

2017

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



FRESH IS BEST



Children & Youth Ministries
First Nations
Christian Outreach
Teen Group



JOB OPPORTUNITY

SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER





Employment Opportunity

Looking for Laborers

The St. Mary's First Nation Health Center will be in the process of having renovations completed in 2018. Health Canada will be contracting a company to do these renovations and as part of the tender they will be required to hire laborers from our community.

Start Date will be around end of February- first of March 2018 and will continue throughout the duration of the project.

- Looking for people physically fit and able to lift and assist with any & all tasks related to construction
- Looking for reliable people to work various hours when required

If you are interested in working with this company please submit your resume by January 30th, 2018. The company contracted will be contacting applicants for an interview at a later date.

Please forward your resume to:

Lisa Wilson
Director of Human Resources
St. Mary's' First Nation/Retail Sales
150 Cliffe Street
Fredericton, NB
E3A 0A1
Fax (506) 472-6220 or
Email: lisawilson@smfn.ca

Closing Date for Applications will be on January 30th, 2018 at 4:30 pm

First Nations Christian Outreach Teen Group



ALL TEENS AGED 13-19 ARE WELCOMED TO JOIN US EVERY FRIDAY NIGHT AT 7PM AT THE CULTURE CENTRE FOR A NIGHT OF FUN, AND FELLOWSHIP!

WE WOULD ALSO LIKE TO WISH OUR FELLOW BROTHER AND FRIEND RICHARD PAUL A HAPPY BIRTHDAY!!!

FRESH IS BEST

Sign up for a Healthy Food Bag

WHERE: Health Center temporary location bottom floor
of the Band office, next to elevators

WHEN: Now collecting \$ for JANUARY bags

TIME: Office Hours, Mon-Thurs 8:30-4:30

FEE: \$15 due at the time of signing up

The Bag will consist of: approx. \$40 value of Fresh Fruit
& Vegetables as well as recipes, tips, etc.

JANUARY DATES: PAY UNTIL JAN 17th

*PICK-UP TUESDAY JANUARY 23rd at the
Cultural Center*

Community Painting Classes

Thursday & Friday

9 am – 3pm

Culture Center



Quilting Class

Are you interested in making a Quilt?

Please call to register 458-9511, limited seating;

Classes potential starting on Wednesday Jan 24



MARK YOUR CALENDARS
Crib tournament dates

January 7/18	SMEC - sponsor
February 4/18	Retail - sponsor
March 18/18	Money \$20 (reg) \$2 (hh) \$5 (breakfast)
April 8/18	SMEC - sponsor
May 6/18	Retail - sponsor
June 10/18	Money \$20 (reg) \$2 (hh) \$5 (breakfast)
July 8/18	SMEC - sponsor
August 5/18	Retail - sponsor
September 2/18	Money \$20 (reg) \$2 (hh) \$5 (breakfast)
October 14/18	SMEC - sponsor
November 4/18	Retail - sponsor
December 2/18	Money \$25 (reg) \$2 (hh) \$5 (breakfast)

"Dance it off" - PowWow to get Fit

There will be an 8 week powwow dance workout class starting on January 29, 2018 from 7- 8 pm at the Cultural Centre. This will be for persons 16 yrs and older. There is a limit of 30 people for this class, so if interested please call or text me at 471-5189 to register. Woliwon Melanie

Come get fit while you learn to DANCE



Gignoo Transition House Inc. will be celebrating 25 years in service in February!! This is so exciting and we want to share our excitement with you too! There will be 2 days of workshops and sharing and best of all a Fundraiser Gala with guest speaker : Mrs. Universe Ashley Callingbull!! We will also be having our annual AGA if you or someone you know is interested in getting more involved with Gignoo you may want to be a part of our board of directors. If you would like to register for this exciting weekend send an email to gignoo@nbnet.nb.ca and we can send a registration form to you, fill it out and send it back. Just scan, fax or email to gignoo@nbnet.nb.ca or fax to 506-459-2547

See you all there!! 😊

A CELEBRATION OF INDIGENOUS WOMEN
with KEYNOTE SPEAKER

Ashley Callingbull



Saturday, February 17th

Delta Fredericton, Fredericton, NB

Join us for a night of celebrating Indigenous culture, a delicious meal, live music, silent auction, and opportunity to network with 250+ delegates. Tables seat 8 at a cost of \$2000 each. Individual tickets priced at \$250.

