

Yarmouth / Shelburne Monthly Newsletter

AFN Youth Centre March Break Program

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

Hours of Operation:

The hours of operation will be:

Monday—Friday

7:30am—5:00pm

(Please be advised that the Youth Centre will not be opened in the evenings or on Saturday during this

week!

The doors will NOT be open until 7:30am, so make sure that children do not arrive before this time. It is mandatory that children arrive NO later than 9:30am for planning purposes.

The Program:

The Program is designed for first nation youth ages 5-12. There is space for 20 youth and priority will

be giving to youth residing on reserve and youth who use the Centre on a daily basis.

For more information, please contact the Youth Centre at (902) 742-6928.

You can pick up a copy of the weekly itinerary and application forms from the Youth Centre.

Notifications will be sent out Electronically!

Acadia First Nation is working towards a more environmentally green approach and will be distributing all notifications electronically. Over the next few months, we will be forwarding notifications, newsletters, etc. via email and on our website. Please call or

email and give us your email address so that you can be notified. If you do not have a computer and require a hard copy, please contact us and let us know.

It is our goal to reduce the amount of paper supplies, ink and postage cost, and still inform you with all necessary information.

If we do not hear from you, we will consider that you do not wish to be contacted. Thank you for your cooperation! If you have any questions, please contact the band office at (902)742-0257.

Share this information with family and friends!

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Special points of interest:

- Social Development Program—Applications
- Wagmatcook Culture & Heritage Centre
- AFN Road Signage
- Case on Cyberbullying
- Information needed regarding damage to property

Residency on AFN Reserve Lands

Please be advised that Acadia First Nation supplies the following items to you upon moving into a residence located on one of our reserves. Please note these items will only be supplied upon moving into the residence. Acadia First Nation will not be responsible to repair or replace these items should they become damaged or no longer work. You will be responsible for all costs associated with repair or replacement of the items. The following items are as follows:

1. Fridge
2. Stove
3. Washer
4. Dryer
5. Table and Chairs
6. Beds
7. Dishwasher if the home is designed for one.

Please note these items will re-

main the property of Acadia First Nation with the exception of the beds, tables and chairs. Should you move from the residence the appliances are to remain at the premises.



"This notice has gone out before. This is just being issued as a reminder."

You are also responsible for any routine maintenance to your residence such as painting and cosmetic upgrades. You are responsible to repair any damage that you or your guests cause at the premises such as but not limited to broken doors, windows, holes in the walls etc..

You are responsible to report any damage to the residence as soon as possible to the Yarmouth Office.

Please be advised that any residence left vacant for a period of 30 days or more will be re-allocated to another band member unless prior approved by the Chief and Council. During cold weather conditions heat and power must be maintained at all residences during any vacancy by you. This will prevent damage to the property such as frozen pipes.

Upon vacating the premises the residence must be left in broom swept condition and be free of garbage both inside and outside. Please notify the office that you are intending on vacating the residence as soon as possible.

Social Development Program

Cathy Gehue, Social Development Administrator, will be in the Yarmouth area to renew all Social Assistance applications during the following times:

March 11th—10:00am—5:00pm

March 12th—8:00am—2:00pm

Please make sure you bring your Diet Renewal forms, proof of address (driver's license, health card) social insurance card verification of pension papers, etc.

Please call (902) 742-0257 to

book an appointment.

Thank you for your cooperation. If you have any questions or concerns, please contact Cathy at (902) 627-1245.

Health Centre News/Melanie Purdy announcements

Schedule for the Dentist:

February 25th—No Dentist

March 4th—No Dentist

March 11th—No Dentist

March 13th—Dentist Available

March 18th—Dentist Available

March 25th—Dentist Available

The VON Nurse will be available on March 6th and 20th.

SKI MARTOCK TRIP HAS BEEN CAN- CELLED DUE TO NO PARTICIPATION!

There will be a Teen Meeting at the Youth Centre on March 5th for youth ages 13-18.

