keptin Don Francis. There is tea to follow and all are Welcome.

- **“Invitation”** *“Getting to know you...over tea”!*
The *Pictou Landing First Nation Mi’Kmaq* community is inviting you to come for an *informative conversation* about culture and history. This invitation is for **Saturday, March 25, 1:30-2:30pm at Our Lady of Perpetual Help Church.** Please come and join this interesting gathering of our communities.



Diabetes Self-Management Journey

WHEN
April 4 - 6, 2023
9:00 AM - 4:30 PM

WHERE
Stellarton Holiday Inn
86 Lawrence Blvd
Stellarton, NS B0K 1S0

This event is for anyone living with Diabetes or Pre-Diabetes

Food & Drink will be provided

BIG DOOR PRIZES!

Please register with the Health Centre by signing up at the front desk before **March 17, 2023.**

The Cathedral of Michael McCloskey

APPLY FOR THE RCMP DEPOT YOUTH CAMP

If you are interested in becoming an RCMP officer - apply for the *RCMP Depot Youth Camp* for a behind-the-scenes look at what it is like to be a member of a troop in training.

While at the RCMP Academy in Regina, Saskatchewan, you will have the opportunity experience the following activities:

Practice being an RCMP cadet by: learning about the RCMP uniform, waking up early, keeping your dorm clean, behaving as a representative of the RCMP.

Participate in, or observe, the following Depot activities:

Drill, defense training, fitness training, driver simulator training, firearms simulator training, and troop graduation.

Learn about a career with the RCMP by interacting with police officers from different units.

Camp Dates: July 17 – July 21, 2023 or July 24 – July 28, 2023

Who can apply: Students in grades 11 and 12 (ages 16-19). Selection is based on applicants' academic achievement, fitness level, and interest in a policing career.

Cost: Free

Apply Now: For information on how to apply, email: rcmpns-grcne@rcmp-grc.gc.ca.

Nova Scotia Application Deadline: March 20, 2023



| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|--|--|--|--|---|--|--|
| | | | 1 | 2 Basketball 630 – 830pm | 3 Wooden flower making 4 – 8pm Stations of the cross w. Keplin Don 6pm | 4 Snow Sculpture Contest ALL DAY Submit pictures to be voted on |
| 5 Paint the ice @ The pond 12 – 3pm | 6 | 7 Water Ceremony @ The Beach 7pm | 8 Tie Dye w. Cher 4 – 6pm | 9 Basketball 630 – 830pm | 10 Smells Fishing Derby @ Sitmuk | 11 Crib Tournament & PEI Bingo 3pm |
| 12 Food Bingo @ Hub 2 – 4pm Family Skate & Pizza Party @ Wellness Center 5 – 7pm | 13 Community Breakfast @School 9 – 11am Journaling w. Mary Irene @ School 11am – 1pm | 14 Tumble bugs @ School 11 – 12pm Elder's Tea @Hub 2 – 4pm Moss Bag @Hub 6 – 9pm | 15 Beading w. Cher Learn to make 4cent w. Fran 4 – 6pm Karaoke w. April & James 6 – 8pm | 16 Baking w. Marsha 1 – 3pm Clay Art w. Cher 3 – 6pm Basketball 630 – 830pm | 17 Family Swim @ Fisheries Pool 10 – 12pm St. Patty's Dance @Firehol 6 – 9pm | 18 Sewing Ribbon Skirts w. Fran @Hub 1pm Rattle Making w. Everette @Hub 3-5pm |
| 19 Luski, Chili, 4cent & Fry bread Pot luck/Competition @School 3 – 5pm | 20 Family Feud w. Jane @BO Training center 6 – 9pm | 21 | 22 Art night w. Cher 6 – 8pm | 23 Basketball 630 – 830pm | 24 Family Gomo Night 4 – 6pm Movie Night 6 – 9 @Fisheries | 25 Painting Art Day w. Cher 10 – 12pm |
| 26 Sand box Dig @ Fisheries 2 – 4pm | 27 | 28 | 29 Bead w. Chief Andrea 5pm @ BO | 30 Letting go ceremony ALL DAY Bead w. Chief 5pm @ BO | 31 | |

Notes

Baby Photo Contest ages 0 – 3 years old. Contest starts March 13 – 17, 2023. Please submit photo by the 13th
 Pet Photo Contest March 27 – 31, 2023 Please submit photo by the 27th
 Snow Sculpture Contest March 4th – 5th Please submit Photo by the 6th
 Please submit all photos to April at April.n@plfn.ca or drop off at the band office front desk so they can be posted to the community fb page for voting.
 Every Tuesday Taco Tuesday 12pm and Addictions talking circle 7 – 9pm, both take place at the Health center
 We have Karen Boyles in charge of the Cineplex Movie & Bowling gift cards to give out this year so families can pick their own movie and times around their busy schedules. Reach out to Karen to sign up
 Wela'liq to everyone taking the time to help and volunteer this month for our community and thank you to all the sponsors!