

Acadia First Nation

Yarmouth Area Newsletter

VOLUME 1, ISSUE 1

JANUARY 2014

SPECIAL POINTS OF INTEREST:

- **AFN Entertainment Centre is open for business!**
- **Nadaca "Tea and Talk sessions"**
- **AFN Native Women's Update**
- **Upgrade your Education**
- **Community Meeting**

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Winner's Corner/AFN Entertainment Centre

On January 6, 2014, Winner's Corner closed their doors for Business. The Staff are very excited about their move to the new AFN Entertainment Centre and will be open for business on January 8, 2014. Band Members will continue to purchase their Band Tobacco from this new location.

The bingo hall will seat 300 people and will open for business this month. We will have bingo's on Wednesday night, Thursday night, Saturday afternoon and evening and Sunday evenings.

More information will be available soon!



AFN Entertainment Centre is now open for business!

Health Center News

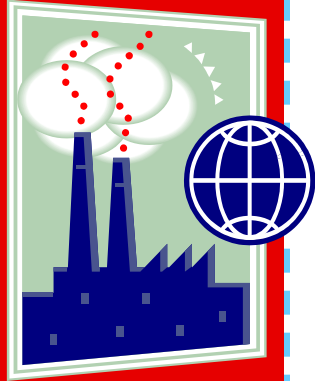
Our Dentist, Donald Armstrong, and his assistant, Corrine, are back from the holidays and are accepting appointments every Tuesday from 8:30am to 12:30pm. This service is for Registered Band Members only. Dr. Armstrong provides the following services:

- Teeth Cleaning

- Comprehensive Dental Examinations
- Children's Dentistry
- Tooth Extractions-Oral Surgery
- Amalgam (metal) fillings
- Root Canal Therapy
- Dentures and Partial

Dentures

- Regular & Extended Treatment Plans
- The VON is available for foot-care every other Thursday of the Month! She will be available on January 9th and 23rd from 9-11am. Please call 742-4337 and book your appointment today.



Garbage Removal

Waste Check Enforcement staff visited the community on December 16, 2013. If you were not home when the visits took place, an information kit was left at your house. The visits and information kits were a reminder to residents about the waste separation program for the Region.

We would like to remind residents that all recyclables must go into blue bags (paper materials in separate blue bags

from the plastic/metals/glass materials), garbage goes into a clear bag (one black bag is permitted per house per collection), and all organics must go into the green cart for collection (absolutely NO food waste or other organic materials in the garbage or recycling bags). The information kits provided to each household included a "Waste Separation Guide" that outlines what materials go where. The kits also included some

additional separation and green cart tips, as well as free bags to assist with the mandatory separation requirements.

If you are in need of a Green Bin, please contact Marie Falls at 742-0257.

Let us work together on being Environmental Friendly...Let's preserve Mother Earth for our next generations!

"Internet Access at the Youth Center has been modified! Youth will no longer be able to access Facebook or email!"

Youth Center

For the past several years, the Atlantic First Nation Help Desk has supplied the Youth Center with Networking and Internet services and have recently implemented a new Security Filter on their network to insure the safety of our children. Please find below a copy of what has been posted on their website.

For many years, the Help Desk has used Websense as a content filter to protect our students from hate mongering, pornography, gambling, and other "deadly sins" of the In-

ternet. Filtering was done on "http" protocols-used mostly on the Internet.

"HTTPS (S=Secure) protocols have traditionally been used for secure transactions like banking and school management systems like Outcomes/Dadavan.

Some students have found a way "around" the filter by using HTTPS and proxy servers. In other words, they connect to an allowed site which, in turn, connects to a server on the banned list (such as Facebook).

Recently, there was a student that ended up in

the hospital after a conflict based on Facebook posts. Now, we feel that we must institute a new level of security against using proxy servers and https.

We apologize for the inconvenience, but feel that it is a necessary step to help protect the children.

Please note that the youth will not be able to access Facebook or Hotmail accounts or any other email accounts on the computers at the Youth Center.

We are still waiting on approval for Ballet and Karate Classes.

NADACA



Acknowledge Them
Everyone's done something incredible.

recovery for 1 day, 1 month, 1 year, it is the beginning of a new journey.

This is a big change in a person's life, and deserves to be acknowledged.

The first "Tea and Talk" will take place on January 27, 2014 at 3:00pm.

Light Refreshments will be served.

Please come out and take the opportunity to be recognized and acknowledged for having the courage and strength to continue your journey through life without the use of addictions.

A "Recognition" Tea and Talk will be taking place at the Health Center once a month.

This is an opportunity for those who are in recovery from addiction to come and have a tea or

coffee and talk about their recovery. How they are doing, and how long they have been in recovery. This can include: alcohol, drugs, smoking, eating, gambling (just some examples)...and if the person has been in

"Acknowledge yourself for something you did well today!"