Additional avenues for sponsorship are available by contacting **Shelley Germain** Executive Director, Gignoo Transition House Inc. at gignoo@nbnet.nb.ca



Gignoo Transition House Inc.

a Healing Haven

GIGNOO'S REGISTRATION FORM

We Thank you, Welaliog, Woliwon for your interest in participating at Gignoo Transition House Inc. 25th Anniversary, Gala and Annual General Assembly. February 16-18, 2018. If you plan to attend, please complete this registration form and email or fax the form to the contact information indicated at the end of this form. Please note that there may be limited space for this event so please register early.

Name

First Nation Community

Phone Number & Email

Address

City & Postal Code

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Please select Workshops you would like to participate in. Check (✓) one workshop per time slot indicated below:

February 16, Friday Evening

Holistic Soap Making	Essential Oils	Sip & Paint	Time on Your Own
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February 17, Saturday Morning

Essential Oils	Holistic Soap Making	Sip & Paint	Ashley Callingbull
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P.O. Box 3385, Station B Fredericton, NB E3A 5H2

Phone: 506.458.1236 : Toll Free: 1.800.565.6878 : Fax: 506.459.2547 : E-mail: gignoo@nbnet.nb.ca

February 17, Saturday Afternoon

True Colors	Rattle Making	Medicine Pouches and Teaching	Speak with Elders
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_____ Please check if you are planning on attending Gignoo's 25th Gala Dinner at a cost of \$50.00.

If you are planning to bring children with you and require childcare on site, please indicate the number of children and their ages in the box below:

Gignoo will make attempts to accommodate special needs for participants with disabilities or dietary needs, e.g. allergies or dietary restrictions. If you have any of these needs, please indicate them in the space below:

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Accommodations will be provided for registered participants living outside the Fredericton and surrounding areas.

TO ENSURE A SPACE, PLEASE HAVE REGISTRATION FORM FORWARDED BY JANUARY 27, 2018
ATTENTION; SHELLEY GERMAIN
EMAIL: gignoo@nbnet.nb.ca
Fax: 506-459-2547

EMPLOYMENT OPPORTUNITY

Position: Aboriginal Seafood Network (ASN) Assistant

Job Location: New Brunswick Aboriginal Peoples Council

Number of positions: 1 position full-time

Hours of work: 37.5 hours per week

Job Description: To assist the Aboriginal Seafood Network Manager with the day to day operations of the communal commercial fishery.

Qualifications

- Strong organizational skills
- Able to work independently without supervision
- Strong writing and note taking ability
- Team player
- Working knowledge of Microsoft Word, Excel and PowerPoint
- Valid New Brunswick driver's license
- Education background in office administration or at least 4 years equivalent experience
- Familiarity with Aboriginal Communal Commercial Fishing Industry would be an asset

Duties and Responsibilities:

- Assist with the day to day operations of ASN
- Travel throughout the Maritimes to attend various meetings
- Collect catch reports for data entry
- Administration of license system, contracts and designations
- Inspection of vessels, gear and facility
- Coordinate meetings
- Ability to work after regular office hours and weekends when needed
- Office administration (filing, typing, minutes, writing reports, prepare and distribute correspondence)

Application deadline: January 26, 2018 by 4:30PM

How to apply: Resume and cover letter and 2 reference letters can be emailed to director@nbapc.org, hand delivered, or mailed to 320 St Mary's St. Fredericton, NB E3A 2S4.

Introductory Wolastoqey Latuwewakon

Ron Tremblay in cooperation with the Office of First Nation Education at the Department of Education and Early Childhood Development will be offering an Introductory Wolastoqey Latuwewakon Online course for SMFN community starting January 16th, 2018 ending June 13th 2018.

