

PIKTUK AKNUTMAQN

An exciting update on our Church!!

A BIG Thank you to the committee for all their work! Mniku Church Renovations Update: The Church Committee applied for funds through the Nova Scotia Department of Communities, Culture, Tourism and Heritage Fund and have secured \$125,000 to aid in renovations to the Church. Dora Construction has agreed to continue with the repairs that they had started when they worked with John Stewart (John Stewart Roofing LTD) to fix the roof and the floor beams a few years ago.

Over the last three plus years the committee has been working together to find ways to restore/replenish our Mniku Church. To get to where we are now, we had to pay for and submit a conservation report that was used as the basis for cost estimates which we used to secure the quote from two companies; one was Dora Construction, which we will go with. We still need to raise some more funds but we have secured most of the money needed. We are hoping that any more funds we receive while fundraising will not only provide enough to finish the church renos but help rebuild the Glebe house and access from wharf to the trail to the church. We are very hopeful for the latter but this funding is solely for church renovations.

Sincerely,

Hubert Nicholas, Church Committee Member



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NOTICE from Housing:

During the weekend, if community members need to report home damage, please contact Janet 902.759.8725. We learned from Fiona that photos are vital to keeping accurate records of damage. Please send any photos of damage to Janet@plfn.ca or text 902-759-8725. Safety Tips are attached at the back of the newsletter! Stay safe.

NEW STAFF ALERT!!

Please Welcome Lauren Cody as our new Occupational Health & Safety and Emergency Management Officer. Lauren comes to Pictou Landing First Nation after having worked with Millbrook First Nation. Lauren has an extensive background in OH&S and a nursing background.

Lauren has hit the ground running as we prepare for Hurricane Lee. Lauren will head all our OH&S and EMO items for the community.

Welcome Lauren!



PIKTUK NEWS:

Band Office Hours	Health Centre Hours	Garbage Day	Chief & Council Meetings
<p>Monday - Thursday</p> <p>9:00 am - 4:00 pm</p> <p>Friday</p> <p>9:00 am - 3:00 pm</p>	<p>Monday - Thursday</p> <p>9:00 am - 4:00 pm</p> <p>Friday</p> <p>9:00 am - 3:00 pm</p>	<p>Collection is every second Tuesday</p> <p>Next Collection Date is:</p> <p>Tuesday Sept 19, 2023</p> <p>Tuesday October 3, 2023</p>	<p>The next Chief & Council meeting is Tuesday September 26, 2023.</p> <p>To submit a letter or a request please email heather.h@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</p> <p>7:00 am - 11:00 pm</p> <p>Saturday- Sunday</p> <p>9:00 am - 11:00 pm</p>	<p>Open 7 days a week</p> <p>9:00 am - Midnight</p>	<p>Tuesday</p> <p>9:00 am - 3:00 pm</p> <p>Wednesday</p> <p>1:00 pm - 3:00 pm</p> <p>Thursday</p> <p>9:00 am - 3:00 pm</p>	<p>Monday - Thursday</p> <p>9:00 am - 4:00 pm</p> <p>Friday</p> <p>9:00 am - 3:00 pm</p>

On Monday September 11 at the Sobeys, located on the westside of New Glasgow, Cheryl Denny unveiled her artwork she did for the store. This piece is located as soon as you enter the store, by the shopping carts. Cheryl and Chief Paul explained the meanings of all the different images. We are so happy for this partnership with Sobeys and we look forward to the next project. Cheryl's piece is beautiful and truly Pjila'si everyone to the store!