Mikmaw Lodge & Eagles Nest Schedule

January 13/14—Feb 14/14—5 week COED Treatment Program (Mikmaw Lodge)
Feb. 24/14—Mar. 28/14—5 week Women's Treatment Program (Eagles Nest)
April 7/14—May 9/14—5 week COED Treatment Program (Eagles Nest)
 5 week Trauma & Addictions Program (Mikmaw Lodge)

May 19/14—June 20/14—5 week COED Treatment Program
June 30/14—Aug. 1/14—5 week COED Treatment Program
Sept. 2/14—Oct. 3/14—5 week Women's Treatment Program (Mikmaw Lodge)
 5 week COED Treatment Program (Eagles Nest)
Oct. 13/14—Nov. 14/14—5

week COED Treatment Program (Mikmaw Lodge)
 5 week Trauma & Addictions Program (Eagles Nest)
Nov. 24/14—Dec. 19/14—4 week COED Treatment Program
 Pre-admission & Medical forms can be downloaded from our website: www.nadaca.ca

Animal Control

Once again it has come to our attention that animals are running loose in the community and tearing into other members garbage, using the wash room in other people's yards and leaving a mess.
 We have an Animal Control By-law set in place that needs to be followed.
 It is out of respect for our fellow

community members that we control our own animals and not let them run free. Please ensure that your pets are within your yard and not running freely within our community.
 We have an Animal Control Agent that is working with our Community, her name is Carol and her contact number is (902)742-3147.





Upgrade Your Education

Have you thought about your future?

Have you always thought about upgrading your education?

Have you thought about going back to school, but needed to upgrade a course?

Did you not finish High School and want to obtain your G.E.D.?

If you are a committed individual and are interested in taking part in working towards get-

ting your G.E.D. or pick up where you left off in school, then you need to contact Courtney at the Band Office (902)742-0257.

Courtney is available Monday thru Thursday from 8:30 to 3pm to help you get started today!

The day is structured to help you with the following courses:

Math 8:45 to 10:30am

Language arts 10:45 to 12pm

Visual Literacy 12-12:30pm
Science/Social Studies 1-2pm
Flex time from 2:15 to 3pm

It is important for our community members to know that this is not only for band members but also for non-native community members.

Our funding currently last until March 31st, 2014...we need interested people to continue this wonderful opportunity!

“Remember to always stretch your muscles before exercising!”

Winter Motivation

Winter Motivation

The cold weather is upon us and with it comes lack of motivation to get outside, especially when the temperatures dip below zero. Most of us want to hibernate inside until warmer weather arrives.

Let's get outside and enjoy some winter activities whether it's with a friend or a family member! Try a new activity such as ice skating, skiing, sledding, snowshoeing, cross country skiing or going for a walk or hike through the woods.

It's important to keep these things in mind when being active outside during the winter months:

Warm up first, the colder temperatures can make your muscles tight and therefore prone to injury.

Dress in layers and the top

layer should be both water and wind resistant.

Hydrate, it's just as important to hydrate in the winter during activity as it is in the summer months.

Wear reflective clothing when exercising at night.

If the outdoors really isn't for you, try indoor activities such as:

Walk indoors at a mall or walking track

Join a fitness facility

Try a fitness class

Create a home gym

Use the stairs to get a cardio workout in

Go for a swim at the local pool

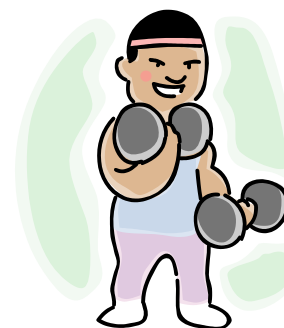
Borrow exercise videos from the library

“You Only Regret The Workouts You Don't Do,”

Get out and be active every day!

For more information on Physical Activity tips or how to get motivated please contact Anita Howard

Physical Activity Strategy Coordinator at 902-685-2956.



Biggest Loser Competition

Councillor Jeff Purdy and Communication's Officer Sonya Isaac-Surette have donated a total of \$600.00 each towards the Grand Prize in the Acadia First Nation Biggest Loser Competition! The Prizes will start off at \$600.00 for a Woman's Grand Prize Winner and \$600.00 for a Man Grand Prize Winner. This Competition is open for all Acadia First Nation Community Members on and off-reserve. Please see the following Contest Rules, no exceptions will be made. Good Luck!