Introductory Wolastoqey Latuwewakon online course is accessible for employees and/or members of St. Mary's. In order to enroll for Wolastoqey Latuwewakon Online course the following information is required:

1. Name and email addresses
2. Name of community/organization

Each student will also require:

1. A laptop or desktop computer (participant's responsibility)
2. Headset to listen and record (participant's responsibility)

One to Two hours on Tuesdays are the recommended time to spend on the session per week; students can log on in the evenings if they prefer.

If you need extra help during the session, Ron Tremblay will be available online from 9:00am-3:30pm every Tuesday.

Please forward information to annettepaul@smfn.ca

Or if you require more information please contact Annette Paul @ 459-2219

Course Description:

The employees/members of your community will have an opportunity to develop a basic command of Wolastoqey Latuwewakon that can be expanded through further study or through contact with other speakers of the language. The online course allows students to develop their language skills and improve their use of language through study, practice, and communication.

Students are given learning opportunities that will allow them to develop their language skills focusing on oral communication, reading, and writing. Students will thus have opportunities to listen to various forms of oral communication and to understand ideas and concepts expressed in Wolastoqey Latuwewakon under study; to talk about their experiences and to express their thoughts and feelings with clarity and confidence; to read written materials in Wolastoqey Latuwewakon, including its literature, with growing proficiency; and to write in the language using a Wolastoqey Latuwewakon writing system.

SNOW REMOVAL: DRIVEWAYS

There have been a lot of questions, concerns and comments on social media and in the Community after the last storm, so we thought we should provide some additional information for people to better understand the process. As of right now, we have over 300 driveways that we plow, in addition to the streets and the parking lots (school, health centre). Our primary concern is keeping the streets plowed and safe. Plowing driveways does NOT occur prior to the end of the storm. When the storm is over, that's when driveways begin to be plowed. The policy has always been "Seniors First". We have a list of all seniors (age 60+) that is provided to all our drivers. One truck is instructed to start at the bottom of the reserve and work up, and one at the top and work down. There are over 80 seniors' driveways, plus the seniors' complexes on Paul Street and Maliseet Drive. Once these driveways are done, then the plowing of the other driveways is to start. So, if you see a truck that appears to be skipping from one driveway to another, this could be the reason why. There is no other priority of homes, so if you anticipate a storm, and have commitments you need to leave your home for the next day, you may want to make other arrangements (other than waiting for our operators to plow your driveway) to ensure you are able to get out of your driveway after the storm.

CPW are not generally responsible for sanding and salting driveways. However, in the event of a storm with a lot of ice accumulation, they will make best efforts to sand driveways, with seniors taking priority. Community members are free to go get sand from the Depot for their own personal use on their driveways. This is the responsibility of the Community member, not the responsibility of CPW to deliver the sand.

We need the Community's full cooperation when it comes to moving vehicles from the driveway to allow for plowing. It is very difficult to plow around a vehicle. Sometimes, the plowing cannot be done at all if there isn't sufficient room to put the snow. If the operators feel they cannot safely remove the snow with little chance of damaging a vehicle, they will not plow. It is the home occupant's responsibility to move their vehicle(s) for the operator to effectively and safely remove the snow. It is also not the operators' responsibility to go back to driveways to plow after a vehicle is moved. That is why it is important to move the vehicle while they are there.

We thank you for your patience and understanding with this matter.

PARKING BAN

The previous notice stated that vehicles were to be removed from the roadway during and after a storm. This has caused some challenges as there are often times when snow removal is carried out for other reasons, ie. widening streets, pushing back corners/banks. As a result, there will be a complete **PARKING BAN** on all streets, until April 1, 2018. Vehicles that are not removed may be towed, at the owner's expense. If you have vehicles that require a place to be parked and cannot be parked on your property, please contact that band hall and we will try to assist with making arrangements.

REMINDER: OVERNIGHT PARKING

Please be advised that there is to be absolutely **NO OVERNIGHT PARKING** at the Culture Centre parking lot. Vehicles that are not removed may be towed, at the owner's expense. Again, if you need to park somewhere, please contact that band hall and we will try to assist with making arrangements.