Housing Update:

Some Tips from the Housing Department to keep your washer working and clean:

1. Leave your washing machine lid open or ajar. Let's out odors and dries the inside of machine. Leaves less chance of bacteria and mold growth.
2. Run a clean cycle periodically - use Affresh tablets, removes odors and residue.
3. Suggestion - use normal, high or bulk settings. Running smaller loads is more costly. Use the right cycles to ensure not only proper care of your items but also the machine. Overloading a washing machine with too many items can cause it to overwork and damage the drum as well. You may also get that "dancing washer" that jerks and moves around because the load is too much or, more likely, unbalanced because of extra-heavy items.
4. It's also crucial to also use the right type of detergent: high-efficiency washing machines need high-efficiency detergent. These types of washing machines are designed to use less water. If you use regular detergent, it can result in too many suds being produced. This can impact the performance of the clean and the length of the wash cycle. But it can also cause the machine to overflow.
5. Clear out pockets of the clothing so clothes don't get ruined, metals don't damage machine and clothes won't be torn.
6. Measure detergent and buy smaller pods. Too much detergent can stay on clothing, causing rips and tears and can affect people with sensitive skin.
7. Clean machine regularly as it can accumulate a build-up of dried on detergent residue over time. This can lead to them getting clogged, sticky, and grimy.
8. Hot water cleans clothes more efficiently than cold

Tips for clothes dryers:

1. Keep the area around the clothes dryer free of items that can burn.
2. Turn the dryer off if you leave home or when you go to bed.
3. Always use the appropriate electrical outlet for dryers and all major appliances.
4. Don't forget to read the manufacturer warnings in the user manual and on the inside of the dryer door.
5. Do not use the dryer without a lint filter. Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
6. Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe
7. Make sure the right plug and outlet are used and that the machine is connected properly.
8. Turn the dryer off if you leave home or when you go to bed.\

ITEMS THAT SHOULD NOT GO INTO DRYER:

1. Items that use spandex (bras, gym clothes, swimwear etc.) You should never put bras, gym clothes, and swimwear in the clothes dryer. The high temperatures can damage the material, breaking it down and ruining the shape of your clothes. With swimwear, high dryer temperatures can also damage the waterproof properties (the same holds true for waterproof jackets). For such materials, if you absolutely need to dry them quickly, use your dryer's lowest-temperature setting and take out the clothes while they're still damp.

2. Silk and other delicate fabrics -These materials may shrink or become wrinkly because of the high temperatures inside the dryer, and it's next to impossible to reverse such damage. They may also snag on something, creating a hole.

3. Leather, fake leather and suede -since they will lose their shape and may even crack from the heat. The same, incidentally, goes for fur, whether real or faux.

4. Wool -With wool, make sure to check your wool garment's tag to see whether it's approved for tumble drying. If it isn't, the dryer heat may make the yarn shrink.

5. Clothes with sequins, beads or other glued-on parts. In a dryer, the high temperatures can easily dissolve the glue and make these decorations fall off. Not only does this ruin the sequined or otherwise decorated garments, it may also damage any other clothes in your dryer at that time.



Education Update:

From Education Department:

The first day of school has come and gone for everyone – Day Care, Head Start, elementary/middle school, high school, university, college!! I hope everyone had a great day and are pumped for a super successful school year.

I am really pumped for our community school this year. As you all know, Pictou Landing First Nation School has its, not only first Mi'kmaw Principal, but our first L'nu'skw principal ~ Haley Bernard. This is truly a big deal for our school and community. She is also the first of our students to come back and work full-time at our school! Haley is very community and culturally minded. She will bring great things to our students. It is a big accomplishment for Haley and I know I am very proud of her!

We have a couple of changes in the school this year (besides Haley's role). Irene, our former principal, will be the Academic Resource Teacher. She brings a wealth of experience and training to this position. Thanks Irene!

We also have our first full time Social Emotional Learning Teacher, Laura MacIssac. Laura has been in the classroom in her previous school experience but she brings a fresh and new connection to SEL for our students. If you want to know what a SEL Teacher does, come to the school and have a chat with Laura. She has the best demeanor for a teacher in this position. With these two ladies on support staff, our students will have great support and guidance. 9

We have a pretty special school. Our staff are awesome. Our students are terrific. I am looking forward to a great year! Please, come down to the school to say "hi" to our staff. If you see kids around the community, ask them how their schooling is coming along. They love to talk about their accomplishments and there are many!

