



NEWSLETTER

Our mission is to deliver information to our community members about events taking place throughout the community and to provide this in a way that is easy to find and digest the information important to you.

NEWS

BREAKING GROUND IN HAMMONDS PLAINS

On July 2nd, 2019 a sod turning ceremony was held in Hammonds Plains to officially kickoff a new business development centre which is being constructed on our land in Hammonds Plains. Our property in Hammonds Plains was granted reserve status in June 2017. The 12 acre property sits in the center of the fast growing Hammonds Plains area and was originally purchased with the intent of developing and expanding AFN's commercial holdings. The new business development



center will feature an administrative office for AFN and also include retail and entertainment facilities. The new location should provide AFN with a sturdy foothold in the quickly developing area of Hammonds Plains, with its' vast growing sub-divisions and growing population resulting from it's proximity to Halifax.



From Left, Councillor Tom Pictou, Councillor Avis Johnson, Councillor Charmaine Stevens, Chief Deborah Robinson, Councillor Mike Paul, Councillor Darlene Coulton & Councillor Rachel Falls

"The business center development speaks to the continued growth and vision of our community, and will provide an important service to our members located in and around the Halifax Regional Municipality", said Chief Deborah Robinson, Acadia First Nation. "The Hammonds Plains Reserve is located in an excellent location. The resulting development will benefit AFN through job creation and revenue generation, as well as positively impacting the surrounding communities through increased job opportunities and new convenience/retail development."

The new facility in Hammonds Plains is expected to open mid-December 2019.

YARMOUTH & SHELBURNE ELDERS TRIP 2019

Acadia First Nation coordinated a 3 day trip for our Elders of Acadia First Nation ,this year was extra special due to having rooms left over, so Yarmouth and Shelburne were given the opportunity to invite elder's from all other areas which included Gold River, Liverpool and Halifax. It was a memorable trip and having community members from all over made it meaningful and created lasting memories.

Our group was transported by Coach Atlantic from Yarmouth with stops and pick-ups along the South Shore and merrily rode the highway until they reached their destination to Nova Scotia's bustling capital city with a stay at Halifax Marriott Harbourfront Hotel. The only hotel situated along the scenic Halifax waterfront, they offered easy access to the shops and restaurants along the boardwalk as well as the Historic Properties. This venue offered our elders a beautiful harbour view and was within walking distance of many downtown sites and the downtown location offered rest and relaxation for their busy weekend.



Our group had the opportunity to travel to Millbrook First Nation and attend the 20th Annual Pow Wow, Celebrating Indigenous Culture. This year's Pow Wow provided the crowds with the opportunity to check out spectacular dancing from Mi'kma'ki and all over North America. Notable dancers were Head Dancer, Levi Blackwolf, Yakama Tribe out of Oregon USA, Head Female Dancer, Willow Abrahamson from Shoshanne Bannock/Colville Nation out of Idaho, USA, Host Drum was The BOYZ out of St. Paul, Minnesota, USA and the Arena Director was Armando Lucio of the Apache Nation out of Texas USA.

Sunday was a beautiful day and our crew headed out on the Harbour Hopper for a land & sea tour of the City. They were fortunate it was a beautiful day as one of vessels broke down as soon as they hopped into the Halifax Harbour, it was quite an eventful day, but no worries as they were rescued by Theodore Tugboat, the Coastguard and the Harbour RCMP. That evening they ended their beautiful weekend with a top-drawer dinner at the Grafton Street Dinner Theater, the show was Summer Lovin' and thoroughly provided the group with a unique dining experience with great food, music and tonnes of laughter.



-Melanie Robinson-Purdy

SHELBURNE OUT AND ABOUT

Our friends in Shelburne have been out enjoying the summer around the Maritimes. They have shared some of their photos below. Looks like a summer full of adventure!!!

