

2018

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COMMUNITY
CRIBBAGE
TOURNAMENT



Job Opportunity



Job Opportunity
Wolastoq Wharf

SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER

Team St. Mary's @ NB Indian Summer Games





**Employment Opportunity
St. Mary's First Nation Bus Driver
Education Department
(Permanent Full-time)**

The primary mandate of the School Bus Driver is to ensure the safety and well-being of students while transporting them to and from school activities and events.

Typical Duties:

- 1) Ensuring bus and other designated vehicles are undergo regular maintenance and safety inspections;
- 2) Diligent attention to the safety of students and staff during pick up, transportation and drop off;
- 3) Ensuring the bus and/or other designated vehicles are kept clean;
- 4) Abiding by the rules of the road ,and driving in a manner conducive to safeguarding passengers;
- 5) Keeping up to date on safe driving training, licensing requirements and renewals, CPR, emergency vehicle evacuation and other safety training as required;
- 6) Gaining and maintaining knowledge of school and field trip routes and locations;
- 7) Other duties as required by the designated school or Education Director.

MUST currently have or can obtain the following;

- 1) Class 2E Driver's License.
- 2) Certification of a current First Aid & CPR (an asset)
- 3) Full Medical & Vision Test (As Per licensed required).
- 4) A clean criminal record check is required.
- 5) A clean Drivers Abstract

Interested applicants should submit their resumes to:

Jan Rouse

Human Resource Generalist

150 Cliffe Street (2nd Floor)

Fredericton, N.B.

E3A 0A1 or

E-mail: janrouse@smfn.ca or drop them off in person. **The deadline for applications is August 10, 2018, 2018 at 12 noon.**



**St. Mary's First Nation
Job Competition
Community Planner
Administration Department
(Full-time)**

Under the general supervision of the St. Mary's First Nation Director of Operations, the St. Mary's First Nation is seeking a Community Planner. The Community Planner is responsible to budget, plan and implement various events within the community. Facilitates events for youth, seniors and general membership.

Qualifications:

- 1) Minimum Grade 12
- 2) Knowledge of Microsoft Applications
- 3) Time management and multi-tasking
- 4) Must be First Nation
- 5) Must have valid drivers licence
- 6) Planning and organizational skills
- 7) Must be willing to work flexible hours
- 8) Goal-setting and achievement
- 9) Excellent communication skills in both oral and written
- 10) Ability to facilitate and organize small meetings or community events

Applications should be forwarded by no later than **August 15th, 2018 at 4:30 pm**

**Jan Rouse
Human Resource Generalist
150 Cliffe Street (2nd Floor)
Fredericton, NB
E3A 0A1
Email: janrouse@smfn.ca**



**Job Opportunity
St. Mary's Retail Sales
Wolastoq Wharf
Restaurant Manager (Full-Time)**

We are looking for a manager to lead all aspects of our fine dining Seafood Restaurant. The manager will deliver a high-quality menu and motivate our staff to provide excellent customer service. The manager's responsibilities include but not limited to maintaining the restaurant's revenue, profitability and quality goals. They will ensure efficient operation as well as maintain high production, productivity, quality and customer-service standards.

QUALIFICATIONS:

1. Must have 3-years experience in Supervisor/Management and 3-years experience in cooking
2. Must be able to coordinate daily Front of the house and Back of the House operations
3. Must have strong organizational, interpersonal and problem-solving skills to coach and mentor team partners with professional maturity
4. Must have the knowledge to maintain high standards of quality control, hygiene and health and safety
5. Must have strong written/oral communication skills
6. Must have the ability to cope well under pressure
7. Must be able to work independently and able to make decisions confidently
8. Must be able to analyze, create and execute plans for optimizing restaurant sales levels and profitability
9. Must prepare and present reports
10. Must be willing to take responsibility for the business performance of the restaurant

If interested please send your resume and references to:

Jan Rouse
Human Resource Generalist
St. Mary's First Nation
150 Cliffe Street, 2nd Floor
Fredericton, NB.
E3A 2T1
Fax (506) 472-6220
Email janrouse@smfn.ca

Deadline for applications is August 15, 2018 at 4:30 PM.



