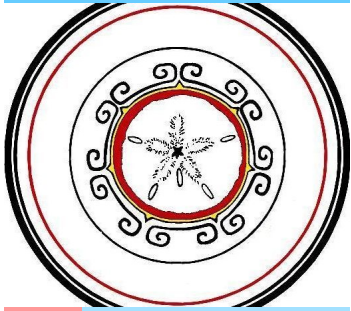


February 2014



ACADIA FIRST NATION

Yarmouth/Shelburne Area Monthly Newsletter

AFN Entertainment Centre

Acadia First Nation Entertainment Centre opened their doors to the public on January 25th, 2014 for the very first Bingo Game.

The Bingo Hall can seat a maximum of 300 customers, 100 in the smoking room and 200 in the non-smoking room.

Bingo Nights will be Wednesday, Thursday, Saturday and Sunday with an afternoon Bingo available on Saturday afternoons.

The doors open at 5:00pm with mini games beginning at 6:00pm and regular games beginning at 7:00pm. Regular Games will pay \$150, Special Games pay 50/50, an increasing toonie jar, an increasing Bonanza Game, a 3 game Jackpot Game, and

Hot Balls! There is also a canteen available as well as Bingo Merchandise that can be purchased.

The first night of Bingo was very exciting, customers

tomers was so excited that she was the first person that made it to the hall before any one else, and it was her lucky night as she won Game 6 and the Jackpot Game of



A look at the inside of the Bingo Hall!

came from all over the Tri-County areas to have their first experience at our Bingo Hall. Most customers were overwhelmed with the presentation of the building saying they were so happy that it was finally open!

The very first cus-

the evening!

More information will be available soon regarding the Grand Opening!

Hope to see you all at Bingo!

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Special points of interest:

- March Break Activities
- What's going on in Shelburne
- Employment/Training Opportunities
- Discounts at the YMCA
- Preventing Mold
- Important Notice to Bill C-3 Applicants

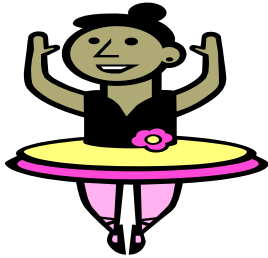
Acadia First Nation Youth Centre

The Acadia First Nation Youth Centre will be having **Ballet Classes**- beginning Monday February 3rd, running every Monday for 10 weeks.

5:30-6:00 pm Baby Ballet (ages 3-5)

6:00-7:00 pm Ballet 1 (ages 6-9)

7:00-8:00 pm Ballet 2 (ages 10-12)



Karate - beginning Tuesday February 4th and Thursday February 6th, running every Tuesday and Thursday for 10 weeks from 6:00-7:00 pm (ages 8 and up)



Beginning Wednesday February 5th, Wednesday nights at the Youth Center will be designated teen nights for ages 12 and up beginning at 6 pm. All children under 12 will not be permitted to stay after 6 pm.

March Break Activities:

The Annual March Break Day Camp Program will be available during the week of March 10th to March 14th.

Hours

Our hours of operation will be from 7:30 am to 5pm unless prior arrangements have been made for the parents who are working until 5pm. The doors will **NOT** be open until 7:30 am, so make sure that the children do not arrive any earlier than this. It is mandatory that children arrive **NO** later than 9:30am for planning purposes unless prior arrangements have been made.

Our Day

There will be a daily schedule in place in which children will be kept quite busy for most of the day. There will be free times given throughout the day while the rest of the day will include games, ac-

tivities, sports, and crafts related to the daily themes. Children must be registered in day camp for the day to attend scheduled outings. Parents will be responsible for packing lunches and snacks for their children, as we will not be providing them except on special occasions. However, our canteen will be open daily for the children to purchase snacks and drinks.

The program

The program is designed for First Nation children ages 5-12. We have space for 20 children and priority will be giving to children residing on reserve on a first come first serve basis.

Information packages and registration forms will be available at the Youth Centre no later than February 13th, 2014. Please keep in mind that we only have 20 seats available, priority will go to children living on reserve and who are using the Centre on a daily basis.

For more information please contact the Youth Centre at 742-6928.

NADACA

“RECOGNITION TEA AND TALK” at the Acadia First Nation Health Centre in Yarmouth at 3:00pm on February 19, 2014.

This is an opportunity for those who have accomplished the goal of living a healthier life.

Those who are living a positive lifestyle without smoking, alcohol, drugs and gambling. Also for those choosing

to eat healthier and become more physically active etc..

