

AKNUTMAQN

Pauline Bernard Celebrates 90 Years

A well-known, and well-loved elder of Membertou celebrated a milestone birthday in style this past weekend. Pauline Bernard turned 90 years young, and the community came to celebrate her birthday at a party held at the Membertou Trade and Convention Centre.

Pauline, a mother, grandmother, and great-grandmother holds a special place for all who know her. She spent much of her life nurturing and building capacity for youth in the community; working and leading in early childhood education.

Pauline's contributions to the growth and spirit of Membertou are seen in her roles with the Membertou Governance Committee, Membertou Heritage Park, and her love of music and ceremony.

All of us in Membertou wish you well on this most amazing milestone, Pauline! Happy Birthday from your community.



In This Edition

Membertou News	P. 2
Community	P. 3-4
Employment Opportunity	P. 5
NS Reopening Plan: Phase 4	P. 6
Lanes at Membertou	P. 7
Youth Peer Support Group	P. 8
Membertou Wellness Home	P. 9
In Person Bingo	P. 10
Medicine Walk	P. 11
Membertou Features	P. 12

Notices & Deadlines

All newsletter submissions must be sent to:
communications@membertou.ca
one week prior to newsletter release date.

The next submission deadline is Friday, July 30th 2021.

Summer Hours

Summer Hours are in effect for Membertou Band Office and associated facilities. The summer hours are Monday-Thursday, 9AM-5PM & Friday 9AM-1:30PM (no lunch break).

Band Office Closure

The Band Office will be closed on Monday, August 2nd (Civic Holiday) and will reopen on August 3rd.



Membertou News

Green Bin & Garbage Collection

Collection is every Tuesday at 12:00 PM.

- Tuesday, July 27th 2021
- Tuesday, August 3rd 2021
- Tuesday, August 10th 2021

To book a Waste Management Session, please contact Adrian Paul at: (902) 564-6466 ext. 2256.

Membertou Recycling

Membertou Recycling is every second Saturday at 12:00 PM.

Upcoming Pick-up Dates:

- Saturday, July 24th 2021
- Saturday, August 7th 2021
- Saturday, August 21st 2021

Membertou Services

AUSTIN CHRISTMAS PLUMBING AND HEATING

24 hour plumbing and heating emergency service. New construction, renovation, service work. Mechanical ventilation installation. Call for a second opinion at (902) 304-1090.

CAPE BRETON REGIONAL POLICE

Emergency: 911

Non-Emergency: (902) 563-5151

MI'KMAQ CRISIS LINE

1-855-379-2099

Available to Mi'kmaq communities, 24 hours a day.

MENTAL HEALTH MOBILE CRISIS TEAM

TOLL FREE: 1-888-429-8167

FREE NALOXONE TRAINING

902-574-3342

NOVA SCOTIA POWER OUTAGE INFORMATION

1-877-428-6004

MI'KMAW FAMILY & CHILDREN'S SERVICES OF NOVA SCOTIA

902-379-2433

PHARMASAVE – MEMBERTOU

902-539-7555

MEMBERTOU HOUSING EMERGENCY HOTLINE

902-270-3072

Chief & Council 2021

To submit a letter for an upcoming council meeting, all material must be sent to: chrissychristmas@membertou.ca or leegould@membertou.ca.

Deadline for submissions is the Monday before the scheduled meeting at 12:00 PM. Any submissions after 12:00 PM will have to wait until the next council meeting.

Membertou Governance

Membertou Chief and Council have mandated the Membertou Governance Committee to develop laws in relation to Land Management and Citizenship. The Membertou Governance Committee is made up of Membertou employees and volunteer community members. The Committee members gather information, develop draft laws and codes, and give the community an opportunity to provide comments and concerns related to the laws.

For more information, please contact Cheryl Knockwood, Governance Coordinator by email at cherylknockwood@membertou.ca



Community

Membertou Medical Transportation Notice

Please be advised that Louise M. Paul, Medical Transportation has relocated her office to the Finance Department at the Membertou Band Office.

Should you need to contact her, you can reach her at (902) 564-6466 ext. 2710. Any confirmation slips or medical trip information can be dropped off at the Finance Department at the Band Office.

