

2017

WANT SOMETHING IN
THE NEWSLETTER?
EMAIL
NEWSLETTER@SMFN.CA



St. Mary's C&F Services



Cribbage Tournament



Seniors/
Elders
Christmas
Dinner

SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER





Miss Teen St. Mary's Pageant 2018

Looking for Contestants that are
13-16 (if you are 12 and will be turning 13 by end of March 2018 you can still
enter)

In School

Band Member of SMFN

and available to meet weekly for practices

Pageant will be held in Mid March 2018

Meeting will be held for all those that are interested Thursday 6 pm at the Band
office 3rd Floor.

Woliwon



As of Dec. 4, 2017 St. Mary's C&F Services will be located at the Kchikhusis Center on the first floor. The new phone number will be 506-206-9119. **The after hours number will be the same.** In order to get our offices prepared for service, we will not be open to the public on Monday, Dec.4; however, we will still be available for emergency adult and child protection calls at **506-206-9119**.

If you have difficulty getting through, please call the Health Center and they will see that we get your emergency call. THIS SETUP FOR THE ALTERNATE NUMBER IS FOR MONDAY, DEC 4, ONLY. AFTER THAT DATE, THE REGULAR NUMBER WILL BE FULLY OPERATIONAL. ONCE AGAIN, THE NEW NUMBER WILL BE **206-9119**

Thank you for your patience and any inconvenience that may occur.

**Woliwon,
Gloria Sacobie, Director**



LOBSTER DISTRIBUTION

December 12, 2017

Lobster Distribution will take place December 12th at the St. Mary's Entertainment Centre (before or after the Senior's Christmas Dinner) or the Lower Parking Lot by the Fisheries Building.

Wishing you a Merry Christmas from the Fisheries Staff!!

St. Mary's First Nation



St. Mary's Social Assistance Distribution Dates

Please be informed of the following cheque dates for the 2017/2018 Christmas Holiday:

Dec 12, 2017 – Tuesday

Dec 22, 2017 – Friday

Jan 8, 2018 - Monday

Paulette will be in the office on these days from 8:30 am to 4:30 pm.



Christmas Concert
Kindergarten – Grade 5
Tuesday, December 19
10:00 a.m.

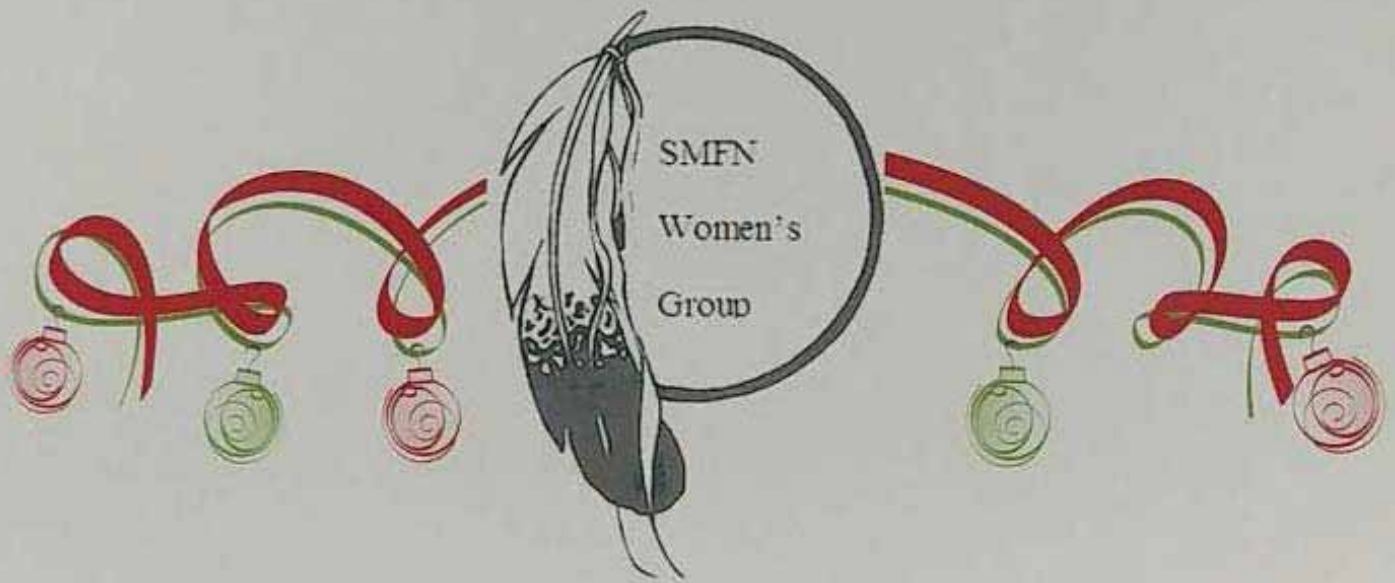
Early Years K3 & K4
Tuesday, December 12
10:00 a.m.



