

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

A VIEW OF THE PAST: ED BENHAM UNVEILS SHELBURNE ART PROJECT

On October 13th, 2018 in Shelburne a special art project was unveiled in Shelburne's Secret Park. This art project was the creation of our band member and celebrated artist, Ed Benham. The project was titled, "Returning Home" and features a hand carved panel which depicts a traditional Mi'kmaq encampment along the shoreline.

This project has been in the works for sometime now and has involved the Town of Shelburne, the Ponhook Trust Fund and Acadia First Nation. Community member, Jeanette Nickerson provided key support for the project and was instrumental to its' success. The project is a great showcase for the continued partnership, cooperation and collaboration between the Town of Shelburne and Acadia First Nation.



Our Chief Deborah Robinson was in attendance for the unveiling and dedication ceremony where she gave Ed Benham a warm reception and sign of respect before they both unveiled his work. There was a huge show of support from the community of AFN and Shelburne for this event. Council members Avis Johnson, Rachel Falls, Darlene Coulton and Mike Paul were also present in support for Ed Benham and his art project.

Next time you find yourself in Shelburne, take your time to find Shelburne's Secret Park and have a moment to enjoy this unique piece of history and art.



AFN WEARS ORANGE TO SUPPORT SURVIVORS

On September 30th, Yarmouth community members joined in honor and remembrance of the children who survived the Residential School System and those who did not.

Those who attended heard Elder Rose Francis' story, made orange shirt pins with Marilyn Francis, walked around the community and enjoyed a lunch together.

Thank you to all of those who attended and a special thank you to Rose for sharing her experience with us and Marilyn for smudging and making orange shirt pins.



WELCOME

I'd like to extend a warm welcome to Cecilia Ernst who was the successful applicant for the NEO assistant position. She is located at the Medway office and is available at cecilia@acadiaband.ca or 902-685-2956

NADACA Drug Awareness Week 2018

Workshops will include **"Everything You Need to Know about Substance Abuse"** and the **"Dangers of Fentanyl"**. Lunch/Supper will be provided on the day of the workshop and there will be **Drug Fact Bingo** for **Door Prizes!**

The NADACA worker will be in the following communities on:

- **Monday, November 19 – Gold River**
- **Tuesday, November 20 – Wildcat**
- **Wednesday, November 21 – Yarmouth**
- **Thursday, November 22 – Yarmouth**

Please stay tuned for times, location and other activities!

ATTENTION BAND MEMBERS

Acadia First Nation is moving forward with the **SECURE CERTIFICATE OF INDAIN STATUS** cards (**SCIS**).

I encourage **ALL** band members that still have the paper laminated cards to complete the application for the SCIS card as soon as possible, as Indian Affairs estimates completion of the card at 16 weeks.

Applications can be obtained at all Acadia First Nation offices.

Should you have any questions or require assistance with the application please feel free to contact me.

Debra Gloade
Indian Registry Administrator
Acadia First Nation
Tel: 902-742-0257
Email: dgloade@acadiaband.ca

Want to learn how to speak Mi'Kmaq?

Come out to one of the follow locations:

- Gold River Health Center
- Rose Purdy Centre
- Shelburne Sub-Office
- Wildcat Community Centre
- AFN Office in Hammonds Plains

Monday Nights 6:15 -7:30

Please contact the Gold River Health Center (902-627-1245) to sign up or contact your local administrative office for more information.

Profit Sharing Notification

Profit Sharing Cheques Will be Available for Pickup on November 8th, 2018 at your local AFN Administrative Office. Cheques will only be available for those who have declared to "pick up" their cheque on the application form otherwise your cheque will be mailed to the address you have specified.

Updates from your Community Health Nurse:

Hi Everyone!

Thank you everyone for coming out to the Flu Shot clinics! It was great to see everyone, and your commitment to keeping our communities healthy this flu season!

