

2018

WANT SOMETHING IN
THE NEWSLETTER?
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EARLY CHILDHOOD
MENTORING
PROGRAM



6th ANNUAL
EASTER
SOCIAL



Yin Yoga -
Meditation

SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER

ST. MARY'S FIRST NATION SPRING CRAFT FAIR



SATURDAY MARCH 17 • 8AM – 4PM
CULTURE CENTER, 25 DEDHAM STREET
EVERYONE WELCOME



COMMUNITY MEETING

Chief & Council invite all Community Members to a Community Meeting on **Thursday, March 22 at 6:00pm** at the Culture Centre. The topic of the meeting will be "**Forensic Audit Presentation**". The presentation will include a breakdown of the report completed by the auditors, a discussion about the timeline and where we go from here. Light refreshments will be served. All are invited to attend.

Youth Connection Program with Elders, Culture and Language

Looking for youth volunteers, 12 – 18 yrs old who are
interested in

- learning about traditional ceremonies
 - learning Wolastoqey
- learning proper etiquettes of serving
- serving for various community events

We are looking to start this program ASAP as we have a
ceremony set for

April 7/18, more info to follow

If interested, please call or text Melanie at
(506)471-5189.

EARLY CHILDHOOD MENTORING PROGRAM

Arlene Brooks MCH-FASD Early Childhood Mentor

Happy almost spring time parents!

My program has a lot of new and fun activities and sessions coming up all free of charge of course. Keep an eye out for upcoming posts in our Community newsletter and in the Community News and Events sites !

WALKING GROUP: This group is going to start back up on March 22nd at Willie O Ree Place at 10:00 am. Those who show up on this day will be entitled to a special gift. This group will walk weekly on Thursdays and may expand to twice a week.

“MOM & TOT YOGA”: This regular bi-weekly session will start in late April or Early May. This is a great way to bond with your little ones, get fit and have fun all at the same time. I will send out a reminder for sign up very soon.

“LET’S PAINT TOGETHER”: This will be a session held every two weeks for parents and their tots. Together you will learn basic painting skills and you can put up your little future Picasso artwork to cherish. I will send out a reminder for sign up soon.

“PARENT & TOT SWIM”: This takes place at the Fredericton Indoor Pool weekdays during lunch hour. Each adult may take 1 child ages 5 years and under. This is free; just sign our book located at the desk.

“HOME VISITS”: I continue to do home visits based on parent request at a time that suits your schedule. If you have concerns about your child’s development, want help or tips for budgeting, nutrition, exercise, sleep, potty training etc. OR if you just want someone to talk to; give me a call at the Health Center Monday – Thursday 8:30 – 4:30.

If you have questions, suggestions or would like to sign up for any of the above sessions feel free to call me.



**MCH-EARLY CHILDHOOD MENTORING & CHILDREN'S ORAL
HEALTH PROGRAM**

Invite parents and tots up to age 6 to:

6th ANNUAL EASTER SOCIAL

When: Saturday, March 31st, 2018

Where: St. Mary's Culture Center

Time: 1:00 pm until 3:00

Finger foods and refreshments will be provided. Each child will receive an Easter Basket/bucket filled with Easter goodies. Door prizes will be given out.

Learn about the MCH-Early Childhood Mentoring Program and learn about the Children's Oral Health Program offered here in our community.

Socialize with other parents and their tots.

It should be a fun event 😊

See you there 😊 For more information contact:

Arlene Brooks MCH-Early Childhood Mentor/Coordinator



building brighter futures

Bursaries, Scholarships, and Awards



WSP works with Indigenous communities across Canada – advancing projects that create opportunity and enhance quality of life. WSP is proud to collaborate with Indspire's *Building Brighter Futures* program and create a new series of educational awards that will further the pathways and possibilities for Indigenous youth.

WSP Canada

WSP is one of the world's leading professional services consulting firms. We are dedicated to our local communities and propelled by international brainpower. We are technical experts and strategic advisors including engineers, technicians, scientists, project managers, planners, surveyors and environmental specialists, as well as other design and program management professionals. We design and deliver lasting solutions in the Buildings, Transportation, Infrastructure, Oil & Gas, Environment, Geomatics, Mining, Power and Industrial sectors as well

as project delivery and strategic consulting services. With over 7,500 talented people across Canada and approximately 37,000 globally, we engineer projects that will help societies grow for generations to come. www.wsp.com.

WSP Canada Indigenous Student Awards

These Awards will be distributed annually to Indigenous student(s) who are attending post-secondary institutions (i.e. college, university, technical college, or apprenticeship program) with demonstrated financial need for contribution to education costs and with a preference to students studying in academic programs in Buildings, Transportation, Infrastructure, Oil & Gas, Environment, Geomatics, Mining, Power and Industrial.

Awards Criteria:

Awards category: Post-secondary Education Awards

Deadline(s): February 1, August 1, November 1

Level of study: All programs

Indigenous affiliation: Any



Indspire

Indigenous education,
Canada's future. | L'éducation des autochtones,
L'avenir du Canada.

education@indspire.ca

1.855.463.7747 x253

indspire.ca

St. Mary's Health Centre
Addiction Mental Wellness

We understand that coming out to the office can be difficult, therefore, please let us come to you!

Connect with Krystle Roberts and Melanie Berube for more information.