Recognition Tea and Talk

Where: Acadia First Nation Health Centre

When: March 26th, 2014

Time: 3:00 pm

This is an opportunity for those who have accom-

plished the goal of living a healthier life. Those who are in recovery from addiction such as smoking, alcohol, food, gambling etc..

"Celebrate what you accomplish, but raise the bar each time you succeed."

MIA HAMM

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

Come out, have a coffee and share your story!

"New Business Opportunity Exploration"

On Monday, February 10th, 2014 there was a community planning and information session regarding the now vacant Winners Corner property. Members were asked what they would like to see go there. Many expressed their ideas

ranging from a restaurant, meat and fish market, craft supplies, coffee house, hotel, clothing store to a lumber yard.

An important part of this project is to gather the thoughts of the community members. Although not all of your ideas may be-

come a reality, we want to make sure that we capture your ideas as there may be the opportunity to incorporate the ideas in the future.

For more information, please contact Rachel Pictou at (902) 742-0257.

Exercise Tips

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 benefits 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.



"Don't forget to stretch before starting any exercise routine!"

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 racquetball or ice skating. The more 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

1. Get your rest. Sleep deprivation alters levels of hormones in the body that regulate hunger, causing an increase in appetite.
2. People who eat breakfast have a better shot at losing and maintaining weight loss.
3. Get familiar with quinoa — a wonderful grain that's easy to cook and goes great with sautéed vegetables or mushrooms.
4. Tired of eating your salad on a plate? Fill a whole wheat pita with salad and a splash of



"An apple a day will keep your doctor away!"

- lemon for a twist.
5. Use a dash of cinnamon to give fruits such as bananas and melons a richer dessert feel without the sugar.
6. Skipping meals can cause your body to go into a fat storing starvation mode, making it harder to burn calories.
7. 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.

Fajita Ranch Chicken Wraps

Makes: 4

Start to Finish 20 mins

Ingredients:

12 ozs skinless, boneless chicken breast strips for stir frying.

1/2 tsp chili powder

1/4 tsp garlic powder

Nonstick cooking spray

1 small red, yellow, or green pepper, seeded and cut into thin strips

2 tbsps. Bottled reduced-calorie ranch salad dressing

2 whole wheat, tomato, jalapeno or plain tortillas, warmed

1/2 cup of easy Fresh Salsa

1/3 cup reduced-fat shredded cheddar cheese

Sprinkle chicken strips with chili powder and garlic powder. Coat a medium non-stick skillet

with non-stick spray; heat over medium-high heat. Cook chicken and pepper strips for 4 to 6 minutes or until chicken is no longer pink. Toss with salad dressing.

Divide Chicken and pepper mixture between warmed tortillas, top with salsa and cheese. Roll up; cut in half.

To warm tortillas:

Wrap tortillas tightly in foil. Heat in a 350 degree oven for 10 minutes.



Fresh Salsa

Ingredients:

2 seeded and chopped tomatoes

1/4 cup finely chopped red onion

1/4 cup chopped yellow or green pepper

2-3 tsp snipped fresh cilantro

1/2 tsp minced garlic

1/8 tsp salt

Dash black pepper

Few drops of bottled hot sauce

Directions:

In a medium bowl combine tomatoes, red onion, pepper, cilantro, garlic, salt and black pepper, and, if desired, a few drops of hot sauce. Serve immediately or cover and chill for up to 3 days. Stir before serving. Makes 1 2/3 cups.

KMKNO "Mi'kmaq Rights Initiative"

Video Conference: Ratification and Citizenship

Kwilmu'kw Maw-klusuaqn Negotiation Office (KMKNO) will be hosting an online session to discuss the topics of Ratification and Mi'kmaq Citizenship.

When: Monday, March 3rd, 2014

Time: 2:00 pm

Join in on the discussion!

Please pre-register for this event by contacting KMKNO at 1-888-803-3880 or by email at

sharajohnson@mikmaqrights.com

Log in information will be provided upon completion of registration.

