

2017

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



Cold Weather
safety tips
For pet owners



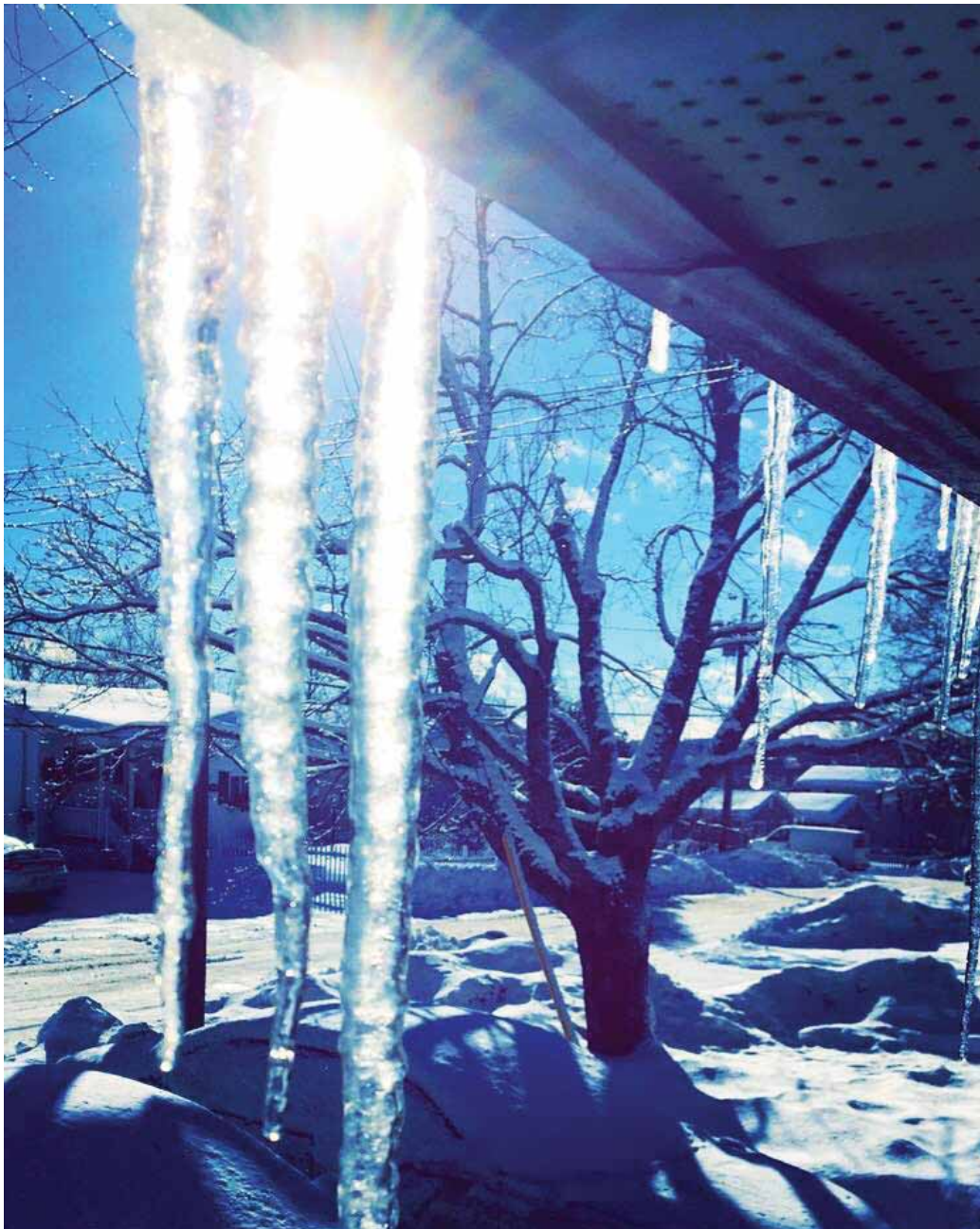
COMMUNITY
CRIBBAGE
TOURNAMENT



Personal Care Worker/
Home Care Worker

SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER



Congrats to Walter Brooks Jr.