Available hrs for visits:

Mon – Thurs 8:30am – 3:00pm

(506) 452 – 2750

Home Visits





Yin Yoga – Meditation

Beginner friendly Sessions

Sunday, February 25th 7-8 pm

Sunday, March 4th 7-8 pm

Sunday, March 11th 7-8 pm

Sunday, March 18th 7-8 pm

Sunday, March 25th 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

Gathering together about

Indigenous midwives, birthing and babies

March 21, 2018

10am-1:30pm

Door Prizes!

528 MacLaren Ave

Fredericton. In the
Midwifery community room
Join Mi'kmaq Registered
Midwives from the National
Aboriginal Council of Midwives
for a morning of presentations,
discussions, and a workshop on
baby-wearing! Lunch to follow.

Please RSVP

Jennifer Boudreau:

jl.boudreau@icloud.com



Save the Children



NACM
NATIONAL ABORIGINAL
COUNCIL OF MIDWIVES

PARKING BAN

REMINDER: There will be a complete **PARKING BAN** on all streets, until April 1, 2018. Where there is a report of vehicle left on the street, the owner (where known) and/or home owner/occupant where the vehicle is parked in front of will be contacted. From the time of contact, the owner will have one (1) hour to move the vehicle. If the vehicle is not moved after one (1) hour, the vehicle will be towed, at the owner's expense. Again, 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. We thank everyone for their co-operation in this matter. To report a vehicle parked on the roadway, please contact Security at 452-9367 during regular business hours. After hours, please call 447-8721.



Are you feeling out of sorts, struggling with life's stresses and challenges?
Looking for more balance in your life?

Confidential Reiki treatments are now available to all community members.
To book an appointment, please call 238-4240 to leave a message or email
pennysurette@gmail.com.

Evening and weekend appointments available.

Sponsored by St. Mary's Health Centre

FREQUENTLY ASKED QUESTIONS

What is Reiki?

Reiki (pronounced Ray-Key) is the practice of transmitting healing energy. Simply by using specific hand techniques, the practitioner channels energy to the client in order to rebalance the body, mind, and spirit.

What does Reiki actually mean?

Reiki is a conjunction of two Japanese words. The word "Rei" means "God or a Universal Higher Power" and the word "Ki" means "life force energy". So Reiki is "spiritually guided life force energy" or "universal life force energy".

What is "ki" or "life force energy"?

The "Ki" or unseen "life force energy" exists throughout the universe. It is believed that this life force energy flows through our bodies and is what keeps us alive. If the energy is low, not flowing properly, or blocked completely then we are more likely to get sick or feel stress as a result. If the energy is high, flowing properly, and unblocked we are more capable of being happy and healthy. Reiki promotes a healthy flow of life force energy.

How is a Reiki treatment performed?

Reiki is administered by a very gentle "hands on" or above the body approach. The treatment follows a traditional pattern of specific hand positions. The practitioner's hands are positioned on or just above the body at a location corresponding to each chakra. Chakra is a Sanskrit word meaning "vortex" or "wheel". There are seven major chakras paralleling the spine. Each chakra has certain qualities or associations and corresponds to major organs or large energy centers located within the body.

What happens during a Reiki treatment?

During a Reiki treatment the practitioner becomes a channel or vessel through which the universal energy may pass into the client. The client's body then draws off the amount of pure energy that is required. The client subconsciously controls the amount of Reiki that is channeled or absorbed. The practitioner is merely the facilitator of the Reiki energy. Therefore the client is not affected by the practitioner's energy or vice versa.

What are the benefits of having a Reiki treatment?

Reiki is a technique for stress reduction, relaxation, and for realizing a general sense of well-being. Experiencing a Reiki treatment is an excellent way to restore one's energy and spirit. Reiki is helpful for any sort of ailment be it physical, mental, emotional, or spiritual. Because Reiki treats the whole person and is able to integrate healing on many levels, it is an exceptional opportunity to reconnect with oneself while clearing the body of unwanted stresses before ailments occur.

What can I expect from receiving a Reiki treatment? What results will I have?

Because everyone is different and has different needs each and every client may experience a treatment differently. However, clients can expect to enter a very relaxed state which allows one's own healing mechanisms to work more efficiently.

St. Mary's Supermarket

PRICES IN EFFECT FROM Friday March 16, 2018 to Thursday March 22, 2018



Fresh
Chicken Leg
Quarter
Value Pack

Save
51¢ lb

\$1.48 lb
/\$3.26 kg



Product of U.S.A.
Sweet
Potato

Save
41¢ lb

58¢ lb
/\$1.28 kg



2 piece
Chicken
6 Wings & Fries

Save
\$1.51

\$8.98
each



Sensations
Pecan or
Raisin Butter
Tarts

Save
\$1.01

\$3.78
6 pack



Compliments
Frozen
Vegetables

Save
\$1.01

\$1.98
500 g - 750 g



Green Ocean
Cooked
Shrimp Ring

Save
\$1.11

\$4.48
227 g



Enter For Your Chance To Win A
6 Month Gym Membership At Naturally Fit 24 Hr. Gym
Get A Ballot When You Make A \$10.00 Minimum Purchase From
St. Mary's Supermarket
Draw Will Take Place At Noon On March 31, 2018



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
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