Chelsea Sawyer BScN, RN, IBCLC
Office: 902-627-1245 / Cell: 902-277-2297
csawyer@acadiaband.ca

Flu Prevention Week – October 20th to November 2nd

Flu Shots are expected to arrive mid to late October. I will be visiting each community to provide vaccines. Please watch our Facebook page and/or

- **INFLUENZA IS A SERIOUS DISEASE.** It is estimated that in a given year, influenza causes 12,200 hospital stays and 3,500 deaths in Canada.
- **YOU NEED TO BE IMMUNIZED EVERY YEAR.** Recommendations state immunization for all Canadians 6 months of age and older, and people at high risk, including:
 - all children 6 to 59 months of age
 - adults and children with chronic health conditions
 - people of any age who are residents of nursing homes and other chronic care facilities
 - people 65 years of age and older
 - all pregnant women
 - Indigenous peoples
- **WHO SHOULDN'T GET THE VACCINE:** people who have had a serious allergic reaction to the seasonal influenza vaccine or to any of the components, with the exception of egg, **should NOT receive** the vaccine.
- **WHEN TO GET THE VACCINE:** recommended time to receive the seasonal influenza vaccine is October to December, but influenza immunization can be beneficial when given any time from October to March, even after the start of influenza season.
- **INFLUENZA IS NOT THE STOMACH BUG.** Influenza is a respiratory infection. Many people use the term “stomach flu” to describe illnesses with nausea, vomiting or diarrhea. These symptoms can be caused by many different viruses, bacteria or even parasites. While vomiting, diarrhea, and nausea can sometimes be related to the flu — more commonly in children than adults — these problems are rarely the main symptoms of influenza. The flu is a respiratory disease and not a stomach or intestinal disease.

Preventing the Flu

The flu shot is safe and is the best way to prevent the flu. You cannot get the flu from the flu shot. Most people do not have any side effects, and severe reactions are extremely rare.

Everyone 6 months and older should get the flu shot. Getting a flu shot is a simple action that can save lives by:

- Preventing you from getting very sick
- Protecting you if you are exposed to the virus
- Helping protect other people (especially those at high risk) because you are less likely to spread the virus

In addition to getting the flu shot, you can also protect yourself and those around you by:

- Not touching your face
- Washing your hands often
- Coughing and sneezing into the bend of your arm, not into your hand
- Cleaning and disinfecting surfaces that a lot of people touch, such as:
 - Phones
 - Doorknobs
 - Television remotes
 - Shopping carts

If you do get sick, stay home. Avoid close contact with other people until you feel well enough to get back to your usual day-to-day activities. This will help prevent the spread of the flu.


IS IT A COLD OR

INFLUENZA?

COLD	SYMPTOM	INFLUENZA
rare	FEVER	usual high fever 102°F/39°C to 104°F/40°C) sudden onset, lasts 3-4 days
rare	HEADACHE	usual - can be severe
sometimes, mild	GENERAL ACHES & PAINS	usual - often severe
sometimes, mild	FATIGUE & WEAKNESS	usual, severe, may last 2-3 weeks or more
unusual	EXTREME FATIGUE	usual, early onset - can be severe
common	RUNNY, STUFFY NOSE	common
common	SNEEZING	sometimes
common	SORE THROAT	common
sometimes, mild to moderate	CHEST DISCOMFORT, COUGHING	usual - can be severe
can lead to sinus congestion or earache	COMPLICATIONS	can lead to pneumonia and respiratory failure; can worsen a chronic condition; can be life-threatening

CELEBRATING IMMUNIZATION SUCCESS

Lower your flu risk. Talk with your doctor, nurse, pharmacist or local public health unit about influenza immunization.





Acadia First Nation

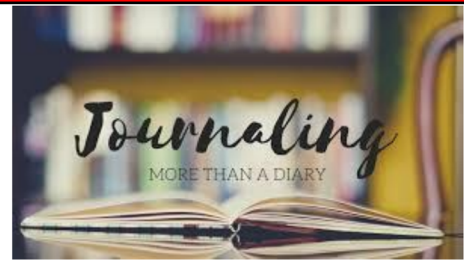
FREE Skate at the Yarmouth Mariners Centre

Sunday mornings **9:30am– 10:30am**

November 4, 18, 25
December 2, 9, 16, 23, 30
January 6, 13, 20, 27
February 3, 10, 17 24

All Acadia First Nation communities, members & families are invited to an hour of FREE skating.

Please contact Kolby Mole
if you have any questions at 902-742-8883



Acadia First Nation Yarmouth Journaling Group

Please join us on Tuesday, November 6th
6pm – 7pm

At the Rose Purdy Recreation and Community Centre

Journaling is for everyone and has many benefits – but it can be difficult to start and make a habit of.

