

AKNUTMAQN



Health &
Wellness Home

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Police Departments Newest Addition



Membertou has grown significantly throughout the years. As our community continues to expand, it is our duty to be aware of our surrounding area and to also provide what is best for our community members.

We are grateful for the services provided by the Membertou Police Department.

On March 8th 2019, the new Dodge Durango SUV 4X4 was unveiled and is currently in service to meet the demands of our expanding community of Membertou.

The unveiling of the motor vehicle took place at the Membertou Police Department parking lot, with Deputy Chief Robert J. Walsh, Superintendent Phillip Ross,

Youth Officer Ray Aikens, Chief Terry Paul and Sergeant Barry Gordon, present.

This had been a long term goal for Sgt. Barry Gordon when he first started working for Membertou in 2007 but had been put on hold when he transferred to Glace Bay in 2011.

He returned to Membertou at the beginning of January and finished what he had started by moving forward with this project.

Welcome back, Sgt. Barry Gordon! We're looking forward to your service.

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Upcoming Deadlines

All newsletter submissions must be sent to:
communications@membertou.ca
one week prior to newsletter release date. Next Submission deadline is Friday, March 29th 2019 at 4:00 p.m.

The deadline for Annual Split Donation is Friday, March 29th 2019. Applications can be picked up and dropped off at the Membertou Band Office or downloaded at:
www.membertou.ca
(See page 2 for details)



Community

Annual Donation

Community members who are looking to receive their half donation in April, applications can be picked up at the Membertou Band Office or downloaded at www.membertou.ca. The deadline for applications is Friday, March 29th 2019 and must be dropped off at the Band Office.

Split donations will be distributed on Wednesday, April 10th 2019. If you have any questions, please contact Candice Paul or Johanna LaPorte at: (902) 564-6466 ext. 2220 or 2210.

PLEASE NOTE: Applications sent in via fax or email will NOT be accepted. If you are receiving direct deposit, you must submit new banking information or you will be receiving a manual check. If you are taking half of your donation in April, you will be receiving the other half in November.

Notice To All Membertou Contractors

Membertou Housing & Facilities is NOT responsible for any after hour calls to the contractors made by the residents of Membertou. Contractors receiving after hour calls must direct them to Membertou Housing after hours call centre at: (902) 564-2111 or (902) 270-3072. All calls will be forwarded to Randy Carroll and he will dispatch an appropriate contractor.

Thank you,
Carol Metallic, Service Manager

Sport Registration

• **Attention: Boys & Girls of Membertou** - If anyone is interested in registering for baseball, please contact Cary Paul at: (902) 577-8082, Gail Christmas at: (902) 565-5083, Craig Christmas at: (902) 574-7251 or Paul MacDonald at: (902) 565-7226.

- | | |
|------------------------------|------------------------------|
| • Tee Ball (Ages 4-7) | • Intermediate (Ages 12-13) |
| • Minor League (Ages 5-11) | • Junior League (Ages 12-14) |
| • Major Division (Ages 9-12) | • Senior League (Ages 13-16) |

If there is enough interest, a date, time and location for practice will be determined.

• The 4th Annual Memorial Thomas Duran Christmas Road Hockey Tournament will be taking place in June 2019 at the Membertou basketball courts. To register, please contact Cary Paul: (902) 577-8082, Gail Christmas: (902) 565-5083 or Craig Christmas at: (902) 574-7251.

Membertou Fisheries - Lobster Spares List

Membertou Fisheries is looking to add names onto the list for **SPARES** for the upcoming lobster fishing season and will be used when necessary. If you are interested in applying, applications must be submitted to Human Resources by Thursday, April 18th 2019.

For more information, please contact Hubert Nicholas at: (902) 564-6466 ext. 5011.

Community

Open Letter to the Great People of Membertou

We have finished off the session of Mural work at the Membertou Sport & Wellness Centre. This session involved the Christmas Brothers, the Moore Brothers and Anderson Pete of Saskatchewan, who was very much into sports with the Mi'kmaq here in Cape Breton.