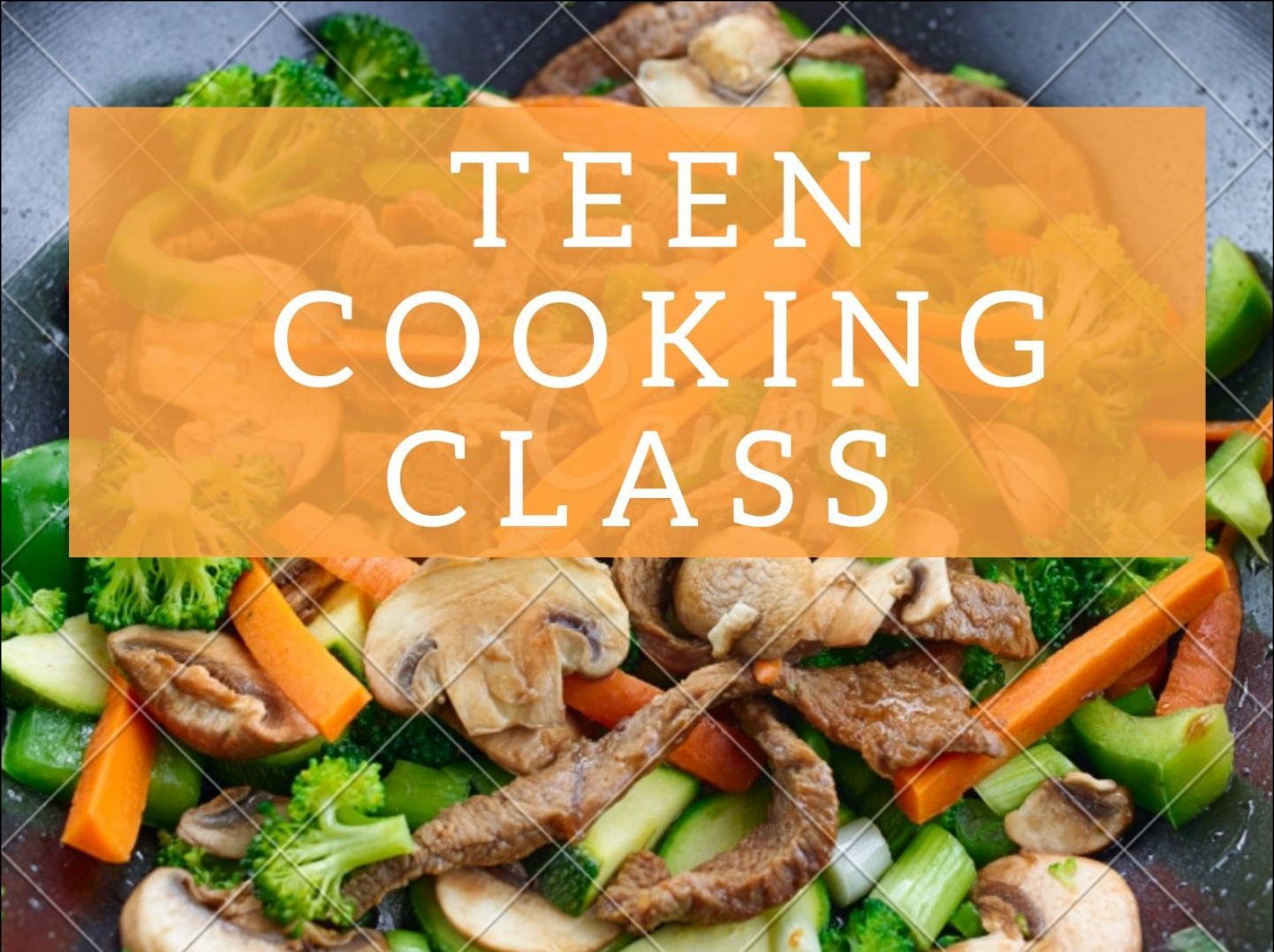


The above photos are from the Shelburne Senior's Trip. Here they are enjoying a show, a meal and nostalgia at a 50's themed dinner theatre. Below are some pictures of the seniors attending the Millbrook pow wow held on August 9th thru 12th.