2023-2024 Calendar - PLFN School

Sept 1	FIRST DAY BACK FOR STAFF - orientation, planning & set-up day for teachers
Sept 4	Labor Day- school closed
Sept 5	First Aid for staff
Sept 6	NVCI - ALL STAFF to attend
Sept 7	FIRST DAY BACK FOR STUDENTS
Sept 25	Transition meeting / PD – no school for students
Sept 30 (Saturday)	Truth & Reconciliation Day – will be observed on December 20
October	Mi'kmaq History Month - provincial
October 1 (Sunday)	Treaty Day – will be observed on October 2
October 2	school closed in lieu of
October 9	Thanksgiving Day – school closed
November 1	PD culture day – school closed
November 10	assessment & evaluation day – no school for students
November 11 (Saturday)	Remembrance Day – will be observed on November 13
November 13	school closed in lieu of
November 20 week	report cards go home
November 24	Parent Teacher Day – no school for students
December 20 to January 1	Christmas Break
January 2	Wellness Day for staff – no school for students
January 3	Students back to school
February 16	PD day – no school for students
February 19	Heritage Day – school closed
March 8	assessment & evaluation day – no school for students
March 11 - 15	March Break
March 27	report cards go home
March 28	Parent Teacher
March 29	Good Friday – school closed
April 1	Easter Monday – school closed
May 20	Victoria Day – school closed
June	Aboriginal History month - federal
June 21	National Aboriginal Day – school closed
June 25	last full day of classes
June 26	Grade 8 graduation
June 27	planning day - no school for students
June 28	Last day of school. Report cards, dismissal at 9:45 a.m.

We will be looking for community resources so please sign up and be a partner ~ feel welcome to chat with Haley or myself about what you can do to support our school.

Thanks everyone – I speak on everyone's behalf by saying we love to teach and work with your children!!

~ Sheila ~

Deadline to apply for the bursary is September 21, 2023.

What is the PLFN Community Bursary Program?

In January 2023, several band departments had met to discuss how we as a community can support our students in their pursuit of a career. We acknowledge the importance of higher education and encourage our high school graduates to continue their paths by entering into post-secondary institutions.

The **PLFN Community Bursary Program** was developed to provide financial assistance to those students in need to help them achieve their academic goals and as such, bursary awards are based on need rather than academic achievement.

Who can apply?

The PLFN Community Bursary Program is open to all registered members of the Pictou Landing First Nation who are actively enrolled in a post-secondary education program, full or part-time studies.

How do I apply?

You must complete the **PLFN Community Bursary Program Application** and submit all required documentation to the **PLFN Community Bursary Program Review Committee** by the application intake deadlines.

What type of documentation is required with the application?

- High School Graduates must provide an acceptance letter from an approved post-secondary institution;
- Current post-secondary students must provide a letter from their institution stating their active status;
- All applicants will be required to write a short paragraph on how the bursary will help in their studies.

How often can I apply?

There will be two application intakes each year—January & August.

Eligible students can apply to both intakes.

How many bursary awards will be awarded each year?

- January – Four (4) bursary awards for full time students @\$750 = \$3,000
Four (4) bursary awards for part time students @\$300 = \$1,200
- August - Four (4) bursary awards for full time students @\$750 = \$3,000
Four (4) bursary awards for part time students @\$300 = \$1,200

Total for each intake period is \$4,200.

*This amount may change pending funding contributions.

Who sits on the PLFN Community Bursary Program Review Committee?