Solid Waste Management

MNCC will be working with all six Maliseet communities on creating a sustainable Waste management plan for each community. We are starting by providing Blue and Gray recycling bins to the community of St Mary's. So please contact us if you would like to receive a Blue and Gray bin. Contact number and emails are below.

And for any more information on our project, please feel free to contact Jesse Paul or Blake Daly @ 472-8803 or by email jpaul88@hotmail.com or blake.daly93@gmail.com

Note: For the Blue and Gray Box pick-up Schedule Please visit www.frswc.ca

BLUE BOX

- Refundable containers - Non-glass only!
- Metal food cans
- Plastic containers (Types 1 to 7)
- Plastic grocery bags
- Milk Cartons

Preparation

- Rinse all cans, plastic bottles and containers
- Leave labels on
- Remove bottle caps
- Place in blue box
- Set blue box out by 7 am on collection day

Do Not Include

- Glass bottles and jars
- Styrofoam

GREY BOX

- Newspapers, flyers
- Cardboard, boxboard
- Phonebooks, paperback books, magazines, catalogues
- White & coloured paper, computer paper, scribbles, envelopes (with or without windows)

Preparation

- Remove plastic liners from boxes
- Flatten all boxes
- Staples and paper clips do not need to be removed
- Set grey box out by 7 am on collection day

Do Not Include

- Thermal fax paper
- Carbon paper
- Waxed paper



Letter of Information

You are invited to participate in a study to learn about the experiences of Wolastoquey women who are descendants of Survivors of the Indian residential school experience.

I am a Master of Nursing student at the University of New Brunswick. I would like to hear about your story because it may help others learn about the ongoing effects of residential schools. Also, the research findings may support services for women who are descendants of Survivors.

Wolastoquey community members and Elders have guided this research project. If you choose to be in the study, you will be in a group setting with up to five other women. There will be three sessions, at least three hours long. These sessions will involve making hand-drums, hand-drumming, and sharing circles. A Research Team will help me identify the themes in your stories. Participation is voluntary and your information will be kept confidential.

If you wish to have more information about the study before you decide to participate, please email me at amanda.reid@unb.ca or phone at (506) 609-0208.

Woliwon/Thank-you,

Amanda Rogers
MN Student
Faculty of Nursing
University of New Brunswick

It is acknowledged that this research project takes place on unsurrendered and unceded traditional territory of the Wolastoqiyik.

This project has been reviewed by the University of New Brunswick Research Ethics Board and is on file as REB2017-120.



Consent Form for Participation in Study

Title of Project: The experiences of Wolastoquey women who are descendants of Survivors of the Indian residential school experience.

University of New Brunswick on behalf of UNB Graduate Student: Amanda E. R. Rogers (Master of Nursing student)

It is acknowledged that this research project takes place on unsundered and unceded traditional territory of the Wolastoqiyik.

WHAT IS THIS FORM?

This is a consent form. It will provide you with information to make an informed decision to participate in this study.

WHAT IS THE PURPOSE OF THIS STUDY?

Amanda Rogers is conducting a study to learn how the Indian residential school system affects the lives of Wolastoquey women who are descendants of Survivors. Since October 2016, Amanda has worked with Elders and community advisors to develop this research study.

The findings will increase awareness of the experiences of descendants of Survivors. Also, this study may inform services that support the healing of women who are descendants of Survivors.

WHO IS ELIGIBLE TO PARTICIPATE?

Wolastoquey (Maliseet) women:

- 19 years of age or older
- Descendants (such as children or grand-children) of residential school Survivors
- Living in Fredericton, Oromocto, or Kingsclear

As a descendant of a Survivor, you are being invited to take part in this research study. It is believed that you can help me understand the effects of residential school for Wolastoquey women.

WHAT WILL I BE ASKED TO DO?

If you agree to take part in this research study, you will be asked to participate in three sessions that involve a hand-drum workshop and sharing circles. Up to five Wolastoquey women will participate in this research study along with you. Elder Imelda Perley, drum-maker Judie Acquin-Miksovsky, and myself will facilitate these sessions. I will ask questions to learn about your experiences. The questions are given here so you can think about what you might like to share in the workshop and sharing circles:

1. Tell me about growing up in your family.
2. Can you share your memory of being a descendant?
3. How do you envision healing for the future generations?
4. How are women transforming social problems in their communities?

