

# PIKTUK AKNUTMAQN

## LouBodies Fitness Centre Hours:

School is almost back in, which means back to routine! Why not make sometime for yourself at Loubodies? Lots happening this Fall

Starting September 7, 2023

Hours

Monday to Friday – 6:00am – 1:00 pm & 4:00 pm – 10:00 pm

Saturday 12:00 pm – 5:00 pm

**New Circuit 6:15 am – 7:00 am** -Monday, Tuesday, Wednesday. Start your day with this early morning workout, easy to follow moves, basic strength training techniques, suitable for all fitness levels.

**Elders Stretch and Release 9:00 am – 9:30 am** – Monday, Tuesday and Wednesday. Suitable for all levels, chairs available, focusing on simple stretches, balance and easy strength training moves.

**Youth and Teen Strength Teen Building Program 6:00 pm – 7:00 pm** – Thursday. This will teach teens both, girls and boys the basics of strength training. The program will cover proper form, use of cable machine, proper barbell and dumbbell usage. 12 years old and up!

**Women on Weights 12:00 pm – 1:00 pm** - Monday, Tuesday, Wednesday. This will teach the basics of strength training. The program will cover proper use of cable machine, proper barbell and dumbbell usage, suitable for all fitness levels.

LouBodies Manager, Angela Fogarty has been in the industry for 16 years. She has taught kickboxing, Bootcamp, Zumba, Chair exercises for seniors, Tabata and more. Angela is a marathon runner, triathlete, swim coach, life guard and special Olympics coach.

Angela is available for one-on-one appointments. You need to start somewhere, start with her

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# Pictou Landing Community Members we are looking for your feedback!

We had a Community Comprehensive Plan was completed in 2002 and we are looking for your feedback to help us update this as we look to move our community ahead.

The Community Comprehensive Plan is available in many forms:

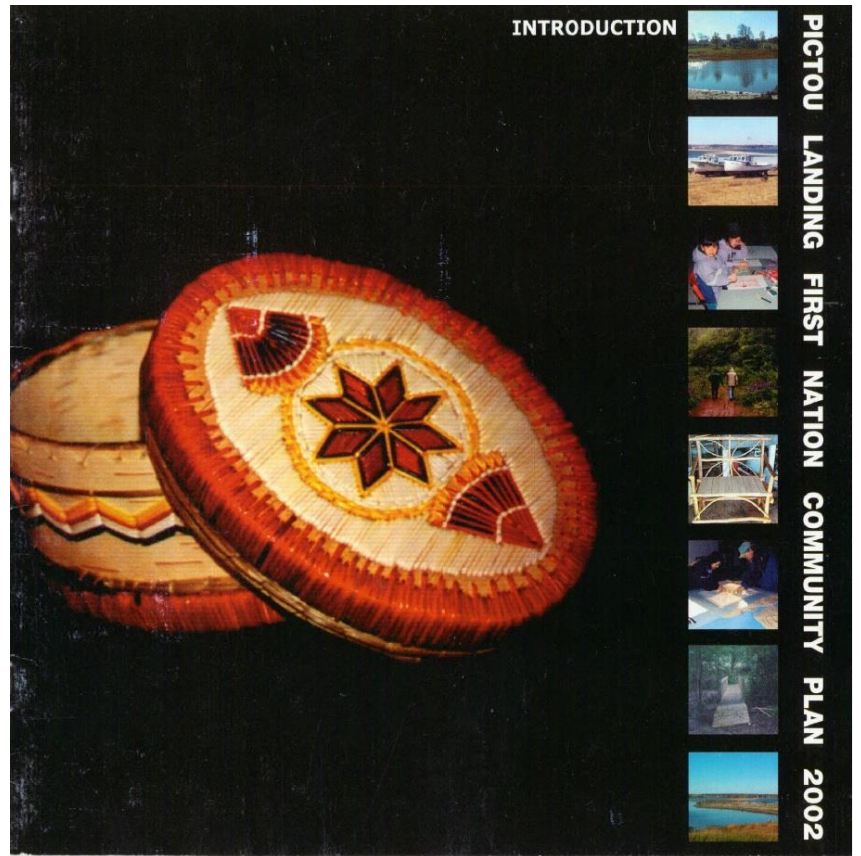
Pick up a hard copy at the Band Office

Request a copy via email at [heather.h@plfn.ca](mailto:heather.h@plfn.ca) or

Online at [www.plfn.ca](http://www.plfn.ca) under the Chief and council section.

You can offer your feedback via the comment section on the main page of our website; through email to [heather.h@plfn.ca](mailto:heather.h@plfn.ca); or you can drop them off in written form to the PLFN Band Office, Monday to Friday between 9:00 am and 4:00 pm.

Wela'lioq



## *Community Notices:*

### **Do you know your numbers?**

Come to the Health Centre to get your numbers checked out! Wednesday September 6, 2023 from 10:00 am -3:00 pm

**PIKTUK NEWS:**

<b>Band Office Hours</b>	<b>Health Centre Hours</b>	<b>Garbage Day</b>	<b>Chief &amp; Council Meetings</b>
<p>Monday - Thursday 9:00 am - 4:00 pm</p> <p>Friday 9:00 am - Noon</p>	<p>Monday - Thursday 9:00 am - 4:00 pm</p> <p>Friday CLOSED</p>	<p>Collection is every second Tuesday</p> <p><b>Next Collection Date is:</b></p> <p>Tuesday July 25, 2023</p> <p>Tuesday August 8, 2023</p>	<p>The next Chief &amp; Council meeting is TBD.</p> <p>To submit a letter or a request please email <a href="mailto:heather.h@plfn.ca">heather.h@plfn.ca</a> or you can drop off at the front desk of the Band Office.</p>
<b>VCM Hours</b>	<b>Wolf Den Hours</b>	<b>Pictou Landing Pantry Hours</b>	<b>Fisheries Hours</b>
<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>

## *Economic & Community Development Update:*

On Tuesday August 29 the Economic & Community Development Department with, Mi'kmaq Kina'matnewey opened the Lifelong Learning Classroom, located in the community hub. This space provides plenty of work space, computers, ipads, quiet area to read and work away. This classroom was a long time coming and it took a lot of work and coordination with the Education and Economic & Community Development Departments to come to reality. There will be lots of opportunities coming, so be on the look out!