The next session will begin in May 2019. Hopefully, we will be in the final stages of this project, which we started in 2017. We are asking our wonderful people if anyone would like to share any photos of the remaining sports figures:

- Frank Doucette
- Charlie Herney
- Charlie Gould
- Clarence Gould
- Bernie Christmas
- Milton Gould

I would like to include their wives. I would also like to include all of the younger sports figures in the coming fall. If there is anyone that I may have forgot, please let me know. Please send all remaining images to: dozay@eastlink.ca

From the artistic team of Dozay and Jean Michael.

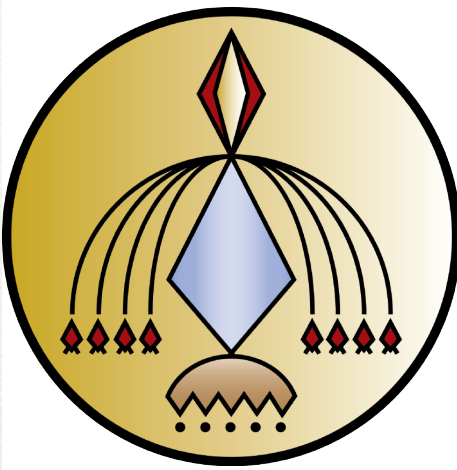


Homes for Sale

Membertou has homes for sale. If you are interested in purchasing one of these homes or have any questions about the process, please contact Melissa MacDonald, Tenant Relations Officer at: (902) 564-6466 ext. 2480 or via email at: melissamacdonald@membertou.ca



Membertou Events



Community Presentation

Financial Administration Law invites community members to a presentation of Membertou's Annual Budget.

Date: Tuesday, March 26th 2019 | **Time:** 1:00 p.m.

Location: Kluscap A, Membertou Trade & Convention Centre

This is the Council meeting where Chief and Council will decide whether or not the budget for the 2019-20 fiscal year will be approved.

If you have any questions, please contact Jennifer Martin at: (902) 564-6466 ext. 2510.

Self-Care Day

This event is sponsored by Membertou's Mawio'miokuom Society and Mi'kmaq Family & Children Services.

Date: March 29th 2019 | **Time:** 10:00 - 3:00 p.m. | **Location:** 113-A Membertou St.

- Door prizes/refreshments/lunch available
- Sugar level and blood pressure checks
- Free haircuts, manicures and eyebrow waxing (Limited to social clients)
- Sugar level and blood pressure checks
- Arts & Crafts
- Various Presentations:
 - Naloxone Training
 - Two Wolf Program
 - Healthy Relationships
 - How To Speak To Your Child About Sex & Sexuality



Mi'kmaq Family & Children's Services of N.S.

Mi'kmaq Ankewa'tiji Wnjanua aqq Jkala'tiji wla Kmitkinaq



Little League Practice

There will be little league practice for players between the ages of 7-13. It is asked to please bring a glove.

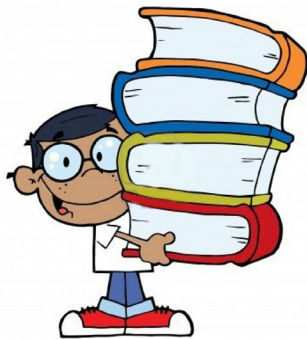
Date: Every Monday

Time: 4:00 p.m. – 5:30 p.m.

Location: Membertou School gymnasium

For more information, please contact Dana Joe at: (902) 539-4967.

What's Happening in Membertou?



Tutoring Services

Tutoring services are available on Monday, Tuesday and Thursday evenings, starting at 5:30 p.m. at the Membertou Daycare (45 Maillard Street.) Math tutoring will also be available (Monday and Tuesday evenings only!)

For more information, please contact Vicki Christmas at: (902) 567-1119 or via email: [vchristmas@membertouschool.ca](mailto:christmas@membertouschool.ca)

Free Tax Clinic

Date: Every Thursday throughout the months of March and April

Time: 9:00 a.m. – 12:00 p.m.

Location: Membertou Youth Centre (34 Maillard Street)

For more information, please visit canada.ca/taxes-help or call: 1-800-959-8281.



Family Skating - Membertou Sport & Wellness Centre

Date: Every Sunday

Time: 3:30 p.m. – 5:00 p.m.

Location: Membertou Sport & Wellness Centre

This event is free admission. Don't forget to bring your skates and wear your helmet!