We would like to congratulate our son Walter Brooks Jr. (#44) for the amazing year of football he has had. He was selected to play in the Football Canada East West Bowl, which required him to make it through 3 cuts. He was invited to the Top Prospect Canada Elite Combine. He was Captain of the Leo Hayes Bantam football team and he played linebacker and Running back, they were Football NB Provincial Champions. Walter was awarded CAMFA Most Outstanding Player of the year and Defensive All-Star. He was nominated for Football NB 2017 Defensive MVP for New Brunswick (1st year ever being offered) and won, as well CAMFA 2017 MVP. He was invited to the new program offered by FNB (85 selected), 506 Elite Performance Program and will be trying out for the U18 Provincial Team NB. He was signed by a recruiter in California (PrepStar) and has already received two offers to play football on full scholarship in the USA. He has been blessed to have been able to receive awards since he began playing football and has played on Provincial Teams the past few years. He has been invited to several recruitment camps and has been focused on his goal. May you be blessed with everything you have set your sights on.

We love you Mom, Dad, Sister, and all your family that supports you on your chosen path

--

Walter & Laura Brooks



ATLANTIC POLICY CONGRESS
OF FIRST NATIONS CHIEFS SECRETARIAT

APC Employment Opportunity
Resolution Health Support Worker (RHSW) – Atlantic

(Full time term position, until March 31, 2018)

Description: The Atlantic Policy Congress of First Nations Chiefs Secretariat (APC) is seeking a professional and highly skilled individual who will be responsible for providing RHSW services to former Indian Residential School (IRS) students and their immediate family member(s) and/or support person(s) for the Atlantic Region. The candidate would work in collaboration with various organizations and communities involved in work to assist former IRS students' emotional well-being at the local, regional, and provincial level. Furthermore, the candidate would support the emotional health and wellness of former IRS students, their immediate family member(s), and/or support person(s). The candidate would also provide management and administrative oversight of the RHSW program.

This position does not include professional counselling.

This position does not require reporting in-person to the APC office in Cole Harbour, Nova Scotia. The employee will be expected to travel frequently throughout the Atlantic for IRS survivors to deliver RHSW services. The employee's location base is negotiable.

Who Can Apply: Applicants should possess a relevant post-secondary degree, diploma or certificate from a recognized post-secondary institution, preferably in the areas of social services, health, and/or mental health. Those having a combination of relevant education and work experience will also be considered.

Experience: Applicants must have at least three to five years' experience working with First Nations, preferably with former IRS students and their descendants. A combination of comparable, relevant, and recent education and experience will also be considered.

Abilities and Skills:

- Possess a valid driver's license, have a reliable vehicle, and be willing to travel when required;
- Demonstrated ability to work independently as well as part of a team;
- Excellent verbal and written communication and presentation skills, as well as a strong ability to manage multiple projects and priorities;

- Highly organized and able to work with minimal supervision to meet deadlines;
- Must possess excellent interpersonal skills;
- Possess the ability to network, build effective relationships, communicate appropriately, and represent the APC at meetings and other gatherings;
- Must possess healthy self-care skills to mitigate vicarious trauma effects;
- Should have extensive knowledge of legacy of the IRS system and the Truth and Reconciliation Commission; and
- Should have extensive knowledge of Mi'kmaw and Maliseet communities, organizations, culture and traditions.

Salary: Depending on qualifications and experience
APC Head Office is located in Cole Harbour, Nova Scotia

Location: Negotiable – Nova Scotia or New Brunswick

Start date: As soon as possible

If you are interested, qualified and would like to be part of the APC team, please email in **Word or PDF format only**, the following documents:

- a detailed cover letter explaining how you meet the position requirements and salary expectations (please quote **APC competition #2018-01-01 on the cover letter and subject line of your email**);
- an updated resume;
- recent writing sample; and
- the names/contact information of three work related references.