Wagmatcook Culture & Heritage Centre

Video Launch Event “Unam’aki Mi’kmaw Basket Makers”

Special Presentation

The Wagmatcook Culture & Heritage Centre is pleased to host the following presentation launching the newly revised 20 year old video on “Unama’ki Mi’kmaw Basket Makers”. Come and join us and learn about how this very important cultural practice has helped our people to keep their cultural practice alive over the years!



“Unama’ki Mi’kmaw Basket Makers” Date: Friday, February 28th, 2014 Time: 12:30pm – 1:30pm Place: Wagmatcook Centre - Great Hall

Dr. Marie Battiste, Project Coordinator and Mr. Barry Bernard from Nin’ewey Video Productions have worked together to update a 20 year old video series on Basket Making. This presentation will provide an overview of the skill, the artistry and the key components to keeping this beautiful craft alive in our communities. This event will showcase the art of Mi’kmaw Basket Making in Unama’ki and the very important role it plays within our culture & heritage. Moderator Stephen Augustine will explain the historical connection to our people many years ago and how it remains an integral piece of our future. We will also facilitate a conversation about the social economy of basket making, the stories from the ones who have been part of that heritage, what they saw and heard. “These stories of basket making knowledge must be kept alive or they will be lost”, commented Ms. Battiste. “So it is an educational video that students may use but it is a way to activate and to keep the conversation going and to keep the tradition alive”... We encourage school groups to book ahead of time and of course there is no charge for our events. For lunch services please contact us directly!

Presentation Topics

Some of our topics during our monthly lecture series will range from Traditional Beliefs, Governance, Treaty Rights, Mi’kmaw History, Indian Residential School, Birchbark Canoe History & Construction, Traditional Medicines, Hunting & Fishing, Dancing and Drumming Ceremonies, Two-Eyed Seeing Concept, Colonial History involving the Mi’kmaq, Mythical Stories and more!

Broader Audience Welcomed!

One of our goals is to invite as many people, of all ages and cultures, to come and join us. We also welcome school groups (preferably Jr. High – High School Grades) as well as both local and guests from outside the community that are interested in the monthly topics that will be presented.

Free Registration – No Cost To Attend!

We will be offering these lectures at no cost to you but we would like you to pre-register yourself or your group (schools and/or your organizations) by calling us at least one week prior to the event. Walk-ins are welcomed as well but we’d like to plan ahead as much as possible to help prepare for space.

For more information, please contact: Wagmatcook Culture & Heritage Centre 10765, Hwy 105, PO Box 30029 Wagmatcook, Nova Scotia, BOE 3NO Phone: (902) 295-2999 (Main) Fax: (902) 295-3306 Email: info@wagmatcook.com Web: www.wagmatcook.com

Shelburne—Important Dates to remember!

The VON clinic for February 25th, 2014 has been cancelled due to scheduling problems. Another date will be booked and a notification will be sent out.

In order to have this service continue we need at least 4 people interested per visit. For more information please contact Darlene Coulton at 740-2077.

Darlene will be in the Shelburne office on the following dates:

March 4th—11am-2pm

March 6th—1pm-4pm

March 12th—1pm-4pm

March 14th—4pm-7pm

March 19th—1pm-4pm

March 21st—4pm-7pm

March 26th—1pm-4pm

March 27th—4pm-7pm

Please note that this is a tentative schedule. To ensure that someone is available at the Shelburne Office please contact Darlene at 740-2077 before visiting the office.

Recreation Meeting:

There will be a recreation meeting held on March 14th, at 6pm. Anyone willing to volunteer please call Darlene at 740-2077. We are currently seeking 2 more people for the Recreation Committee.

Learning how to Bead:

Anyone interested in learning how to do some beadwork, please call Darlene at 740-2077 or email at dar-118@hotmail.com.

We would like to send our condolences to the whole family of Milton Francis of Barrington, NS.

