

JANUARY 2014

2014



AFN WILDCAT OFFICE

WILDCAT GAZETTE

Monthly Community Newsletter
published since July 2011

NOTICE



VON Wellness & Foot Care Clinics

Wildcat has a scheduled Wellness and Foot Care Clinic on

January 28, 2014 from 9:00 - 11:00

Please remember to pre-register for the Foot care as there are limited openings each month.

Wellness includes:

- Blood pressure checks
- Glucose & Cholesterol checks
- Healthy Life style information

NOTICE

BLOOD COLLECTION

January 22, 2014 (Wed)

7:45 A.M

Please remember to call the office to register as there is a maximum of 5 spaces for this service.

(2 spaces remaining for Jan. 22)

You must bring your Health Card and Doctor's requisition for the blood work. This service is open to all Wildcat Community members.

Next collection will be in April 2014



REMINDERS

WILDCAT Parent & Tots

Tuesday, January 28, 2014

10:00 - noon

Please advise if you are going to attend no later than Monday.

AFN COUNCILLOR VISIT

Wildcat Community Members are advised that AFN Band Councilor - Charmaine Stevens will be at the Wildcat Office every second Monday starting:

January 20, 2014 from 10:00 until 12:00 noon.



"As published in the AFN Yarmouth Newsletter"

Biggest Loser Competition

Councillor Jeff Purdy and Communication's Officer Sonya Isaac-Surette have donated a total of \$600.00 each towards the Grand Prize in the Acadia First Nation Biggest Loser Competition! The Prizes will start off at \$600.00 for a Woman's Grand Prize Winner and \$600.00 for a Man Grand Prize Winner. This Competition is opened for all Acadia First Nation Community Members on and off reserve. Please see the following Contest Rules, no exceptions will be made. Good Luck!

Contest Rules

1. You must be signed up and be available for a weigh in on February 1, 2014 and the final weigh in on July 31, 2014 in one of the following weigh in locations:
 - 1) Yarmouth Band Office—Amanda Muise 742-0257
 - 2) Shelburne Band Office—Darlene Coulton 740-2077
 - 3) Medway Band Office—Avis Johnson 685-2956
 - 4) Wildcat Band Office—Valerie Whynot 682-2421
 - 5) Gold River Band Office—Chrissy Tanner 627-1245
 - 6) Halifax Band Office—Jan Laing 422-5918



2. You must pay \$30 to register to take part in this competition; you can either pay on February 1, 2014 the total amount of \$30.00 or you can pay monthly a total of \$5.00 which must be paid on the first Thursday of each month. There is no financial aide for anyone to participate in this competition. There is no exception to this rule. If you do not pay on time you will be removed from the list of competitors and no refunds will be available!
3. All registration money collected will be added to the total grand prizes to be won. For example if a total of 10 women and 6 men participate the total grand prize for women will be \$900 and the total grand prize for men will be \$780.00 or if a total of 60 women joined and 60 men the total grand prizes for each category will be \$2400.00! There is no limit to how many people

"It is time to challenge yourself and be the Biggest Loser!"

can join...the more people that join the higher the Grand Prizes will be! Just think of how healthy you will be and all the new clothes you can purchase when you win the Grand Prize!

4. This competition will run for a total of 6 months, beginning February 1st and ending July 31st, 2014.
5. The person with the highest percentage rate loss will win! The calculation formula is (the amount of weight loss/beginning weight multiplied by 100) example 15 pounds loss/180 (beginning weight) x 100 = 8.33333 %

PLEASE SEEK MEDICAL ADVISE BEFORE JOINING THIS COMPETITION!

Contact your local office to register and set up a weigh in time! Good Luck!

"Here is an opportunity to motivate yourself and become more healthy!"

WILDCAT COMMUNITY EARTH DAY 2014

The official Earth Day is Tuesday, April 22, 2014.

We will schedule our community clean up, and activities for :

Monday, April 21, 2014
(Easter Monday this year)

Since last years Earth day was so successful, we will continue with the same



EARTH DAY 2014

format and ask community members to sign up for the task of their choice.

The participation was excellent in 2013.

More details to follow in the coming months, and lets aim for 100% community participation in 2014!

CHILDRENS MOVIE NIGHT

Our projector and screen will be in place and running by the end of January.