Digital Literacy for Seniors

Community Tech Nova Scotia is providing Digital Literacy Training for Senior's. The goal is to become familiar with mobile devices (iPad, cellphones and tablets.) One-on-one assistance is available.

Date: Monday, Tuesday and Wednesday (ongoing until April)

Time: 9:15 a.m. until 12:15 p.m.

Location: 34 Maillard Street





Membertou Wellness Home

Smoking Cessation Program

For those who are interested in joining a Smoking Cessation Program, there is a sign-up sheet at the Membertou Wellness Home.

It's an opportunity to learn about nicotine replacement, quitting and coping strategies.

The program will run one hour per week for five weeks, from February 25th until March 25th 2019 at the Wallace Bernard Memorial Senior Centre, from 3:00 p.m. until 4:00 p.m. This is also free of charge.

For more information, please contact Angela Paul at: (902) 564-6466 ext. 2800.

Healthy Weight Loss Class

We are currently taking names for the Healthy Weight Loss program. The weight loss class will run bi-weekly for six weeks starting on Tuesday, April 2nd 2019 until June 11th 2019. Classes will be held at the Wallace Bernard Memorial Senior Centre at 12:00 p.m. Light refreshments will be provided.

Dates: April 2nd, April 16th, April 30th, May 14th, May 28th and June 11th 2019

If a Used Needle Is Found In The Community:

- Get a non-breakable, puncture-proof container with a lid (Example: thick plastic jug);
- Place used needle inside of the container and close the lid;
- Take the container to the used-needle disposable unit, located by the back door at the Membertou Wellness Home (There are also smaller disposal units at both playgrounds);
- You can throw the container with the used needle directly into the disposal unit;
- Educate your child and encourage them to tell an adult if he/she finds a needle;
- Please seek urgent medical attention if a needle stick injury occurs;
- Diabetics must bring their containers of used needles to the Membertou Wellness Home.

If you don't feel comfortable picking up a used needle, do not hesitate to contact Sharp Advice Needle Exchange at (902)539-5556. For more information, please contact the Membertou Wellness Home at (902)564-6466, ext. 2750.

Wellness Home Services

Full-time Clinic Hours

Dr. Jeff Power is now available full-time. Please contact Maggie Wadden, medical secretary, for an appointment. She can be reached at 564-6466 (ext. 2440.) Please note that clinic appointments are necessary. This is not a walk-in clinic.

Evening Hours

Dr. Power will be continuing his evening hours on Monday, beginning at 11:00 a.m. until 7:00 p.m. and Wednesday, beginning at 9:00 a.m. until 6:00 p.m. Please note that this is not a walk-in clinic and appointments are necessary. If you make an appointment or are unable to keep it, please call to cancel or reschedule.

Diabetes Foot Care

Diabetic foot care is done by appointment only. Please call 902-564-6466 for Madelaine (ext. 2840), Tanya (ext. 2750), Natalie (ext. 2760) or Nicole Gallant (ext. 2860.)

Dental Therapy

Floyd Prosper, Dental Therapist, can be seen every Tuesday at (Maupeltuwey Kina'matno'kuom). To book an appointment, please call Floyd at (902) 564-6466 (ext. 2970).

Blood Collection

Wednesdays 9:00 - 11:30 am at the Wellness Home. Please make sure you have your health card with you.

Medical Transportation

Contact Louise Paul at 564-6466 (ext. 2710) if you require medical transportation. Please contact her ASAP in order for her to receive approval from Health Canada for medical trips outside of Cape Breton.

The Wellness Home now provides Medical Transportation for immunization appointments. Please be sure to get the Community Health Nurse (Tanya & Natalie) to sign a confirmation slip and give it back to the Taxi Driver (Dynasty.)

Maupeltuewey Kina'matno'kuom



School Hours

8:15 - 8:35 AM – Breakfast

8:45 AM – Morning classes begin

Recess

10:30 – 10:45 AM Recess (Gr. P, 1 & 2)

10:45 – 11:00 AM Recess (Gr. 3, 4 & 5)

Lunch

11:25 – 12:00 PM Lunch (Gr. P, 1 & 2)

12:00 – 12:35 PM Lunch (Gr. 3, 4 & 5)

12:20 – 12:55 PM (6 & 7)

Dismissal

2:00 PM Dismissal (Gr. P, 1 & 2)

2:45 PM Dismissal (Gr. 3, 4, 5, 6, & 7)

Afterschool Program

Monday – Friday

2:15 PM – 4:30 PM

Mi'kmaq Phrases for Lent

Since Lent has begun, we will focus on those words. Mi'kmaq letter “P” sounds like the English letter “B.” Mi'kmaq letter “K” sounds like the English letter “G.” Mi'kmaq letter “T” sounds like the English letter “D.” An apostrophe makes a long vowel.

