

Acadia First Nation Newsletter

February / Apuknajt 2014

Lunenburg County



Small Group Photo

Ryen, Wanda, Stephen, Daniella and Danny Johnson

Parent & Tot Playgroup

Monday, February 24th at 10:00am

Join us for crafts and snack
At the Gold River Health Centre
With Cathy, Outreach worker from the
Better Together Family Resource Centre

Open to newborns to age 5
Parents, Grandparents and caregivers

Community Skate

Skating Event took place at The Chester Rink on Saturday, January 25th. Thank you Wanda and Stephen for helping try to prepare the pond, it just wasn't possible. Hopefully before the winter season is over we can use it.

Community VON

Foot Care Clinics:

Foot care for all ages from infants to seniors. Nurses provide assessment, care and advice for clients, including the elderly and people with diabetes, who have particular problems looking after their feet. Care includes clipping nails, treating corns, calluses, ingrown nails and thickened nails and preventative care as well as referral to other health professionals.

Please note, if you are in need a of foot care, please make an appointment.

Wellness and Health-Promotion Clinics:

Offers clients screening tests and assessment of cholesterol, blood pressure, body-mass index and other indicators of potential health problems. Individual counselling focuses on education and raising awareness on topics such as heart health, diabetes, asthma, allergies and osteoporosis.

Non-Insured health Benefits Program(NIHB)

Provides a limited range of medically necessary health-related goods and services that are not otherwise provided by other government programs or private plans. If you have any questions on what may be covered, please contact our Community Health Representative 1-902-742-8854
www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php
or call 1-800-565-3294

Gold River Health Centre
311 Beech Hill Road
Chester Basin, NS B0J 1K0
grfrontdesk@acadiaband.com
Phone: 627-1245 Fax: 627-1361

Lisa Francis, Economic Development Officer
edoacadia@gmail.com

Cathy Gehue, Social Development Administrator
cathygehue@eastlink.ca Fax: 627-1586

UPDATES & EMPLOYMENT/TRAINING

What's new in other areas of Acadia First Nation?

WILDCAT COMMUNITY

Wildcat Community Center Update:

The carpenters are focusing on getting the remainder of the siding onto our community center.

All the windows and doors are installed and within a week or so they will be working inside.

Picture was taken January 21, 2014



Do you have: Birthday Wishes, Announcements, Items for Sale, or are you an Entrepreneur?

Easiest way to get your information out to our Community, is to send us your ad. We will gladly advertise in our monthly newsletter.



Marine Service Technicians

Marine Service Technicians in Nova Scotia, service, repair, refit, and upgrade marine vessels including power and sail driven vessels. They perform structural, cosmetic, electrical, electronic and mechanical work.

Marine Service Technicians service and repair boat systems such as: hull structures, electrical/electronics, piping and mechanical, engine and propulsion. Technicians also handle the storage of marine vessels while being serviced or repaired.

Length: 13 Weeks (8 Weeks class/5 Weeks On the Job Training)
Start Date: February 19,2014 **Location:** Lunenburg, Nova Scotia

Successful Completion:

Students will receive certification from the American Boat & Yacht Council and The Nova Scotia Boat Builders Association. Credits will count towards Marine Service Technician Apprenticeship Programs.

Prerequisite Required:

Grade 12/G.E.D Equivalent
Clear Criminal Record
Valid Driver's License
Mathematics 11 or Apprentice and Trade Math 11
Physics 11 or Science & Technology 11
Physically Fit
Diagnostic and problem solving ability
Enjoys working outdoors in different types of weather

Recruitment Dates, Times and Locations

Tuesday February 4, 2014	Bear River First Nation Band Office	10-12pm
Wednesday February 5, 2014	Glooscap First Nation Band Office	10-12pm
Thursday February 6, 2014	Best Western Liverpool, NS	10-12pm
Thursday February 6, 2014	Gold River Reserve Health Centre	2-4pm

For More Information Contact:

Paula Robinson Job Coach/Training Support Officer
Office: (902) 477-2900 or Cell: (902) 717-5461



EVENTS AND WORKSHOPS

Beaded Medallion Workshop

Two day workshop

Instructor: Cheyenne Labrador

When: Monday, Feb 10 & Wednesday, Feb 12

Time: 9:00am – 3:00pm

Sign up by: Thursday, Feb 6

REC COMMITTEE MEETING

Thursday, Feb 13

12:00pm

Topic: March Break Activities for the Students

Debra Gloade, Indian Registration
Administrator

Is planning to be at the Gold River Health
Centre in the up-coming weeks.

Is your status card expired or about to expire?

Have you lost your status card and in need of a
new one?

Let us know, Email Debra at
dgloade@acadiaband.com or call 742-9439

Relapse Prevention Program

With Rose Purdy, NADACA

Thursday, March 6th

10:00am – 3:00pm

Lunch will be provided

Smoking Cessation Session

With Rose Purdy, NADACA

Thursday, March 6th

9:30am – 3:30pm

Learn about nicotine replacement,
quitting, and coping strategies.

Lunch will be provided

NO Bake Granola Bars

Ingredients:

- 2 Cups of rolled oats
- 1 Cup of rice krispies
- 2/3 Cups of honey
- 2/3 Cups of peanut butter
- 2 tsp. vanilla
- 1 Cup of M&M's

Instructions:

- Combine the oats and rice krispies
- Add peanut butter, honey & vanilla
- MIX WELL
- Spoon into a square baking dish
- Add the M&M's
- Press firmly into the pan

Let the bars rest for at least 30 mins. before cutting

February/Apuknajit 2014

EKNTI'WIMK

AMSKWESEWEY

TA'PUEWEY

SI'STEWEY

NE'WEWEY

KWELTAMULTIMK

KESPITEK

						1
2	3	4 Afterschool Program 2:15am-4:15pm	5	6 VON Afterschool Program 2:15am-4:15pm	7	8
9	10 Beaded Medallion Workshop 9am-3pm	11 Afterschool Program 2:15am-4:15pm	12 Beaded Medallion Workshop 9am-3pm	13 Afterschool Program 2:15am-4:15pm	14 Valentine's Day	15
16	17	18 Afterschool Program 2:15am-4:15pm	19	20 VON Afterschool Program 2:15am-4:15pm	21	22
23	24 Parent & Tot 10am-12noon	25 Afterschool Program 2:15am-4:15pm	26	27 Afterschool Program 2:15am-4:15pm	28	