

AKNUTMAQN

Turn Canada Day Orange

Our communities are dealing with many difficult emotions. The information we've known for a long time regarding residential schools in Canada has come to the forefront recently, and the heartbreaking realities of what was faced, is weighing heavy.

The government of Canada's role in designing and orchestrating the residential schools has now spurred a movement to wear orange on Canada Day in support of Indigenous communities across the country. The movement will see many people in Canada trading in their usual red and white colours on July 1st, to wear orange.

Representing the Every Child Matters initiative, wearing orange on Canada Day stands for justice, and honour.

Please see attached to the back of this page, an orange heart of remembrance for the taken children of residential schools. This heart can be detached, and placed in your window or on your fridge. Thank you to Claire Meuse for her suggestion of each home in Membertou having an orange heart of remembrance and honour.

If you'd like to participate in the movement this Canada Day, wear orange and hang your orange hearts for all to see.



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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 2nd 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).

Closure

Membertou Band Office and associated facilities will be closed on Thursday, July 1st and will reopen Friday, July 2nd at 9AM.

Check Runs

Starting Friday, June 25th 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.



Memberton
WELCOMING THE WORLD



Membertou News

Green Bin & Garbage Collection

Collection is every Tuesday at 12:00 PM.

- Tuesday, June 29th 2021
- Tuesday, July 6th 2021
- Tuesday, July 13th 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, June 26th 2021
- Saturday, July 10th 2021
- Saturday, July 17th 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.

Congratulations Graduates of 2021

Chief Terry, Membertou Council, and the whole community congratulate the graduating class of 2021! Your hard work has paid off, and we're so proud of all our Membertou graduates.

We wish you continued success, health, and happiness in your future.



Membertou Businesses Open: Phase 2

Effective Wednesday, June 16th, many of Membertou's businesses reopened, following Nova Scotia's Phase 2 protocols.

The following businesses are now open:

Membertou Sport and Wellness Centre

Hours of operation: Monday-Friday, 6AM-8PM and Saturday-Sunday, 8AM-5PM.

The protocols in the facility for phase 2 are as follows:

- Max capacity on the ice is 10 (coaches are included in the 10). Example would be 8 skaters, 1 goalie and 1 coach
- No showers at this time
- No games allowed, only skill development practices are permitted
- Masks must be worn at all times, except on the ice
- No public skating
- Walking track remains closed
- No food or beverage permitted

Membertou Trade and Convention Centre

Operations have resumed with the following limitations in place for meetings:

- Maximum number of persons in a meeting will be 10 people (with social distancing)

During this phase, weddings and social events are still not permitted and will be reassessed for phase 3, 4, and 5.

Lanes at Membertou

The Eleventh Frame restaurant and lounge, as well as, the multi-sport simulators are now open. The bowling lanes will be reopening later this month.

Hours of operation:

Monday-Thursday, 12PM-8PM

Friday-Saturday, 9AM-10PM

Sunday, 9AM-8PM

Breakfast available Friday-Sunday, 9AM-1PM

Membertou Heritage Park & Petroglyphs Gift Shop

Hours of operation:

Monday-Friday, 9AM-4:30PM

Protocols:

- Petroglyphs: 50% capacity
- Museum: 25% capacity (7 people at a time)
- Up to 10 people meeting in Elders room



Membertou Businesses Open: Phase 2

Membertou Gaming Commission

Hours of operation:

For all sites 10AM-11:45PM

- 50% VLT capacity
-

Tobacco Shop

Hours of operation:

Tuesday, Wednesday, and Friday, 12PM-5PM

Membertou Band Office & Associated Facilities

Offices now reopened. Operating on summer hours: Monday-Thursday, 9AM- 5PM & Friday 9AM – 1:30PM (no lunch break)

Membertou Entertainment Centre

Online bingo Thursdays & Sundays at 7PM

Membertou Market/Chicken & Deli

Membertou Market Hours: 7AM – 10PM

Membertou Chicken & Deli Hours: 11AM – 7PM

- Chicken & Deli open for pick-up at drive-thru window and CB Eats delivery (no walk-in service)
-