All above noted information must be sent by **email only** by **4:30 p.m. (Atlantic Standard Time) on February 9, 2018**

Email address: hr@apcfn.ca

No applications will be accepted beyond the closing deadline. Interviews will be held in Dartmouth, Nova Scotia. If all qualifications are equal, preference will be given to persons of Aboriginal ancestry. While we appreciate the interest of all applicants, only those applicants selected for an interview will be contacted. No phone calls please. No interview or relocation costs will be provided.



Working Towards a Healthier Community



COMMUNITY CRIBBAGE TOURNAMENT

Sunday, February 4th, 2018

At SMEC

FREE Registration

Registration at 11:00

Play starts at 12:00

Mixed Doubles – Blind Draw

Male & Female High Hand

GIFT CARDS SPONSORED BY Retail Sales

Reminder: this starts Monday, January 29th 7-8pm

“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

Congratulations



December's winner for the Hydro Contest is:

Jessica Thibodeau

January's winner is.....

Morgan Henderson

For a chance to win.....

- 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 a chance to win the Grand Prize*

Did you know?????



That any time you use a toaster oven, electric skillet, slow cooker or microwave, you use less energy.



When the coils underneath or behind the refrigerator are covered with dust, the appliance is working harder.



St. Mary's Veterans Memorial Health
Centre We've Moved:

Office @ 150 Cliff Street, Unit 10

Phone: 452-2750

Fax: 452-2759

DIRECTOR OF HEALTH: KELLY GALLAGHER /150 CLIFF STREET

BJ MYLES-PAUL – /150 CLIFF STREET

JENNIFER MACFARLANE – / 150 CLIFF STREET

ELIZABETH MCREA – /150 CLIFF STREET

LAURIE BROOKS – /150 CLIFF STREET

CONNIE MACKAY – / 150 CLIFF STREET

MELINDA BROOKS – / CULTURE CENTRE UPSTAIRS

SHERRY PARSONS - /CULTURE CENTRE UPSTAIRS

ARLENE BROOKS - /CULTURE CENTRE UPSTAIRS

MELANIE BERUBE - /UPSTAIRS OVER OLD REC CENTRE

KRYSTLE ROBERTS - /UPSTAIRS OVER OLD REC CENTRE



COLD WEATHER SAFETY TIPS FOR PET OWNERS FROM DEPUTY JETHRO



Fur coats don't protect pets from hypothermia and frostbite. Here are some tips for keeping your furry friends safe, warm and happy this winter.

Did you know that...

- ~ Fur loses its insulating ability when wet ?
- ~ Paw pads, ears, and noses are vulnerable to frostbite ?
- ~ Antifreeze can be lethal to dogs and cats, even in small doses ?

Don't leave your pet unattended in a vehicle for extended periods of time

- ~ Vehicles can act like refrigerators in the winter, holding in cold
- ~ Cars left running could be a carbon monoxide risk to animals inside



DEPUTY JETHRO

DOGS

- ~ Limit outdoor time for puppies, senior dogs, small and short-haired dog breeds in cold or wet weather – consider boots and a sweater/coat if your dog is particularly susceptible to cold weather and doesn't mind being bundled!
- ~ Thoroughly dry feet, legs, and stomach when your dog comes in from the snow.
- ~ Keep an eye on sensitive paw pads, which can be injured from snow, ice and salt spread on sidewalks.
- ~ Do not allow dogs off-leash in a snowstorm – not only is allowing your dog to run at large against the law, but they can easily lose their scent and become disoriented and lost.
- ~ If left outside for extended periods of time (and remember, tethering is prohibited between the hours of 11:00pm and 6:00am), provide dogs with an adequate shelter that protects against the elements and access to fresh, unfrozen water and food in a non-metal dish.

CATS

- ~ Cats' bodies are not meant to withstand low temperatures, so it's best to keep your cat indoors
- ~ Outdoor cats will seek warmth in winter, such as the engine of a parked vehicle. Before starting your car, check surroundings for paw prints, bang on the hood, or honk the horn to allow cats a chance to escape



SIGNS THAT A PET MAY BE IN DISTRESS

- ~ Excessive shivering
- ~ Lifting/Licking/biting paws
- ~ Refusing to play



If your pet is displaying any of these signs, bring them inside immediately!

