

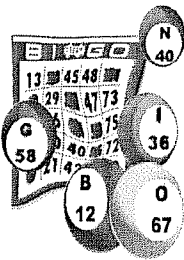
Acadia First Nation Newsletter

Medway Office

February 2014

Queens County

AFN Entertainment Centre
is now open for business!



Bingo will be held on Wednesday, Thursday, Saturday and Sunday with an afternoon bingo on Saturday.

Doors open at 5:00 p.m., with mini games beginning at 6:00 p.m. Regular games begin at 7:00 p.m. Regular games will pay \$150.00, Special Games pay 50/50 along with an increasing toonie jar, bonanza game, a 3 game jackpot and hot balls!

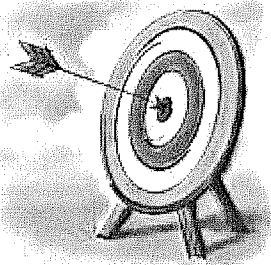
March Break Activities



We will be joining Wildcat Community at Queens Place Emera Centre for

skating on Wednesday, March 12th from 1:30 - 2:30 p.m. No hockey sticks or pucks permitted and children MUST wear a helmet. This is open to all registered children

their families and also any of our Seniors who wish to join us. If you are interested please call the office to register by February 24th!



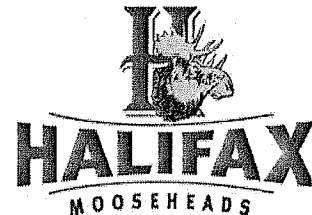
Interested in learning the sport of archery! This activity is open to AFN registered children ages 5 & up! Archery will take place some time over March Break but the date and time has not yet been determined.

Please call and register if you are interested. There will be a minimum of ten participants in order to host this activity.



SHROVE TUESDAY

Tuesday, March 4th



Do you want to be a part of Moose Country? Join us on March 15th at 7:00 p.m. for the Halifax Mooseheads and an overnight stay at a downtown Halifax hotel. All interested AFN registered children and their families please call and register by February 24th!



AFN Medway Entertainment

Daily Specials
Includes 355 ml soft drink

Monday

Hamburger Platter - 4.99

Tuesday

Chicken/Fries (3pc) - 6.99

Wednesday

Clubhouse/Fries - 7.99

Thursday

Loose Hamburger/Fries - 6.99

Friday

Fish/Fries (3pc) - 7.99

Exercise Tips

1. **Choose activities you like.** A lot of different things count as exercise: dancing, walking, gardening, yoga, cycling, playing basketball.
2. **Piece your workout together.** You don't need to get all your exercise at one time. Ten minutes morning, noon, and night can give much of the same benefit as 30 minutes all at once.
3. **Exercise with a friend.** Finding a workout partner can help keep you on track and motivate you to get out the door.
4. **Try a pedometer.** Step-counters (pedometers) are cheap and easy to use. Best of all, they help you keep track of how active you are.
5. **Hunt for the farthest parking space.** If you drive to work or to run errands, purposefully park your car a little farther from your office or the store. It may not seem like much, but over weeks and months, these minutes of exercise add up.
6. **Make it fun.** Try a new sport like tennis or rollerblading. The more that you enjoy exercise, the more likely you are to stick to it.
7. **Keep an exercise log.** Monitoring the amount of activity you get each day will help to make you more accountable.
8. **Plan exercise into your day.** Set aside a specific time in your schedule to exercise and put it in your planner.

Eating tips

- Get your rest. Sleep deprivation alters levels of hormones in the body that regulate hunger, causing an increase in appetite.
- People who eat breakfast have a better shot at losing and maintaining weight loss.
- Get familiar with quinoa -- a wonderful grain that's easy to cook and goes great with sauteed vegetables or mushrooms.
- Tired of eating your salad on a plate? Fill a whole wheat pita with salad and a splash of lemon for a twist.
- Use a dash of cinnamon to give fruits such as bananas and melons a richer dessert feel without the sugar.
- Skipping meals can cause your body to go into a fat-storing starvation mode, making it harder to burn calories.
- Don't confuse thirst with hunger. Drink a glass of water when you feel hungry to see if that's what you're really craving.

Take care of your body. It's the only place you have TO LIVE IN!

Toasted Quinoa Salad with Scallops & Snow Peas

This scallop-studded quinoa salad gets an exciting texture from crunchy snow peas, red bell pepper and scallions. Feel free to substitute shrimp or thin slices of chicken for the scallops.