If you want to learn tips to start journaling, the benefits of journaling and practice journaling then this group is for you!

I will have limited journals on hand and they will be given out on a first come first serve basis.

For more information please contact Kolby Mole at 902-742-8883

L'nu Kamakn
Ski & Snowboard Program

Looking for youth between the ages of 13 to 24 years old, drug and alcohol free, who maintain minimum of a C+ average or High School/GED graduate and are ready to take part in 8 on hill ridiculously fun lessons. If you are interested in participating or would like more information please contact the program lead in your community.

Registration Deadline: December 8th
Contact: klaino@acadiaband.ca

Yarmouth and Shelburne Elders

If you are an Acadia First Nation band member residing in Yarmouth or Shelburne and are turning 65 in the 2018-2019 year please advise your local office to ensure you are included in all Elder's events and notices.

Yarmouth office: 902-742-0257

Shelburne office: 902- 875-2812

Acadia First Nation
Yarmouth Community Christmas Dinner
Saturday, December 8 at 4pm
Rose Purdy Recreation & Community Centre



Register your children 18 and under for gifts by calling the band office at
902-742-0257

Include their full name, gender and age

Deadline to register is November 22



Our annual Christmas Party will be held
December 8th, 2018 at 1:00pm
at the
Gold River Community Centre
on Pennell Road.

Please call the GR Health Centre to reserve your spot.
902-627-1245
RSVP by November 22, 2018

UPCOMING EVENTS

COMMUNITY EVENT		DETAILS/LOCATION	DATES
AFN	Mi'kmaw Language Classes	AFN will be hosting language classes for it's membership across all of our locations. The classes will feature a live instructor and will connect all attendees through video conferencing. This is our second year and anyone interested in attending can come out. Classes will be held at the Wildcat Community Centre, Gold River Health Centre, Hammonds Plains Office, Shelburne Office and the Rose Purdy Centre in Yarmouth	Monday Nights @ 6:30 pm Starting on Oct 15th
Yarmouth	Community Christmas Dinner	Yarmouth Community Christmas Dinner Saturday, December 8 at 4pm Rose Purdy Recreation & Community Centre Register your children 18 and under for gifts by calling the band office at 902-742-0257 Include their full name, gender and age Deadline to register is November 22	Dec 8th, 2018 @ 4:00 pm
	Community Free Skate	Sunday mornings 9:30 am – 10:30 am at the Yarmouth Mariners Centre <ul style="list-style-type: none"> • November 4, 18, 25 • December 2, 9, 16, 23, 30 • January 6, 13, 20, 27 • February 3, 10, 17, 24 <p>All Acadia First Nation communities, members & families are invited to an hour of FREE skating.</p>	Sundays from November thru February @ 9:30 am til 10:30 am
	Community Breakfast	Come join the Rose Purdy Recreation and Community Centre Committee for their first Community Breakfast, being held this year on November 17th, 2018. Breakfast will be served by the committee members for \$7.00 per adult and \$4.00 for children under 10	Nov 17th, 2018 @ 9:00 am til 11:00 am
Shelburne	Community Christmas Dinner	The Shelburne Community Christmas Dinner will be held on December 15th, 2018 at the Shelburne Lions Hall from 1 pm til 4 pm	Dec 15th, 2018 @ 1:00 pm
	Elders Christmas Luncheon	The annual Elders Christmas Luncheon in Shelburne will be held on December 6th at Anchors away, Please RSVP with the office in Shelburne @ 902 875 2812	Dec 6th, 2018
	Christmas Wrapping Party	Christmas Wrapping Party for the Shelburne Area will be November 26th 11:00 am - 1:00 pm in the Harbourside Conference Room, located downstairs at Enterprise Square.	Nov 26th, 2018 @ 11:00 am
Gold River	Community Christmas Dinner	Our annual Christmas Party will be held December 8th, 2018 at 1:00 pm at the Gold River Community Centre on Pennell Road. Please call the GR Health Centre to reserve your spot @902-627-1245 Please RSVP by November 22, 2018	Dec 8th @ 1:00 pm
Wildcat	Community Christmas Dinner	This year the Christmas Dinner will be held on December 9th, 2018 at the Wildcat Community Center and will begin at 4:00 pm.	Dec 9th @ 4:00 pm