Below on the left is a couple of pictures taken on the seniors trip. There was a little excitement for the group as the Harbour Hopper experienced issues at sea. The group was brought back to shore by the coast guard while Theodore Tugboat brought in the disabled Harbour Hopper. Also pictured below is the group from Shelburne dining during the family summer trip to Magic Mountain.





TEEN COOKING CLASS

SEPTEMBER 25, 4:00 PM - 6:00 PM

Location: Rose Purdy Community Centre

Join Courtney from CMM, for a fun cooking class where you will get to help prepare a tasty chicken stir fry! Test your knowledge of kitchen safety and cooking through playing a few fun games!

A few small prizes to be won.

This class is open to youth GRADE 7 and up! Ask your friends to sign up too! Please inform of allergies**

Please sign up at the health centre by September 23!

WARRIOR SPIRIT

Mi'Kmaq Lodge 2019 Treatment Schedule



Jan 2/19 – Jan 5/19	Intake
Jan 7/19 - Feb 1/19	4 Week Co-Ed Treatment Program
Feb 4/19 – to Feb 8/19	1 Week Relapse Prevention
Feb 11/19 – Mar 15/19	5 Week Co-Ed Treatment Program
March 18/19- Mar 22/19	1 Week Prescription Drug Abuse
March 25/19 – Apr 26/19	5 Week Co-Ed Treatment Program
April 29/19 – May 3/19	1 Week Relapse Prevention
May 6/19 – June 7/19	5 Week Co-Ed Treatment Program
June 10/19 – June 14/19	1 Week Prescription Drug Abuse
June 17/19 – July 19/19	5 Week Co-Ed Treatment Program
July 29/19 – Aug 2/19	1 Week Relapse Prevention
Aug 5/19 – Aug 9/19	1 Week Prescription Drug Abuse
Aug 12/19 – Aug 16/19	1 Week Relapse Prevention
Aug 19/19- Aug 23/19	1 Week Prescription Drug Abuse
Aug 28/19 - Aug 30/19	1 Week Relapse Prevention
Sept 2/19 – Oct 4/19	5 Week Women's Treatment Program
Oct 7 /19 – Oct 11/19	Staff Training
Oct 14 /19 – Nov 8 /19	4 Week Co-Ed Treatment Program
Nov 11 /19 – Nov 15 /19	1 Week Prescription Drug Abuse
Nov 18/19 – Dec 20/19	5 Week Co-Ed Treatment Program



Mi'Kmaq Lodge, 70 Gabriel St., Eskasoni, NS, B1W 1H6
Phone (902) 379-2267 Fax (902) 379-2702
www.nadaca.ca

* Schedule subject to change

WARRIOR SPIRIT

Eagle's Nest Recovery House

P.O. Box 263, Shubenacadie
Nova Scotia, B0N 2H0
Telephone: (902) 758-4277
Fax Number: (902) 758-4229



2019 Treatment Schedule Eagle's Nest Recovery House

Jan 2/19 - Jan 5/19	Intake/Follow-up
Jan 7/19 to Feb 8/19	5 Week Co-Ed Treatment Program
Feb 11/19 to Feb 15/19	Intake/Follow-up
Feb 18/19 to Mar 22/19	5 Week Co-Ed Treatment Program
March 25/19 to March 29/19	Intake/Follow-up
April 1/19 to May 3/19	5 Week Co-Ed Treatment Program
May 6/19 to May 10/19	Intake/Follow-up
May 13/19 to June 14/19	5 Week Women's Treatment Program
June 17/19 to June 21/19	Intake/Follow-up
June 24/19 to July 19/19	4 Week Co-Ed Treatment Program
July 29/19 to Aug 2/19	Information Sessions & Aftercare
Aug 5/19 to Aug 9/19	Information Sessions & Aftercare
Aug 12/19 to Aug 16/19	Information Sessions & Aftercare
Aug 19/19 to Aug 23/19	Information Sessions & Aftercare
Aug 26/19 to Aug 30/19	Information Sessions & Aftercare
Sep 2/19 to Oct 4/19	5 Week Co-Ed Treatment Program
Oct 7/19 to Oct 11/19	Staff Training
Oct 14/19 to Nov 15/19	5 Week Co-Ed Treatment Program
Nov 18/19 to Nov 22/19	Intake/Follow-up
Nov 25/19 to Dec 20/19	4 Week Co-Ed Treatment Program