# JOIN US

# BE A FIREFIGHTER

We are looking for volunteers to join our department. If you are interested stop by the Pictou Landing First Nation Fire Department at 6:00 pm on Sunday September 3!

Come ask questions and learn more about what it means to be a firefighter!



## *Housing Update:*



### **LET'S STOP MOLD TOGETHER**

(Mold in our homes can cause all sorts of respiratory illnesses and allergy's)

#### **Identify problem areas in your home and fix them!**

Do a quick home Audit and identify problem areas, for example if you know your basement or window leaks or there's a new water spot on a ceiling that grows when it rains identify these issues as soon as possible. Report your findings to the Band office we can only help if we know about the problem!

#### **Dry wet areas immediately**

Mold needs moisture to grow, so its as easy as cleaning up water spills when they happen, not allowing wet or damp clothing or objects to sit around your home and report any flooding so wet flooring and drywall can be dried or removed before mold growth can happen!

#### **Proper Ventilation**

All PLFN homes should have an HVAC unit... USE IT! Many daily household chores and activity's invite mold into our homes such as washing dishes or getting a shower, steam equals moisture and moisture breeds mold, be sure to use exhaust fans in bathrooms during and after the shower and HVAC systems when turned on and running can deal with any of the steam from dish water. It never hurts to run a dehumidifier in a moist basement of living space either.

#### **Improve airflow**

Now that we have proper ventilation lets improve airflow; opening doors between rooms, pulling items off of walls and removing clutter will allow our ventilation system to do its job properly, let's get some fresh air in those stagnant rooms and closets.

#### **Cleaning tips**

Clean, clean, clean! bleach products can do wonders at killing mold, mold spores and bacteria. Keeping a clean home will aid in our fight against mold growth.

## Chief And Council Meeting

Tuesday August 15, 2023

**Minute Taker:** Heather Head

**Attendance:** Michael Polak; Dominic Denny; Wayne Teasdale; Jonathan Beadle; Haley Bernard; April Nicholas; Jenny Fraser via MS Teams.

**Absent:** Marsha Mills

- **Approval of Agenda**
- **Opening Prayer**

Chief Paul

- **Opening Words**

Chief thanked Michael for smudging the office/ room.

- **Approval of Previous Minutes**

July minutes

### **Motion passed**

- **Confidentiality Conversation**

Chief spoke about Code of Conduct and a reminder about confidentiality and respecting the PLFN email protocol.

- **CFO Update**

2023 audit will be done by mid-September.

Wayne working hard to sort out all of the Fiona information to get more funds in. Albert and Wayne have been working on this. We haven't received anything since the 600,000 and were at \$2.6 million in expenditures. Chief will sit with Wayne and ISC if it is a need be to get the funds in the bank.

Wayne has issued all 2023 budgets to directors to ask them to review and make sure they are all accurate. Wayne will share those with council when they are all complete.

Approval of budget will be required by council.

- **Quick Review VCM Completed Assessment**

Parkland completed and assessment of the VAM and a proposal will be presented in the near future. this.

## **MOTIONS**

- **Approval of Housing Terms of Reference**

**Motion to accept the Terms of reference R of the Housing Committee**

**Motion passed**

- **Approval of Solar Park Referendum**

Chief and Council; Lindsay Construction and Barry Francis with Lands will host an information session. to provide community the opportunity to ask questions, an information package, etc. After the information session there will be a referendum. There will be two sessions; one during the day and one in the evening. There will be in person voting, and voting by email. Packages will go to those off reserve, as requested.

**Motion to hold referendum on the Solar Park**

**Motion passed**

- **Approval of Boat Harbour IR 82**

Steve Schaller is with Hive now. He was previously working with EXP. Brian Hebert has been working at length on this and it has been shortened to some key points.

**Motion to accept Brian's response to IT 82 to the province.**

**Motion PASSED**

IAAC was here on Thursday August 17, 2023 and it's PLFN's opportunity to present our response to them.

- **End of Summer Family Fun Day**

The price is \$5791.67; this would be from the community fund. This is from HRM inflatables to run all the events for this day.

**Motion passed**

- **Community Member Request – Lift Ban**

**Request Denied**

- **Request for review of Community member foundation and ongoing home repairs.**

**Follow up will be done through housing department.**

- **Request from community member Community from Member for Recreation Funds \$2900.00 for fast pitch tournament.**

**Motion passed to approve \$2000.00**

- **Decision on next steps for Community Member Fee Simple Land**

Lands and Community Member have been having discussions about the lands. The land that is B, would be converted to band land, Community member agreed that might be a better portion to take as opposed to the A land. (In attached map)

The trade will give us lot B and C and we will trade A. Council has approved the trade of land A for B.

**The request is to have a motion to complete the execution of the land transfer with the Carty’s of land piece B and to issue that land to Community Member,**

**Motion passed**

**Motion to adjourn the meeting**