



# NEWSLETTER

*Our mission is to deliver information to our community members about events taking place throughout the community and to provide this in a way that is easy to find and digest the information important to you.*

## NEWS

# HAMMONDS PLAINS ENTERTAINMENT IS OPEN FOR BUSINESS

Acadia First Nation has officially opened a new business on our property in Hammonds Plains. Hammonds Plains Entertainment comprises a store & gaming center for your entertainment needs. The store front is currently open from 8:00 am until 12:00 Midnight with gaming being offered 24/7. The business is located at 1692 Hammonds Plains Rd, Hammonds Plains, Nova Scotia, right in the heart of the quickly developing location.



The beautiful building was design to host both the store, gaming center and office space for the staff located in Hammonds Plains. The new multipurpose building provides three offices for the administrative staff, a welcome area, plus a boardroom with the other side providing the space for the store and gaming rooms. Hammonds Plains Entertainment provides: Gaming, a gift and smoke shop, Quota tobacco and a tobacco drive thru.

The new retail location is open for business. The next time you have passing through Hammonds Plains, be sure to stop in and have a look at the new store and say hello to the administrative staff next door. The location offers quota tobacco to any of our members in the area or who may be passing through.

## Greetings From Your Community Health Nurse

Your friendly Community Health Nurse here! I am back from maternity leave and looking to chat with you! Please feel free to contact with ideas for health programs, workshops, or needs of the community. I look forward to getting back out there and seeing you all.

- Chelsea Sawyer, Gold River Health Centre

Office: 902-627-1245 Cell: 902-277-2297 Email: [csawyer@acadiaband.ca](mailto:csawyer@acadiaband.ca)

# LOTS OF HAPPINGS IN YARMOUTH

It was another very busy December for the Yarmouth community. There were several events held over the holiday season with plenty of reasons for our members to come together to celebrate. There were meals, games, contests and a special outing. This time of year is always a great time to come together and celebrate community and family.

On December 7th, 2019, our Elders were treated to the annual Elder's Christmas Dinner. This year the group was treated to dinner at our own Winners One Stop Restuarant where they could enjoy any of the delcious offerings from burgers and sanwiches to thanksgiving poutine and creamed lobster. My mouth is watering just thinking about it. Yum!

On December 10th we hosted a Mi'kmaq Toy Bingo to promote and engage our community with the Mi'kmaq language. The game is played for prizes and the game is presented in Mi'kmaq, with Mi'kaq words replacing the traditional bingo numbers. This is great fun for people of all ages and we saw 34 people attend.

The annual Yarmouth Community Christmas dinner was held on December 15th, 2019 at the Rose Purdy Recreation and Community Centre. Members of the community gathered for a feast Christmas Feast. This is a great time to come out and see the community coming together and enjoying their time together. The children were delighted to see Santa arrive with their gifts.

The Yarmouth Community held the annual Christmas House Decorating Contest on December 14th, 2019. This year 5 winners were selected in various categories including:

**Ho Ho Ho Merry Christmas-** Donnie & Sharon Peterson

**Away in a Manger-** Elaine Cottreau

**Our Christmas Culture-** Sonya & Jason Surette

**Christmas is for Kids-** Marla & Chris Pyne

**No theme-** Danny & Ronda Falls

On December 30th, 2019, a special New Year's Eve Skating Party was held at the Yarmouth Mariner's Centre. The community came out to enjoy some ice time and get on their skates. There was music for everyone to enjoy and everyone was treated to a pizza party. What a great way to help ring in the New Year.



Winners of Mi'kmaq Bingo

# AN UPDATE FROM SOLID WASTE MANAGEMENT

Hello fellow band members,

We would like to thank all of the community members who participated in our first Fall Cleanup throughout the five band communities. It is due to your contributions to this project that our team was able to make 44 trips to the various landfills serving each community. This came to a total of 33,480 Kilograms or 73,656 pounds. This amounts to just over 36.5 tons. WAY TO GO ACADIA BAND!!! Looking forward to our spring cleanup, and some exciting news along with it.