www.nadaca.ca

Eagle's Nest, 44 Eagle's Nest Road, Indian Brook, NS - (902) 758-2776 Fax (902) 758-4229

* Schedule subject to change

AFN Welcomes Corrie Falls

Hello

My name is Corrie Falls and I am the Safety Officer for Acadia First Nation.

My job is to help make sure you feel safe while working for AFN. While employed in Nova Scotia, I have worked in many different sectors over the years. My employment career started in Yarmouth when I was 15. I was employed with the Summer Student program and mowed yards in the community. From there I went on to work in warehouse shipping departments (packaging/delivery), retail outlets (customer service, inventory), Restaurants (Bus boy/first Cook). I have gained training in the Electrical, Line Men and Automotive service repair trades through NSCC. I have also worked with Construction Nova Scotia to receive my certification as Construction Safety Supervisor in 2018 and plan to attain my Certification in Occupational Health & Safety with the University of New Brunswick. I still have LOTS to LEARN and my goal is listening to you so I can find gaps in my knowledge. I'm here to make sure you feel comfortable everyday in your workplace.

Thank You,

Corrie Falls
Safety Officer
Acadia First Nation





ACADIA FIRST NATION

Information Gathering for Better Service Employment/ Training Initiative

We are looking at developing a data base that has current contact information that will showcase our skilled labour force and training needs. This database will enable us to communicate more effectively with those individuals currently seeking employment and or training by directing them to opportunities that meet their needs.

Many job postings come to us with a very short turnaround time to apply. The database will assist us with getting job postings out to you in a timely manner so you don't miss out on these potential opportunities. We will also include a training component as well. If we see a specific need for training, we can do our best to get that training brought to your area or assist you with going to where the training is available.

We will be visiting the following are on the following dates and times. No appointments necessary so drop by and see us. Please bring your resume and copies of any certificates etc. that you possess. Once all sessions are completed, participant's names will be put in for a door prize draw.

If these dates do not correspond with your schedule and you still wish to participate in the database project, please contact us and we can arrange to meet you at a more convenient time. (Dates and Times are subject to change so please watch for updates or call in advance to confirm we are there.) We look forward to meeting and chatting with you.

Wildcat- Sept.5 (11am-3pm)

Medway- Sept.11 (10am- 2pm)

Gold River- Sept. 17 (10am-2pm)

Hammonds Plains- Sept.25 (12:30pm-3:30pm)

Shelburne- Oct. 7 (11am-2pm)

Yarmouth- Oct. 23 (10am – 2pm)

Wanda Westhaver, NEO neo@acadiaband.ca

Cecilia Ernst, NEO Assistant cecilia@acadiaband.ca

YARMOUTH SUMMER CAMP

Youth aged 12-15 gathered daily from August 19th- 22nd at the Rose Purdy Community Centre, where they learned together and shared their stories and teachings with one another. They had sessions delivered by Mi'kmaw Family and Children Services and Kolby Blair, NADACA. The group had sessions on Self Esteem, Talking Stick Workshop, Babysitter's Course, Mindfulness Activities, First Aid Certification, Expressions through ART, Minute to Win it Games and CELEBRATIONS.