WELCOMING A NEW
FACE TO OUR HEALTH CENTRE
HEIDI YOUSSEF

STARTING
AUGUST 7, 2018

ST. MARY'S HEALTH CENTRE

St. Mary's Health Centre would like to give a warm welcome to our new Community Nurse Heidi Youssef. She will be joining our health team on August 7. Heidi will be working in collaboration with our community doctor and nurse practitioner, as well as providing support to the Community Health Nurse, BJ Myles-Paul and our Home & Community Care Nurse, Jennifer MacFarlane. Jennifer is currently on maternity leave and is being covered by our LPN, Elizabeth McRae.

We will provide more information on additional services Heidi will be providing in the near future.

FOR MORE INFORMATION CONTACT: THE HEALTH CENTRE @ 506 452 2750



Yin Yoga – Meditation

Beginner friendly Sessions

Every Monday 8-9 pm

Classes offered by Sara Fraser at the St. Mary's Culture Center.

For More information, contact Sara on facebook or frasersara83@yahoo.ca

ST. MARY'S HEALTH CENTRE NOTICE

AMBULANCE BILLS: If you receive an ambulance bill please bring it to the health centre with your band number. Ambulance bills are covered by NIHB up to a **year** from the time you receive the bill.

This goes for any receipt that NIHB covers.



18 month Healthy Toddler Assessment (HTA)

Children between 18 and 24 months (need to be under 2) should be screened. A good idea is to book the HTA with your child's 18 month immunizations. Areas of screening include:

- ✓ Oral health
- ✓ Eye health
- ✓ Fine and gross motor
- ✓ Nutrition
- ✓ Health and safety
- ✓ Moms mental health
- ✓ Speech and language
- ✓ Growth and development

Call B.J. Myles-Paul, RN at the Health Center to book appointments at 452-2750

Immunizations - St. Mary's Health Center



ATTENTION PARENTS/GUARDIANS:

I am always booking appointments for the Child Immunization Program.

If you have a child that needs a vaccine or if you have any questions please call

B.J. Myles-Paul, RN, CHN

at 452-2750

Children need vaccines at 2 months, 4 months, 6 months, 12 months, and 18 months, and again at 4 years old. Children also get vaccines in grades 7 & 9.

****ALL CHILDREN BORN IN 2014** ARE DUE FOR THEIR 4 YEAR BOOSTER. CHILDREN CAN HAVE THIS BOOSTER ON OR AFTER THEIR 4th BIRTHDAY****

****ALL YOUTH ENTERING GRADES 7 & 9 WILL BE ELIGIBLE FOR BOOSTERS. WATCH FOR NOTICES TO COME HOME FROM SCHOOL OR CALL THE HEALTH CENTER TO BOOK YOUR CHILDS BOOSTER****

[BOYS BORN 2005-06 ARE ELIGIBLE AS OF SEPTEMBER 2017 FOR HPV VACCINE](#)

Remember: "Immunization is your child's best defense" Copies of the immunization schedule are available at the Health Center.

Canoe Certification

Looking for community members

Interested in getting their

Canoe certification

Starts: August 10, 2018

9 AM – 3 PM

@Killarney Lake

Limited # of seats so please call
and register with Melanie Berube

506 471 5189



Working Towards a Healthier Community



COMMUNITY CRIBBAGE TOURNAMENT

Sunday, Aug 12th, 2018

At SMEC

FREE Registration

Registration at 10:00

Play starts at 11:00

Mixed Doubles – Blind Draw

Male & Female High Hand

GIFT CARDS SPONSORED BY RETAIL



Looking for interest....
Youth 12 to 18 yrs



We are currently working on 2 different youth outdoor trips

1. Survival style camping on Brothers Island in the Saint John area.

Unfortunately due to the lack of interest – the Brothers Island Trip has been cancelled.

2. Traditional canoe trip with Alma Brooks around Grand Lake area
 - Tentative date – **August 28 - 30, 2018**
 - Youth will travel the channels of the Grand Lake area and then camp out on Cows Point where they will participate in a ceremony to honor the Ancestors

I am currently looking for numbers, so if you are interested

Contact Melanie @ 471-5189

**We have a limited numbers of seats so please contact Melanie ASAP
to be put your on a list**

The Canoe trip is open to all community members. However first priority will be given to youth. . Remaining seats will be distributed to adults.

So please call the health centre to put your name on the list.

506 452 2750



St. Mary's Veterans Memorial Health Centre

440 Highland Avenue, Fredericton, NB E3A 5X1 Tel: 506-452-2750 Fax: 506-452-2759

Monuhssekhasultin 'Ciw Ktolatuwewakonon *Vision Quest for our Language*

Our Language needs spiritual help in recruiting more speakers for its survival. We are hosting a One-day Spiritual Fast to pray together in our language & ceremony to strengthen our ancestral spirits.



