

PIKTUK AKNUTMAQN

June 1st kicks off National Indigenous History Month in Canada,

an opportunity to learn about the unique cultures, traditions and experiences of First Nations, Inuit and Métis. It's a time to honour the stories, achievements and resilience of Indigenous Peoples, who have lived on this land since time immemorial and whose presence continues to impact the evolving Canada.

The House of Commons designated June as National Aboriginal History Month in 2009. The name was changed to National Indigenous History Month in 2017.

We will be sharing fun facts, games and more during the month of June! June 21st also marks National Indigenous People's Day. The date was specifically selected because many Indigenous peoples celebrate their culture and heritage on or near this day. The day is also significant because it's the summer solstice (the longest day of the year).



In celebrating National Indigenous People's Month, we made a Pictou Landing Word Search! Complete it online or drop in the band office for a hard copy! Entries will be entered for a prize. Be sure to add your name and number!

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Name: _____

Word Search

P	P	I	C	T	O	U	L	A	N	D	I	N	G	F	W	U	T
P	C	F	L	T	V	J	X	Z	E	A	G	L	E	C	A	I	R
G	I	U	I	T	R	I	B	E	P	E	V	K	W	U	L	W	A
C	B	K	L	S	W	E	L	A	L	I	O	Q	E	J	T	O	D
Y	W	I	T	T	H	B	N	X	L	I	S	I	L	E	E	L	I
V	A	U	C	U	E	H	A	M	I	K	M	A	Q	S	F	T	
C	P	V	J	Y	K	R	R	L	M	M	Q	S	L	L	K	F	I
M	N	A	T	I	O	N	E	Y	H	U	F	X	I	A	M	I	O
F	L	Y	U	A	N	C	E	S	T	O	R	S	N	N	Q	R	N
B	P	J	I	L	A	S	I	L	N	I	N	O	X	D	T	S	J
A	B	O	R	I	G	I	N	A	L	F	W	G	K	W	E	T	A
O	X	D	B	W	C	B	D	N	A	T	I	V	E	B	C	Z	J

Find the following words in the puzzle.

Words are hidden → ↓ and ↘.

ABORIGINAL
ANCESTORS
CULTURE
EAGLE
FIRST
FISHERY
KWE
LAND

MIKMAQ
NATION
NATIVE
PICTOU LANDING
PIKTUK
PJILA'SI
TRADITION
TRIBE

VCM
WALTES
WELALIN
WELALIOQ
WOLF

Pictou Landing First Nation Community Members
NOTICE from Capital & Public Works



Re: Brushing Cleaning

To: Pictou Landing First Nation Community Members

On Tuesday May 30, 2023, we will begin cleaning up downed trees and brush piles left behind from Hurricane Fiona. We will be cleaning up various areas throughout the community that are at a high risk for fires. This project will last approximately six weeks. This work will take place Monday to Friday, with signs and set up beginning at 7:00 am and actual work beginning at 8:00 am. These construction zones will be signed and coned and we ask that you take caution when travelling through these areas. We are sorry for any inconvenience this may cause. If you have any questions or concerns, please contact the Band Office 902.752.4912.

Wela'lioq

Chris Strickland

Director of Capital and Public Works



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 June 13, 2023</p> <p>Tuesday June 27, 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 weekly highlight:

- A province-wide ban on open fires is in effect because of dry conditions. Open fires are not permitted anywhere in the province. The ban applies to fires in provincial parks & private campgrounds. It also applies to backyard campfires & brush burning.
The ban also applies to fireworks & will remain in effect until burn restrictions change.
Provincial Burn Restrictions:
<https://novascotia.ca/burnsafe>
1-855-564-2876 (BURN)
- If at the islands (Malikomijk or Mules) - absolutely NO campfires. If you smoke - please dispose in a can/bottle filled with water and not on the ground.
Let's keep our islands and everyone safe
- Mawio'mi is happening this weekend, be sure to take in the beautiful events planned.

PICTOU LANDING FIRST NATION MAWIO'MI
Honouring our Toddler & Babies
 6533 Pictou Landing Road, Nova Scotia
All are Welcome
June 1-4

Head Dancers
 Tonia Marshall & Levi Herney
Host Drum & Co-Host
 Wabanaki Confederacy & East Boys
Master of Ceremonies: Michael R Denny
Arena Director: Trevor Gould

Schedule of Events
Thursday: Lighting Sacred Fire
Friday: Hot Dog Roast & Story Telling
 @ health center
Saturday: Registration @ 11
 Grand Entry 1pm
 Grand Exit 5pm
Supper 5:30pm @ cafeteria
 Family Dance 6pm - Gym
Sunday: Registration 10am
 Grand Entry 12pm
 Grand Exit 5pm
 Feast 5:15pm

Vendor Info:
Food Vendors: \$100
Crafts/Other: \$80
& donation to giveaway
 CONTACT: HALEY BERNARD
 haley.b@plfn.ca
 19023010256

Community Notices:

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; 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 - 8:00 pm

Saturday June 3 Family Dance 6:00 pm -8:00 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
				01	02	03
				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
04	05	06	07	08	09	10
	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
11	12	13	14	15	16	17
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
18	19	20	21	22	23	24
	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
25	26	27	28	29	30	
	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, 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, 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:



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

**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

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