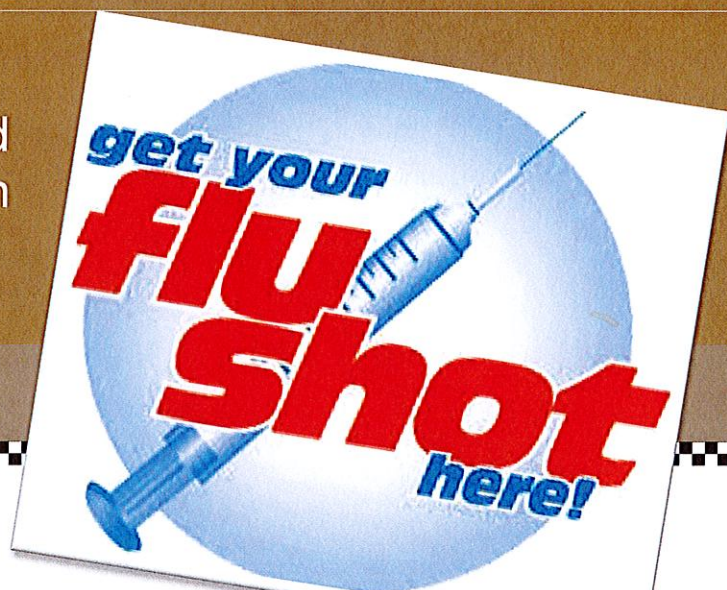


Community Newsletter

Flu Season is upon us! Flu shots are available at the Gold River Health Centre, Yarmouth Health Centre and in Wildcat!

November 2014



Important Dates:

November 2nd	Don't forget to turn your clocks back an hour.
November 6th	Deadline for Profit Sharing Applications.
November 11th	All Acadia First Nation Offices will be closed for Veteran's Day.
November 12 th & 25th	Next scheduled Chief and Council meetings.

Why, When and Where do I get a Flu Shot?

Vaccination is the safest, longest-lasting and most effective way to prevent influenza.

Each year there is a new vaccine to protect against the expected influenza virus strains of the coming influenza season. Even if the strains have not changed, getting the influenza vaccine every year is necessary to maximize protection as its duration may not span to influenza seasons.

Influenza vaccine is safe and well tolerated.

October 30th at 9:00 am – Gold River Health Centre (Chrissy 627-1245)

November 3rd from 1:00 – 3:00 pm – Yarmouth Health Centre (Marla 742-4337)

November 4th – Wildcat (Val 682-2421)

Please contact one of these offices to book your appointment or contact your local health care provider and find a location near you.

Firearm Certificate Course

There will be a FAC Course taking place in November (date to be determined) at the new Wildcat Community Centre. This Course is open to those who are 12 years of age and older. If you are interested in taking the course please notify the Medway (902-685-2956) or Wildcat (902-682-2421) office as soon as possible.



Community Christmas Dinners

'Tis the Season to be Jolly! Falalalala lalalala

QUEENS COUNTY

When: November 30th
beginning at 4:00 pm

Location: Best Western
Liverpool Hotel and
Conference Centre

Please RSVP and register your children before November 12, 2014 by calling the Medway Office at (902) 685-2956. This event is being catered no exceptions will be made to the attendance list.

SHELBURNE AREA

When: December 7th from
1:00 – 3:00 pm

Where: Shelburne Lions Halls

Please submit names of your children by December 1, 2014 by emailing Darlene Coulton at darl8@hotmail.com or call (902) 740-2077.

There will be a turkey dinner, door prizes for adults and Santa will be there with gifts and treat bags for the children.

GOLD RIVER AREA

When: December 7th
beginning at 1:00 pm

Where: Chester Basin Legion

Please sign up by November 2, 2014 by calling Chrissy at the Gold River Health Centre at (902) 627-1245.

HALIFAX AREA

When: December 7th doors open at 3:30pm

Where: Royal Canadian Legion 50 Hillcrest Street (corner of Main Ave. and Hillcrest)

There will be gifts for band member's children 17 years and under (you must be present to receive a gift).