FRANCIS, Milton Neil, 86, Barrington, Shelburne County, died February 19, 2014 at home. Born at Barrington on May 4, 1927, he was a son of the late Frank J. and Emma G. (Lyle) Francis. He was a member of the Temple United Baptist Church, Barrington; a member of Branch No. 148 of the Royal Canadian Legion, Clark's Harbour; an honorary member of the Barrington 7E Fire Department; member of the Royal Canadian Army during the Korean Conflict. He was Commissioner at the C.F.B. Baccharo and the Bay Side Home and a former mail driver for Canada Post.

Community Potluck

When: March 18th

Time: 6:00pm—8:00pm

Where: AFN Entertainment Centre (New Bingo Hall)

For all community members!

Make your favorite dish and

come out and share it with the community.

Potlucks are fun, it gives people a time to get together and just catch up with each other.

If you would like to come out and enjoy yourself and are

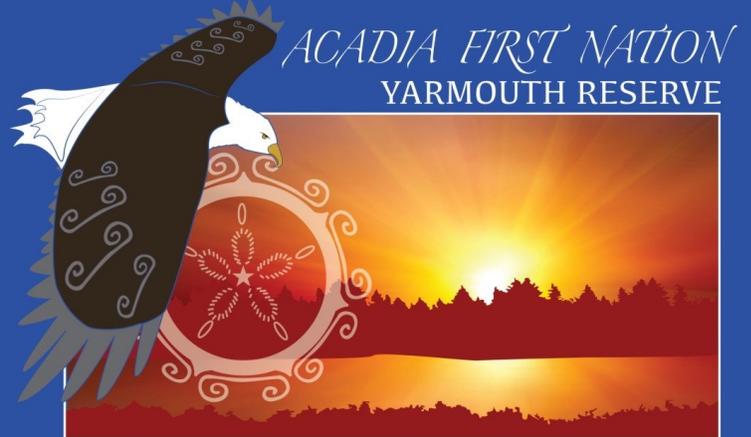
bringing something, please contact Amanda Muise at 742-0257. She is keeping a list of things people are bringing so we can figure out what items are needed!

See you all there!

Acadia First Nation Signage on Highway 103

Acadia First Nation Economic Development Department has taken great strides to further create economic opportunities for our communities. One major obstacle discovered over the past number of years is the communication and marketing efforts of who Acadia First Nation is, what makes us unique and the services we have to offer residents, customers and tourists arriving into Mi'kma'ki. In an effort to increase our presence we worked collaboratively with co-funders AANDC, Province of Nova Scotia and our partners Nova Scotia Transportation and Infrastructure Renewal, and municipalities to create an opportunity for our businesses and our communities to flourish through the development of blue tourism signs along the 100 series highways that so many Nova Scotia communities have that represents in a symbolic nature of who they are and what makes them a great destination to visit.

This project has been taken as a phased approach with successfully obtaining a designer, and working within development regulations to create suitable signs that meet the require-

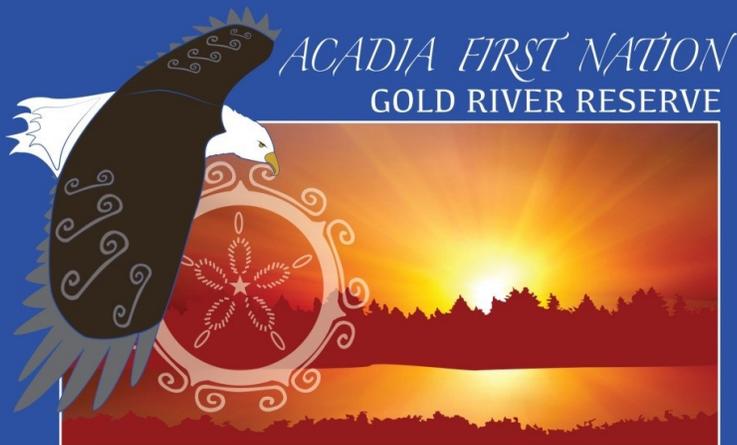


ments of our partners. The communities of Yarmouth and Gold River will have signage in the spring along the major highways closest to the nearest exit, with Ponhook, Medway and Wildcat to follow in Phase II, pending approval. The signs are the first initial step in a long series of communication and marketing efforts of the Economic Development Department to assist our communities with greater opportunity, and increasing the demand for services, products, community and entrepreneurial businesses for the betterment of Acadia First Nation as a whole while keeping with our integrity, culture and respect for the land.