CHSMES
OR
PRINCIPAL BROOKS
Chsmes

Check us out on our website
WWW.CHSMES.CA

506-462-9683



Invites the women of SMFN to our

2nd Annual Christmas Party

POTLUCK

Door Prizes

(Ages 16+)

**Saturday
December 16, 2017
5:00 p.m. to 9:00 p.m.**

SMFN Cultural Centre

*We will be accepting
donations for GIGNOO
TRANSITION HOUSE*



Christmas stocking
exchange
\$20-\$25

CBC Christmas Movie Schedule

By: Amber Simpson

Date	Time (ET)	Movie
Sun, Nov 26	5:00pm	Jingle All the Way
Thu, Dec 7	9:00pm	Beauty & the Beast: Enchanted Xmas
Sun, Dec 10	7:00pm	Rudolph the Red-Nosed Reindeer
	8:00pm	Home Alone
Tue, Dec 12	9:30pm	Merry Christmas Mr Bean
Sun, Dec 17	4:00pm	Santa Claus is Coming to Town
	5:00pm	A Christmas Carol (Jim Carrey)
	8:00pm	National Lampoon's Xmas Vacation
Tue, Dec 19	7:00pm	Frosty the Snowman
	8:00pm	Dr. Seuss: How the Grinch Stole Xmas
	8:30pm	Merry Christmas Mr Bean
Wed, Dec 20	7:00pm	Frosty Returns
Thu, Dec 21	8:00pm	A Christmas Story
Fri, Dec 22	7:00pm	Rudolph the Red-Nosed Reindeer
	8:00pm	The Santa Claus 2
Sun, Dec 24	10:30am	Frosty Returns
	11:00am	Home Alone 2: Lost in New York
	1:30pm	Home Alone 3
	3:30pm	Home Alone 4
	5:30pm	White Christmas
	8:00pm	Scrooge
Mon, Dec 25	1:00am	White Christmas
	1:30pm	Frosty the Snowman
	8:00pm	Miracle on 34th Street (1994)
	11:00pm	The Family Stone
Tue, Dec 26	4:00pm	Miracle of 34th Street (1947)

PERSONAL PROPERTY INSURANCE-TENANTS INSURANCE

Although some community members may feel their belongings are not worth insuring, you may be surprised to learn how much it **can** cost to replace **everything** in the event of a loss.

As a result of fire losses within St. Mary's community, it is important to be aware of the following information.

Presently, St. Mary's policy **only covers** the minimal standard amount for a home. **NO** personal belongings will be covered.

If you have done any upgrades to your home, they will **NOT** be covered or replaced. This includes **fences, sheds, and garages**.

Replacement of contents and upgrades will be up to the homeowner.

Tenants insurance can cover all or a portion of loss, such as furniture, electronics, computer, clothes and other personal items.

The **property insurance** for St. Mary's is provided by **Membertou/Cooke Insurance**. It is up to you to choose who provides contents insurance, however, Membertou has provided the attached information to help when making your decision.

If you would like to obtain a quote, please call Melissa Pretty of Membertou/Cooke Insurance at 1-800-566-5666 ext: 3261. If Melissa is not available, please use extension 3750 and you will speak with the next available personal lines broker.