Contest Rules

1. You must be signed up and be available for a weigh-in on February 1, 2014 and the final weigh-in on July 31, 2014 in one of the following weigh-in locations:
 - 1) Yarmouth Band Office—Amanda Muise 742-0257
 - 2) Shelburne Band Office—Darlene Coulton 740-2077
 - 3) Medway Band Office—Avis Johnson 685-2956
 - 4) Wildcat Band Office—Valerie Whynot 682-2421
 - 5) Gold River Band Office—Chrissy Tanner 627-1245
 - 6) Halifax Band Office—Jan Laing 422-5918



2. You must pay \$30 to register to take part in this competition; you can either pay on February 1, 2014 the total amount of \$30.00 or you can pay monthly a total of \$5.00 which must be paid on the first Thursday of each month. There is no financial aide for anyone to participate in this competition. There is no exception to this rule. If you do not pay on time you will be removed from the list of competitors and no refunds will be available!
3. All registration money collected will be added to the total grand prizes to be won. For example if a total of 10 women and 6 men participate the total grand prize for women will be \$900 and the total grand prize for men will be \$780.00 or if a total of 60 women joined and 60 men the total grand prizes for each category will be \$2400.00! There is no limit to how many people can join...the more people that

"It is time to challenge yourself and be the Biggest Loser!"

join, the higher the Grand Prizes will be! Just think of how healthy you will be and all the new clothes you can purchase when you win the Grand Prize!

4. This competition will run for a total of 6 months, beginning February 1st and ending July 31st, 2014.
5. The person with the highest percentage rate loss will win! The calculation formula is (the amount of weight loss/beginning weight multiplied by 100) example 15 pounds loss/180 (beginning weight) x 100 = 8.33333 %

PLEASE SEEK MEDICAL ADVICE BEFORE JOINING THIS COMPETITION!

Contact your local office to register and set up a weigh-in time! Good Luck!

"Here is an opportunity to motivate yourself and become more healthy!"

AFN Native Women's Association Update



“Support Native Women’s Association....be active and involved”

December 14, 2013–Native Women Elections held at the Annual General Assembly:

There was an amendment to our mandate for NSNW to read: **include women and their families?** Voted and passed!

Elected Executive Members for Nova Scotia Native Women's Association:

President: Cheryl Maloney

1st Vice President: Bernadette Marshall

2nd Vice President: Violet Paul

3rd Vice President: Lynn Johnson

Secretary: Lavinia Brooks

Treasurer: Lorraine Augustine

Honoring our Womens Award and luncheon:

Sarah Denny Award went to Elder Evelyn Francis

Helen Martin award went to Chief Jeanette Peterson

Nora Bernard Award was shared by- Ms. Shelly Young & Ms. Molly Peters

Honoring the Water Spirit Event & Feast:

Participants, children, youth, men, elders women walked Saturday, September 21, 2013, from Acadia First Nation, Yarmouth to Water Street in honor of our waters. Drumming, Ceremony and Prayers, Feast was held at 21 Charles Ave, Marilyn`s home. Events also were done in other Mi`kmaq communities to offer prayers, ceremony for our waters..

Support and invited to 1 billion rising event & Feast:

Acadia First Nation Native Women were in attendance and supported the 1 billion rising event on the February 14, 2013 held on Main Street, Yarmouth: Elder: Evelyn Francis was invited to do the opening prayer. Feast followed at Tri-County Women's Center of Yarmouth.

Feel free to contact me at (902)748-4644, marilynannafrancis@hotmail.com or Acadia First Nation Native Womens facebook page.

Employment and Training

Are you familiar with what services our Employment/Training program can offer?

Are you looking for work but don't know what's out there or where to look?

Have you been Laid Off?

Do you need training?

Do you need help with creating a resumé or need to update an existing one?

Thinking of returning to school?

These are just a few of the areas where I may



“Working for a better Future!”

be able to assist you.

We also offer other services such as : **Wage Subsidies, Skills Development, Work Experience Training, Apprenticeship, Internships, Assessments etc.**

Each client is assisted to develop an individualized action plan to suit their specific needs.

Looking for Career Information and/or job opportunities? Here are a few links for

Career Information Websites.

- www.workingincanada.gc.ca
- www.jobbank.gc.ca
- www.careeroptions.ednet.ns.ca
- www.careeredge.org
- www.discoverit.org
- www.careerbeacon.com

If you would like more information about the Employment/ Training program, please contact me to arrange an appointment.

Wanda Westhaver
Native Employment Officer
Acadia First Nation
Phone: 902-685-2956
Fax: 902-685-2237
Email: wandaneo@gmail.com

NOTE FROM THE EDITOR

Happy New Year everyone! I am pleased to announce that we will have monthly Newsletters once again. Our goal is to keep you all informed as much as possible and continue with the open lines of communication. Each area will have different Newsletters if you are interested or want to get a

copy of another area's newsletter please contact the following people:

- Valerie Whynot –Wildcat 682-2421
- Avis Johnson-Medway 685-2956
- Chrissy Tanner—Gold River 627-1245

If there is anything that you would like to

see in our Monthly Newsletter I am open to ideas! My contact information is:

- Sonya Isaac-Surette—Communication's Officer
- 902-742-0257
- s.isaac-surette@acadiaband.com