Job Well Done goes out to our Youth who received their Certification in First Aid and Babysitter Certification

Wela'liek



Not pictured: Caden Duncan



A Path to Wellness

with the **CMM Mental Wellness team**

When: Tuesday, September 24 &
Wednesday, September 25

Where: Yarmouth Rose Purdy Recreation &
Community Centre

Time: 6-730pm



Prizes to be given!

**Grand prize for attending both sessions includes:
a chance to win a Fitness Tracker or a Birch Bark Angel.**

To sign up please contact Kolby at the Health Centre at 902-742-8883

A Path to wellness is a journey to find balance between our emotions, mind, physical activity, and our spirit. Each session will include 30 minutes of resistant band exercises, brain challenging activities, and group activities.

*****There will also be activities for children so bring the family!**

Everyone is welcomed and encouraged to join us***

We aim to empower our First Nation peoples and our families with knowledge and resources for their mental wellness needs. We provide cultural support, such as traditional or cultural services, healers, elders, or craftspeople.

Mainland Mental Wellness team for the Confederacy of Mainland Mi'kmaq.

Contact us: phone (902)899-5345, email katie@cmmns.com or check us out on Facebook: CMM health



Drop in Hours

with **Katie and Katelynn from
the CMM Mental Wellness team**

When: Wednesday, September 25

Where: Yarmouth Health Centre

Time: 10am-3pm

Come and visit with the Mainland Mental Wellness team. They can:

- Help find resources or help navigate the mental health system
- Provide information on mental health topics
- Provide tools and strategies for you or your family member
- Help with coping skills and stress management
- Provide weekly check-ins and support
- Or come and talk about what's on your mind.

We aim to empower our First Nation peoples and our families with knowledge and resources for their mental wellness needs. We provide cultural support, such as traditional or cultural services, healers, elders, or craftspeople.

Mainland Mental Wellness team for the Confederacy of Mainland Mi'kmaq.

Contact us: phone (902)899-5345, email katie@cmmns.com or check us out on Facebook: CMM health

Gold River Health Center Update

The Gold River Health Center now has a Registered Social Worker onsite Wednesdays from 9 am to 4 pm.

Working primarily with adults, teens, families and groups; he works with those who experience extreme stress, trauma and loss, anxiety, depression and other mental health concerns.

His training in approaches to Mental Health and trauma recovery work include:

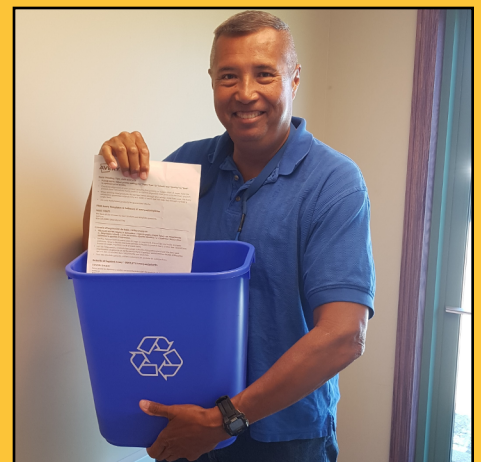
- Prolonged Exposure Therapy for Post-Traumatic Stress Disorder: Emotional Processing of Traumatic Experiences
- Cognitive Behavioral Therapy
- other psychological approaches to Mental Health
- Stress/Trauma and abuse recovery
- Suicide and homicide prevention
- Crisis intervention-early response, critical incident stress management and bereavement counseling skills
- Case management, assessment, advocacy and broker skills
- Education/awareness, training and prevention experience
- Marital, family, group and community facilitation
- Meditation, acceptance commitment therapy
- Experienced in community health and substance abuse issues (harm reduction/relapse prevention)
- Book an appointment with Mike today by calling 902-627-1245

AFN Welcomes Weldon Charles

Hello fellow band members, I would like to introduce myself. My name is Weldon Charles and I am the new Solid Waste Management Coordinator for Acadia First Nation. I look forward to working with all of our Communities across Southern Nova Scotia to make us more aware of our waste disposal practices. With your help I hope to make us a greener community while saving the band resources. Together we will be helping protect Mother Earth.

