

# PIKTUK AKNUTMAQN

## Congratulations to Leonard Paul on his lifetime Achievement Award



[Leonard Paul](#) is up for a lifetime achievement award from the Cobequid Arts Council, but if you ask him, he'll tell you his journey as an artist is far from over.

Paul has been the subject of much recognition over his decades-long career. His work was exhibited in a gallery by Princess Anne in 1984. His work has been written about, televised, and commissioned for decades.

"His art has been explored by both the CBC and the National Film Board of Canada," said Farida Gabbani, executive director of the Marigold Cultural Centre, where the ceremony will be held on May 18. "Leonard's collection of work includes a multitude of naturalist paintings and detailed pencil illustrations that have been featured in galleries around the world."

He intends to go to Europe once more in the future to learn from the Baroque paintings, such as those in Italy, he said.

"Hopefully this lifetime achievement award doesn't signal my slowing down," said Paul. "I've got a lot to do yet."

### In This Edition:

Chief & Council  
Corner: 3

IHPP Update: 4

Community Notices:  
4

MPAL: 6

Employment: 8

## 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 May 30, 2023</p> <p>Tuesday June 13, 2023</p>	<p>The next Chief &amp; Council meeting is Tuesday May 30, 2023.</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	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](mailto:janet@plfn.ca) or [webmaster@plfn.ca](mailto:webmaster@plfn.ca) or you can drop off at the front desk of the Band Office. Some weekly highlight:

- The Mawio'mi is happening from June 1 – June 4
- Chief & Council meetings will be taking place on a bi weekly basis.
- As a result of Hurricane Fiona there is much downed and damaged wood in the community that is now creating an EXTREME fire hazard. This will only worsen as the summer progresses. In many cases this downed wood is in back yards and adjacent to homes and outbuildings putting these structures in danger of fire. The Chief and Council view this as an emergency situation and are taking steps to have this wood removed from all areas of the community as soon as possible in order to reduce the potential for fire. This work will begin as soon as possible and will consist of crews and various pieces of equipment moving in and around the community.

## *IHPP Update:*

### **Let's play Waltes!**

The Indigenous Habitat Participation Program is partnering with the PLFN school grades 7/8 to host an amazing waltes tournament for everyone in the community! On May 26th from 11-3 at the PLFN School! This is open to all community members!

Learn to play Waltes: 11-12pm! - Free

Waltes tournament: 12-3pm! - 10\$ entry

1st place: A Birds Eye Maple Burl Waltes set!!

2nd place: handcrafted ribbon skirt/shirt from the grade 7/8 class!

3rd place: handcrafted drum bag from the grade 7/8 class!

All proceeds will be going towards the grade 7/8 end of the year school trip!

## *Community Notices:*

Theresa LeBlanc with CMM will be here on Thursday May 25 from 9:00 am - 4:00 pm to renew band cards. If you have any questions, you can email her at [tleblanc@cmmns.com](mailto:tleblanc@cmmns.com)

The Indigenous Habitat Participation Program is partnering with the PLFN school grades 7/8 to host an amazing **Waltes Tournament** for everyone in the community! On May 26th from 11-3 at the PLFN School!

This is open to all community members!

Learn to play Waltes: 11-12pm! - Free

Waltes tournament: 12-3pm! - 10\$ entry

1st place: A Birds Eye Maple Burl Waltes set!!

2nd place: handcrafted ribbon skirt/shirt from the grade 7/8 class!

3rd place: handcrafted drum bag from the grade 7/8 class!

All proceeds will be going towards the grade 7/8 end of the year school trip!

Craig with Service Canada will be here on Monday, May 29 from 9:00 am - 3:00 pm.

Elders Walking Group every Monday, Wednesday and Friday mornings 8:30 am -10:00 am.