This is a big change in a person’s life and deserves to be acknowledged. Come out and have a coffee, tea and chat with others who are also trying to live a healthier life. Share your experiences and take this opportunity to be recog-



Come join us and share your story!

nized and acknowledged for having the courage and strength to continue your journey into living a healthier, happier life. This “Recognition Tea and Talk” will take place once a month.

See you there!

What's going on in Shelburne!

Acadia First Nation's newest sub-office is located at 157 Water Street, Enterprise Square in Shelburne. This office will be open on a part-time basis with the hope of obtaining funding to hire a part-time employee in the near future.

Councillor Darlene Coulton will be available on the following days in February:

February 3rd—11:00am—2:00pm

February 4th—11:00am—2:00pm

February 5th—1:00pm—4:00pm

February 12th—11:00am—4:00pm

February 18th—1:00pm—4:00pm

February 21st—11:00am—5:00pm

February 25th—1:00pm—3:00pm

February 28th—11:00am—5:00pm

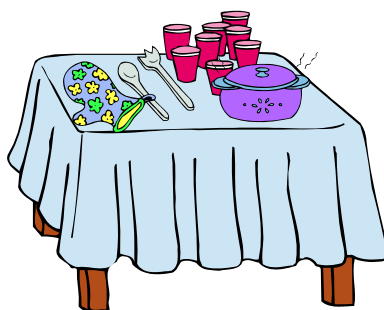
Biggest Loser Competition—

Darlene is available to weigh-in all of those who wish to take part in this competition on February 3rd and 4th from 11:00am to 2:00pm. Good Luck to all that participate!

There will be a **Diabetes Prevention Workshop** on February 5th from 6:00pm—8:00pm. Melanie Purdy will be doing a presentation on

Healthy Living and Prevention!
Healthy snacks will be provided as well as Door Prizes.

There will be a **Community Potluck** on February 15th from 4:00pm—6:00pm. This will be a cold food only event, so if you would like to bring sandwiches, salads or desserts please do. We do not have a facility to accommodate hot foods. This is a family event so please bring your family!



There will be a **VON** (Victorian Order of Nurses) available on February 25th from 1:00pm—3:00pm. She will be available for foot-care, glucose testing and cholesterol testing. There is only enough time for 4 people so please call Darlene at 740-2077 to book an appointment. The VON will be available once

every 6 weeks until we determine a need for this service.

Volunteer's are needed to establish a Recreation Committee for the Shelburne Area. If you are interested in volunteering please leave your name and number at the front desk of the Yarmouth Band Office at 742-0257.

We are hoping that by establishing a Recreation Committee in Shelburne, we will be able to serve the needs of this community more effectively.

If you have any questions or concerns please contact Darlene Coulton at 740-2077.

March Break Activities will be discussed later this month. A notice will follow with more information.

Yarmouth Health Centre

The Dentist is available by appointment every Tuesday from 8:30am to 12:00pm.

The VON will be available by appointment on February 6th and 20th from 9:00am to 11:00am.

Please call 742-4337 to book your appointment.

If you need help or have any questions regarding Non-Insured Health Benefits please give us a call and we will be happy to help you. Claim forms can be printed off online or picked up from our office.

Are you struggling with Diabetes? Melanie Purdy is the Community Diabetes Prevention Worker and has lots of information on how to

live a healthier lifestyle and manage your diabetes. Prevention is the key to avoiding Diabetes. If there is a history of Diabetes in your family, you might want to start your prevention today!

Employment Opportunity

First Nations Regional Early Childhood, Education and Employment Surveys (FNREEES)

Data Collection/Fieldworker Job Description

Position: FNREEES Data Collection Fieldworker (1 position)

Location: Acadia First Nation

Salary: \$25/per completed survey (70 required)

Tenure: Duration of data collection

Training: Maximum 2 days—in Community

Open to: First Nations community members 18 years and older

Survey Description: The First Nations Regional Early Childhood, Education and Employment Survey (FNREEES) is designed by and for First Nations and identify any gaps in services and programs available to our members in a confidential, meaningful and respectful way. The goal of the FNREEES is to collect regional and national level information related to First Nations living on-reserve and in northern communities in the areas of Early Childhood, Education and Employment.

The successful candidate will:

- ◆ Be responsible for the assisting in the day-to-day activities of the data collection field team;
- ◆ Work directly with community members, as well as other data collectors in a team environment, and will have strong interpersonal skills, the ability to communicate with community members and team members and their supervisor;
- ◆ Sign a confidentiality agreement;

- ◆ Will provide a recent criminal record check.