Please RSVP for the dinner before Friday, November 13th by calling the Hammonds Plains Band Office (please provide your child/ren name and age) at (902) 422-5918 or email acadiaband@ns.alianzinc.ca. Please note space may be limited so first to RSVP will guarantee their seats. Also if you RSVP and are unable to attend the dinner, PLEASE call and cancel so someone else can take your spot.



Community Christmas Dinners

'Tis the Season to be Jolly! Falalalala lalalala

WILDCAT COMMUNITY

When: December 13th

Location: Wildcat Community Centre

Come on out and enjoy a wonderful dinner and time with family and friends. For more information please contact Val at (902) 682-2421.

YARMOUTH AREA

When: December 14th from 12:00 – 2:30 pm

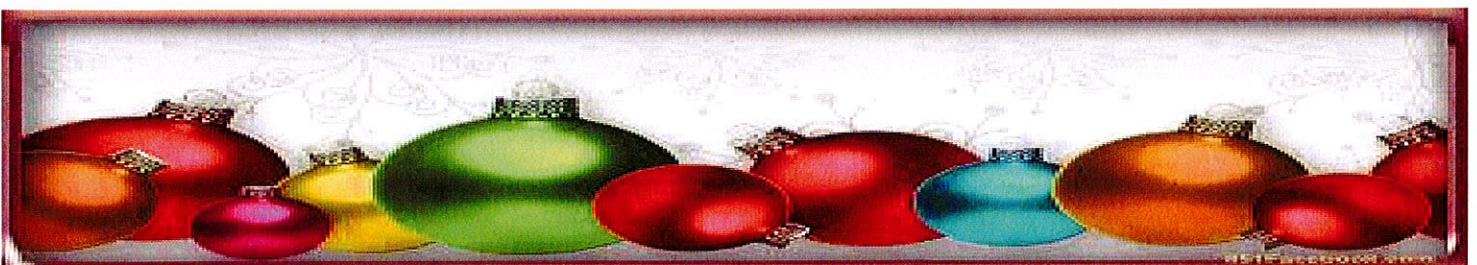
Where: AFN Entertainment Centre Bingo Hall

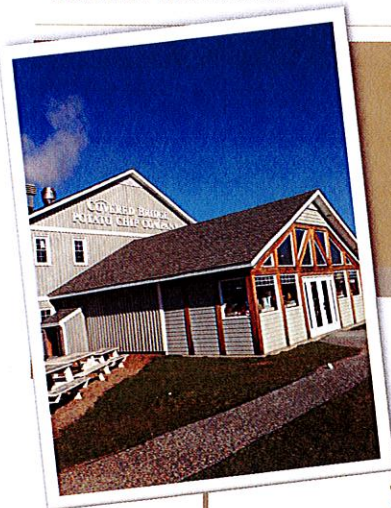
Community members and their families are invited to attend the Yarmouth Community Christmas Dinner.

Band Members: Please register your immediate children and/or dependents under the age of 18 with Amanda Muise at the Yarmouth Band Office (902-742-0257) to ensure they receive their Christmas Gift from Santa Claus.

This will be a Drug/Alcohol Free Event. Christmas Light Decorating Contest Winners will be announced.

Come on out and enjoy a Turkey Dinner with all the fixings and enjoy the company of your family and friends.