December 2017

Rates
 Drop in 15\$
 5 Class pass 60\$
 @Brooksidewellnesscentre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Yin Yoga 10am-1130am-Sara	Flow & Let Go 9-1030am- Cynthia Restorative Worksho 2-4pm with Cynthia
3 YIN Yoga 1-2,30pm with Kayte Hatha Flow 7-8pm- Kaitlyn	4 Yoga for every BODY 545pm-645pm-Kaitlyn	5 Yin Yoga 6pm-730pm- Cynthia	6 Hatha Flow 530pm-630pm-Kaitlyn	7 Meditation by donation 1215-1245pm-Shiona Mindfulness Program (for MDs) 6pm-8pm-Shiona Pre-registration only.	8 Yin Yoga 10am-1130am-Sara	Flow & Let Go 9-1030am- Cynthia
10 Hatha Flow 7-8pm- Kaitlyn	11 Yoga for every BODY 545pm-645pm-Kaitlyn	12 Yin Yoga 6pm-730pm- Cynthia	13 Hatha Flow 530pm-630pm-Kaitlyn	14 Meditation by donation 1215-1245pm-Shiona Mindfulness Program (for MDs) 6pm-8pm-Shiona Pre-registration only.	15 Yin Yoga 10am-1130am-Sara	Flow & Let Go 9-1030am- Cynthia
17 Mindfulness R & R 3-430pm-Shiona <i>(only open to those who completed a 8 wk program)</i> Hatha Flow 7-8pm- Kaitlyn	18 Yoga for every BODY 545pm-645pm-Kaitlyn	19 Yin Yoga 6pm-730pm- Cynthia	20 Hatha Flow 530pm-630pm-Kaitlyn	21 Meditation by donation 1215-1245pm-Shiona Giving Spirit Event 530-830pm	22 Yin Yoga 10am-1130am-Sara	
24 STUDIO CLOSED FOR THE HOLIDAYS	25 STUDIO CLOSED FOR THE HOLIDAYS	26 STUDIO CLOSED FOR THE HOLIDAYS	27 STUDIO CLOSED FOR THE HOLIDAYS	28 Meditation by donation 1215-1245pm-Shiona	29 Yin Yoga 10am-1130am-Sara	
31						

Restorative Workshop
 Saturday Dec. 2 from 2-4pm
 Pre-register, spaces limited
 25\$ register with Cynthia
 samking@nb.sympatico.ca

YIN Pop up class with Kayte
 Sunday Dec. 3 from 1-230pm
 Pre-register with Kayte
 yoga.kayte@gmail.com

Giving Spirit Class-Bring a donation for the food bank.
 Thursday Dec. 21 530pm-830pm
 Our gift to the Brookside Wellness community as we celebrate the giving spirit of the holidays. There will be drop in classes as well as local wellness vendors for your holiday spirit needs.

EVENTS

** Drop in meditation by donation Thursdays is open to the public and no experience is necessary.



There will be no yoga through December, classes will resume in the new year (see Schedule below)

If you wish to practice with me during this time, I will be teaching a class Friday mornings 10-1130 at the Brookside Wellness Center.

Yin Yoga – Meditation

4 Weeks, Beginner friendly Sessions

Sunday, January 7th 7-8 pm

Sunday, January 14th 7-8 pm

Sunday, January 21st 7-8 pm

Sunday, January 28th 7-8 pm

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

For More information, contact Sara at 470-7248 or frasersara83@yahoo.ca

Congratulations



November's winner for this year's Hydro Contest is:

Tammy Kendrick

Great job Tammy! There are two simple ways to win this contest.

- 1. Simply call and inquire about your hydro bill to be entered into Grand Prize Draw (Paulette or Erica @ 458-9511)*
- 2. Be the homeowner with the lowest power bill for monthly prize and chance to win Grand Prize*

Did you know?????



By using the microwave, toaster or a counter-top grill rather than an oven, you'll use less energy and avoid excess heat that increases room temperature.



Leaving a computer on all day can cost about 21 cents per day, or about \$75 per year.



SAINT MARY'S FIRST NATION IS IN SEARCH OF HIDDEN TALENTS.....WANT TO SHOW YOURS OFF?
AUDITIONS WILL BE DECEMBER 9TH @ CHSMES FROM 11am-5pm. DON'T BE SHY, COME ON OUT!!!!