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

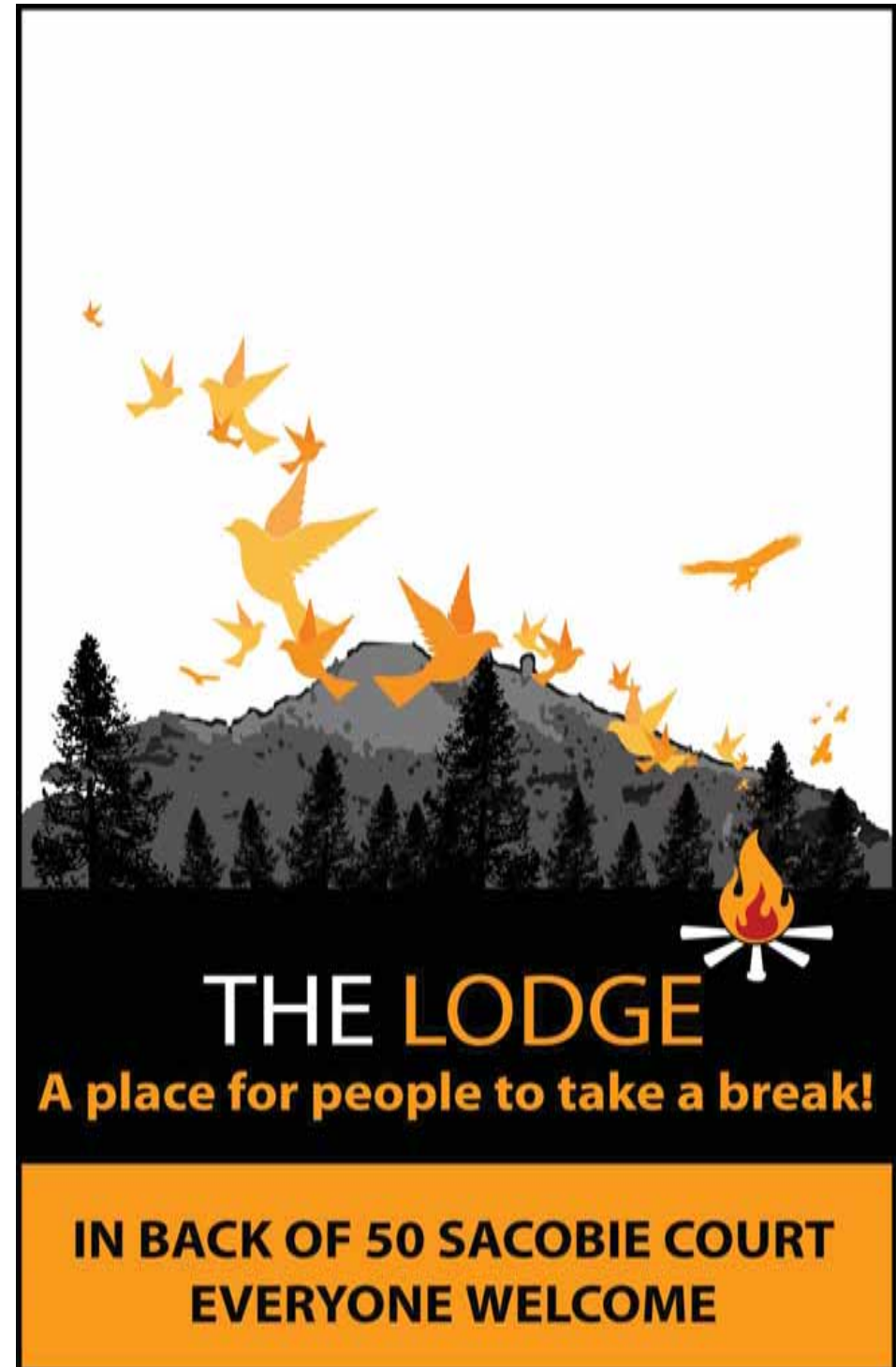
Please be advised that there is to be absolutely **NO OVERNIGHT PARKING** at the Culture Centre parking lot. Vehicles that are not removed may be towed, at the owner's expense. Again, if you need to park somewhere, please contact that band hall and we will try to assist with making arrangements.