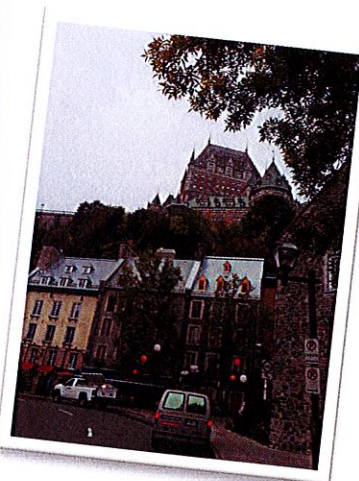




Lunenburg and Queens County Elders Trip to Quebec

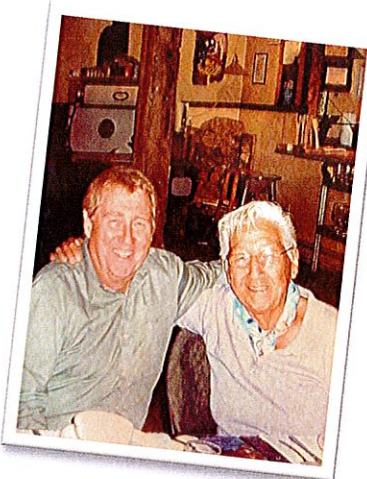
The Elders from Lunenburg and Queens County enjoyed a wonderful 6-day trip to Quebec last month. The leaves were changing color and the scenery was quite spectacular. The first stop was in Fredericton for the night and a lovely supper at the Swiss Chalet. The next day they made a stop at the Covered Bridge Potato Chip Factory and sampled some chips. We also went to see the longest covered bridge in the world in Hartland, New Brunswick.

They were fortunate enough to stay at the Hotel in Quebec that was within walking distance to the biggest mall in Eastern Canada and as the group loves to shop they were in and out of the hotel rooms in a flash and off to the mall.

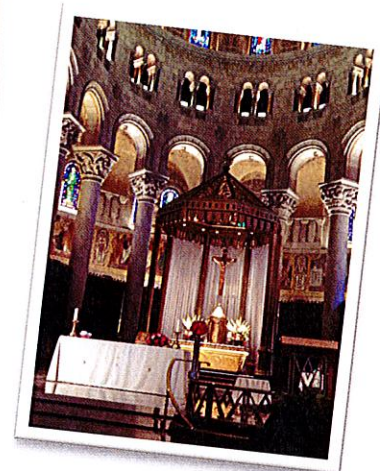


The next morning they headed into Old Quebec City and picked up a local tour guide on the way. She did an excellent job and the Old City was beautiful. That afternoon they headed to the Sugar Shack for some old time food and fun. They had quite the

performance from some of our own Elders in the group as they strutted their stuff to some good old time music. Rose Morris and Brian Purdy were crowned the two top dancers of the day. Rumor has it that it took Brian a week to recuperate because Rose played him out. They put the Riverdance Performers to shame.



Next they were off along the Beupre Coast to visit St. Anne Du Beupre Church and the Canyon St. Anne Falls.



That afternoon they were back in Old Quebec City to do a Harbour Cruise it was a gorgeous day to be on the harbour and some of them even got a bit sunburnt.

The entire trip was spectacular and the weather could not have been better. The tour guide and bus driver were excellent and the group had a wonderful time. As one person had pointed out that they ate our way across Quebec and on the last day she said, "we are only one buffet away from home".

The Benefits of Traditional Foods and Recipe

Traditional Foods are extremely healthy as they contain many of the necessary vitamins and minerals needed for a healthy diet. Traditional meats such as seal, caribou and bear contain much greater amounts of iron than market meats such as pork, wieners and chicken. For example, one serving of caribou provides a person with as much iron as six servings of lean pork, and as much zinc as three servings of lean pork. Good servings of vitamin A are caribou, seal liver, and fresh berries while shellfish and fish eggs are good sources of Vitamin C. Many traditional foods are high in the proteins that are needed to build skin, muscle and blood. Fish and marine mammals contain a special type of fat, not found in store bought food, identified as omega-3 fatty acids, that is thought to help prevent heart disease. Traditional food is not only healthier than store-bought food; it also cost less.

Benefits:

- Keeps people in tune with nature.
- Promotes sharing in the community.
- Is essential to community culture.
- Teaches children skill in survival, food preparation, and provides opportunities for learning patience and develops other personal qualities and skills.

- Brings respect from others and builds pride.
- Brings confidence after a successful harvest.
- Makes us strong and keeps us warm in winter.
- Represents our way of life.
- It is an important part of our spirituality.

