

AKNUTMAQN



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Annual Awards Banquet 2019



Membertou hosted the 2019 Annual Awards Banquet on Tuesday, March 5th 2019 at the Membertou Trade and Convention Centre.

The main hall was filled with community members, lining up at the buffet area for some delicious food. Elders were served by the youth.

Darren Googoo was the host for the evening and a presentation was given by Craig Hodder in regard to Membertou's Land Use Plan. The Youth Chief and Council were also introduced to the public.

Congratulations to the 2018 Annual Award winners!

• **Rising Star Awards:**
Malakai Denny & Rory Meuse

• **Membertou Warrior Award:**
Grayson Googoo

• **Special Recognition Awards:**
Warren LaPorte, Chris Allen & Willie Bee Cremo

• **Lifetime Achievement Award:**
Johnny and Nancy Paul

• **Edward Kabatay Memorial Award for Language and Culture:**
Daniel J. Paul and Jeff Ward

• **Paul Gould Memorial Award for Male & Female Sportsperson of the Year:**
Terry Marshall & Kianna LaPorte

• **Bradley Christmas Memorial Trophy for Citizen of the Year:**
Archie "The Bear" MacDonald

We would like to take this opportunity to thank those who attended and to those who organized the Membertou's Annual Awards Banquet. We're looking forward to next year!

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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 15th 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 Seniors - Canada Revenue Agency

It's that time of year when Canada Revenue Agency will be mailing out Old Age Security and Canada Pensions T4 slips for the 2018 tax year. Please keep an eye out for this in your mail, as I will need these forms to do your taxes for 2018.

Thank you!
Joan Denny-Christmas

Wela'liog / Thank You All

• We would like to thank Liz Paul and the Breast Cancer Survivor Group for their generous donation of \$2,000 towards the Membertou Seniors upcoming trip to St. Anne De Beaupre. Your donation is much appreciated.
- Edith Christmas and Madelaine O'Reilly

Wela'liog / Thank You All

• On behalf of the Membertou 55Plus Society, I would like to extend a warm thank you to those who donated door prizes for our Valentine's Day Tea Social.
(Tim Horton's, Sobeys – Sydney River, Membertou Entertainment Centre, Mi'kmaw Gas & Convenience, Membertou Market and Petroglyph's Gift Shop.)

- Janine Christmas

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

Community

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



Employment Opportunity

Job Title: Community Liaison (CL) / Field Technician

Status: 37.5 hrs/week

Salary Range: \$35,000 - \$40,000 (including benefits)

Location: Eskasoni, Nova Scotia

Start Date: Early-April 2019

Duration: 1-year contract with possible extension up to 2 years

Requirements:

- Must be able to work collaboratively with a team and independently when necessary;
- Must be willing and able to work year-round, in all weather conditions, evenings and weekends as required;
- Must have reliable transportation and the ability to travel to remote field locations.

For more information or for those who are interested in applying, please send a cover letter and CV to: Evelien.VanderKloet@dal.ca

DEADLINE FOR APPLICATIONS: Friday, March 15th 2019 or as soon as qualified candidates have been identified.



Membertou News

Band Office Hours

Hours of Operation:

Monday – Friday
(9:00 a.m. - 4:30 p.m.)

This includes a lunch break
from 12:00 p.m. until 1:00 p.m.

Green Bin & Garbage Collection

Membertou garbage and green
bin collection is every Tuesday,
starting at 12:00 p.m.

Next pick-up dates:

- Tuesday, March 12th 2019
(12:00 p.m.)
- Tuesday, March 19th 2019
(12:00 p.m.)
- Tuesday, March 26th 2019
(12:00 p.m.)
- Tuesday, April 2nd 2019
(12:00 p.m.)

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

Battery Drop Off Location

Membertou Waste Management
has set up a battery drop off
location. Community members
can drop off unwanted batteries
at the Occupational Health &
Safety Building.

Chief and Council 2019

Upcoming Chief and Council Meetings:

- **Government** –
Tuesday, March 12th 2019
- **No meeting** –
Tuesday, March 19th 2019
- **Government**–
Tuesday, March 26th 2019
- **Commercial** –
Tuesday, April 2nd 2019
- **Government**–
Tuesday, April 9th 2019

If anyone would like to submit a
letter for the council meeting, all
material must be submitted one
day prior to the scheduled meeting
by noon. Content can be sent to:
chrissychristmas@membertou.ca
or leegould@membertou.ca

Membertou Recycling

Membertou recycling is every
second Saturday at 12:00 p.m.