Kiju's Restaurant, Kiju's Corner Lounge and outdoor patio

Hours of operation:

- Kiju's Restaurant & Patio: Monday-Sunday, 11am-9pm
- Kiju's Corner Lounge: Monday-Sunday, 11am-10pm

The protocols in the restaurant for phase 2 are as follows:

- Reduced capacities and physical distancing
- Maximum number of persons permitted per table is 10 (without social distancing)
- Masks will be required at all times, except for eating or drinking
- Entertainment has resumed on Saturdays in the Corner Lounge from 6:30PM-9:30PM

Kiju's will also be available for take-out/delivery through CB Eats at cbeats.ca

Membertou Vaccine Clinics

VACCINE UPDATE

All Membertou Community members 12+ will receive their 2nd COVID Vaccine by July 8th, 2021!

2nd dose vaccination clinics are scheduled for June 28th-June 30th,2021 and July 6-8th,2021.

Appointments will be emailed next week, please check your email. Please note that if you do not have email you will receive a call from the Wellness Home. Please DO NOT call to book an appointment.

Vaccination clinics will take place at **Membertou Trade and Convention Centre** in the Jenu Room (*downstairs*).

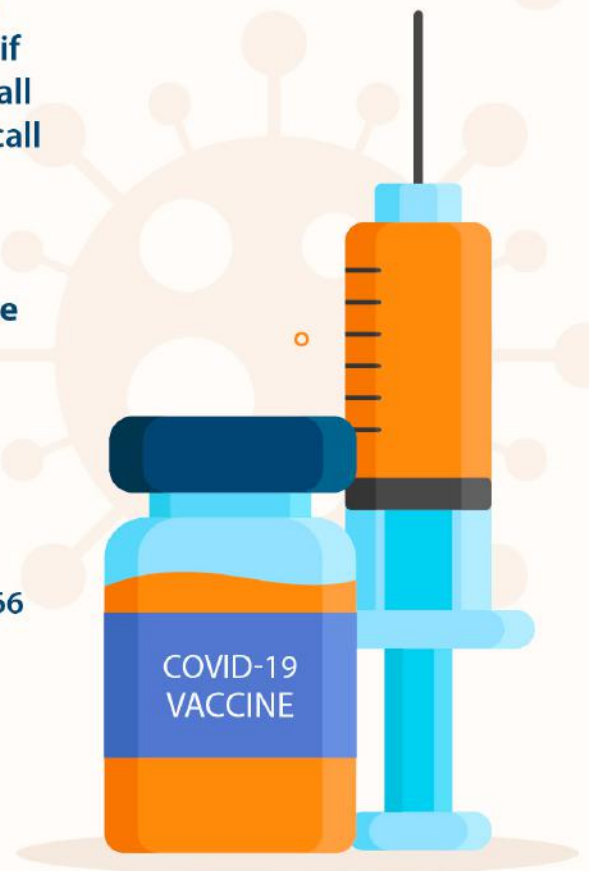
This 2nd dose clinic is only for those who received their 1st dose in Membertou.

If you have questions, Please call 902-564-6466

Angela Paul ext. 2800

Tanya Poulette ext. 2750

Madelaine O'Reilly ext. 2840



WE PROVIDE THE SPACE, TOOLS
AND SOME OF THE KNOW-HOW SO YOU CAN FIX YOUR BIKE YOURSELF.



POP-UP BIKE HUB

A COMMUNITY DO-IT-YOURSELF BIKE REPAIR SPACE

MAUPELTUEWEY KINA'MATNO'KUOM
ELEMENTARY SCHOOL

JULY 9, 2021: 2-6 PM
JULY 10, 2021: 11-3 PM

COME AND GET A 20-MINUTE SESSION TO GET YOUR BIKE TUNED UP AND LEARN
SOME TIPS AND TRICKS FOR SAFE RIDING.

TO LEARN MORE, VISIT: WWW.ECOLOGYACTION.CA/POPUPBIKEHUB





Car Lottery

Want a chance to win a 2021 Hyundai Santa Fe AWD?

Enter Cove Guest Home Foundation's Car Lottery! By purchasing a ticket, you are helping the Cove Guest Home to buy a new bus for residents, among other essential items.