We would like to express our greatest appreciation to all those who made monetary, food, and material donations. We would also like to thank those who volunteered their time and skill in the building process of the lodge. If it were not for all the support of those who helped and cared, the lodge would have not been possible.

P.S. There was not enough room to list all those who care about you.

Emergency Contacts

Emergency 911
Tele-Care 811
Chimo 1-800-667-5005
Kids Help Phone 1-800-668-6868
Community Police 460-2373
Addiction Services 452-5558
Mental Health 453-2123
After Hours Mobile Crisis Unit 453-2132
Dr. Everett Chalmers Hospital 452-5400
Fredericton Community Health Centre 452-6383
St. Mary's Health Centre 452-2750
Loyal Taxi- After Hours 455-0723
Fredericton Police
Phone: (506) 460-2300
Emergency 911



- Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.
- 20% of Canadians will personally experience a mental illness in their lifetime.
- Mental illness affects people of all ages, educational and income levels, and cultures.

Loss comes in many different forms and people deal with loss in many different ways. Loss could be the death of a loved one, a pet, breakups with boyfriend or girlfriend, divorce, and even a job.

The lodge was built to help those who may need a place of refuge, a place where one can get away to reflect and self heal.

The lodge offers a short term get-away for those who may need time alone.

This is a non-profit facility and we do not accept responsibility for any accidents that may occur.

Someone will monitor the lodge to maintain a safe environment.

ALL ARE WELCOME!

Simple guidelines during your stay at the lodge:

- If you need professional help, do not hesitate to call the appropriate people.
- Alcohol and drugs are not permitted in or around the lodge but you are more than welcome to stay if you are under the influence and in need.
- No smoking in the lodge.
- Clean up after yourself.
- Respect others who may be also using the lodge.



If you need to use the bathroom, my mother's house is available. Please be respectable.



St. Mary's Veterans Memorial Health Centre

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

Bussing Schedule

Elder Gathering in Tobique

February 20th – 22nd, 2018-01-23

- February 20th, 9:00am Start pick up in Oromocto FN, pick up St. Mary's FN, pick up in Kingsclear FN, pick up in Woodstock FN (locations to be determined)
Arrive & check in to hotel
4:30pm Leave hotel to head into Tobique for supper & social
8:00pm Head back to hotel for night
- February 21st, 9:00am Leave hotel to go into Tobique for daily workshops
2:30pm Head back to hotel to freshen up for night activities
4:30pm Leave hotel to go into Tobique for supper and night activities
000000 Bus go back to hotel-need time ie after nightly activities, bingo, casino etc.
- February 22nd, 9:00 am Leave hotel to go into Tobique for daily workshops (have participants packed and checked out of hotel)
1:00pm Head home with drop offs in Woodstock, Kingsclear, St. Mary's & Oromocto

St. Mary's Home and Community Care Program

Job Posting: Personal Care Worker/Home Care Worker

Hours: We are currently hiring for one part time home care worker (6 hours per day Monday – Friday) with the potential for full time as required.

Job Description: Provide personal care, emotional support and homemaking services in client's home; follow care plan provided by Home and Community Care Program; report to Home and Community Care Nurse. We are looking for enthusiastic and compassionate workers who will support our clients in remaining in their own homes as safely as possible for as long as possible. Care varies by client's needs.

Qualifications: Successful completion of a Personal Care Worker certification course or equivalent. Experience preferred but new workers with good references welcome.

Salary: 14\$/Hour

If interested, or should you have any questions regarding this posting, please send your questions, resume and availability to:

St. Mary's Home and Community Care Program (Attn: Home and Community Care Nurse)

St. Mary's Veterans Memorial Health Centre
105 Cliffe Street, Fredericton, N.B.

Please email your resume to:

jennifermacfarlane@smfn.ca

Related references are required.