Upcoming Pick-up Dates:

- Saturday, March 9th 2019
- Saturday, March 23rd 2019
- Saturday, April 6th 2019
- Saturday, April 20th 2019

Free Naloxone Training

If you are interested in a
free naloxone training,
**please call (902) 574-3342
for more information.**

Membertou Services

Alcoholics Anonymous

AA meetings in Membertou:
Sunday 8 pm (HOW Group)
Wednesday 8 pm (HOW Group)
Thursday 8:30 pm (Membertou Group)

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

Gamblers Anonymous

GA meeting in Membertou:
3 Kateri Street Mondays 7:00-8:30 pm

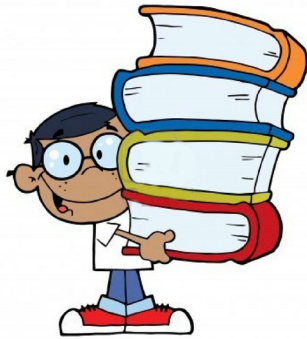
Narcotics Anonymous

Every Tuesday, 7:30 pm
Mi'kmaq Women's Resource Centre,
440 George St. Sydney

Mi'kmaq Crisis Line

1-855-379-2099
Available to Mi'kmaq communities,
24 hours a day, in our own language.

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.



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

Women's AA Flight Group

There will be a Women's AA In Flight Group.

Date: Every Tuesday evening

Time: 7:00 p.m. - 8:00 p.m.

Location: Wallace Bernard Memorial Senior Centre



Membertou Events



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.

Women's Group - Solid Waste Management

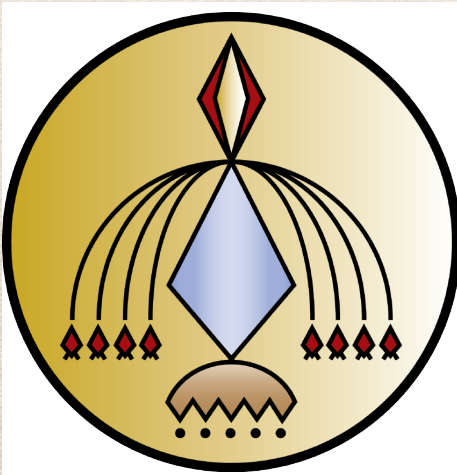
The Membertou Women's Group will be having a Solid Waste Management Presentation with Adrian Paul, who will be discussing the importance of Membertou's Solid Waste Management practices and strategies.

Date: Thursday, March 14th 2019

Time: 6:00 p.m.

Location: 201 Churchill Drive, Unit 204

For more information, please contact Karina Matthews-Denny via email at: karina.matthews-denny@sen.parl.gc.ca



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.

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

March 2019 – Important Dates to Remember

• **March Break** – Monday, March 18th 2019 until Friday, March 22nd 2019

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.

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

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 Kinamato'kuom (Membertou School). To book an appointment, please call MaryI Joe at (902) 564-6466 (ext. 2880).

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

St. Ann's Church & Religion News

St. Ann's Church

Mass

Saturday, March 9th 2019 – 6:00 p.m.

Lector: Darlene Anganis

Eucharistic Minister: Deacon Francis Pham

Altar Server: Dean Christmas

Mass

Saturday, March 16th 2019 – 6:00 p.m.

Lector: Natalie McEwan

Eucharistic Minister: Edith Christmas

Altar Server: Dean Christmas

Mass

Saturday, March 23rd 2019 – 6:00 p.m.

Lector: Margaret Paul

Eucharistic Minister: Lance Paul

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 10th 2019 from 7:00 p.m. until 8:00 p.m. at the old senior building.

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.

Membertou Governance



Membertou Land Code Community Engagement Sessions

Monday, March 11th 2019

Location: Membertou Trade & Convention Centre

Directors Meeting 1:30 p.m. – 2:30 p.m.

Tuesday, March 12th 2019

Location Wallace Bernard Memorial Senior Centre

Youth Session 3:30 p.m. – 5:00 p.m.

Community Engagement 6:00 p.m. – 8:00 p.m.

Wednesday March 13th 2019

Location: Wallace Bernard Memorial Senior Centre

Governance Committee 10:00 a.m. – 12:00 p.m.

Women's Session – 1:00 p.m. – 3:00 p.m.

Men's Engagement – 3:00 p.m. – 5:00 p.m.

Family Engagement – 6:00 p.m. – 8:00 p.m. | Kiju's Corner Office

Thursday, March 14th 2019

Location: Wallace Bernard Memorial Senior Centre

Membertou Key Staff 10:00 a.m. – 12:00 p.m.

Senior Club 55 – 12:00 p.m. – 1:00 p.m.

Drop in Session – 1:00 p.m. – 4:00 p.m. | Tim Horton's (Churchill Drive)

Family Engagement – 6:00 p.m. – 8:00 p.m. | Kiju's Corner Office

The purpose of the engagement sessions is to provide our community members information in regard to Membertou's Land Code. All community members are welcome to attend. Door prizes and refreshments will be provided!

Upcoming Events

March 28th 2019 10:00 a.m. – 1:00 p.m.
Governance Committee
Wallace Bernard Memorial Senior Centre

April 25th 2019 10:00 A.M. – 1:00 P.M.
Governance Committee
Wallace Bernard Memorial Senior Centre

Membertou Spring Gathering
/Maupeltu Wikipaltink
April 27th, 2019
Location TBD

May 30th 2019 10:00 A.M. – 1:00 P.M.
Governance Committee
Wallace Bernard Memorial Senior Centre

The Membertou Land Code is available for review on the Governance website link below.