Your responses will be recorded by handwritten notes during the sharing circle sessions. A fourth group session will be arranged to give you the opportunity to review the research study findings. At that time, you and the group can decide if the findings are accurate.

When the study is completed, you will be given a copy of the research findings. You will also be given your hand-drum and a picture of your hand-drum. In the future, I may contact you for permission to use this picture in articles and presentations.

WHERE WILL THE STUDY TAKE PLACE AND HOW LONG WILL IT LAST?

The hand-drum workshop and sharing circles will be at the St. Mary's First Nation Community Centre. The first session will be scheduled during February 2018 at a time that works for most participants. During this session, a hand-drum workshop and first sharing circle will take place. Two other dates will be scheduled to paint the hand-drum that you have made and to participate in sharing circles. These sessions may be at least three hours long.

A total of three group sessions will be held between February and March 2018.

A fourth group session will be scheduled during April 2018 for you to give feedback on the study findings.

WHAT ARE MY BENEFITS OF BEING IN THE STUDY?

Hand-drumming is often a positive and healing activity. After this study, you will own your hand-drum and have the teachings to continue this practice if you wish.

Participating in this research study presents an opportunity to share your story. You may experience an emotional release to assist in healing. Also, you may connect with other Wolastoquey women with similar experiences.

WHAT ARE SOME POTENTIAL RISKS OF BEING IN THIS STUDY?

I am asking you to share personal information. Remembering past experiences may bring back painful and emotionally-difficult feelings. If you feel uncomfortable, you do not have to answer any questions or take part in the sharing circle discussions. You do not have to give me any reason for declining to take part in the research study.

There are a few risks to protecting your identity that you should know about:

1. I will ask you and others not to talk about the sharing circles to people outside the group. In other words, I will ask each of you to keep what was said in the group confidential. However, I cannot stop participants from sharing things that should be confidential.
2. The Research Team, who are working with me, may come to know your identity. They will be required to maintain confidentiality.
3. Research being done in the community may draw attention. If you participate, you may be asked questions by other community members.
4. You may be identified by community members from pictures of your hand-drum.

ARE THERE SUPPORTS FOR ME AFTER THE PROJECT?

There is mental health counseling services coverage with Non-Insured Health Benefits (NIHB). This service is available for those with status through the Atlantic First Nations and Inuit health Branch. Their phone number is toll-free at 1-800-565-3294.

A 24/7 First Nation and Inuit Hope for Wellness help-line gives telephone counseling support. You can access this service at 1-855-242-3310.

Michael Paul is from the community of Woodstock First Nation with training in Wampum Critical Incident Stress Management. He is available for counseling support if needed. You can reach him at (506) 425-4800.

Dawn Francis is a regional cultural support worker from Tobique First Nation. She works with Survivors and their descendants. She can provide counseling support and can be reached at (506) 273-0572.

HOW WILL MY PERSONAL INFORMATION BE PROTECTED?

The sharing circles will be recorded using handwritten notes by Amanda and a member of the Research Team, to remember your responses and reactions to the questions. As an Indigenous researcher, it is believed that Amanda has the experience to remember your stories in a good way. A Research Team with Judie Acquin-Mikovsky, Keyaira Gruben, Sherry Parsons, _____, and I will have access to these notes. They will be secured in a password-protected computer file. Any information about you will be removed such as dates, places, and names. Your personal information will not be shared with anyone outside of the Research Team. The handwritten notes of the sharing circle discussion will be kept for five years, and then destroyed.

When the study is completed, the findings will be presented publicly to your communities, health and Indigenous conferences, and research articles. Your personal information will not be identified.

WILL I RECEIVE PAYMENT FOR TAKING PART IN THE STUDY?

Money honorariums or other benefits will not be provided for participation in the study. However, you will own your hand-drum and light snacks will be provided during group sessions.

WHAT IF I HAVE QUESTIONS?

If you have any questions, you can ask them now or at any time during the research study. If you wish to ask questions later, you may contact Amanda Rogers. Her email is amanda.reid@unb.ca and cellphone number is 506-609-0208.