Mi'kmaq Recipes

Moose (Tia'muey) Stew

- 1 tsp oil
- 1 ½ pounds moose meat
- 1 large onion, chopped
- 2 stalks of celery, chopped
- ½ cup turnip, chopped
- 3 small carrots, chopped
- 2 medium potatoes, chopped
- 3 cups of water
- 1 can tomato or cream of mushroom soup or 1 envelope soup mix
- 2 tbsp flour or cornstarch
- salt and pepper to taste

Cooking Directions:

Cut the meat into small chunks. Pour oil into a pot and place on the stove on a medium-high heat. Add the chunks of meat. Cook until brown, stirring occasionally. Add more oil at any time if necessary. Add onions to the pot and fry until golden brown.

Add celery, turnip, carrots, potatoes, water and soup or soup mix and stir well.

Cover the pot and turn up the heat until the stew begins to boil. Turn the heat down to low and let the stew simmer for one to two hours. Stir occasionally. Add more water at any time if necessary.

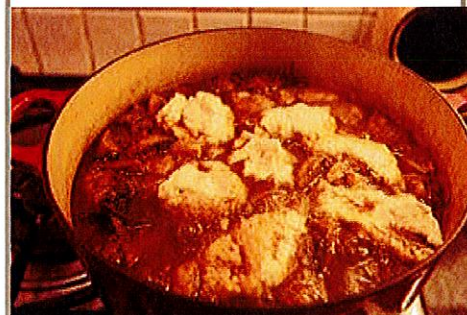
Mix the flour or cornstarch with cold water. Make sure there are no lumps. Add this mixture slowly to the stew and stir well until the stew is thick. Add salt and pepper to taste.

If desired, make dumplings and cook them on top of the stew.

Dumpling Recipe:

- 2 cups flour
- 4 tps baking powder
- ½ tsp salt
- 1 cut milk or water

Sift flour, baking powder and salt together. Add liquid and mix to make a batter that can be dropped from a spoon. Drop onto the boiling stew, make sure there is plenty of liquid. Cover the pot and cook for 10-15 minutes depending on the size of the dumplings.



Physical Activity

Do you want to add years to your life? Or life to your years?

Feeling your best boots for zeal for life!

The American Heart Association recommends 30-minutes of moderate activity, but three 10-minute periods of activity are as beneficial to your overall fitness as one 30-minute session. This is achievable! Physical activity may also help encourage you to spend some time outdoors. Sunlight on your skin helps your body produce vitamin D which brings many added health benefits.

Here are some reasons why physical activity is proven to improve both mental and physical health.

Physical activity boots mental wellness.

Regular physical activity can relieve tension, anxiety, depression and anger. You may not only notice a “feel good sensation” immediately following your physical activity, but most people also note an improvement in general well-being over time during the weeks and months as physical activity becomes a part of your routine.

Exercise increases the flow of oxygen, which directly affects the brain. Your mental acuity and memory can be improved with physical activity.

Physical activity improves physical wellness.

Stronger immunity – it enhances your immune system and decreases the risk of developing diseases such as cancer and heart disease.

Reduce risk factors – becoming more active can lower your blood pressure by as much as 4 to 9 mm Hg. That's the same reduction in blood pressure delivered by some antihypertensive medications. Physical activity can also boost your levels of good cholesterol.

Get moving and be healthy!

YARMOUTH – I am offering 10 one-month memberships to the YMCA. Call the Medway office (902-685-2956) if you want your name added to the list. What does a membership to the YMCA Yarmouth include? Membership includes full facility usage, including the pool, hot tub, fitness center, group fitness classes and use of the racquetball courts. Adult members also have use of the saunas. All members receive reduced fees on specialty classes and programs that are offered.

There are two youth from Yarmouth taking part in a 20-week canskate program. Funding from the Royal Bank of Canada (RBC) covered their registration.

Yarmouth Women's Biking Group: Check out their facebook page to connect with other riders in your area <https://www.facebook.com/groups/920947481253029/>.

GOLD RIVER – On October 24th there was a cultural day of archery, basket making and a traditional meal. The cultural event was funded by CMM.

Six youth are taking part in a 10-week canskate program in Chester. Funding from RBC covered the registration fee.