Please note all dates are subject to change.
For more information about Membertou Governance, please check our website at:
<https://www.membertou-governance.com/>
or contact Cheryl Knockwood at:
(902) 564-6466 ext. 2520

"kisitutesnu piley kelu'lk nsitu'ita'suaqn ta'n
knijannaq ksita'ttaqq"

To register for workshops or if you have any questions, please email Cheryl Knockwood at cherylknockwood@membertou.ca or call her at 564-6466 ext. 2520

Memberton Waste Management Guide



MEMBERTOU SOLID WASTE SEPARATION GUIDE

DO NOT PLACE NEEDLES-SYRINGES-LANCETS-ANYTHING SHARP IN CURBSIDE GARBAGE



BLUE BAG #1

Containers & Plastics

Beer/Wine Bottles
Juice Cartons
Pop & Water Bottles
Aluminum/Tin/Cans
Milk (All Containers)

All Plastic Containers & Plastic Packaging

Cookie & Sweet Trays
Plastic Bottles & Jars
Shampoo Bottles
Cleaning Bottles
Plastic Laundry Jugs
Yogurt Containers
All Empty Plastic Bags

NOTE :
All Plastic Containers Must be Empty & Clean and Contain no Food:

All Underlined can be returned for Refund:

BLUE BAG #2

Paper Products

Newsprint
Paper egg cartons
Paper (shredded)
Boxboard (Cereal & Tissue Boxes)
CLEAN: Pizza Boxes (NO FOOD)
All Envelopes: (Including Plastic Windows)
File Folders
Flyers, Magazines & Catalogues
Glossy Flyers & Paper
Soft Covered Books
Hard Covered Books (Covers removed)
Paper Towel & Toilet Paper Cores
Corrugated Cardboard (Flatted & Tied together)
Paper Carry out Trays
Paper Bags
** Soiled Pizza Boxes get placed in Green Bin
** Hard covers removed from books get placed in Garbage

GREEN BIN

(FOOD WASTE)

All Food Waste & Table Scraps

Meat, Shellfish, Poultry, Eggs, Fish, Bones & Table Scraps
Nuts & Nut Shells
Mayo, Salad Dressing, Jams, Sauces and Peanut Butter
ALL Dairy Products
Vegetable & Fruit *
Bread & Baked Goods *
Grains, Pasta & Rice *
Lards & Fats *
Coffee Grinds, *
Filters
Tea Leaves & *
Tea Bags

Soiled or Wet Paper from Food Residue and Beverages Including...

Paper Towels & Napkins & Plates *
Baking Soda/Powder Boxes
Sugar & Flour Bags

Anything with * can be placed in Backyard Composter

GARBAGE

Clear Bags

ALL Styrofoam Products:
Disposal Coffee Cups & Lids :
Hot & Cold Drink Cups :
Chip Bags / Wrappers:
Cookie Bags :
Used Saran Wrap :
Disposal Diapers :
Feminine Hygiene Products :
Toothpaste Tubes :
Tooth, Hair & Lint Brushes:
ALL Gift-Wrapping Paper, Ribbon & Bows :
Broken Jewelry & Photos :
Crayons, Markers, Pens & Pencils :
Broken Glass Must be placed in a Secure Box and Labeled

EMPTY OIL & PAINT CONTAINERS with COVERS REMOVED

KITTY LITTER :

SMALL HOUSEHOLD APPLIANCES:

MEMBERTOU WASTE MANAGEMENT CALL (902)564-6466 EXT. 2556 CELL (902)578-7865

Community Partners



MARCH BREAK DREAMCATCHER WORKSHOP

Tuesday, March 12th
1:00PM - 3:00pm

\$15
(Per Person)



Workshop takes place at
the Membertou Trade
& Convention Centre

TO REGISTER
destination-membertou.com
or call 902-564 6466 ext.5022

DestinationMembertou
WELCOMING THE WORLD

MEMBERTOU
COUNTRY CLASSICS
- SERIES -

A TRIBUTE TO THE LADIES OF COUNTRY
**FAITH HILL, SHANIA TWAIN
& MARTINA McBRIDE**

FRIDAY, MARCH 22ND 2019

DOORS 6:00PM | SHOWTIME 7:00PM
General Reserved Cabaret - \$35.00 | General Tables of 8 - \$240.00
+ Tax & Service Fees

NEW★
COUNTRY
103.5

LITTLE HOUSE OF FAITH PRODUCTIONS

Membertou
Trade &
Convention
Centre

**BOOK
ONLINE
NOW!**

LANE
RESERVATIONS
NOW
AVAILABLE
ONLINE!
BOOK HERE

LANESMEMBERTOU.COM

NEED FINANCING?

**NO INTEREST, NO PAYMENTS,
FOR UP TO 6 MONTHS**
OR EQUAL MONTHLY PAYMENTS AT 0%.

CONDITIONS APPLY. PARTICIPATING LOCATIONS ONLY ON
APPROVED CREDIT. SEE IN STORE FOR DETAILS.

Financing provided by:
pay360

OK TIRE

15 ROSE COURT, SYDNEY RIVER | 902.563.8080