Our communities in each of their locations with the land, people and assets have so much to offer in a unique sense that we are striving to build upon that, one small step at a time to give our communities the resources they need to succeed.

Submitted by:

Lisa Francis, PAED



Mental Health Services

Upon positive collaboration between Mental Health & Addiction Services, Acadia First Nation Health Centre and Concurrent Disorder Therapist, Vivian House, we are pleased to announce that Mental Health Services will be offered from the Acadia First Nation Health Centre. Vivian is a Mi'kmaq Therapist from Labrador, Newfoundland.

She will be available for appointments beginning March 11, 2014 and will be available 2 times a month between the hours of 9:00 am—4:00 pm. There will be a limit of 4 appointments booked per day.

To book an appointment please contact the Health Centre at (902) 742-4337.

Acadia First Nation, the District Manager Adult & Seniors, Mental Health and Addiction Services and Vivian House, Concurrent Disorder Clinical Therapist, of Mental Health and Addiction Services have agreed to evaluate this service in six months time.

For more information regarding this service, please contact Melanie Robinson-Purdy at (902) 742-4337.

Who is Vivian House? Submitted by Vivian House

To tell you a little about me. I was born and raised in Newfoundland and Labrador. After 9 years in the Canadian Armed Forces, I returned to Memorial University where I graduated in 2000 with a Criminology Certificate, a BA (Women's Studies minor and Sociology/Anthropology major) as well as a BSW.

I had my first social work position in Goose Bay, Labrador as a Child Protection worker with Child, Youth and Family Services. After two years, I moved into Youth Corrections for one year and then on to Mental Health & Addictions where I remained until 2007. In 2007, I decided I wanted to move back to the Island so I accepted a Mental Health Coordinator/Community Social Worker position in the small Mi'kmaq reserve of Conne River where I stayed for almost 6 years, working with mental health and addictions issues among many other roles. While in Conne River, I earned my MSW from Dalhousie University.

One year ago, I moved to Yarmouth, Nova Scotia to accept the Concurrent Disorders Therapist position and thus far, I am thoroughly enjoying my experience in Nova Scotia.

Beginning in March, I will be visiting Acadia First Nation twice a month to offer clinical counseling services as a result of a partnership between AFN and South West Health. I work with clients who have both mental health issues as well as addictions issues. I work with children, youth and adults. I work with men and women. I also work with individuals, couples, families and groups. My services can range from working with clients who suffer from anxiety and depression to more chronic and persistent, long term mental health issues such as schizophrenia, borderline personality disorder, etc. as well as addictions issues. I work with other professionals to assist clients in getting the treatment they need in order to gain and/or maintain a healthy well being.

Should you wish to use my services, please call 742-4337 to make a self referral.

Judge orders end to Facebook cyber bullying under new law

A Nova Scotia judge granted a cyber bullying prevention order on Tuesday, February 11, 2014, as the province's unique law faced its first test in court.

Justice Heather Robertson granted the prevention order against Christopher George Prosper in Nova Scotia Supreme Court in Halifax.

The case under the Cyber-safety Act centered on testimony from Andrea Paul, chief of the Pictou Landing First Nation, that Prosper was posting negative and threatening comments about her and her family on Facebook.

The case began when Paul blocked Prosper on Facebook and he started writing about her on the site. The

messages filtered back to Paul and she was often asked about them while representing her community.