Makes: 6 servings, about 1 cup each

Active Time: 50 minutes

Total Time: 50 minutes

Ingredients

- 12 ounces dry sea scallops, cut into 1/2-inch pieces, or dry bay scallops (see Note)
- 4 teaspoons reduced-sodium tamari, or soy sauce, divided
- 4 tablespoons plus 2 teaspoons canola oil, divided
- 1 1/2 cups quinoa, rinsed well (see Tip)
- 2 teaspoons grated or minced garlic
- 3 cups water
- 1 teaspoon salt
- 1 cup trimmed and diagonally sliced snow peas, (1/2 inch thick)
- 1/3 cup rice vinegar
- 1 teaspoon toasted sesame oil
- 1 cup thinly sliced scallions
- 1/3 cup finely diced red bell pepper
- 1/4 cup finely chopped fresh cilantro, for garnish

Preparation

1. Toss scallops with 2 teaspoons tamari (or soy sauce) in a medium bowl. Set aside.
2. Place a large, high-sided skillet with a tight-fitting lid over medium heat. Add 1 tablespoon canola oil and quinoa. Cook, stirring constantly, until the quinoa begins to color, 6 to 8 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more. Add water and salt and bring to a boil. Stir once, cover and cook over medium heat until the water is absorbed, about 15 minutes. (Do not stir.) Remove from the heat and let stand, covered, for 5 minutes. Stir in snow peas, cover and let stand for 5 minutes more.
3. Meanwhile, whisk 3 tablespoons canola oil, the remaining 2 teaspoons tamari (or soy sauce), vinegar and sesame oil in a large bowl. Add the quinoa and snow peas, scallions and bell pepper; toss to combine.
4. Remove the scallops from the marinade and pat dry. Heat a large skillet over medium-high until hot enough to evaporate a drop of water upon contact. Add the remaining 2 teaspoons canola oil and cook the scallops, turning once, until golden and just firm, about

2 minutes total. Gently stir the scallops into the quinoa salad. Serve garnished with cilantro, if desired.

Tips & Notes

- **Note:** Be sure to buy “dry” scallops, which are scallops that have not been treated with sodium tripolyphosphate, or STP. Scallops that have been treated with STP (“wet” scallops) have been subjected to a chemical bath and are mushy, less flavorful and won't brown properly.
- **Tip:** Quinoa is a delicately flavored, protein-rich grain. Rinsing removes any residue of saponin, quinoa's natural, bitter protective covering.

Nutrition

Per serving: 326 calories; 15 g fat (1 g sat); 19 mg cholesterol; 32 g carbohydrates; 16 g protein; 4 g fiber; 713 mg sodium; 511 mg potassium.



Anita Howard

Physical Activity Strategy Coordinator

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Looking to see if there is enough interest to consider holding a PRE - Employment Program

PRE-EMPLOYMENT PROGRAM

The Pre-Employment Program will provide learners with an opportunity to focus on personal growth and preparation for career development and employment. It will assist participants in realizing success by discovering, learning and demonstrating the life and employment-ready skills that will ease transition into the labour market.

Length of Pre-Employment Program (8 weeks): start date - TBA

The project objectives are:

- To provide pre-employment skills
- To enable students the opportunity to enter a challenging career or further their education
- To provide the skill set necessary to feel a sense of accomplishment and pride in themselves
- To enable students to become more proactive and self-determined
- To enhance the skills of students to ensure they are contributing positively to the growth of their communities
- To develop and enhance students' self-confidence and self-esteem
- Training programs that are focused on personal and career development

Pre Requisites are:

- **MUST possess, Grade 12/GED Equivalent – Please bring with you**
- **MUST attend a Recruitment Session**
- **MUST Complete a Career Cruising Session**

If this program would interest you, please contact Wanda Westhaver at 902-685-2956 or email at : wandaneo@gmail.com We must have a minimum of 12 participants to move forward with the program.

DEADLINE: February 13th, 2014.



UPCOMING TRAINING OPPORTUNITIES

The following Industry Specific Programs are under development for 2014-2015 under the Nova Scotia Aboriginal Employment Partnership. As more details become available they will be sent out and recruitment sessions will be held. Minimum requirements will likely be Grade 12 and Clear Criminal Records Check

1. Power Transmission Tower Construction Program
Emera Utilities Services
20 wks duration
 2. Marine Service Tech
13 wks
Being held in Lunenburg starting Feb 19/14
 3. Metal Fab/Welding
Metro area
 4. Machinist Training
Abco Industries Limited, MERIT
 5. Instrumentation Tech Training
Port Hawkesbury Paper, Irving
 6. Sheet Metal Worker Program
Sheet Metal workers and Roofers International Assoc. Local 56 Jack Wall
 7. Steam/Pipe Fitter Training
 8. Oil Burner Technician Program
 9. Port/Terminal Security Officer Training
Waycobah Security, Paqtnkek, Maritect
 10. Pre Industry Prep Program
 - To prepare those interested in more industry specific programs for academic demands of each program especially math. (4-5 wk programs)
1. Michelin
 2. Project Management Programs with Finance and HR Streams

If you are interested in finding out more information on any specific opportunity, please contact Wanda Westhaver at wandaneo@gmail.com or 685-2956.

Notice

Our first edition of our Newsletter is being mailed out to all households in Queens County. The second monthly edition will be sent electronically. Please send me your email address so that we can keep you up to date at avis.johnson1@gmail.com. For those of you that do not have access to email and wish to receive the newsletter please call and add your name to our list.

Newsletter and Notices will also be posted to our facebook page Acadia First Nation - Community of Queens County.

If you are turning the age of 65 this year please call the office and let us know so that we can keep you updated on our Elders outings and activities.

Please remember to keep us updated on any changes to your mailing address or phone number.

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