Thank you

Membertou Natural Resources

On July 12th, Membertou Natural Resources returned to full operation following a COVID-19 furlough. FSC 2021-2022 lobster tags are available for pick up or delivery, but due to conservation requirements cannot be used until September 1st to allow for an agreed 6-week molting period. FSC salmon tags are available for immediate use and can be picked up or delivered. Please call (902) 322-9920.

Info Line

Membertou Natural Resources has established a community info Line to keep band members and citizens informed of the latest news, events and projects regarding natural resources and community concerns. Please call (902) 562-2649.

Volunteer Go-To List

Membertou Natural Resources is seeking volunteers to assist us in various environmental projects and community events. Please call (902) 322-9920 to leave your name and contact information.

Membertou Memorial Gardens

New Cemetery Sign

I would like to take a moment to thank all our community members, who over the years that have participated in taking care of Membertou Memorial Gardens and for doing such a great job.

Membertou recently placed a new Membertou Memorial Gardens sign at the entrance. I just want to say thank you to Chief Terry and his Council. Also, wanted to thank housing's Randy Carroll and Clary Gould for doing all the carpentry work.

Thank you, Public Works, Vance Kabatay and Noel Christmas for the groundwork and Amanda Christmas and her crew for always helping and doing a great job at our graveyard.

Sorry if I missed anyone and thank you.

Membertou Waste Management Project
Adrian Paul





Community

Women's AA Meeting

Women's AA Meetings every Tuesday evening at 7PM. Located at the Club 55 Elders Prayer room.

Check Runs

Finance checks can be picked up at the Band Office on Fridays from 9:30AM until close at 1:30PM. Anything not picked up will be mailed out.

Cape Breton Regional Police

Criminal Record Checks Hours:

Monday to Thursday

8:00 AM – 11:30 AM, 1:10 PM – 3:00 PM

Membertou Office only. No appointments necessary. 2 pieces of ID required, one with a picture.

St. Ann's Church Update

Membertou's Good St. Anne's Celebration Monday July 26th 2021 at 2:00PM.

Lector: Joan Paul

Eucharistic Minister: Deacon Lorne MacNeil

Cross Bearer: Keptin Dean Christmas

Singing and drumming: Noah Matthews-Cremo and children of community

On Sunday July 25th 2021 at 6:00PM the ladies of the community are asked to please come and get Good St. Anne ready.

Hope to see you all at St. Ann's Mission Church in Membertou.

Religion Education News

Dear Parents or Guardians,

In the Fall when we resume mass in Membertou at St. Ann's Mission Church, we will be bringing the students that missed out on making their Sacraments for the year 2019-2020 due to the COVID-19, to have a brief refresher course and then have them make their Sacraments.

I will contact you on this matter in September. If you have any questions, please contact me at (902) 564-6466 ext. 2350.

Thank you,
Edith Christmas



CLEARWATER SEAFOODS
Arichat, NS

Plant Labourers

Clearwater Seafoods is currently seeking plant labourers.

Duties are as follows:

- Careful handling and grading of lobster, by size, for storage
- Feeding grading line
- Sorting the lobster on the grading belt
- Packing lobster in crates for shipping
- Cleaning machinery and immediate work areas
- Some lifting (trays & crates)
- Other general labour work as required
- Must be available to work evenings during the busy seasons, and days during the off seasons

Experience not required. We will train. Interested applicants can send their resume or application form to:

Email: rsamson@clearwater.ca

Deadline to apply: Thursday, July 29, 2021, 10:00 am.

Nova Scotia's Reopening Plan: Phase 4

Effective July 14th at 8:00 AM, Phase 4 of Nova Scotia's reopening plan began.

During this phase, Nova Scotia continues to expand access to social connections and capacity for businesses, services, events and activities. Phase 4 will allow more travel into the province with less restrictions and increased visitation with long-term care residents.

Movement to the next phase is based on ongoing progress of vaccination rates, case numbers, adherence to protocols, etc.

Please see the chart below for a breakdown of the Phase 4 reopening plan.

For more detailed information, please visit:

novascotia.ca/reopening-plan

Continue to follow all public health protocols (social distancing, masking, washing hands, etc.) and stay safe!