Monday, May 29 (running every Monday) Soccer will run from 4:30 pm – 6:00 pm, Open gym from 6:00 pm – 8:00 pm

Tuesday June 30 (running every Tuesday) Badminton 6:30 pm -7:30 pm and Dance fitness with Rachel 7:30 pm -8:30 pm

Wednesday June 31 (running every Wednesday) Kids Run Club grades 5-8 at 3:00 pm – 4:00 pm; Kids Fit with Rachel 4:15 pm -5:15 pm; Low impact class with Rachel 5:15 pm -6:15 pm; Arm wrestling 7:00 -8:00 pm

Thursday June 1 (running every Thursday) Kids volleyball 4:00 -5:00 pm; Adult volleyball 5:00 -7:00 pm; Men's basketball 7:00 pm – 9:00 pm

Friday June 2 (running every Friday) Open gym 6:00 pm - 9:00 pm

Saturday June 3 Fitness class with Rachel 1:00 pm – 2:00 pm; Moms walk club 4:00 pm -5:30pm; Open gym 6:00 pm -9:00 pm

**LEGO Club-** Sheila will be running a Lego Club for May & June beginning on May 11. The Club will be held every 2 weeks on Thursday (6:00 to 8:00) until the end of June. This is open for ages 6 to 12. Next week's session will be a drop in and registration forms will be passed out. This will be at the big room upstairs of the Old Day Care. Also looking for a Parent Assistant to help out. The parent will also be expected to run the Club on days Sheila is not available. An honorarium will be provided. If there is a youth who would also like to help out, let Sheila know.



### **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).

## MPAL Update:

# JUNE 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					<b>01</b>	<b>02</b>
				4-5pm Volleyball 5-7 Adult Vball 7-9pm Mens basketball	8:30-10am Elders walk 4-5pm Ball Hockey 6-9pm Open Gym	6-9 Family Dance POWWOW WEEKEND
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>
8:30-10am elders walk 4:30-6 Soccer 6-8 Open Gym	4-4:45pm Low Impact Fitness 6:30-7:30pm Badminton	8:30-10am Elders walk 4:15-5 Fitness 7pm Arm Wrestle	4-5pm Volleyball 5-7 Adult Vball 7-9pm Mens basketball	8:30-10am Elders walk 4-5pm Ball Hockey 6-9pm Open Gym	Volleyball Tournament	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Volleyball Tournament	8:30-10am elders walk 4:30-6 Soccer 6-8 Open Gym	4-4:45pm Low Impact Fitness 6:30-7:30pm Badminton	8:30-10am Elders walk 4:15-5 Fitness 7pm Arm Wrestle	4-5pm Volleyball 5-7 Adult Vball 7-9pm Mens basketball	8:30-10am Elders walk 4-5pm Ball Hockey 6-9pm Open Gym	Canoe Event and 2:30-3:30 Tumblebugs 4-5 mom Walk 6-9 Open Gym
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
8:30-10am elders walk 4:30-6 Soccer 6-8 Open Gym	4-4:45pm Low Impact Fitness 6:30-7:30pm Badminton	8:30-10am Elders walk 4:15-5 Fitness 7pm Arm Wrestle	4-5pm Volleyball 5-7 Adult Vball 7-9pm Mens basketball	8:30-10am Elders walk 4-5pm Ball Hockey 6-9pm Open Gym	2:30-3:30 Tumblebugs 4-5 mom Walk 6-9 Open Gym	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
8:30-10am elders walk 4:30-6 Soccer 6-8 Open Gym	4-4:45pm Low Impact Fitness 6:30-7:30pm Badminton	8:30-10am Elders walk 4:15-5 Fitness 7pm Arm Wrestle	4-5pm Volleyball 5-7 Adult Vball 7-9pm Mens basketball	8:30-10am Elders walk 4-5pm Ball Hockey 6-9pm Open Gym		

**JUNE IS COMMUNITY BETTER CHALLENGE MONTH.** If you have any questions or want to attend an event, please contact Cynthia Denny at 902-616-2072, [Cynthia.d@plfn.ca](mailto:Cynthia.d@plfn.ca), or via facebook at Cynthia Rose. For every activity/event you and/or your child attend, you get your name entered in a draw to win some awesome prizes at the end of the month. Walk and exercise on your own time to be put into the draw as well. 1 hour of exercise and 5 km of walk/run (altogether, not at once) counts as an entry.

