

AKNUTMAQN



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Halloween Safety Tips



Halloween is 13 days away! Are you prepared for Trick-or-Treating? Membertou wants to make our community a safe place for our trick-or-treaters!

Here are a few precautions for Trick-or-Treating:

- Trick-or-Treaters are recommended to dress in brightly colored costumes and use reflective tape so drivers can see you. Don't forget to carry a flashlight!
- Instead of constantly crossing the streets, start from one end and make your way down – then cross the street.
- Please don't go trick-or-treating by yourself! Travel in groups. Younger children must go with a parents/guardian.

- Have your parents and/or guardians check your treats before eating them!

Peter Stevens, Safety Officer is also seeking Crossing Guards to escort children and pedestrians at the designated crossing locations within Membertou. Spots are limited.

To apply, please contact Peter Stevens, Safety Officer at: 902-565-0347 or via email at: peterstevens@membertou.ca

Have a safe and Happy Halloween!

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Upcoming Deadlines

All newsletter submissions must be sent to: communications@membertou.ca one week prior to newsletter release date. **The next submission deadline is Friday, October 25th 2019 at 4:00 PM.**



Membertou News

Band Office Hours

Hours of Operation:

Monday – Friday
9:00 AM - 4:30 PM

This includes an hour lunch break.
(12:00 - 1:00 PM)

Green Bin & Garbage Collection

Upcoming Pick-up Dates:

- Tuesday, October 22nd 2019 (12:00 p.m.)
- Tuesday, October 29th 2019 (12:00 p.m.)
- Tuesday, November 5th 2019 (12:00 p.m.)
- Tuesday, November 12th 2019 (12:00 p.m.)
- Tuesday, November 19th 2019 (12:00 p.m.)
- Tuesday, November 26th 2019 (12:00 p.m.)

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

Chief and Council 2019

There is no scheduled meeting for Tuesday, Oct. 22nd 2019.

- **Government** - Oct. 29th 2019
- **Commercial** - Nov. 5th 2019
- **Government** - Nov. 12th 2019

There is no scheduled meeting for Tuesday, Nov. 19th 2019.

- **Government** - Nov. 26th 2019

To submit a letter for an upcoming council meeting, all material must 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, October 19th 2019
- Saturday, November 2nd 2019
- Saturday, November 16th 2019
- Saturday, November 30th 2019

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.



Community

Annual Donation Applications

Annual Donation is scheduled for Wednesday, November 20th. The deadline for applications is Friday, November 1st 2019. Please note: For direct deposit, you will need to provide new banking information.

If you applied for split donation this past Easter, new applications are not necessary. If your mailing address has changed, please contact the Membertou Band Office to update your records.

If you have any questions, please contact Candice Paul at: 902-564-6466 ext. 2220. Applications can be downloaded at: <http://www.membertou.ca/community-notice-and-applications/>

Seeking Crossing Guards for Halloween

When: Thursday, October 31st 2019

Time: 4:45 PM until 8:30/9:00 PM

Crossing guards for Halloween will escort children and pedestrians at the designated crossing locations within Membertou during Halloween.

Wage: \$85 per crossing guard

Must be a minimum of 18 years old

Spots are limited – put your name forward, now! There will be training for successful candidates on Halloween day, beginning at 12:00 PM at the Membertou OH&S Office (42 Maillard Street.)

To apply, please contact Peter Stevens, Safety Officer at: 902-565-0347 or via email at: peterstevens@membertou.ca

Mi'kmaq Words for October

- Wikewiku's (wiku wegose) – The time of the year when animals have to fatten up for the winter
 - Toqaq (doqwa) – Fall
 - Mijisultimk (mijasuldimk) – Feast
 - Ankuo'mkewey (ungooungoay) – Treaty
 - Netukulimk (nedagoolimk) – Hunting
 - Ti'am (deom) – Moose
-

GED & Tutoring Services

- **Monday** – GED Prep/Tutoring (Math tutor available)
- **Tuesday** – GED Prep/Tutoring in Social Studies and English
- **Thursday** – GED/Prep Tutoring (Math tutor available)

Classes are held at the Membertou Daycare, starting at 5:30 PM.

For more information, please contact Vicki Christmas at: 902-304-8246.