Thank You, From the team, Damyn Colgan, Jarrett Robinson, and Weldon Charles

## Basic Income Tax Assistance from Wanda Westhaver

Wanda Westhaver, based out of our Medway office, will be set up to help members with filing their basic 2019 income tax return. This is provided as a free service and if there is enough interest from a particular community then Wanda can arrange a drop in tax clinic for that area.

If you have any questions or concerns contact Wanda at 902-685-2956 or email [wandawesthaver@acadiaband.ca](mailto:wandawesthaver@acadiaband.ca)

## FEMALE ATHLETE OF THE YEAR AWARD

Acadia First Nation would like to congratulate Chenoah Paul for her accomplishments in athletics. She has been awarded the female athlete of the year award at the 2019 Mi'kmaw sport summit. This is an amazing accomplishment and a great representation of Acadia First Nation and its' talented members. We appreciate the hard work, dedication and honor you bring to our community. Keep up the good work!!!



ACADIA FIRST NATION MEMBERS AND FAMILIES

# JOIN OUR AFN WALKING PROGRAM



Every wednesday morning at 10am

STARTING JANUARY 22ND, 2020 @ 10AM  
QUEENS PLACE EMERA CENTRE

rsvp contact: [klaing@acadiaband.ca](mailto:klaing@acadiaband.ca)

INTRODUCING OUR 2020

# MI'KMAQ BURSARIES

Our Mi'kmaq Bursary Program offers four \$1000 awards to Mi'kmaw students entering any year of a full-time post-secondary accredited education program.

[Past recipients may re-apply.](#)

PAST RECIPIENTS WITH BRIGHT FUTURES:



**CANDACE DENNY**  
PICTOU LANDING FIRST NATION  
2019 Recipient, Bachelor of Technology,  
Dalhousie Agricultural Campus



**SALENA SYLVESTER**  
MEMBERTOU FIRST NATION  
2017 Scholarship Recipient  
Bachelor of Arts, CBU

Deadline for applications is **APRIL 26, 2020**

Visit [nspower.ca/scholarships](https://nspower.ca/scholarships) to apply



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# VAPING, NICOTINE & THE DEVELOPING BRAIN

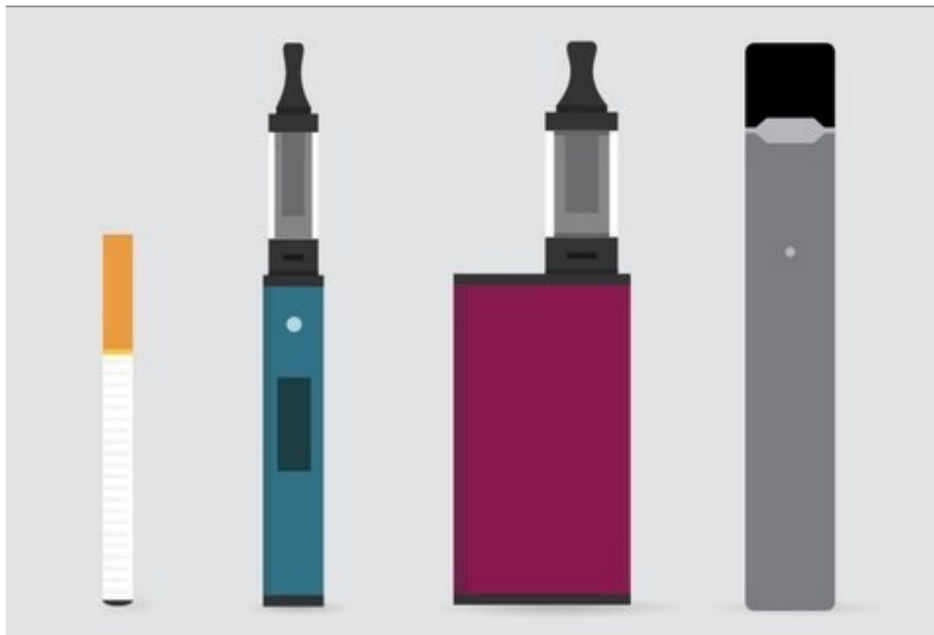
Rose Purdy Recreation & Community Centre

**FEBRUARY 26 AT 6:00PM**

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Are you interested in knowing more about the effects that nicotine and vaping can have on a young person's brain? If yes – then this workshop is for you!