## Piktuk June Wellness Challenge **\*\*PRIZES TO BE WON\*\***

1. Make your bed first thing in the morning.
2. Eat vegetables.
3. Attend the powwow- look at vendors, listen to one song or watch a dance.
4. Have a glass of water in the morning.
5. Go for a mindful 30-minute walk outdoors.
6. Do a 5-minute meditation. You can YouTube this.
7. Complete a 5–10-minute stretch/yoga. You can YouTube this.
8. Have a healthy meal for lunch, or supper.
9. Have a social media free evening. Get off your phone a couple hours before bed.
10. Compliment someone.
11. Walk to work if possible.
12. Write three things you're grateful for before bed or once you wake up.
13. Take yourself out on a date, alone time is important.
14. Go on a date or do something social with a friend.
15. Read something today.
16. Get 7-8 hours of sleep.
17. Compliment yourself.
18. Give something away that no longer brings you joy.
19. Workout challenge – 10 push ups, 10 squats, 10 crunches, 10 jumping jacks. YouTube if you need modified movement.
20. Try a fitness class with Rachel Francis that is offered in the community. If you don't know what classes are offered, reach out to Cynthia Denny or Rachel Francis for schedule.
21. Eat a healthy breakfast.
22. Do your good deed for the day.
23. Do something you love to do.
24. Spend some quality time with your loved one. Whether that is your kids, partner, pet or best friend.
25. Declutter a drawer or closet in your home.
26. Cross something off of your to do list.
27. Watch the sunrise or sunset.
28. Do some self-care for yourself. Whatever it is you like to do! Some ideas (face mask, bath, pedicure, smudge, walk the beach, feet soak, etc.)
29. Eat fruit.
30. Congratulate yourself for completing this challenge!

For the month of June, you are challenged to do one activity per day, you can pick and choose which one of the challenges you prefer to do per day, as long as you get them all done (or as many as you can). At the end of the month, you get your name in for a draw. People who complete ALL challenges can get their name in for the main prize.

All you have to do is write beside the challenge which day you completed it and pass in the sheet at the end of the month to MPAL (Mikmaq Physical Activity Leader) Cynthia Denny! I can be contacted via email [Cynthia.d@plfn.ca](mailto:Cynthia.d@plfn.ca), text 902-616-2072, or on Facebook "Cynthia Rose".



## Language Team Update:

The Language Team is organizing a Community Language Day in June. Our plans are to have a day of language-based activities for the community to take part in.

Sheila is looking for people who would be interested hosting an activity. It has to be language-based. If you are interested, send Sheila an inbox message.

Wela'lioq.

## Employment Opportunities:

### Summer Student Coordinator

#### Description:

Pictou Landing Band Council is seeking resumes for the position of Summer Student Coordinator. This is a 15-week term position. The successful candidate will be responsible for the overall supervision of the PLFN Summer Student Employment Program including keeping organized records of all summer student/supervisor placements, and their activities. Other duties will involve keeping organized records of weekly itineraries, work schedules and time-keeping, and to correspond and maintain open communication with potential employers regarding summer work placements. The Summer Student Coordinator will be responsible for the end-of-project reporting, as well as other duties requested by the Native Employment Officer and/or the Director of Community Development. The Summer Student Coordinator must also be able to work with the students in personal and skill development. The successful candidate will work under the supervision of the Native Employment Officer and/or the Director of Community Development.

#### Qualifications:

- Must be a full-time student (registered in the previous year and returning in September, 2022) or a graduate of 2021/2022 school year
- Must have **BOTH** a clear Criminal Record Check **AND** a Child Abuse Registry Check
- Preference given to a Pictou Landing First Nation Band Member

#### Abilities:

- Excellent communication skills, both oral and written
- Excellent organizational skills
- Able to work both independently and as a team member
- Ability to independently solve work related issues and make decisions
- Ability to create and maintain an Excel budget sheet, to show running balances and program expenditures
- Must be reliable, punctual, motivated, friendly and outgoing

**Start date:** ASAP

**End date:** August 25, 2023

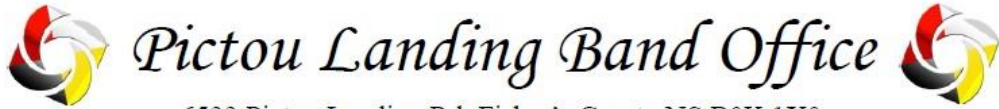
**Salary:** \$16/hour

**Hours:** 35 hours/week

Please submit a resume and cover letter outlining your skills and abilities to Katie Paul, by email [katie.p@plfn.ca](mailto:katie.p@plfn.ca) **by noon on May 29, 2023 by 4pm**. All applications will be screened.