Mi'kmaq

1. Maltikle'wimk mul dikle ew wimpk

2. Kale'mewimk ga ley mew wimpk

3. Tupkwa'ntimk dup gwa n timpk

4. Si'ko'ku's see go goos

5. Pa'kewimk ba gey wimpk

Thank You / Wela'lin,

- Valerie Matthews

English

Shrove Tuesday

Lent

Ash Wednesday

The time of the year when
the trees are tapped for maple syrup.

Easter

If you have questions or concerns, please contact the school at:
(902)562-2205 or visit our website at: www.membertouschool.ca.

St. Ann's Church & Religion News

St. Ann's Church

Mass

Saturday, March 23rd 2019 – 6:00 p.m.

Lector: Margaret Paul

Eucharistic Minister: Lance Paul

Altar Server: Dean Christmas

Mass

Saturday, March 30th 2019 – 6:00 p.m.

Lector: Joan Paul

Eucharistic Minister: Lance Paul

Altar Server: Dean Christmas

Mass

Saturday, April 6th 2019 – 6:00 p.m.

Lector: Louise Paul

Eucharistic Minister: Edith Christmas

Altar Server: Dean Christmas



Religion Education Classes

There will be NO religion classes during the month of March for Grade 2 First Holy Communion and Grade 4 Reconciliation students due to community events and March break. Classes will resume on Tuesday, April 2nd 2019 from 6:30 p.m. until 7:30 p.m.

Religion class for the Grade 9 Confirmation students will be held on Sunday, March 31st 2019 from 7:00 p.m. until 8:00 p.m. at the old senior building. **All students must attend.**

If school is cancelled due to weather conditions, religion classes will be cancelled as well.

Baptismal Course

There will be a baptismal course offered on Sunday, March 24th 2019 starting at 7:00 p.m. The course will be held at the old senior centre (113-A Membertou Street.) To pre-register, please contact Edith Christmas at: (902) 564-6466 ext. 2350.

Sainte Anne de Beaupre Pilgrimage (Friday, June 21st 2019 – Wednesday, June 26th 2019)

We are in the process of booking our Pilgrimage to St. Anne de Beaupre for the dates listed above. Rooms are limited and our elders come first. If you are interested in joining this pilgrimage, please contact Edith Christmas at: (902) 564-6466 ext. 2350 or Madelaine O'Reilly at: (902) 564-6466 ext. 2840.

To secure a seat, deposits should be made as soon as possible. The deadline for deposits is Friday, May 10th 2019.



Membertou Housing

Spring Home Maintenance Tips

Use the checklist below to get your home spring-ready:

- 1.) Install new batteries in smoke alarms & carbon monoxide detectors
- 2.) Test & dust all detectors
- 3.) Replace furnace filter
- 4.) Inspect bathroom & kitchen caulking – re-caulk as needed
- 5.) Test kitchen & bathroom exhaust fans
- 6.) Check fire extinguishers – at least once a month
- 7.) Clean gutters, check for leaks & make sure they're attached securely
- 8.) Clean & seal deck – if needed
- 9.) Check foundation for cracks & leaks
- 10.) Check exterior paint & touch up as needed
- 11.) Check siding & masonry for damage & schedule repairs
- 12.) Remove storm windows & install screens
- 13.) Repair/replace damaged window screens
- 14.) Inspect caulking around windows – if cracking re-caulk
- 15.) Check roof for damage & schedule re-roofing if needed
- 16.) Check attic for leaks, mould, moisture intrusion, fire hazards & critters
- 17.) Get rid of surface mould with Concrobium Mold Control ®
- 18.) Schedule annual dryer exhaust cleaning & check up
- 19.) Check water heater for leaks – schedule inspection if older than five years
- 20.) Schedule a maintenance and/or energy efficiency inspection



Quarterly Update
Spring 2019

Market-Based Housing Programs

The housing programs that fall under the market-based program were signed to assist band members who are willing and able to pay a market-based rent. These programs use the First Nations Market Housing Fund's Credit Enhancement Facility and cannot receive assistance from the Social department at any time for their rent or housing costs. Mortgages obtained under this program require a guarantee from Membertou, however Membertou is not obligated to provide a mortgage guarantee.