You will have a chance to win a 2021 Hyundai Santa Fe AWD from Cape Breton Hyundai (value of \$40,000.00). There's also a chance to win a 'Weekend Cape-Breton Stay-cation' package at the Inverary Resort in Baddeck, NS.

Tickets are \$50 each or 3 for \$125. For more information and to purchase tickets, please call 902-565-3747. Draw date is August. 4, 2021 (or sooner if tickets sell out).

Good luck!

Cove
GUEST HOME
FOUNDATION

WIN A 2021 SANTA FE
DRAW DATE: AUGUST 4TH, 2021
\$50 PER TICKET OR 3 FOR \$125

**2ND PRIZE
CAPE BRETON
STAY-CATION
AT INVERARY
RESORT**

**ONLY 2021
TICKETS
AVAILABLE!**

902-270-6767 • www.coveguesthome.com

CAPE BRETON HYUNDAI INVERARY RESORT Cape Breton Post NEW COUNTRY 103.5



Membertou Wellness Home

Important Notice Regarding the Membertou Wellness Home

Membertou Wellness Home is currently closed due COVID-19, but staff are working from home and all appointments are now done by telephone.

Patients requiring refills of medication need to book an office appointment or phone appointment with Dr. Power.

Mental health & addictions appointments will go forward. Please contact the Wellness Home to discuss services and options for telephone appointments.

Call 902-564-6466 if you have any questions or require a telephone appointment.

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.



St. Ann's Church Update

Religion / St. Ann's Church Update

St. Ann's Mission Church will remain closed for the summer months. We will resume mass in the Fall. On behalf of Fr. Bill Burke, Deacon Lorne MacNeil and myself, Edith Christmas. We wish you all a wonderful summer.

Please stay safe.

Outdoor Mass

We are working on having an outdoor Mass in July to celebrate Good St. Anne. More information coming soon. Stay tuned.

Thank You,
Edith Christmas

A Message from T.W. Curry Parkview Chapel

My name is Tanya Morellato and I have been working with families for many years as a licensed Family Services Advisor at T. W. Curry Parkview Chapel. I have some good news for the First Nations Families of our community.

At T. W. Curry Parkview Chapel, we have always had a special relationship and respect for First Nations Communities. Because of our long-standing relationship, we have always used fixed pricing when providing end of life services for your families. Due to this fixed pricing, we were not able to provide Pre-Arranged Funeral Arrangements until NOW. I am proud to announce First Nations Communities in Cape Breton are now able to secure the unique plans we have offered First Nation families for years, into pre-arranged funeral arrangements with T.W Curry Parkview Chapel.


The World, and our communities have become very different in the last year. The changes COVID-19 has forced upon us have been challenging, and even more so for those who have had to endure the loss of a loved one during the pandemic. It has become increasingly harder for families to pay for funeral expenses when a loved one has passed.

I would like to have the opportunity to explain how easy it is to prepare ahead of time for what will be one of the hardest days for your family. You can call to make an appointment at 902-304-9890 or contact Edith Christmas for information.

Looking forward to helping you protect your family.
Tanya Morellato



Memberton Features



Congratulations to the 2021 High School Graduates of Unama'ki

CELEBRATE OUR ISLAND'S GRADUATES
BY SIGNING THE COMMUNITY GRAD CARD:

CBU.ca/cbgrads





Membertou Features

Membertou

PHARMASAVE®

Did you know sun damage to the body is caused by UV radiation by the sun?
This exposure increases your risk of skin cancer.

You can reduce your risk by:

- Limit your time in the sun especially between 10am and 2pm.
- Cover exposed skin and wear sunglasses and a hat.
- Use SPF of 15 or higher.

Our pharmacists can help you with selection of a sunscreen products to be sun ready! Drop by and see us today!



FOLLOW US ON FACEBOOK!
@PharmasaveCapeBreton

Live Well with Pharmasave

www.pharmasavecapebreton.ca | 902-539-7555



L A N E S
AT MEMBERTOU

TACO TUESDAY

EVERY TUESDAY 12PM - 8PM

\$12.99