I am offering 10 people a one-month membership to Oak Island Inn. Call the Medway office to get your name on the list.

Physical Activity cont.

Liverpool – Free chair yoga at Studio Southwest Mondays at 1:30pm and Fridays at 11am. You do not need to preregister for this class, just drop in. The last class will be November 21, 2014.

The online community survey will soon be up and ready. Please take the time to fill it out when you receive the email or you can obtain a copy from our website under the Notice section. The surveys will be helpful in planning activities and events for your communities. Six \$50 Sobeys gift cards will be drawn for when the survey is completed.

Are you interested in becoming a Canfitpro certified personal trainer or fitness instructor? I'm quite sure we could find funding to pay for this training if we have enough interest. Please call the Medway office (902-685-2956) no later than November 10th. Copy and paste the link below to read more about the courses.

<http://canfitpro.com/personal-training-specialist>

If you have any other questions please contact Anita Howard by phone (902-685-2956) or by email afnpasc@gmail.com.

News for the Shelburne Area

Darlene Coulton will be in the Shelburne/Barrington/Yarmouth areas on the following dates:

November 3rd, 6th, 10th, 12th, 13th and 20th, – Shelburne Office from 10 am - 1pm

November 4th and 26th – Barrington 10am – 12 pm and then Shelburne 1 – 3:30 pm

November 5th – Yarmouth office

November 15th – Shelburne office 1-3pm (Children's Cultural Day)

November 24th and 27th – Shelburne office 11am – 2 pm

The Christmas Social will be held on December 7, 2014 from 1:00 – 3:00 pm at the Shelburne Lions Hall. This is a time to celebrate Christmas with your community. There will be a turkey dinner, door prizes for the adults, and Santa will be there with gifts and treat bags for all children. Please submit names of all children by December 1st. If you have access to a computer please email Darlene at darl8@hotmail.com or call 902-740-2077.

The children's cultural day will be held on Saturday December 15 from 1:00 – 3:00 pm in the community room at the Shelburne office.

Anyone interested in taking the FAC course please contact Darlene. If there is enough interest we will set up a date and time for the band members of the Barrington and Shelburne area.

Yarmouth Youth Centre

Hours of Operation:

Monday thru Friday 8am – 9pm

Saturdays 12pm – 8pm

Closed – November 11th for Remembrance Day

November 20th – In-Service day – NO HEADSTART - Doors open at 8am for all school-aged children in the afterschool program.

Acrobatics every Monday Night

Baby Acro – 6pm

Acro 1 – 6:30pm

Acro 2 – 7:30pm

Jyllian Cress from CMM (Confederacy of Mainland Mi'kmaq) will be at the Youth Centre on November 18th and 19th to do developmental screenings on the children. Anyone interested or for more information please contact the Youth Centre by calling 902-742-6928.

Yarmouth Area

Yarmouth Health Centre:

VON will be available on November 13th and 27th from 9am - 11

Dentist – Every Tuesday from 8:30am – 12pm

Flu Shot Clinic – November 3rd from 1 – 3pm please Call Marla at 902-742-4337 to book an appointment.

Kelly Breau, Concurrent Disorder Specialist will be available for appointments November 12th and 26th from 8am – 5pm. Kelly is the new Mental Health/Substance Abuse Therapist.

Christmas Dinner – December 14th from 12 -2:30pm at the AFN Entertainment Bingo Centre

Christmas Light Decorating Contest –December 13th, 2014, please have your lights on by 6:00 pm. This Contest is for the Yarmouth Reserve and Gardner's Mill.

This year there will be 5 prizes of \$200.00 each. **Merry Christmas and Good Luck!**

Categories:

"Christmas is for Kids" – Best decorated home which focuses on children and animation for children.

"WOW" – best decorated home which boasts the most "WOW FACTOR".

"Away in A Manger" – Best decorated home focusing on Traditional Christmas & the spirit of Christmas.

"Santa's Stuck in the Smoke Hole of our Tipi" – Best decorated home focusing on a Native Cultural Theme.

