

PIKTUK AKNUTMAQN

Summer Hours

Band Administration/ Fisheries:
Monday -Thursday - 9:00 am - 4:00 pm
Friday - 9:00 am - Noon

Health Centre:

The health center will be closed on Fridays

beginning with summer hours.

Mon-Thursday from 9:00 am-12:30 pm- half hour lunch and then open from 1:00 pm – 4:30 pm.

Also, the main door is unlocked, you will not need to use the intercom to enter the building, but we ask that everyone uses the main door, and checks in with Ashley at the front desk so that we know who is in the building for safety concerns (Fire escape, etc.)



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Calling all Artists and Builders!!

April is looking for someone to build a secure wooden frame to hold two large garbage bins for the beach and an extra space to put a dog poop bin beside it. She is looking for quotes as these bins are larger than our regular bins, you'll need to take measurements of the bins to go with your quote. Reach out to April if you are interested.



She is also looking for a quote from a youth in the community who would be interested in painting the garbage bins. We have a lot of creative artistic youth in the community. Below are some ideas. Contact April if you are interested at

April.n@plfn.ca





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 - Noon</p> <p>Closed for lunch hour.</p>	<p>Monday - Thursday 9:00 am - 4:00 pm</p> <p>Friday CLOSED</p> <p>Closed for lunch hour.</p>	<p>Collection is every second Tuesday</p> <p>Next Collection Date is:</p> <p>Tuesday July 11, 2023</p> <p>Tuesday July 25, 2023</p>	<p>The next Chief & Council meeting is Tuesday 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 - Noon</p> <p>Closed for lunch hour.</p>

Health Centre Update:

WOODEN FLOWER MAKING with April Nicholas

10 spots for Adults and 10 spots for YOUTH available for July 25th (Adults) & 26th (Youth) Wednesday from 3-6pm. Supper will be served. Please message Krista to reserve your spot.



Regular Pap tests prevent about 95 per cent of cervical cancers. Cervical cancer is the 9th most common cancer among Canadian women.

Cervical cancer is caused by the Human Papillomavirus (HPV). HPV is usually transmitted by sexual contact. More than 75% of women will be exposed to HPV, but only a small number will develop pre-cancer (cervical dysplasia). Regular Pap testing can pick up pre-cancerous changes that can be treated before becoming cancer.

The Nova Scotia Cervical Screening Practice Guidelines recommend:

- Women who have been sexually active* should start having a Pap test at the age of 25. Once women begin having Pap tests, they should have them every 3 years.
- Women who become sexually active* for the first time after the age of 25 should have a Pap test within three years of the time that they became sexually active.

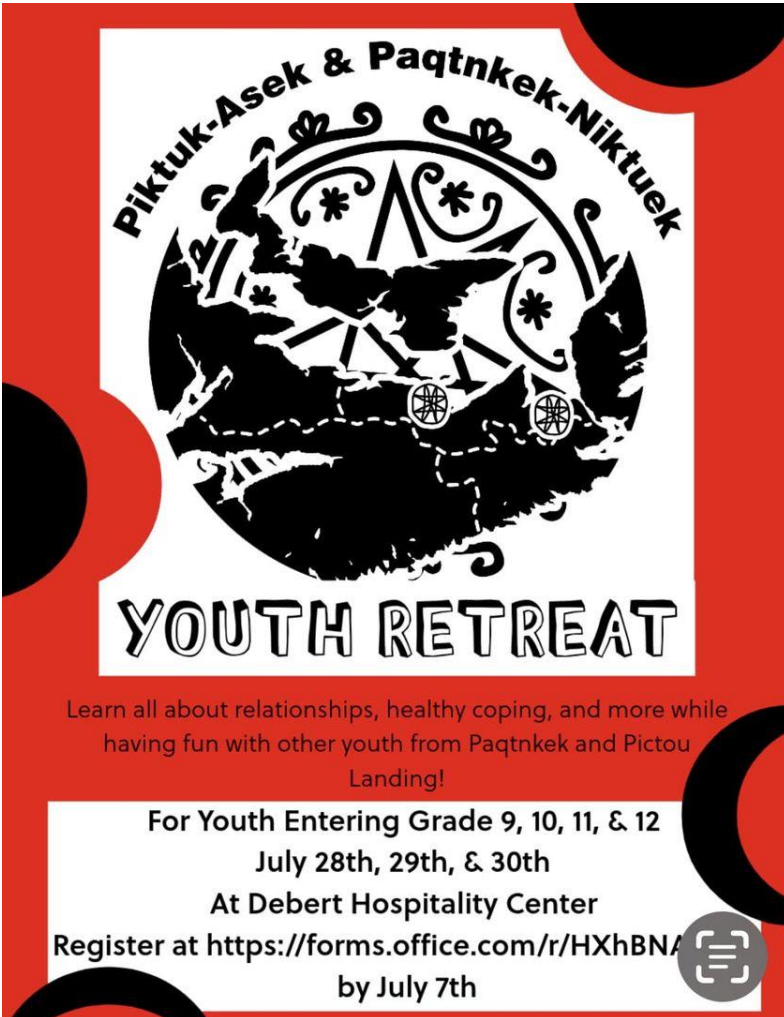
CERVICAL SCREENING ATTENDANCE PATIENT INSIGHTS



- Women who have never been sexually active do not need to have Pap tests until such time as they become sexually active.

Please call the Health Centre at (902) 752-0085 to book your PAP test.

Youth Retreat



Piktuk-Asek & Paqtnkek-Niktuek

YOUTH RETREAT

Learn all about relationships, healthy coping, and more while having fun with other youth from Paqtnkek and Pictou Landing!

For Youth Entering Grade 9, 10, 11, & 12
July 28th, 29th, & 30th
At Debert Hospitality Center
Register at <https://forms.office.com/r/HXhBNA>
by July 7th

The deadline to apply has been extended to July 18!

Community Notices:

Our Lady of Perpetual Help Church is collecting names for baptism preparation. Those interested can leave their name with Linda.

Dr. Cathy Felderhof will not be in the clinic from June 30th – to July 11th.

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).

IHPP Update:

PLFN IHPP MONTHLY CALENDAR

JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19 IHPP ELDERS MEETING	20	21 IHPP COMMITTEE MEETING	22
23	24	25	26 community land based learning session	27	28 IHPP COMMUNITY SESSION	29
30	31	1	2	3	4	5

NOTES

- **IHPP Elder Meeting - July 19th**
• **Location:** PLF Fisheries training Centre
• **Time:** 11am
- **IHPP Committee Meeting - July 21st**
• **Location:** PLFN Fisheries Training Centre
• **Time:** 5pm
- **IHPP Community Session - July 28th**
• **Location:** PLF Fisheries Training Centre
• **Time:** 5pm
- **IHPP community land based learning session July 26th**
• **location:** fisheries training centre
• **time:** 5pm