*August 7 – 9 am
Info Session
@Culture Centre
(light breakfast
provided)*

*August 11 – 8 am
Preparation Day
@Culture Centre (light
breakfast provided)*

*August 17 -7am
Vision Quest Ceremony
starts with Sunrise
ceremony, Sweat then
Fasting*

Kulahsihkulpon

We welcome you

We will be hosting a Vision Quest for our language on August 17 to August 18 at The Lodge.

To learn more about this Ceremony please attend our information session on Aug. 7th at our cultural center at 9 a.m. (light breakfast will be available).

We look forward to meeting interested participants and helpers.

For more information please contact Melanie Berube – 471-5189.

Email: melanieberube@smfn.ca
Opolahsomuwehs (Imelda Perley)-
461-0602. Twitter: [askomiw150](https://twitter.com/askomiw150).

Email: iperley@unb.ca

For community members
12 yrs & older



Wampum Critical Incident Stress Management (CISM) Network Coordinator

1 YEAR PART-TIME CONTRACT POSITION (30-40 HOURS/MONTH)

MALISEET NATION MENTAL WELLNESS TEAM

Wampum CISM's mission is to provide peer assistance to all affected members of a community before, during or after a critical incident, regardless of race, gender or age. The Wampum Peer Support Network seeks to lessen the impact of such stress reactions through a variety of interventions provided by fully trained peer support personnel.

The Maliseet Nation Mental Wellness Team is seeking a qualified and suitable Wampum CISM Coordinator to coordinate and support all 6 Maliseet First Nations in New Brunswick. This individual may be required to provide a wide scope of supportive tasks and be able to work flexible working hours.

The Wampum CISM Coordinator will assist individuals through episodes of crisis and/ or assist other Wampum CISM teams from each of the 6 Maliseet First Nations in New Brunswick. The Wampum CISM Coordinator may be the initial contact of crisis and should have CISM training.

Qualifications:

- Completed Grade 12 or GED and College/ University degree
- Valid Drivers License and access to a reliable vehicle
- Clean Driving Record
- Current CPR/ First Aid is an asset
- Clean Criminal Records Check/ Vulnerable Sector Check
- Mentally and Physically able to perform the job
- Wampum CISM Certified and/or CISM Certified with Team Coordination experience

Required Skills and Knowledge:

- Dependable and reliable
- Ability to work with the Wampum CISM Team from all 6 Maliseet First Nation in New Brunswick
- Good Communication and interpersonal skills

- Ability to act responsibly and with good judgement
- Respects privacy and confidentiality
- Education, training and experience in suicide, crisis intervention and trauma informed care
- Be able to be on call
- Knowledge of indigenous healing practices

Roles and Responsibilities:

- Overall management and support of the Network community Teams
- Attend monthly team meetings in communities (minimum for 2 per year in each community)
- Assure all actions are within the auspices of the Wampum CISM Network
- Coordinate and attend quarterly Wampum CISM meetings
- Assure meetings are held
- Over- all logistical coordination of team activities
- Answer call-outs to activate the Wampum CISM Network
- Review/ Follow-up of interventions/ call-outs in each community
- Provide Support/ Debriefings for team members
- Manage Community Team paperwork for membership, callouts and interventions
- Communicate and report to the Maliseet Mental Wellness Team Project

Contract funding: negotiable depending on education and experience and available resources

In order to apply you must:

Mail, fax, email or drop off in person your cover letter and resume

Attention: Roxanne Sappier
Neqotkuk Health Center
250 Main St
Tobique First Nation, NB
E7H 2Y8
Phone: (506) 273-5430
Fax: (506) 273-5428
Email to: twcenter@nb.aibn.com

CLOSING DATE: 4:00 pm, Monday, August 13, 2018



Turning Leaf Foundation/ Kolopehtuwan-Mip a John Howard Affiliate, is seeking a highly motivated Individual for this following position.

Competition Closing Date: Extended to August 15, 2018

Youth Coordinator – Job Description

Title

Youth Coordinator

Reports To: Executive Director / Board Rep.