Paul applied for a peace bond and was given the number for the CyberSCAN unit. Paul contacted the unit, the first of its kind in the country to be tasked with investigating complaints of cyber bullying.



The order compels Prosper to cease all future cyber bullying against Paul and remove any current statements from the internet. The court

also ordered him to pay Paul \$750 in court costs. The order stands for one year. The CyberSCAN unit can then apply for an extension if it feels the cyber bullying is continuing.

Prosper, who lives in Ottawa, was not in court.

The law was passed after the case of Rehtaeh Parsons, who was taken off life-support last April after a suicide attempt.

Her family says the 17-year-old was subjected to months of bullying after a digital photo of her being sexually assaulted was passed around her school in Cole Harbour, N.S.

(Information obtained from CBCNews.com)

Acadia First Nation GIRLPOWER

When: March 11 & 12, 2014

Where: AFN Entertainment Centre

Time: 10:00 am—3:00 pm

Ages: Girls 9-13

Sessions will be held for pre-

adolescent girls to 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.

Deadline for Registration:

March 6, 2014. Please call the Band Office at (902) 742-0257 to register.

Summer Employment for Students 2014

Once again, Acadia First Nation has a limited budget to sponsor a Summer Work Experience Program for eligible students. Our program is designed to allow students the opportunity to gain some valuable work experience while earning a wage.

To be eligible, you must meet the following criteria:

1. Be a registered Acadia First Nation Band Member
2. Be enrolled in school full time during the current year and returning full time in the fall
3. Be at least 16 years old

We anticipate that there may be more students applying than we have funding for so there may be a need for interviews.

Please forward your resume if you would like to be considered for summer student funding.

DEADLINE: APRIL 10, 2014 (Any applications received after this date, will not be considered)



"A chance to obtain valuable experience for your future!"

Send to: Wanda Westhaver

Fax: (902) 685-2237

Email: wandaneo@gmail.com

**In Person: 5163 Hwy #210,
Greenfield, Nova Scotia (Medway
Office)**

Exercise and Calories burned per hour

Exercise & Calories Burned per HOUR	If you weigh 130 lbs	If you weigh 155 lbs	If you weigh 180 lbs	If you weigh 205 lbs
General Aerobics	384 calories burnt	457 calories burnt	531 calories burnt	605 calories burnt
Bowling	177	211	245	279
Moderate Housework	207	246	286	326
Cross Country skiing, slow	413	493	572	651
Ice Skating Less 9 mph	325	387	449	512
Running, 5 mph (12 minute mile)	472	563	654	745
Shovelling snow by hand	354	422	490	558

Acadia First Nation

10526 Highway 3
Yarmouth, NS
B5A5J7

Phone: 902-742-0257
Fax: 902-742-8854
E-mail: frontdesk@acadiaband.com

We're on the Web!

www.acadiafirstnation.ca

INFORMATION NEEDED!!

The field behind the Band Office has been destroyed by someone driving a vehicle through it. Anyone with any information regarding this is asked to contact the Band Office. This is the only field we have left in our community for outdoor events and (example: Student Awards) it costs us money to maintain this field and now will cost even more to fix this mess. Please respect the property, it is not intended to be driven on by vehicles.

Housing Program

The Carpentry crews have been keeping busy over the winter months in all areas, below are a list of projects currently be worked on;

Yarmouth

AFN Entertainment is just finishing some odds and ends and the installation of a generator.

Section 95 unit is currently being worked on.

An extension is being built to address overcrowding.

Wildcat

The Wildcat and Gold River crews are working together on the Community Center.

Our apprentices have just finished 5 weeks of technical



Wildcat Community Centre

training at Akerley Campus in Dartmouth. 2 of the carpenter apprentices have just finished their 4th year and 1 finished his 3rd year; the electrical apprentice is currently in his second year.

Reminder

If you have submitted an application for housing in the past, it is recommended that you update your application each year to indicate that you are still interested in housing on reserve.