Thank You,

Weldon Charles
Solid Waste Management Coordinator
Acadia First Nation



The Resolution Health Support Program is designed to support Residential School Survivors and their descendants. Educational supports are an important way to help support wellness!

Drop in: Intake

When: Wednesday, September 18, 2019

Time: 10am – 1pm

Location: "Rose Purdy Recreation Center " @
15 Burbine St., Yarmouth, NS

Are you a former Residential School Student? Or are you a family member of someone who attended an Indian Residential School?



The Resolution Health Support Program offers emotional support meaning that we can sit, talk and listen. There is access to professional counselling and transportation assistance may also be available to access those services, as well as Cultural Support.

**Apoqnmukik kikamanaq tupkwia'tinew:
Helping families heal**

Resolution Health Support Advisor for the Confederacy of Mainland Mi'kmaq, Andrea Kingham

Email: akingham@cmmns.com

Many of our students are transitioning into their first year of Post-Secondary education. Here are a few study tips to help you have a successful year.

Submitted By: Wanda Westhaver NEO

5 study tips for post-secondary students

Being a post-secondary student can be difficult with school work, extracurricular activities and a social life to balance. If you're a student looking to be more productive, check out the tips below.

1. Limit social media time

- Social media is one of the biggest time wasters for young people today. Make rules for yourself about when you can check social media and don't check the sites except during those times.
- If you have trouble stopping yourself from checking social media sites, you can download website blocker to help block those sites during certain times or from certain computers.

2. Delegate

- If you're working on group projects or participate in extracurricular activities with other people, delegate as many activities as possible. You may like to have control over every aspect of a project, but delegating to people can help get tasks done more efficiently.
- During group projects, allow each member of the group to do a sufficient amount of work, or team up in extracurriculars to make sure everyone has an equal work load.

3. Set small study goals

- When you have an exam coming up, make a study schedule over the week or two before the test rather than cramming over one or two nights.
- Spending about a half hour each night studying each day will help you do better on the test and avoid having to spend time before each test trying to memorize a huge amount of information all at once.

4. Take breaks

- Even if you have a big work load, it's important to take breaks to ensure you're being as productive as possible. Make yourself get up and walk around every two hours or schedule time with friends during study sessions.
- You'll be more productive after taking a break than you would be if you tried to sit and work for long periods of time.

5. Make a to-do list

- Because college and university students have so much to do, it's essential for them to create prioritized to-do lists. You should make a list with the most urgent projects at the top, followed by longer-term projects.
- Stick to to-do lists to ensure that you get everything done, and try get the most important things done first each day.

2019 Youth Moose Hunting Trip

October 6th-10th, 2019

Cape Breton

For Youth (male & female)

Ages 14 - 19

Limited space available, anyone interested please call Amanda @ (902) 742-0257 or 1-866-670-8086 ASAP to register.



Hand Drum Making Session

Make Your Own Hand Drum

A session will take place at the Harvest Feast

September 28th, 2019

1-5pm

Rose Purdy Community Centre Grounds

Band Members/ Community Members 16 years and older can sign up to make their own Drum

LIMITED SPOTS

SIGN UP BY September 19th, 2019

Leave name with Amanda at Yarmouth Band Office

902-742-0257

Contact Melanie Robinson-Purdy if you have any questions

902-742-4337



Medicine Walk

with the Laurie Lacey, Khayla and Katelynn

When: Saturday September 28th 2019

Where: Tkipok trail

Time: 11am

Prizes to be given to participants;

To sign up, please contact Khayla @ blaing@acadiaband.ca

Come out and enjoy us for our 3rd Annual Harvest Feast Medicine walk! Laurie Lacey has been involved with aboriginal medicine since 1947 and we honored to have him lead us through this interpretive trail before the big feast!