"HO! HO! HO! Lights all AGLOW!" – Best decorated home focusing on lights-color, color themes, color matches.

Gold River Area

Andrew Francis will be available at the Gold River Health Centre on November 3rd, 10th, and 26th at 9:00am.

The VON will be available on November 13th and 27th from 9:00am – 11:00am.

The Afterschool program just started back up and will run every Monday and Thursday from 2:15pm – 4:15pm.

The Gold River Christmas Dinner will be December 7th at the Chester Basin Legion at 1:00pm. Please RSVP by November 3rd and don't forget to give the names and ages of your children.

Debra Gloade will be available on November 3rd at 10am to renew cards or help members apply for the new Secure Certificate of Indian Status Cards.

Yarmouth Area Cont.

Yarmouth Elders Dinner

This year the Elders in the Yarmouth Area will be going to supper at MacKinnon-Cann Inn located at 27 Willow Street in Yarmouth.

When: Friday, December 12th at 6:00pm

Please RSVP by November 27th if you plan on attending by calling the Band Office at 902-742-0257.

Wildcat Community

The Wildcat Community will be having their Community Dinner on December 13th at the new Wildcat Community Hall. Please call Val for more information at 902-682-2421.

The VON will be available on November 18th from 9 -11am.

Charmaine Stevens will be in the Wildcat Office on November 3rd and 24th.

Halifax Area

The Halifax Christmas Dinner will be on December 7th, doors open at 3:30pm and Dinner will be at 4:00pm at the Royal Canadian Legion, 50 Hillcrest Street. Please RSVP by November 13th by calling Jan at 902-422-5918.

If you are looking for things to do in the HRM area, the Mi'kmaq Native Friendship Centre has a facebook page and updates their page on a daily basis. Check it out: www.facebook.com/pages/Mikmaw-Native-Friendship-Centre/121366117945828

Annual General Meeting

Please be advised that the Acadia First Nation Website: www.acadiafirstnation.ca has been updated with annual reports for each of our departments, band manager and individual reports from Chief and Council.

If you do not have access to the internet and wish to have a copy of any report please contact the Yarmouth Band Office at 902-742-0257 and request a copy be mailed to you.

Employment Opportunity - Wildcat

Part-Time Janitor/Cleaner (Wildcat Community Hall) Approximately 16 hours per week

Job Summary:

This position is responsible for performing a wide range of janitorial, custodial, and/or security tasks to maintain clean and safe buildings and grounds. Knowledge or willingness to learn proper cleaning techniques is essential. Perform heavy cleaning duties such as cleaning floors, washing walls and glass and removing debris. Duties may also include performing routine maintenance activities, notifying management of need for repairs, and clearing snow or debris from sidewalks.

For a full view of this job description please visit our website at www.acadiafirstnation.ca under Employment. Please send resume and cover letter to Acadia First Nation, 10526 Highway 3, Yarmouth Nova Scotia, B5A 5J7; Fax: 902-742-8854; Email: frontdesk@acadiaband.com

Deadline: Thursday, November 6, 2014.

Tri-County Regional School Board

The Tri-County Regional School Board set a goal for 2014-2015 to continue to promote and encourage the self-identification of all students.

Why is self-identification important to our system and students?

- It is essential to know who our students are and the diversity of the communities we serve.
- It will help us to understand how our demographics are changing and how best to support our school and students.
- To monitor and support student success, in particular, those groups who have not historically experienced the success of others.
- To maintain initiatives such as student support workers and other support programs.
- To monitor the success of our immigrant population and determine areas of additional support.
- To designate resources and personnel to best support the achievement of all students.
- To identify students who are eligible for designated scholarship and post-secondary opportunities.

You can obtain a copy of the forms from our website under the Notice section at www.acadiafirstnation.ca.

Mi'kmawey Calendar

The Mi'kmawey Calendar begins on the Spring Equinox, either March 20th or 21st on the Gregorian Calendar. It follows the cycle of the 13 Moons, with each Moon having 28 days. There is a "intercalary day", an extra day that does not appear on the calendar, between Apunknajt 28 and Kjiku's 1st, known as the Year End Day, and is a day of rest and celebration. Every four years there is a Leap Day, which follows after the Year End Day.