This workshop is aimed for youth in middle & high school and their parents but anyone age 11 and up is welcome to attend.



**For more information please contact Kolby at 902-742-8883**

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- Insulating wrap for hot water tanks and pipes

**To Get Started, Call Toll-Free**

**1 855 695 3010 or 1 844 897 4438 in Gold River Area**

**efficiency**<sup>™</sup> NOVA SCOTIA Enjoy the good things efficiency brings.



ACADIA FIRST NATION

**Construction Trades Hall Demo Day  
Halifax, Nova Scotia**

**Thursday, March 19, 2020**

The NSCSC Trades Exhibition Hall is a unique venue that offers students, job seekers, employment counsellors, teachers, community groups, and the general public an opportunity to experience construction occupations in a tangible way. Developed in partnership with industry and the Province of Nova Scotia, the Hall features 14 interactive exhibits (booths) where visitors can learn about construction careers by participating in a variety of hands-on demonstrations and speaking with industry professionals at different stages of their careers.

Ever wonder what a career in the construction/trades would look like? Here's your chance to check it out. Acadia First Nation will be sponsoring a day for you to come to the trades hall and check out the exhibits. We are targeting youth from Grades 9 – 12 but open to other community members up to the age of 30. Participants must be an Acadia First Nation band member or band members' children. Youth aged 18 and under must be accompanied by a parent or guardian. We will travel to Halifax on the 18<sup>th</sup> and stay at a nearby hotel and proceed to the exhibition hall the morning of the 19<sup>th</sup>, spend the day checking out the exhibits and travel back home. Transportation will be on your own with a travel/meal allowance provided. Accommodations will also be provided. **Contact us if you are not able to provide your own transportation.**

Space is limited so register early.

Please register no later than **NOON** on February 14<sup>th</sup> at 902-685-2956

Email [medwayoffice@acadiaband.ca](mailto:medwayoffice@acadiaband.ca)





AFN Entertainment Centre's

# Electronic Hand Held Sweetheart Promotion



ALL Hand Held Packages are

# 1/2 PRICE

**February 14<sup>th</sup>, 2020**





## UPCOMING EVENTS

COMMUNITY	EVENT	DETAILS/LOCATION	DATES
Yarmouth	Healthy Holiday Appetizers: Cooking Class	Join us for a FUN hands on cooking class to help make some favorite holiday appetizers a little healthier (but still very tasty), with small, simple swaps! After we make the appetizers we will enjoy them together!! (Be sure to have supper beforehand as we will only be sampling the appetizers once they're done closer to 7:30pm) There will be some fun games to win prizes too!  Please register by calling Kolby at at 902-742-8883 by December 2nd	December 3rd @ 6:00 pm to 8:00 pm
	Naloxone Training	Naloxone is used to temporarily stop the effects of opioid overdose. Healing our Nations will be at the Rose Purdy Recreation & Community Centre to deliver naloxone training. There are limited spots: Please reserve your spot by calling Kolby at 902-742-8883 and leave a message if she is not in office.	December 5th @ 11:00 am
	Steeper Climb	Goal Setting Workshop for Adults Time: 6pm—8pm, Wednesday, December 11/19 Facilitators: Nancy MacLeod & Kolby Blair Place: Rose Purdy Recreation & Community Centre	December 11th @ 6:00 pm til 8:00 pm
	Emergency Management Plan Information Session	Please join us at the location most convenient to you. We will be providing information and updates on Acadia First Nation's Emergency Plan. Tea, Coffee, snacks and prizes will be provided	November 19th @ 6:00 pm
Gold River	Emergency Management Plan Information Session	Please join us at the location most convenient to you. We will be providing information and updates on Acadia First Nation's Emergency Plan. Tea, Coffee, snacks and prizes will be provided	November 18th @ 6:00 pm
Wildcat	Emergency Management Plan Information Session	Please join us at the location most convenient to you. We will be providing information and updates on Acadia First Nation's Emergency Plan. Tea, Coffee, snacks and prizes will be provided	November 25th @ 6:00 pm
AFN	Office Winter Closure	All AFN Offices will close for Winter Shut Down on December 12th at 12 noon	December 12th @ 12 Noon