PHASE FOUR: REOPENING SAFELY

PHASE 4 Begins July 14 th	PUBLIC HEALTH	GATHERINGS	TRAVEL	BUSINESS	RESTAURANTS	SPORTS & ACTIVITIES	LONG-TERM CARE	DAY CAMP
	Testing, masks & distancing continue.	INFORMAL SOCIAL GATHERING LIMIT: indoors is up to 25 people and outdoors is up to 50 people, without social distancing and masks. MEETINGS & TRAINING: (indoor & outdoor): 50% of the venue's capacity up to 150 people indoors and up to 250 people outdoors with social distancing and masks. WEDDINGS & EVENTS: Events hosted by a recognized business or organization can have 50% capacity to a max. of 150 indoors and 250 outdoors with social distancing and masks.	Residents of Atlantic Canada will be able to travel to Nova Scotia without having to self-isolate. Open to all of Canada. Self-isolation requirements are based on vaccination status and testing.	Retail open at max capacity. Physical Distancing and masks still required.	Max capacity possible with public health measures (social distancing and masks). Return to regular hours of operation.	Gyms operate at max capacity. Sports up to 25 inside and 50 outdoors. Museum & libraries max capacity possible with public health measures like social distancing and masks.	Indoor visits can resume in a resident's room for fully vaccinated residents. Partially vaccinated or not vaccinated, indoor visits can resume in designated visitation areas. Fully vaccinated residents at long-term care facilities can leave the facility to visit with family in their homes. All residents can leave the facility to visit indoor and outdoor public places.	Masks are not required for campers 12 and younger. Overnight summer camps (indoor and outdoor): can operate with up to 15 people Recreational day camps (indoor and outdoor): can operate with up to 30 people.



Membertou Trade and Convention Centre Phase 4 Update

Gathering Limits & Event Details

Following Nova Scotia's Phase 4 reopening plan, meetings, weddings and events are permitted up to 150 people indoors and up to 250 people outdoors with social distancing and masks.

Important: Our current policy for receptions at Membertou Trade and Convention Centre allow for 25 people on the dance floor at the same time and masks are required.

If you have any questions or are interested in booking a meeting, wedding or event, call one of Membertou Trade and Convention Centre's experienced sales team members at 902-562-6826: Sharon Ross EXT. 6106 or Robert MacNeil EXT. 6126

LANES AT MEMBERTOU

CELEBRATE YOUR BIRTHDAY WITH US!

PARTY PACKAGE INCLUDES:

- Two hours of bowling
- Shoe rental
- Kid's meal including dessert & drink
- Treat bag including FREE slushy coupon

\$20/CHILD

Up to Ten Children
(tax included)

Rent the Party Room for an additional \$50.00

**Price listed are subject to change.*

**CALL 902-562-4911
TO BOOK YOUR PARTY TODAY!**

**Choose option 1 for reception.*

LANESMEMBERTOU.COM

185 Towerview Place, Membertou, NS



Youth Peer Support Group

Calling all high school youth, grades 9-12!

If you're interested in joining this amazing Youth Peer Support Group, please contact:

Eileen Paul
eileenpaul@membertou.ca

Ryan Gould
ryangould@mebons.ca

TEENS HELPING TEENS.

MEMBERTOU FIRST NATION YOUTH PEER SUPPORT GROUP



Thursday, July 8, 2021

4:00 p.m. - 5:00 p.m.

Available in person or virtually via Zoom

*This group runs Thursdays from
4:00 p.m. to 5:00 p.m. for eight weeks.*

Do you need someone to talk to? During the teenage years striking changes happen in the body *and* in the brain, leaving youth particularly vulnerable to a wide range of mental health challenges. You are not alone. The Membertou Youth Peer Support Group offers a safe, supportive, non-judgmental place for Indigenous youth between the ages of 15 and 17, to connect and share stories with people who understand what you're going through.

For details and to register, email: Keith Anderson at keith.anderson@novascotia.cmha.ca



Membertou
WELCOMING THE WORLD



Canadian Mental
Health Association
Nova Scotia
Mental health for all



Membertou Wellness Home

Membertou Wellness Home has REOPENED

Hours: Monday-Thursday, 9AM-4:30PM & Friday, 9AM-1:30PM for the summer.

Patients requiring refilling of medications need to book an office appointment or phone appointment with Dr. Power. Please arrange refills for at least 5 days prior to running out of medication, especially with summer vacations (this is your responsibility).

Anyone experiencing COVID-19 symptoms must book a COVID test prior to booking an appointment at the Wellness Home.