Saint Mary's Veterans Memorial Health Centre

Working Towards a Healthier Community

ATTENTION ALL TRADITIONAL HEALERS

Health Canada will be providing funds to health centres to compensate traditional healers for the services they provide to their community and band members. This is a great step forward for the recognition of the validity of providing traditional and cultural services and the benefits they provide to First Nations people and their community.

On the next couple of pages there is a survey that will give us the information we need to better understand the services you can provide and allow us to refer clients who would like to have traditional healings to the appropriate practitioner.

If you have experience with traditional healings or cultural teachings/knowledge that you feel would be beneficial to the well-being of our community please fill out the survey and return to the Health Centre at 150 Cliffe St. They will be directed to Melanie Berube and me to compile our list of traditional healers and practitioners.

If you have an idea for a group or individual session that would provide knowledge or healing for our community please put together a one page proposal and drop off at the Health Centre at 150 Cliffe St.; Attn: Kelly or Melanie and we will consider these. Or maybe you have already provided a service or session this month already. We will also consider those. We do have funds that will need to be spent before the end of March 2018.

I appreciate your time and encourage you to fill out the form and also to think about how you might provide a service to the community that will assist in personal wellness by reclaiming our language, traditional knowledge, and pride in who we are and where we fit in today's world.

If you have any questions please feel free to contact Melanie Berube @ 452-2750 or myself @ 442-1946.

Woliwon
Kelly Gallagher
Director of Health SMFN

Maliseet Nation Mental Wellness Team Inventory of Traditional Healers

The purpose of this survey is to inventory the traditional healing services that are available in our community. This information will be used to create an inventory or directory of services that the Maliseet Nation Mental Wellness Team and/or the First Nation may use to hire traditional healers, particularly in times of crisis. By filling out the information below, you agree to be in the directory and agree to be contacted.

Note, that being in the directory or being contacted does not mean that you have to provide services. Nor does it mean that there is a job right now. It just means that you are willing to be considered, listed, and asked, should an opportunity become available.

1. Name: _____

2. Home Phone Number: _____

3. Cell Phone Number: _____

4. Email address: _____

5. Do you provide services to: *(please check all that apply)*

Women

Men

Both

Children

Youth

Individual

Group

Other: _____

6. Have you ever worked in an elementary or secondary school setting?

Yes

No

7. Are you willing to provide a criminal record check?

Yes

No

8. What traditional healing services do you offer: *(please check all that apply)*

- Cooking traditional foods
- Crafts/art; if so, what kind: _____
- Dancing; if so, what kind: _____
- Drumming
- Fasts
- Feasts
- Fishing
- Gathering
- Grief recovery
- Healing circles
- Hunting
- Life stages ceremonies (birth, puberty, death
- Medicine gathering
- Sacred fire
- Singing
- Smudging
- Sweat lodge ceremonies
- Talking/sharing circles
- Traditional medicines
- Traditional nutrition
- Other: _____

9. What would be a reasonable hourly rate or range for this kind of services, in your opinion? *Please note, this does not mean you would be paid this. Pay would be determined by extent of services, time, and availability of funds, etc.*

10. Would you be available in the: *(please check all that apply)*

- Daytime
- Evening
- Weekdays
- Weekends

Thank you!

Please make copies and post on
your Community Bulletin Board

AboriginalCareers.ca

your source to 1000's of Aboriginal employment opportunities



TransCanada

Make a difference with your career

At TransCanada we dream big, think big and do big things. We're a leader in the responsible development and reliable operation of North American energy infrastructure. For more than 65 years, we've been supplying safe, reliable and efficient energy to millions of North Americans with our pipelines, gas storage and power generation facilities.

We've created a company-wide culture of development and our employees work in a supportive, respectful and safe atmosphere. Our employees have ample opportunity to further their professional skills and enjoy a clear sense of achievement and reward. TransCanada's culture is built on our values of safety, integrity, responsibility and collaboration which guide our quest to make what we do matter.

TransCanada is an equal opportunity employer.