Community-Based Housing Programs

The housing programs that fall under the community-based housing program were designed to assist band members who are unable to pay a market-based rent. These programs do not use the First Nations Market Housing Fund's Credit Enhancement Facility.

Kwe'jijnaq Events Calendar

March 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
Jacket Making 3-4pm Memberlou Heritage Park	Jacket Making 5-6pm Memberlou Heritage Park		Women's Session MB2 Gov. Comm. 1-3pm WBMSC	Jacket Making 5-8pm Memberlou Heritage Park	Kwe'jijnaq 6-7:30pm Waste Management Senator's Office	
24	25	26	27	28	29	30
				Skirt Making Memberlou Heritage Park 6-9pm	Skirt Making Memberlou Heritage Park 6-9pm	
31	1	Notes *The Regalia Making Workshops are a continuation of the previous skirt making sessions. If you participated in the previous sessions then you can participate in this. You will be making a jacket. *The Skirt Making Workshops will be available to the women of Memberlou that did not make it to the previous skirt making workshop. There will be 2 groups of women creating regalia.				

Membertou Governance Land Code Benefits



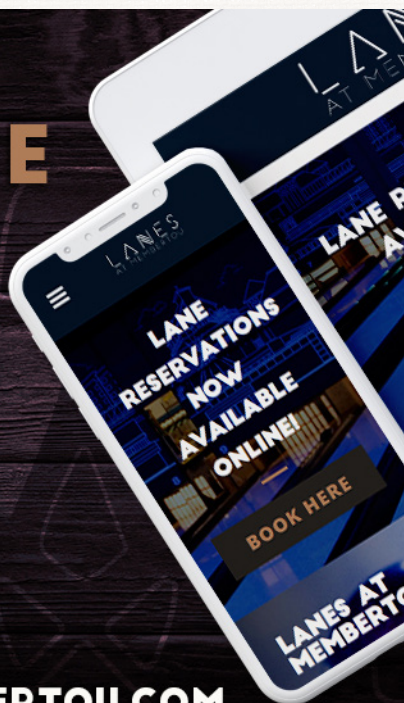
What Are The Major Benefits of Membertou Managing Its Own Reserve Lands?

- Real recognition of Membertou's right to manage its reserve lands and resources
- Removal of reserve lands from the land management provisions of the Indian Act
- Community control over Membertou land management and development
- Inclusion of both off-reserve and on-reserve members in important decisions
- Increased accountability to members of Membertou
- More efficient management of Membertou lands and resources
- Transfer by Canada of Membertou Capital and Revenue Accounts
- Recognition of the right to receive revenue from interests in Membertou lands
- Recognition of Membertou's legal capacity to acquire and hold property, to borrow, to contract, to expend and invest money, to be a party to legal proceedings, to exercise its powers and preform its duties
- Protection against arbitrary expropriation of Membertou lands
- Protection against loss of Membertou lands through sale for surrender
- Ability of Membertou to protect the environment
- Recognition of significant law-making powers respecting Membertou lands
- Removal of the need to obtain Canada's approval for Membertou's laws
- Recognition in Canadian courts of Membertou's laws
- Ability to appoint Justices of the Peace
- Ability to create a local dispute resolution process
- Recognition of right to create modern offences for breach of Membertou's laws

For more information, please contact:
Cheryl Knockwood, Membertou Governance Coordinator
Phone: (902) 564-6466 ext. 2520
Email: cherylknockwood@membertou.ca
Website: <https://www.membertou-governance.com>

Community Partners

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GAME
BINGO**

**SATURDAY
APRIL 6**

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11 Chief Ben Christmas Awti'
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Bingo Hotline: 902-562-3999

\$5000
MUST GO JACKPOT

\$1000
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Bingo Before Bingo
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STUDENTS
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