We have our popcorn machine and we will test that out this coming week.

Jessica & Brandi are asking anyone who would like to

chaperone, to please contact them so they can organize the details of movies, dates & times and chaperones.

Once you have the list of movies, you can decide if you want your children to attend.

Children under 4 yrs must

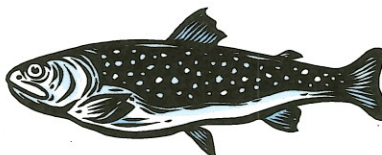
have an adult to stay with them.



TROUT

We will be setting up the fish tank again this year for Trout as we are unable to get Salmon.

Jamie has agreed to take the responsibility to care for the eggs; monitor and record the data on the water temperature.



The eggs have to be checked everyday and then more often as we get closer to the release date.

The eggs are expected around the middle of February.



To: Acadia Band Members,

I'm starting a walking group in Liverpool starting Feb 5th. We'll be meeting once a week after that on Wednesday nights at 6:30 unless the track is closed and we can't walk outside due to inclement weather. The band members who are not a member of the gym will have to pay a fee of \$2 per visit or a monthly fee of \$20 at the front desk. When the weather permits we could walk the outdoor track at Queens Place or an alternate route for free if everyone is in agreement. The number of laps will be determined by the group when we meet up.

In February I'm planning to take interested band members into the gym at Queens Place for a month. The price per member will be determined by the number of interested band members but it will be less than the normal fee of \$50. If I only have 10 interested people it will be free and if I have 20 people it would be \$25 per person. After I know who is interested I can let you know the exact cost before we start so you can make your final decision. We'll start out as a group so that you feel comfortable going into the facility as going in alone is the hardest step of joining a gym.

The Fitness Intro includes an orientation to the Fitness Centre, instruction on how to use the cardio machines & the Holst strength equipment. The staff would also answer any questions that you might have, give general fitness information, etc.

Please call the Medway office by January 30th if you are interested. I look forward to hearing from you!

Yours Truly,

Anita Howard

Physical Activity Strategy Coordinator

afnpasc@gmail.com

Medway Office 685 - 2956

March Break Event for Wildcat Community Children

MARCH BREAK ACTIVITIES

On **Wednesday March 12, 2014** there will be 1 hour of swimming in the pool at the *Best Western in Liverpool* from

11:00 - 12:00 for the Wildcat Community Children. All children must be supervised by an adult and bring your own pool towels.



We will provide lunch in the Breakfast room at the hotel from *Noon - 1:00 P.M*



Then off to the *Queens Emera Center for skating* from *1:30 - 2:30 P.M*



Heating Rebate Applications

The Nova Scotia Heating Assistance Rebate Application Forms are still available at the office for those who have not received one.

The Application must be received at the HARP office in Halifax by the deadline of March 31, 2014.

PLAYGROUND UPDATE

After our community meeting on December 17, 2013, we now have a signed note from the Manager at Costco agreeing that once we return the old equipment we will have a store credit for the total amount of what we paid for the playground set.

Thank you to AFN Band Manager, Brian Dorey for taking care of this for us.

WILDCAT COMMUNITY CENTER UPDATE



The carpenters are focusing on getting the remainder of the siding on our community center.

All the windows and doors are installed and within a week or so they will be working inside.

Keep up the good work, guys !

ONCE AGAIN AS A REMINDER- Here are the Recreation Fund Guidelines

GUIDELINES

RECREATION FUNDS: ACADIA FIRST NATION

The Acadia First Nation has Recreation Accounts in the communities of Gold River, Halifax, Milton, Yarmouth/Shelburne and Wildcat. These recreation accounts are funded by the sale of Band Tobacco.

The following guidelines are to be followed by each Committee administering the funds from these accounts. Committees are made up from staff and councillors in each community.