Training:

- ◆ The successful candidate will be provided with a comprehensive training component that will allow the Data Collection Fieldworker to gain skills related to the following responsibilities: Confidential data collection, setting up interviews with community members and obtaining their consent;
- ◆ Training will take place in community over 2 full days;
- ◆ All training and research materials will be provided by the The Union of Nova Scotia Indians.

Duties:

- ◆ Contact randomly selected participants to discuss the survey and the participant's role;
- ◆ Respond to questions the participants may have about the survey;
- ◆ Schedule time(s) with participants to complete the survey questionnaire;
- ◆ Conduct confidential data collection activities using a laptop;
- ◆ Ensure that all data captured is kept physically secure at all times;
- ◆ Follow all required protocols.

Job Requirements:

- ◆ Must be reliable;
- ◆ Must have excellent interpersonal skills;
- ◆ Must have excellent writing skills;

- ◆ Must have basic computer skills;
- ◆ Must have access to a cell phone and internet;
- ◆ Must have access to a vehicle and/or able to travel in outdoor conditions;
- ◆ Must be available during evenings and weekends;
- ◆ Must be willing to meet with individuals in their homes.

Assets:

- ◆ Mi'kmaq Language (can speak and understand near fluent to fluent);
- ◆ Has previous experience conducting research or data collection;
- ◆ Has previous experience in administrative duties;
- ◆ Possesses a valid driver's license.

Hours: Subject to change depending upon operational requirements. The successful candidate will be flexible with their hours of availability.

How to apply: Email or drop off your resume, cover letter and references to:

Mindy Denny, Project Manager
FNRHS/FNREEES

(902)567-5644

mdenny@unsi.ns.ca

research@unsi.ns.ca

201 Churchill Drive, Suite 304

Membertou First Nation

Cape Breton, Nova Scotia

B1W 0H1

Deadline to Apply: February 7, 2014

Training Opportunities-Nova Scotia Aboriginal Employment Partnership

Industry Specific Programs under development 2014-2015:

Power Transmission Tower Construction Program

Emera Utility Services

Training program under development between EUS and NSCC

20 weeks

Start date: January 2014

End date: May 2014

15 participants to be determined

Cost: \$150K program delivery, materials etc.

Client Supports: \$20K

Marine Service Tech

NSSA

20 weeks

Start date: Jan/Feb 2014

End date: May 2014

15 participants Lunenburg

Costs \$120K program delivery, materials etc

Client supports: \$20K

Metal Fab/Welding

Cherubini Group of Companies, MacGregors Group, Irving

Training Program under development NSCC & Industry NS Department of Labour and Advanced Education.

Start date: January 2014

End date: June 2014

15 participants (Metro Area)

Cost: \$160K program delivery materials, gear, supplies.

Client supports: \$20K

Machinist Training

ABCO Industries Limited, MERIT

Training program under development with NSCC & Industry NS Department of Labour and Advanced Education

Start date: February 2014

End date: June 2014

15 participants to be determined

Costs: \$180K program delivery, materials and supplies

Client Supports: \$20K

Instrumentation Tech Training

Port Hawkesbury Paper, Irving

Training under development with NSCC & Industry NS Dept. of Labour and Advanced Education

Start date: March 2014

End date: August/September 2014

15 participants to be determined

Costs: \$220K

Client supports: \$20K

Sheet Metal Worker Program

Sheet Metal Workers and Roofers Int'l Assoc. Local 56 Jack Wall

Sheet Metal Workers Training Ctr & Industry NS Department of Labour and Advanced Education

Start date: February 2014

End date: May 2014

Costs: \$120K

Client Supports \$15K

Steam/Pipe Fitter Training

Program under development NSCC and Industry NS Department of Labour and Advanced Education

Start date: March 2014

End date: May 2014

15 Participants location to be determined

Cost: \$100K

Client Supports: \$15K

Oil Burner Technician Program

Program ready to be developed NSCC and Department of Labour and Advanced Education

Start date: January 2014

End date: May 2014

15 weeks delivered at the NSCC Akerley Campus

15 participants costs: \$75K

Client supports: \$15K

Port/Terminal Security Officer Training

Waycobah Security, Paqtnkek, Maritect

Start date: January 2014

End date: March/April 2014

15 participants location to be determined

Costs: \$75K and \$25K client supports and possible wage subsidy

Pre Industry Prep Program

Looking at maybe 4-5 offerings each 5 weeks. The purpose of this program is to prepare those interested in more industry specific programs for the academic demands of each program, especially math.