Maupeltuewey Kina'matno'kuom



School Hours

8:20 - 8:35 AM – Breakfast

8:35 AM – First Bell

8:45 AM – Morning classes begin

Morning Recess

10:30 – 10:45 AM: (Gr. P, 1 & 2)

10:45 – 11:00 AM: (Gr. 3, 4 & 5)

Lunch

11:25 – 12:00 PM: (Gr. P, 1 & 2)

12:00 – 12:35 PM: (Gr. 3, 4 & 5)

12:35 – 1:00 PM (Gr. 6, 7 & 8)

Dismissal

2:00 PM – (Gr. P, 1 & 2)

2:45 PM – (Gr. 3 – 8)

After School Program

Monday – Friday

2:15 PM – 4:30 PM

October/November 2019 - Important Dates to Remember

• **Book Fair** | Thursday, Oct. 17th & Friday, Oct. 18th 2019 | 9:30 - 3:30 PM

• **Professional Development Day** (No students present)

*STAFF ONLY | Friday, Oct. 25th 2019

• **MK Staff Development Day** (No students present)

*STAFF ONLY | Friday, Nov. 1st 2019

What's For Lunch? (October 2nd - October 31st 2019)

• **Monday** – Sausage, pancakes, home fries and a drink

• **Tuesday** – Sliders, fries and a drink

• **Wednesday** – Meatloaf, mash potatoes, vegetables and a drink

• **Thursday** – Ham, turkey, roast beef subs, baked chips and a drink

• **Friday** – English muffin pizza, orange slices and a drink

Please keep in mind that we are a peanut free school. It is important that we are to remind all staff, students, parents/guardians and visitors to refrain from bringing any peanut products into the school. Thank you for your cooperation.

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



Diabetes Information Session

****For Membertou Band/Community Members | Diabetics Only****

Date: Thursday, October 24th 2019

Time: 1:15 PM

Location: Wallace Bernard Memorial Senior Centre

Prenatal Information Session

For Membertou Band/Community Members

Date: Monday, October 28th 2019

Time: 1:15 PM

Location: Wallace Bernard Memorial Senior Centre

****PLEASE NOTE:** *There will be bingo, refreshments and door prizes available at both information sessions. The workshops are now "scent free." Please refrain from wearing scented products.*

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 or at the old mailbox site located on Big Noel Ekel;
- You can throw the container with the used needle directly into the disposal unit;
- Educate your children 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 all clinical appointments. She can be reached at 902-564-6466 ext. 2440. Voicemail messages will also be checked.

Evening Hours

Dr. Power will be continuing his evening hours on Monday's beginning at 11:00 a.m. until 7:00 p.m. and Wednesdays from 9:00 a.m. until 6:00 p.m. Please note that due to appointment bookings that walk-ins are not always a guarantee. If you make an appointment and are unable to keep it please call to cancel or reschedule.

Vaccinations

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).

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 (Maupeltuway Kināmatno'kuom (Membertou School). To book an appointment, please call Floyd at: (902) 564-6466 ext. 2970.

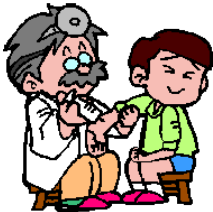
Blood Collection

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.

Membertou Wellness Home



Flu Shot Clinics

Dates:

Friday, October 25th 2019
1:00 – 4:00 p.m.

(Evening Clinic)
Wednesday, October 30th 2019
1:00 – 6:00 p.m.

(Evening Clinic)
Thursday, November 7th 2019
1:00 – 6:00 p.m.

Thursday, November 14th 2019
1:00 – 4:00 p.m.

Thursday, November 21st 2019
1:00 – 4:00 p.m.

Where: The Membertou Wellness Home

For: Band Members and Membertou Residents

If you have any questions, please call Tanya at:
902-564-6466 ext. 2750

*Get Your Flu Shot...Not the Flu!
Protect Yourself and Your Family!*



St. Ann's Church & Religion News

Mass - St. Ann's Church

Date: Saturday October 19th 2019 | 6:00 PM

Lector: Darlene Anganis

Eucharistic Minister: Deacon Lorne McNeil

Altar server: Dean Christmas

Mass - St. Ann's Church

Date: Saturday October 26th 2019 | 6:00 PM

Lector: Natalie McEwan

Eucharistic Minister: Deacon Lorne McNeil

Altar Server: Dean Christmas



Religion Education

- Classes for Grade 2 Holy Communion and Grade 4 Reconciliation are held every Tuesday evening from 6:30 PM until 7:30 PM at the old seniors building.
- Classes for Grade 9 Confirmation will begin on Sunday, October 20th from 7:00 PM until 8:00 PM. If there is a student who didn't make their sacrament and wishes to do so, you're more than welcome to join.