1. The Recreation accounts may only be used to support community events or activities of the Acadia First Nation or events that the Acadia First Nation is participating in. Activities may focus on youth, elders, families or an entire community event.
2. The recreation fund will provide up to \$500.00 per year to Registered youth band member to assist with fees for participating in extracurricular activities such as sports, music, art, summer camp, etc. The youth must be a student residing in the community and be age 18 or under and be a registered band member of Acadia First Nation or reside on a reserve within Acadia First Nation. The band member must provide a copy of the receipt from a recognized organization confirming their involvement. The Band member will then be reimbursed up to \$500.00. Alternatively the Recreation fund can pay the enrolment fee directly to the recognized organization on behalf of the youth. Reimbursement will be made to the band member's legal guardian or parent who submits the receipt on behalf of the qualifying youth.
3. The fiscal year of the recreation accounts will be from September 1st to August 31st of each calendar year.
4. Recreation funds will not be used to fund activities of individual adults (age 18 and over).
5. Where the Committee holds a community event the committee will determine whether the event includes band members only and/or band members children. This will vary depending on the particular event. For example a community dinner may include the band members and their children. Band Members are permitted to bring their spouse/partner to all events.
6. For the community Christmas Dinner/Christmas Party, gifts will be provided to children under the age of 18 who attend school. Gifts will be for registered band members children residing on the reserve and children of registered band members.
7. Events which are organized for Acadia Band youth will only be for registered Acadia Band member students or students residing on a reserve within our communities.
8. Events organized for Elders (age 65 and over) will only be for registered Acadia Band Elders and their spouse or partner. In the event the Elder does not have a spouse or partner to accompany them to the event they may take 1 guest.
9. Grading money will be for registered Band members age 18 or under attending school or students residing on the reserve.

IN THE EVENT OF A DISPUTE REGARDING THESE GUIDELINES THE DECISION OF THE CHIEF AND COUNCIL WILL BE FINAL.

PLEASE NOTE THAT THESE GUIDELINES WILL BECOME EFFECTIVE JANUARY 1, 2012

Species At Risk Update

The Species At Risk project is winding down for this segment and fiscal year. At the end of January 2014 I will be off work until May 1st, 2014. I'm still available as a resource. Since I started in August 2013 there have been many findings, events, and workshops.

We had great success on finding *Eastern Ribbonsnakes*. A total of 4 sightings in Wildcat Community! Also found were a few areas of *Redroot* and a large population of *Long's Bullrush*. An identification workshop, meeting and discussion were held in Wildcat over the past 6 months of the project.

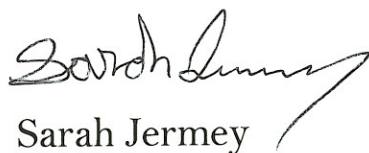
Shalan, Jamie and I hosted a meeting and discussion in Yarmouth that went very well. I attended a community session in Gold River and provided an overview of the project and findings. If Gold River would like Shalan and I to provide a presentation there, please contact me and we will arrange something upon my return in May.

In the spring I'm hoping to get youth involved in coming with me to monitor the *Long's Bullrush* and *Redroot*. I will be observing the known habitats of the *Ribbonsnake* and youth are welcome to come along. Another idea for spring is to restore the butterfly garden and possible development of some biodiversity gardens. Of course we will be hosting workshops in the communities. Planning is still being done so if anyone is interested or has ideas about events or workshops in the spring please send me an email at sjermey@outlook.com

Sarah & Shalan looking at the Long's Bullrush

See you in the Spring! ☺

Thank you


Sarah Jermey



AFN WILDCAT OFFICE

PO Box 913
South Brookfield
NS B0T 1X0
Civic Address: 1044 Molega Road

Phone: 902 682-2421

Fax: 902 682-2409

E-mail: wildcat.office@yahoo.ca

Acadia First Nation Band Council

Chief Deborah Robinson - (902) 742-0257 Office

Darlene Coulton - (902) 742-0257 Office

Tom Pictou - (902) 742-0257 Office

Jeff Purdy - (902) 742-0257 Office

Andrew Francis - (902) 277-1021 Cellular

Debra Wentzell - (902) 354-3620 Home

Charmaine Stevens - (902) 541-0711 Cellular

Michael Paul - (902) 483-7040 Cellular

AFN Band Manager:

Brian Dorey (902) 742-0257 Office

DATES TO REMEMBER - January

January 20, 2014 - Charmaine Stevens @ Wildcat Office

January 22, 2014 - Blood Collection Service @ 7:45 A.M (limited space)

January 27, 2014 - Meeting with Parents of children @ 10:00 A.M

January 28, 2017 - Parent & Tot Group @ 10:00 - Noon

January 28, 2014 - VON Wellness Clinic & Foot Care

(you must pre- register for foot care)