- Director of Education – Sheila Francis
- Director of Economic & Community Development – Heather Mills
- Elder & member of development team – Debbie Dykstra
- Elder – TBA (will change for each review meeting)
- Band Councilor - TBA

PLFN Community Bursary Program
August 2023

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

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:

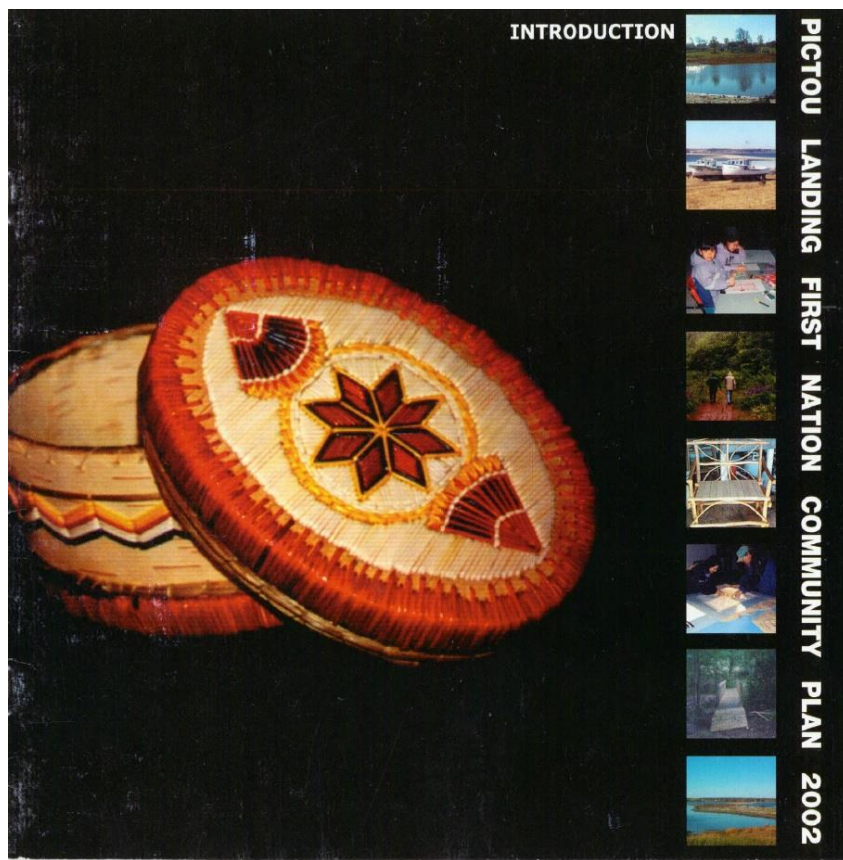
Pick up a hard copy at the Band Office

Request a copy via email at heather.h@plfn.ca or

Online at 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; 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



Big thank you to the Capital Works Crew for getting up our new flags and flag poles!! These will line the main road into the community.



10 MW Solar Park Information Session

There will be some information sessions coming up on Wednesday September 20, 2023 at the Pictou Landing First Nation Fire Hall, on the 10 MW Solar Park. There will be a session at 10:30 am and 4:30 pm. An information package will be going out door to door and a referendum on this project will be held on Wednesday October 4, 2023 at 9:00 am till 6:00 pm at the Training Centre. If you live off-reserve and would like information, please email heather.h@plfn.ca. You will also be able to email in your vote for those who live away, more details to come on this.

Keep an eye out for an updated post with information package attached.



The Multicultural Fusion Festival is happening on Sunday October 1! If you are interested in setting up a table to sell art work, beadwork, etc, or participating please contact Morgan Simms at morgan.simms@newglasgow.ca

It looks like its going to be a jammed packed event!



**MULTICULTURAL
FUSION
FESTIVAL 2023**

**Sunday, October 1, 2023
11:00AM - 4:00PM
Glasgow Square Theatre**

**Join us in Celebrating
our Diverse Community!**

We have...
**Artisans, a Fashion Show,
Food Vendors, Silent Auction,
Bouncy Houses, with Admission
granted by Donation!**


New Glasgow
flourish


CREATIVE
Pictou County


MAPCY
MULTICULTURAL ASSOCIATION
of Pictou County Bridging Cultures