Katelynn will be providing wildflower seeds for everyone to plant on the walk with a quick bullet on how it symbolizes the growth and challenges of mental health and wellbeing, but also the opportunity for anyone to discuss any mental health related concerns or questions.

***** Bring the whole family or just yourself! everyone is welcomed and encouraged to join us.**

We aim to empower our First Nation peoples and our families with knowledge and resources for their mental wellness needs. We provide cultural support, such as traditional or cultural services, healers, elders, or craftspeople.

Mainland Mental Wellness team for the Confederacy of Mainland Mi'kmaq.

Contact us: phone (902)899-5345, email katie@cmmns.com or check us out on Facebook: CMM health

Acadia First Nation

Community Solid Waste Survey



Name _____ Address _____

- 1 Do you recycle paper, cardboard or textiles (clothing, shoes, bedding)?
- Yes Burn
 No Other _____
 Sometimes
- 2 Do you recycle plastic containers, milk cartons, cans Etc?
- Yes Other _____
 No
 Sometimes
- 3 Do you recycle your refundable products, cans, glass or plastic bottles?
- Yes Other _____
 No
 Sometimes
- 4 If you do recycle, what color bag do you use for recyclable products?
- Black Clear
 Blue Other _____
 Green
- 5 Do you compost food scraps, wet paper, pizza boxes, or pet waste?
- Yes Other _____
 No
 Sometimes
- 6 What color bag do you put your garbage in (NOT recycling)?
- Black Clear
 Blue Other _____
 Green
- 7 How many bags of garbage do you generate per week?
- 1 2 3 4 5 6 7+
- 8 What do you think is the best way to encourage your community to sort waste?
- Workshops Other _____
 Free sorting supplies
 Education material



UPCOMING EVENTS

COMMUNITY	EVENT	DETAILS/LOCATION	DATES
AFN	Resolution Health Support Program	<p>When: Wednesday, September 18, 2019 Time: 10am – 1pm Location: "Rose Purdy Recreation Center " @ 15 Burbine St., Yarmouth, NS</p> <p>The Resolution Health Support Program offers emotional support meaning that we can sit, talk and listen. There is access to professional counselling and transportation assistance may also be available to access those services, as well as Cultural Support.</p>	September 18th @ 10:00 am
	2019 Youth Moose Hunting Trip	<p>Location: Cape Breton For Youth (male & female) Ages 14 - 19 Limited space available, anyone interested please call Amanda @ (902) 742-0257 or 1-866-670-8086 ASAP to register.</p>	October 6th thru 10th
Yarmouth	A Path to Wellness with the CMM Mental Wellness team	<p>A Path to wellness is a journey to find balance between our emotions, mind, physical activity, and our spirit. When: Tuesday, September 24 & Wednesday, September 25 Where: Yarmouth Rose Purdy Recreation & Community Centre Time: 6-730pm</p> <p>Prizes to be given! Grand prize for attending both sessions includes: a chance to win a Fitness Tracker or a Birch Bark Angel. To sign up please contact Kolby at the Health Centre at 902-742-8883</p>	September 24th & September 25th 6:00 pm - 7:30 pm
	AFN Harvest Feast 2019	<p>Rose Purdy Community Centre 15 Burbine Street, Yarmouth Reserve Traditional Drumming & Dancers Cultural Demonstrations Local Crafters Big Bounce & Children's Activities Bingo Feast (Pig Roast, Seafood, BBQ, desserts & more) Entertainment (David Burbine) Fireworks (at dusk) 11:00am Medicine Walk on the Tkipok Trail (Arcadia School)</p> <p>Advance Tickets \$10 or \$15 at the door. (Free admittance for Acadia First Nation Community Members & all children ages 12 and under).</p>	September 28th @ 1:00 pm Medicine Walk Starts at 11:00 am