Summary

The Youth Coordinator is responsible for overseeing the individual and group services of youth as planned and implemented by the Youth Counselor. He or she will oversee the assessment procedures and assist in the development of the individualized case plans. He or she will liaison with other governmental and community organizations for the planning, development and implementation of referral and support services. The Coordinator will recruit membership for a Program Advisory Committee and coordinate committee meetings. The Coordinator will provide detailed reports as per reporting requirements to JHSNB and be available to provide data to the evaluation team. Other duties will include, but are not limited to, attending regular staff and other meetings, attending ongoing professional training workshops and continuing education. The Youth Coordinator may work from within the central office, or travel with the Youth Counselor and youth to activities. Work schedule will be flexible dependent upon program needs. Other duties may be assigned as necessary.

Job Duties



- Oversee the implementation of assessments by Evaluation team.
- Oversee the development of individualized case plans.
- Oversee and engage in the individual and group counseling sessions.
- Plan, develop, implement, coordinate and evaluate the delivery of support services to youth with the Youth Counselor.
- Ensure appropriate referrals to community-based support and prevention services.
- Assist in the coordination and delivery of developmental, community and educational services while providing a safe, nurturing environment for youths.
- Collect documentation on daily activities and submit a detailed report on a regular basis to JHSNB.
- Attend regular staff meetings.
- Respect and protect the rights of clients, including but not limited to their right to independence, autonomy, and self-determination; their right to choose and practice individual values, beliefs, religion, and culture; their right to privacy and dignity; and their right to live free from retaliation, discrimination, and abuse.
- Promote and encourage each client to maintain an optimum level of health, well-being and self-esteem.
- Maintain and model appropriate personal boundaries with clients, and refrain from involvement with client personal affairs or other business that may constitute a conflict of interest.
- Promote the integration and acceptance of clients in the community.
- Oversee documentation of client's hours of service and incentives.
- Maintain all required forms of documentation in a thorough, clear, and legible manner.
- Communicate effectively and use a professional approach with all stakeholders.
- Maintain current knowledge and practice of occupational health and safety regulations, fire safety and other emergency policies and procedures.
- Ensure all health and safety risks or concerns and Site maintenance requirements are known by Board and satisfactorily addressed.
- Take responsibility for personal health and safety and wear appropriate clothing, footwear, and personal protective gear while on duty.
- Report to work fit and able to perform all job duties and responsibilities and remain alert and attentive throughout every shift.
- Ensure site petty cash is used responsibly for the benefit of the program and clients and that there is proper documentation of all petty cash transactions.
- Respect and protect the privacy of information relating to all company clients, employees, and business affairs.
- Maintain current knowledge and practice of all relevant plans, policies and procedures as established by the company.
- Maintain knowledge of external regulatory bodies governing the company.
- Maintain current credentials as required for employment.

the Youth Counselor as per instructions provided by plans of each youth and continued management of



- Perform all duties and responsibilities in a Philosophy, and ethical standards and perform

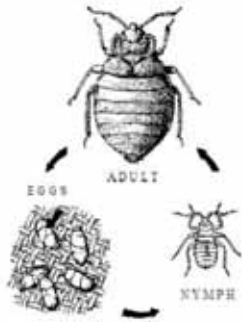
manner consistent with the company Mission Statement, other related duties as required.

Requirements

- University degree in the social sciences.
- Previous community related experience a definite asset.
- Current CPR and First Aid Certificates approved by Licensing.
- Valid Driver's License.
- Knowledgeable regarding youth programs and applications, including assessments, case-planning, implementation of educational, developmental and leisure/adventure activities.
- A well-defined sense of diplomacy, including solid negotiation, conflict resolution, and people management skills.
- High degree of resourcefulness, flexibility, and adaptability.
- Able to effectively communicate both verbally and in writing.
- Computer literacy, including effective working skills of MS Word, Excel and e-mail required.
- Politically and culturally sensitive.
- High level of critical and logical thinking, analysis, and/or reasoning to identify underlying principles, reasons, or facts.
- Good organizational, time management and prioritizing skills.
- Strong morals and ethics, along with a commitment to staff and client privacy.
- Good public relations skills.
- Excellent organizational and time management skills
- Ability to monitor financial accountabilities.
- Proven assessment skills.
- Proven critical thinking and decision-making skills.
- Physically able to perform all assigned tasks.
- Ability to perform all duties in accordance with related legislation.
- Ability to work under minimal supervision

**Interested Please send Resume and Cover Letter to Carol Harquail
carol@wabanakiclanclothing.ca**

Bed Bug Information Sheet



Bed bugs *Cimex lectularius*

- Bed bugs resemble flattened apple seeds in their size, shape and colour.
- They are about $\frac{1}{4}$ to $\frac{5}{8}$ of an inch long and are reddish brown to brown in colour.
- Bed bugs bite humans to feed on our blood.
- A bed bug feeds about once a week and can survive for **6 months to 1 year** on a single feed.
- Most people do not realize they have a bed bug infestation until they begin getting bites.
- People react differently to bed bug bites: some will develop itchy, red welts, while others show no reaction at all. How people react depends on their own sensitivity, much like allergies.