Mi'kmaq Name for the Moons	English Translation
Kjikus	Great Moon (13 th Moon)
Siwkewikus	Maple Sugar (March)
Penamuikus	Birds Lay Eggs (April)
Etquljuikus	Frogs Croaking (May)
Nipnikus	Leaves Full Blossom (June)
Peskewikus	Birds Shed Feathers (July)
Kisikwekewikus	Ripening Time (August)
Wikumkewikus	Moose Calling Time (September)
Wikewikus	Fat Tame Animals (October)
Keptekewikus	Rivers About to Freeze (November)
Kiskewikus	Chief Moon (December)
Punamujuikus	Spawn of Tom-Cod (January)
Apunknajt	Sun is Very Strong (February)

Herbal Medicine – L'nui'npisun

Sweet Grass (Welim'qewe'l Msiku) is used for its purification properties and is of great ceremonial and spiritual value.

Ground Juniper (Kinikwejitewaqsí): The tree is good for kidney ailments, especially bladder infections. The twigs are cut off at the ends of then boiled to make a good tonic. It is said that this can lower the sugar level. People with diabetes should take it with caution.

White Spruce Tree (Kawtk): The branches and bark of the tree are good for making a tonic. Boil then and drink at least two cups a day for colds, tuberculosis, and laryngitis.. The sap or gum from the inner bark of the tree can be used to treat sores in the mouth.

Alder (Tupsi): The alder tree is a good medicine for rheumatism, stomach and kidney ailments, fever, neuralgia and headaches. The inner bark is shaved off and then soaked in water with a dash of peppermint, then applied directly to the person's head. (use a towel to keep the shavings in place)

Cherry Tree (Maskwesmnaqsí): The cherry bark was used mainly for colds and the flu. It made the person sweat out the sickness they had. Boil the bark for about an hour and drink two cups a day.

Flagroot (Kikwesu'sk): Preventative medicine. Good for colds, flu, stomach complaints, and colic in babies. Can also be used as a cough medicine when mixed with sarsaparilla. The part of the plant most commonly used is the root.

Golden Thread (Wisowtaqijil): This medicine was steeped. It was used for blood purification, for stomach ulcers, diarrhea, colds, influenza and diabetes. The medicine can also be used to treat external sores such as chapped lips and minor cuts and abrasions.

Information taken from Cape Breton University website on Mi'kmaw Language, Spirituality & Medicine.

EMPLOYMENT READINESS

Length of program: 4 weeks

Start Date: November 10, 2014

Location of Training: Membertou (Old Elementary School)

Maritime Link Employment Readiness Program was developed to ensure that participants meet the minimum required safety training and projection orientation, this will enhance the participants employability on the project. The successful candidates of the program become a part of a pool of aboriginals that may be used by Unions and/or subcontractors working on the Maritime Link Project.

All contractors or subcontractors will be required to meet diversity targets.

Program Outline:

Traffic Control
 Hazard Identification
 WHMIS

OHS
 Drug and Alcohol Awareness
 Environmental Awareness

First Aid/CPR AED –Level C
 Powerline Hazards
 Fall Protection
 Injury prevention
 Union Life

Pre-Requisites Required:

Grade 12/GED

Valid Drivers License/Reliable transportation

A person with construction experience, carpenter experience, electrical experience, heavy equipment experience and etc...

Recruitment will take place at the following:

Acadia First Nation, Yarmouth, NS	November 4 th , 2014 9-11am
Acadia First Nation, Gold River, NS	November 4 th , 2014 2-4pm
Annapolis Valley First Nation	
Glooscap First Nation	
Micmac Native Friendship Centre	
Native Council of Nova Scotia, Dartmouth Regional Office	Wednesday, October 29, 2014 10am – 12pm
Native Council of Nova Scotia, Liverpool Regional Office	

For More Information Contact:

Andrea Kingham, Training Coordinator Mi'kmaw Economic Benefits
 Cell: (902) 717-0218