AGE CATEGORIES:

5-9

10-12

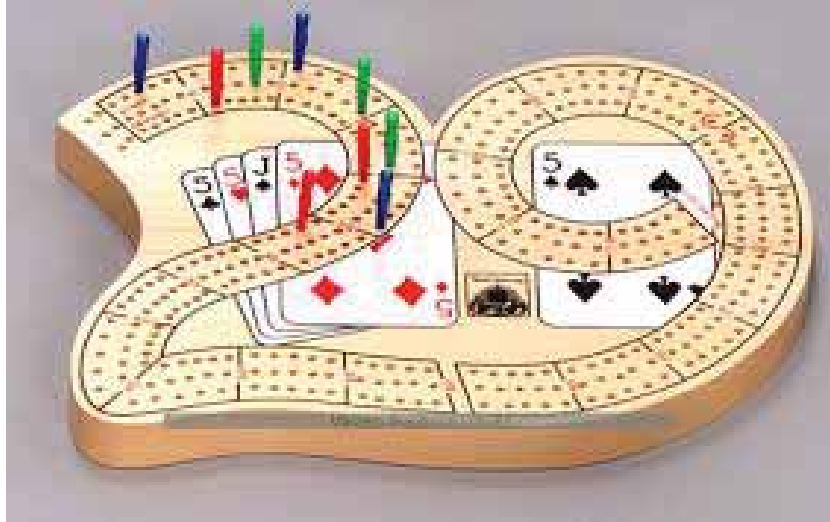
13+ With consideration of a 4th category, depending on interest

PRIZES OF 1ST, 2ND & 3RD WILL BE AWARDED FOR EACH AGE CATEGORY

FIRST PLACE WINNER OVER ALL WILL HAVE CHANCE TO PERFORM AT

THE 2018 MISS TEEN SAINT MARY'S PAGEANT

PLEASE CALL BAND RECEPTION TO LEAVE YOUR NAME AND CONTACT INFO @ 458-9511 OR CALL
SHELLEY POLCHIES DIRECTLY @ 999-4643



SMEC

"Cribbage Tournament"

December 10, 2017

SMEC/HALL B

Registration 9 – 9:45am

Play – 10 am sharp

\$50/team

All monies in will go out in prizes

Everyone will receive a bingo pass

Any questions, call Melanie @ 449-0858,

Wally @ 447-8967 or Lisa @ 461-9215

DOOR PRIZES!!!



Seniors/Elders

Christmas Dinner

(60 years & older)

December 12, 2017

St. Mary's Entertainment Center

12 noon

**Turkey Dinner with all the fixings + live
entertainment**

**If you need a drive to this event please
contact the Band Office 458-9511.**

Woliwon

St. Mary's Supermarket

PRICES IN EFFECT FROM Friday December 1, 2017 to Thursday December 7, 2017



Save
\$1.70 lb

**Fresh Cross Rib
Pot Roast or
Cross Rib Steak
Value Pack**

\$3.78 lb
/\$8.33 kg



Save
\$1.51

Product of N.B.
Local

**Coburns
Apple Cider** **\$2.98 each**



Save
\$1.01

**8 piece Deli
Fried Chicken**
With 2L Pepsi
Product

\$13.98 each



Save
91¢

**Eat Better
Muffins** **\$3.58 6 pack**



Save
\$1.99

**Kraft
Philadelphia
Dips**

\$1.98 227 g



Save
\$1.11

**Green Ocean
Cooked
Shrimp Ring** **\$4.48 227 g**

Shop with us for your chance to be entered into our Annual Christmas Giveaway.
To be Drawn Friday Dec 22, 2017.

1st Prize: Xbox One, 2nd Prize: ROCKSTAR Bicycle, 3rd Prize: Led ROCKSTAR Wall Light
One Ballot Per Customer Per Visit. Proudly Sponsored by Pepsi Co. and St. Mary's Supermarket.

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)

Rain Checks Available
Excluding 2L Pop Promo

Where Everyone is Welcome!

Helium Filled
Balloons and
Fireworks
Now available

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

Taxes & Bottle Deposit where Applicable

506-462-9604

St. Mary's Supermarket Only