For more information or to apply:
www.AboriginalCareers.ca/TransCanada

Community Connections Program
brought to you by:



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Aboriginal Link, PO Box 50058, 17 - 2595 Main Street, Winnipeg, MB R2V 4W3, Phone/ Fax: 1-866-440-7257

ID 362



Knowledge Keeper on Campus

StFX University wants to enhance student experiences by having L'nu Knowledge Keepers on campus to share their teachings and to assist us in decolonizing the university environment. We are seeking someone who has deep knowledge of Mi'kmaw culture past and present. Someone who is keen to advise faculty, staff, administration, and students on building strong, healthy and respectful relations with the Mi'kmaw Nation and who has lots of great ideas about how to put Mi'kmaw knowledge into practice throughout the university in our teaching, research and service activities.

The position is part-time, three days per week on average, and the hours are flexible with the goal of maximizing the Knowledge Keeper's time on campus with students during the academic year. There is a possibility for the role to be shared between two individuals. The term of the position is one year with the possibility of renewal for an additional term, and a \$35 000 stipend. All other details will be decided with the Knowledge Keeper's needs in mind and with the guidance of the StFX Mi'kmaw Advisory Circle and the Director of Student Life.

Scope of the Role:

- Focus primarily on the student experience, including spiritual and cultural supports for students,
- Foster a commitment to StFX's journey to reconciliation, through strengthened relationships with local Mi'kmaw communities,
- Provide advice and guidance on the practice of Mi'kmaw ceremony at StFX,
- Engage with all students to teach Indigenous ways of knowing and promote a co-learning journey, in the spirit of reconciliation on campus,
- Promote awareness and relationships between Aboriginal organizations and their knowledge resources and the StFX community and its knowledge resources,
- Participate on several committees that work on the application of Indigenous knowledge in the academic curriculum, social development programming, and cultural competency.

Qualifications/Skills:

- Good Mi'kmaw storyteller, willing to share their knowledge of Mi'kmaw culture,
- Some Mi'kmaw language understanding an asset,
- Ceremonial knowledge,
- Well connected in Mi'kmaw communities, particularly in Nova Scotia,
- Experience guiding youth in respecting and learning cultural and spiritual practices,
- Willingness and flexibility to be visible on campus and accessible to students,
- Patient, nurturing, clear communicator.

If you, or someone you know is interested in this position please write a letter of application that includes some details of background and experience working with students or sharing Mi'kmaw knowledge and your contact information. If a CV is available, please submit that too. For more information about the role please contact Terena Francis tfrancis@stfx.ca or call 902-876-5413. Welalioq!

Closing date for application is February 9th at 1:00 p.m. Please submit your letter of interest in confidence to:

Student Life
St. Francis Xavier University
Email: studentlife@stfx.ca



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

St. Mary's Supermarket



PRICES IN EFFECT FROM Friday January 26, 2018 to Thursday February 1, 2018



Save
\$1.51 lb

Fresh Stew Beef Value Pack

\$3.98 lb
/\$8.77 kg



Save
\$1.01

Product of Canada
Stew Pack

\$2.98
each



Save
\$3.01

10 Piece Chicken Meal
(Includes Includes Medium Fries or Taters and 2L Pop+ dep)

\$15.98
each



Save
\$2.01

8" Instore Baked Date Squares or Brownies

\$3.98
each



Save
\$1.21

Old Dutch Restaurant Style
230 g - 384 g or
Mild/Medium Salsa 430 ml

\$2.48
each



Save
\$2.01 lb

Fresh Atlantic Salmon Fillets Center Cut

\$9.98 lb
/\$22.00 kg

Shop With Us For Your Chance To Win On Super Bowl Sunday
We will Be Drawing For Two Lucky Winners, February 4, 2018 Noon
1st Prize Will Be A 49" Toshiba 1080P LED TV
2nd Prize Will Be A \$100. St. Mary's Retail Sales Gift Card
For Every Purchase Over \$10. Get A Ballot To Be Entered Into The Draw
Proudly Sponsored By Pepsi Co. and St. Mary's Retail Sales

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!

Rain Checks Available
Excluding 2L Pop Promo

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 @:

www.stmarysretail.com

506-462-9604

Tax Free
Sundays!

Taxes & Bottle Deposit where Applicable

St. Mary's Supermarket Only