




PIKTUK AKNUTMAQN

Save The Date

Canoe Relay

Naig Athlete

Celebrations

June 2023

SATURDAY **17** AT 1:00pm

Location: Pictou Landing First Nation Beach

Live Entertainment!
Marshall Brothers
Canoe Try It Session, BBQ

Join us to celebrate and congratulate our athletes Memphis Paul, Katerra Young, Jayme Fraser and Katalina Young who will be attending National Aboriginal Indigenous Games!

CANOE RELAY EVENT
Schedule of Events
Saturday, June 17th Location: Beach

1:00 pm	Opening Prayer Ralph Francis
1:15 pm	Honor Song Donte Paul
1:20 pm	Welcoming Chief Andrea Paul
1:30 pm	Brendan Smithson NAIG
1:45 pm	Water Ceremony Tonya Francis
2:45 pm	Social & Live Event Marshall Brothers, BBQ, Cake
2:45 pm	Canoe try it session

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Everyone is Welcome to attend!

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 shared the link for some trivia

From the Mi'kmawey Debert Cultural Centre

[\(https://www.mikmaweydebert.ca/sharing-our.../take-the-quiz/\)](https://www.mikmaweydebert.ca/sharing-our.../take-the-quiz/) They have a great quiz,

complete the quiz and take a photo of your score at the end and send it into the page

for a chance to win a prize! I've also attached a hard copy at the end of the newsletter, that you can answer and drop off at the band office. 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!



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 27, 2023</p> <p>Tuesday July 11, 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

Health Centre Update:

NOTE FROM MEDICAL TRANSPORTATION

Michelle and Darlene will be away from the office June 22, 23, 26,27.

All gas POs will be done and ready for pick up for those of you who have submitted your appointment dates. Anyone needing gas POs or hotel accommodations for early morning long distance medical appointments while we are away, please call Ashley Francis at the Health Centre at 902-752-0085. Anyone needing reimbursements, please give Ashley the receipts and she will give them to me when I return. Any Fee for Service drivers submitting their paperwork while we are away, it will be entered into the MTRS when we return.

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'liq.

Community Notices:



POP-UP BIKE HUB

Pictou Landing First Nation
Old School parking lot

June 19 - 20, 2023 2:00pm-6:00pm

Free for community members!

- Repairs
- Tune-ups
- Tools and helpful techniques

Keaton Fougere
902-890-0179
kfougere@cmms-denr.ca

Mitchell Harris
902-890-7861
mharris@cmms-denr.ca

The Confederacy of Mainland Mi'kmaq

Ecology Action Centre

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:

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".

JUNE 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
				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	
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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.

IHPP Update:

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14 IHPP Elder Meeting	15	16	17
18	19	20	21	22	23 IHPP Committee Meeting	24
25	26	27	28	29	30 IHPP Community Engagement Session	1

Notes

- IHPP ELDER MEETING**
 - Time: 11am
 - Location: Fisheries Training Centre
- IHPP COMMITTEE MEETING**
 - Time: 5pm
 - Location: Fisheries Training Centre
- IHPP Community Engagement Session**
 - Time: 5pm
 - Location: Fisheries Training Centre

PLFN IHPP MONTHLY CALENDAR

TRIVIA

If a Mi'kmaw says "kesalul", how do they feel about you?

- A) They think you are weird
- B) You should run
- C) They love you

If a Mi'kmaq bids you "Wela'lin", your response should be:

- A) You're welcome
- B) Good Morning
- C) You're cute too

You're most likely to see and "amaljikwej: in the:

- A) Lake
- B) Forest
- C) Garbage

A "mikjikj" always carries her:

- A) Supper
- B) Notebook
- C) House

Mi'kmaw language is part of which family language

- A) Salishan
- B) Algonquain
- C) Iroquois

Before the arrival of European Settlers, Mi'kmaq called themselves:

- A) L'nuk
- B) Mi'kmaq
- C) Lentuk

The 1794 Jay Treaty allows Mi'kmaq to:

- A) Impose road taxes and highway tolls
- B) Keep large animals
- C) Cross the United States – Canada border freely

Never, ever come between a “Muin and her:

- A) Cub
- B) Nest
- C) Lunch

Which plant did Mi'kmaq traditionally use to cure cold, laryngitis and tuberculosis

- A) White Spruce
- B) Alder
- C) Ground Juniper

Who was the first Mi'kmaw to be baptized?

- A) Keluskap
- B) Grand Chief Membertou
- C) Grand Chief Jean Le Baptiste Cope