**\*\*\*PLEASE NOTE: ONLY THOSE WHO QUALIFY WILL BE CONTACTED FOR AN INTERVIEW\*\*\***





## Pictou Landing Band Office

6533 Pictou Landing Rd, Fisher's Grant., NS B0K 1X0  
Ph: 902-752-4912 Fax: 902-755-4715

### Legacy Planner – One Year Maternity Leave

To ensure that PLFN band members are involved in all areas of this project and contribute to the legacy of reclaiming A'se'k. PLFN has initiated the creation of a position of Legacy Planner to directly capture the community's visions for the future. The activities of the legacy planner will fall under three themes; (1) Historical Input (capturing stories and relevant information of how A'se'k used to be) (2) Spirituality and Healing (what does healing mean for you, what kinds of activities will help the process). (3) Future visions (what are your aspirations for A'se'k and how would you like to be involved). Some of these key activities would include:

- Effectively engage with all groups and subgroups in PLFN. Including but not limited to; Elders, youth, employed, unemployed, on reserve, students etc.
- Designing a PLFN Legacy Plan based on findings from above;
- Conduct Community Information/Planning Sessions with community groups and Sub groups (Elders, Youth, etc.)
- Conducting and participating in community events,
- Capturing the story of A'se'k – past, present & future through multimedia sources (videos, written word, visual art, stories, etc.)
- Other duties as directed by the Boat Harbour Clean up Committee (BHCC) and the Community Liaison Manager for Boat Harbour Remediation Project

This position has the potential to evolve as the remediation planning moves forward, pending the review of the final project report and recommendations of the BHCC at the end of the six-month period.

The A'se'k Legacy Planner reports directly to the community Liaison Manager (subject to change) in consultation with the Boat Harbour Clean Up Committee (BHCC) committee.

#### Essential Functions

1. Under the direction of the Community Liaison Manager (subject to change) for the Boat Harbour Remediation Project, the Legacy Planner is responsible for overall coordination of community engagement in regards to legacy planning.
2. Keep organized records of all activities including meeting notes, videos, etc.
3. Keep an up-to-date workplan records & work schedules based on activities arising from the three themes noted above.
4. Observe & practice workplace safety.
5. Correspond & maintain open communication with community members, Band Program Directors & Managers, and liaise with Band Staff when needed in deliverables.
6. Any other duties pertaining to the Legacy Planning position as directed by the Community Liaison Officer for the Boat Harbour Remediation Project



# *Pictou Landing Band Office*



6533 Pictou Landing Rd, Fisher's Grant., NS B0K 1X0  
Ph: 902-752-4912 Fax: 902-755-4715

## **Required knowledge and Abilities**

1. Effective communication skill (oral and written), excellent interpersonal skills.
2. Knowledge of computer systems and their applications.
3. Keen interest in the use of multimedia (text, audio, animation, video).
4. Ability to handle, schedule and prioritize multi-tasks, and be able to work on your own as well as in a team environment.
5. Must be reliable, punctual, motivated, friendly & outgoing.
6. Conflict management skills.
7. Must be a registered Pictou Landing Band Member.
8. Must have a valid driver license and a reliable vehicle
9. Must provide a clear criminal record

Term: Contract term ending May 3, 2024

Salary: \$17.50/hr

Deadline for applications is June 2 ,2023 at 2:00pm  
Please forward cover letter and resume with two references to

[katie.p@plfn.ca](mailto:katie.p@plfn.ca)

Only candidates selected for interviews will be contacted.  
Position is subject to change to final budgetary approval.