To successfully manage a bedbug problem you **MUST:**

- Ensure you are fully prepared for both the initial treatment and the follow-up including: Launder on hot settings all clothes, bedding, curtains, couch cushion and futon covers
- Thoroughly vacuum the mattress and box spring, plus the cracks in the bed frame, dressers, nightstands, all upholstered furniture, all carpets, curtains and curtain rods, and all cracks in the floor and baseboards
- Remove *everything* from nightstands, dressers, living room end tables and bedroom closets. Shake everything out over a garbage can
- Ensure cooperation between yourself, your management and neighbours in surrounding units (if relevant) in treatment: o Bed bugs are travelers and can spread unit to unit, to ensure you limit this as a possibility it is important for those around you to know.
- A neighbouring unit may already have the problem and not react the same way you do to the bites and thus may not be aware they are having a problem.

To successfully manage a bedbug problem you **SHOULD:**

- Regularly launder all bed coverings
- Regularly vacuum all cracks and crevices in the floors, all carpeted areas, plus the mattress, box spring and bed frame including the headboard
- Encase your mattresses and box springs with bed bug proof covers to eliminate the bugs inside, protect your bed from future infestation and eliminate pesticide use on your bed
- Seal all cracks and crevices in sleeping areas including those around baseboards, pot lights, electrical plates, door/window frames, heaters, etc.
- Eliminate clutter as much as possible, especially near all sleeping areas
- Keep beds pulled away from walls and do not let bedding touch the floor
- Place double sided tape around the legs of the bed frame

Caution

Community members please be aware that there have been several cases of bed bug outbreaks reported within the community. Bed bugs are a nuisance and are expensive to remove from homes. They are also known to spread disease.

Efforts must be in place to protect other families and homes from having to deal with this insect.

Should you suspect a bed bug infestation in the home, please make a discreet call to the Social Dept. so we can take the necessary next steps to reach out to a professional to have the bug eradicated. Don't be ashamed or embarrassed to reach out, all calls are strictly confidential.

We also encourage you to avoid other family members and friends from entering the home until the infestation has been properly treated. Taking these precautions will help to prevent the spread of bedbugs to other homes.

Preventing bed bugs from spreading takes a collective effort.

St. Mary's Supermarket



PRICES IN EFFECT FROM Friday August 3, 2018 to Thursday August 9, 2018

<p>Value Pack</p>  <p>Save \$1.01 lb</p> <p>Fresh Chicken Legs \$1.48 lb /\$3.26 kg</p>	 <p>Save \$1.51</p> <p>Compliments Salads (Select Varieties) \$1.98 284 g - 340 g</p>
 <p>Save \$2.51</p> <p>Whole Rotisserie Deli Cooked Chicken \$9.48 each</p>	 <p>Save \$1.01</p> <p>Mom's Plain or Sugar Donuts \$2.98 10 pack</p>
 <p>Save \$2.31</p> <p>Kraft BBQ Sauce (8 flavors) 98¢ 455 ml</p>	 <p>Save \$1.31 lb</p> <p>Fresh Atlantic Salmon Steaks \$7.68 lb /\$16.93 kg</p>

Seniors' Day Every Wednesday 10% Off St. Mary's Supermarket Only!

OPEN 7 AM—MIDNIGHT 7 DAYS A WEEK (Holidays 9 am to 6 pm)

Where Everyone is Welcome!

Ram Checks Available
Excluding 2L Pop Promos

We Now Carry
Helium Filled
Balloons and
Fireworks

ST.MARY'S RETAIL SALES, WHERE THE CUSTOMER IS ALWAYS #1
150 Cliffe St., Fredericton, NB
We Reserve the Right to Limit Product While Supplies Last
Check Out our Website for More In-Store Sales @:

Tax Free
Sundays!

www.stmarysretail.com

506-462-9604

St. Mary's Supermarket Only

Taxes & Bottle Deposit where Applicable