This proposal has been reviewed and approved by the UNB Research Ethics Board and the New Brunswick Aboriginal Peoples Council. These organizations make sure that you are protected from harm. If you wish to find out more about them, please contact:

The New Brunswick Aboriginal Peoples Council
320 St Marys Street
Fredericton, New Brunswick
E3A 2S4

You may contact Amanda's thesis committee with questions or concerns, who are overseeing the project as well:

Dr Grace Getty	getty@unb.ca	506-458-7621
Dr Janice Thompson	jthomps@unb.ca	506-458-7623
Lisa Perley-Dutcher	ldutcher@unb.ca	

Also, you may contact the Acting Dean of the Faculty of Nursing Dr. Loretta Secco. She is in no way involved with this study.

Dr Loretta Secco	loretta@unb.ca	506-451-6844
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CAN I STOP BEING IN THE STUDY?

Your participation in this research is completely voluntary. It is your choice whether to participate or not. You may change your mind later and stop participating even if you agreed earlier, without explanation. If you stop participating, Amanda will make all attempts to remove the details of your participation from the final report.

STATEMENT OF VOLUNTARY CONSENT

I consent to be in this research study. My participation will be used to learn more about the experiences of women who are descendants of Survivors of the residential school system.	Yes	No
I understand the risks and benefits of taking part in this research study.	Yes	No
I have had an opportunity to ask questions and discuss this study.	Yes	No
I understand that I am free to refuse to participate or withdraw from the study at any time and I am not required to give a reason.	Yes	No
I understand that if I withdraw from the study, it may be difficult to remove previously handwritten comments from the sharing circles.	Yes	No
I understand the issues of confidentiality, which have been explained to me.	Yes	No
I consent to have a picture taken of my hand-drum.	Yes	No
I consent to be contacted in the future by the researcher for permission to use the picture of my hand-drum.	Yes	No
I understand that study findings will be made available for archiving to the University of New Brunswick as well as to Library and Archives Canada. I am aware that no identifying information will be included.	Yes	No
I understand that the study findings will be presented at health and Indigenous conferences. I am aware that no identifying information will be included.	Yes	No
I understand that the study findings will be reported to the community I am from. I am aware that no identifying information will be included.	Yes	No
I understand that the study findings will be sent to be published in a journal. I am aware that no identifying information will be included.	Yes	No
I understand that study findings will be used in a Master's thesis and seminar for the purpose of Amanda Rogers obtaining a university degree. I am aware that no identifying information will be included.	Yes	No

I have read this form or it has been read to me. I have had the opportunity to ask questions and those questions have been answered to my satisfaction. I understand that I can withdraw at any time. I consent voluntarily to participate in this study.

Participant Name	Participant Signature	Date
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OR

The participant has indicated reluctance to sign or has requested a waiver of signed consent _____

Reviewed with Participant	Initials of Participant	Date
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AND

Graduate Student	Graduate Student Signature	Date
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This project has been reviewed by the University of New Brunswick Research Ethics Board and is on file as REB2017-120.

HAPPY

NEW YEAR!



St. Mary's Supermarket



PRICES IN EFFECT FROM Friday January 12, 2018 to Thursday January 18, 2018

	<p>Save 61¢/lb</p>		<p>Save 51¢/lb</p>
<p>Fresh Boneless Porkloin Combo Chops</p>	<p>\$2.88 lb /\$6.35 kg</p>	<p>Product of Canada Green Cabbage</p>	<p>48¢ lb /\$1.06 kg</p>
	<p>Save \$1.51</p>		<p>Save \$1.01</p>
<p>Instore Made Salads</p>	<p>\$4.48 each</p>	<p>Instore Made Banana Bread</p>	<p>\$3.48 650 g</p>
	<p>Save \$5.01</p>		<p>Save \$1.11 lb</p>
<p>Delissio Thin Crispy Pizza</p>	<p>\$3.98 555 g - 605 g</p>	<p>Fresh Seafood Chowder Mix</p>	<p>\$5.88 lb /\$12.96 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)

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