Baptismal Course

- A baptismal course will be offered in Membertou on Sunday, October 27th 2019 at 7:00 PM. The course will take place at the old seniors building.

To pre-register, please contact Edith Christmas.

Remembrance Day

- Remembrance Day is quickly approaching. If you are interested in laying a wreath in memory of a loved one, please contact Edith Christmas with your information.

If you have any questions or concerns, please contact Edith Christmas at: 902 564-6466 ext. 2350.

What's Happening in Membertou?

Have YOU ever wondered about:



- Cancer Health Data in Mi'kmaq communities?

- How Cancer works in the body?



- Risk factors associated with Cancer?

- The importance of Cancer screening?



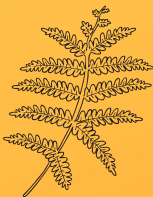
IF YES, PLEASE JOIN THE DISCUSSION:

CANCER 101



Membertou Seniors Centre
Monday, October 21st, 2019
5:00 pm - 7:30 pm

FREE FOOD
DOOR PRIZES



*"Cancer affects us all,
let's support one another"*

Presented by:

Mi'kmaq Nation Cancer Care Strategy



What's Happening in Membertou?

Trick-or-Trunk

Membertou employees are asked to participate in
"Trick-or-Trunk."

What is Trick-or-Trunk? It involves our community, coming together in a parking lot so children can trick-or-treat out of decorated trunks of a vehicle for a safer environment.

Date: Tuesday, Oct. 29th 2019

Time: 10:00 AM

Location: Membertou Daycare

There is a total of 60 trick-or-treaters this year. The event will take place inside of the Membertou Daycare gymnasium, weather permitting.



Thank you,
Membertou Daycare Staff



What's Happening in Membertou?

Seniors Fall Fair

Saturday, November 23rd 2019

Starting at 9:00 am to be held at the
Wallace Bernard Senior Center

Pancake Breakfast 9:00 am -11:30am

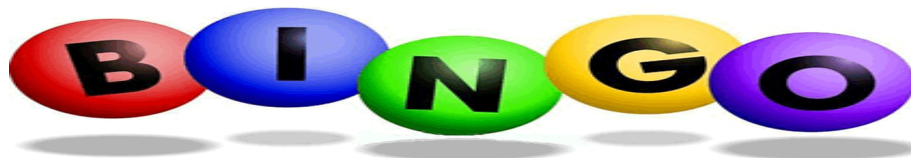
BAKE SALE



Lollipop Game

Straw Game

Flea Market Table



Looking for volunteers and donations, for this worthy cause
All Workers are asked to please be at the senior's room by
8:30am.

Thank You

Calling on all Aspiring Animators!



Great news! We know that so many of you are into animation and storytelling, so we're now forming a club dedicated to it – the **ANIMATION CLUB!**

Together we will create a 7 minute stop motion film and we need YOU to take on these roles:

ANIMATORS

CAMERA
OPERATORS



Model makers

Voice actors!

The Animation Club is offered to Students in Grades 7 to 12

Sign up! Email DigitalMikmaq@gmail.com or Tyler@orendasolutions.com
Animation club starts on October 19th and will run weekly from 10 AM to 2 PM!

We have enthusiasm. We have the story. We have the equipment.
Now we just need YOU – our talent!

Community Partners

MEMBERTOU CLASSIC ROCK SERIES

A TRIBUTE TO THE HISTORY OF THE **EAGLES**

**BACK BY
POPULAR
DEMAND!**

THURSDAY, OCTOBER 24TH

DOORS 6:00PM | SHOWTIME 7:00PM

General Reserved Cabaret - \$35.00 | General Tables of 8 - \$240.00
+ Tax & Service Fees

PURCHASE TICKETS

ONLINE: www.membertoutcc.com | **BY PHONE:** 902-539-2300

IN PERSON: Visit the Box Office Monday - Friday 9AM - 5PM
50 Maillard Street, Membertou, NS



MEMBERTOU
COUNTRY CLASSICS
- SERIES -
PRESENTS

COUNTRY WRAP UP

THE BEST FROM OUR 2019 SERIES

NOVEMBER 22ND 2019

PURCHASE TICKETS

www.membertoutcc.com | 902-539-2300

Visit the Box Office Mon - Fri 9AM - 5PM, 50 Maillard Street, Membertou, NS



NEW
COUNTRY
103.5



Membertou
Trade &
Convention
Centre