COVID-19 Close Contact Kits

Membertou is working with NS Public Health to provide kits to individuals/families in Membertou who have been identified by public health as close contacts of COVID-19 exposure.

The kits will include:

masks, gloves, thermometer, additional safety information.

If you've been contacted by public health as a close contact to exposure, you're eligible for a kit and can request one to be delivered by calling the Membertou Wellness Home.

902-564-6466 ext: 2840.

This is an extra measure to make sure those with close exposure remain safe during these uncertain times.

Milk Tokens

Pregnant mothers and breastfeeding mothers with infants under the age of six months old can still receive milk tokens. However, in order to reduce traffic to the Membertou Wellness Home, tokens will be delivered to your home.

For further information and/or assistance, please contact Natalie McEwan at:

902-564-6466 ext. 2760 or Tanya Poulette at: 902-564-6466 ext. 2750.

Lab Clinic

Lab clinic is held at the Membertou Wellness Home on Wednesday mornings. Due to COVID restrictions we have a limited number of appointments which must be scheduled.

Please call for an appointment.

In Person Bingo



We're so excited to be offering in person bingo games again!

In person bingo games:

- Tuesdays at 7PM
- Fridays at 7PM
- Saturdays at 7PM

Friends of Charity bingo games:

- Wednesdays at 7PM
- Sundays at 2PM

Online bingo games:

- Thursdays at 7PM
- Sundays at 7PM

The following protocols are in effect for in person bingo games:

Building Rules:

When you enter the building, there will be three (3) zones and you will be directed to a specific zone. Once you are in your zone, you will be waited on by a staff member to purchase bingo cards to limit movement in building.

Zone 1 – main floor, largest area of building with a maximum of 100 people

Zone 2 – glass room, maximum of 40 people

Zone 3 – glass room, maximum of 40 people

Entering/Exiting:

- Please enter through the main door and follow social distancing rules
- Complete a wellness check, temperature check and contract tracing
- Each zone will exit through a separate door to ensure zones do not cross

Masks/Social Distancing:

- Masks must be worn at all times, unless when you are eating or drinking
- Social distancing must be followed at all times.

Doors open at 3PM for 7PM in person games.

Doors open at 12PM for 2PM game.

We look forward to seeing everyone again! Good luck!



Mi'kmaq Medicine Walk



Mi'kmaq

MEDICINE WALK


Discover the medicines that
have nourished our people
for thousands of years.

COST: \$40 | DURATION: 3 HOURS
Group Rates Available

Book Today!

902-562-6826

Memberton Features




MAZDA
SUMMER DRIVE
EVENT

PRICE REDUCED!

2021 MAZDA CX-5
FROM **\$168** B/W*

AS LOW AS **0%** FINANCING WITH OWNER LOYALTY + UP TO A **\$1,000** MAZDA BONUS + CANADA'S BEST WARRANTY! **5 YEAR** UNLIMITED KM!



PRICE REDUCED!

2021 MAZDA CX-30
FROM **\$145** B/W*

PLUS MAZDA'S UNWAVERING COMMITMENT TO SAFETY

SYDNEY MAZDA

NEED A CAR?

- | | |
|---|--|
| <input checked="" type="checkbox"/> GOOD CREDIT | <input checked="" type="checkbox"/> FIXED INCOME |
| <input checked="" type="checkbox"/> BAD CREDIT | <input checked="" type="checkbox"/> DISABILITY |
| <input checked="" type="checkbox"/> NO CREDIT | <input checked="" type="checkbox"/> NEW TO CANADA |
| <input checked="" type="checkbox"/> BANKRUPTCY | <input checked="" type="checkbox"/> REPOSSESSION |
| <input checked="" type="checkbox"/> PROPOSAL | <input checked="" type="checkbox"/> RE-ESTABLISHING CREDIT |
| <input checked="" type="checkbox"/> SELF EMPLOYED | <input checked="" type="checkbox"/> RECENT GRADUATE |
| <input checked="" type="checkbox"/> DIVORCED | |

**15 MINUTE
APPROVALS!**

APPLY ONLINE 24/7

SYDNEYMAZDA.CA



**JOIN US FOR
LUNCH AT KIJU'S**

OPEN DAILY. 11AM-9PM. KIJUS.COM