Location to be determined.

For more information please contact Wanda Westhaver at (902) 685-2956.

Physical Activity Strategy

The Biggest Loser Competition starts soon! This would be a perfect time to purchase a YMCA gym membership. The membership includes:

- 3 one on one sessions with a trainer included in membership
- Fitness assessments by appointment only but are included in your membership fee.
- They do not write fitness programs but will help you tweak an existing one to assist you in achieving your goals.
- Membership allows you access to most classes that are going on in the facility including the pool classes.
- They have a 6 week program called "Bridge to Fitness" for \$40, 2 days a week. It just started! Joining this class gives you a full membership

for the entire six weeks which is cheaper than buying a membership. They only have two in the class but would take about 3 more people. They like the class to be small to give a lot of one on one time. It's great for someone who has never been in a weight room before.

- The trainers are not for hire but will help you whenever you have a question.
- **They have a financial assistance program!** The forms are available at the front desk of the YMCA or on their website.

The YMCA of Yarmouth is a registered charity and all of its work has a charitable nature. No one is turned away from the YMCA because of a lack of financial resources. At any given time twenty-five percent of the Y membership is made up of individuals being

given financial assistance. With the generous support of individuals, families and businesses the YMCA of Yarmouth is able to provide this great service to the less well off in your community. Kids get to swim, families get to play together, and teens are directed into healthy activities.

I also have the option of taking a group of 10 or more people to the gym for a day pass of \$3/person. It would be a great way for you to try out the gym and you wouldn't have to go alone!

Call or email me at the Medway office if the group session interests you or if you have any questions.

Anita Howard

Physical Activity Strategy Coordinator

afnpasc@gmail.com

685-2956

Mold, Moisture and Your Home

Moisture and Mold Prevention and Control Tips!

- Moisture control is the key to mold control, so when water leaks or spills occur indoors, **ACT QUICKLY**. If wet or damp materials or areas are dried within 24 to 48 hours after a leak or spills happens, in most cases, mold will now grow.
- Clean and repair roof gutters regularly.

- Make sure the ground slopes away from the building's foundation so that water does not enter or collect around the foundation.
- Keep air-conditioning drip pans clean and the drain lines unobstructed and flowing properly.
- Keep indoor humidity low. If possible, keep indoor humidity below 60%.

- If you see condensation or moisture collecting on windows, walls or pipes, **ACT QUICKLY** to dry the wet surface and reduce the moisture/water source. Condensation can be a sign of high humidity.

DO YOUR PART AND KEEP YOUR HOME SAFE FROM MOLD!

ACADIA FIRST NATION

10526 Hwy 3
Yarmouth, NS
B5A 5J7

Phone: 902-742-0257
Fax: 902-742-8854

E-mail: frontdesk@acadiaband.com

We're on the Web!
acadiafirstnation.ca

Acadia First Nation GirlPower

Ages 9-13

March 11 & 12, 2014 10:00am—3:00pm (Place TBD)

Sessions will be held for Pre-adolescent girls and these sessions will promote healthy development of the girl's sense of themselves, their bodies, cultural identity, and the strength to question media portrayal of girls and women in our culture. GirlPower encourages and fosters self-expression, internal empowerment, enhanced decision making skills and increased self-esteem.

If you know of a young lady whom you would wish to attend these sessions, please have their parent/guardian sign them up by contacting the Band Office at 742-0257. Leave their name, age and contact information.

Deadline for Registration: Thursday, February 27th, 2014

Girl Power is funded through MFCS, NADACA & AFN*

March Break Trip—Ski Martock

Sunday March 9th, 2014

A March Break Day Trip is being planned for students in Grade 6 to Grade 12 and their parent/guardian.

Each Student attending this event must be accompanied by a parent/guardian or a designated guardian over the age of 19, who will be responsible for the student(s).

A bus will transport students and their parent/guardian to Ski Martock for the day and will be returning that evening.

Limited Space Available!

Please sign up by calling the Band

Office at 742-0257. Please leave the name of the student/guardian and contact information.

Student must: 1) be registered in school; 2) student must be an Acadia First Nation Band Member; or 3) living on the Acadia First Nation Reserve; or 4) student must be a legal dependent of an Acadia First Nation Band Member (on/off reserve).

Deadline for Registration

February 20th, 2014



Time to go Skiing!