

2017

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



St. Mary's Annual Energy
Saving Contest!



COMMUNITY
CRIBBAGE
TOURNAMENT



Yin Yoga - Meditation

SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER





Remembrance Day Service

Wednesday, November 8th, 2017

10:45 am

Cenotaph, Maliseet Dr

Reception to follow at Entertainment Center

If you would like to lay a wreath please call the Band Office 458-9511

Woliwon



Fredericton

Public Skating Schedule 2017-2018

October 9, 2017 – March 31, 2018

Lady Beaverbrook Arena		
Monday	10:45am – 11:45am 12:00pm – 1:00pm 6:15pm – 7:15pm	Preschool Skate Adult Skate Free Skate
Tuesday	10:45am – 11:45am	Senior Skate
Wednesday	12:00pm – 1:00pm 1:30pm – 2:30pm 8:00pm – 9:00pm	Adult Skate Free Skate Free Skate
Thursday	10:45am – 11:45am	Preschool Skate
Friday	12:00pm – 1:00pm	Adult Skate
Saturday	6:30pm – 7:30pm	Free Skate
York Arena		
Monday	3:00pm – 4:00pm	Free Skate
Tuesday	12:00pm – 1:00pm 1:30pm – 2:30pm	Adult Skate Preschool Skate
Wednesday	3:00pm – 4:00pm	Free Skate
Thursday	12:00pm – 1:00pm 1:30pm – 2:30pm	Adult Skate Preschool Skate
Friday	3:00pm – 4:00pm	Free Skate
Saturday	1:00pm – 2:00pm	Free Skate
Sunday	1:00pm – 2:00pm	Free Skate
Willie O'Ree Place		
Monday	10:45am – 11:45am 12:00pm – 1:00pm	Preschool Skate Adult Skate
Tuesday	2:45pm – 3:45pm	Free Skate
Wednesday	12:00pm – 1:00pm 1:30pm – 2:30pm	Adult Skate Free Skate
Thursday	3:15pm – 4:15pm	Free Skate
Friday	10:45am – 11:45am 12:00pm – 1:00pm	Preschool Skate Adult Skate
Sunday	3:45pm – 4:45pm	Free Skate
Grant•Harvey Centre		
Monday	1:15pm – 2:15pm	Adult Skate
Tuesday	10:45am – 11:45am 12:00pm – 1:00pm	Preschool Skate Adult Skate
Wednesday	10:45am – 11:45am 12:00pm – 1:00pm 3:00pm – 4:00pm	Preschool Skate Adult Skate Free Skate
Thursday	12:00pm – 1:00pm	Adult Skate
Friday	12:00pm – 1:00pm 7:00pm – 8:00pm	Adult Skate Free Skate
Sunday	3:45pm – 4:45pm	Free Skate

All skating times are **free of charge**

Skating times may be cancelled due to special events. www.fredericton.ca/en/recreation

Arena's closed: Dec 24 at 12 noon, Dec 25, 26, Dec 31 at 12 noon and Jan 1

Special schedules in effect over Christmas and March Break



Working Towards a Healthier Community



COMMUNITY CRIBBAGE TOURNAMENT

Sunday, October 21th, 2017

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 SMEC

FRIENDLY REMINDER



St. Mary's Annual Energy Saving Contest!

Conserve your energy and you could win one of our monthly prizes. Our contest will run from October 2017 to March 2018.

Two easy ways to enter:

Call in every month to see how much your power bill is

-OR-

Be the household with the lowest bill of the month

Energy Saving Tips

- ✓ Replace burnt-out light bulbs with compact fluorescent bulb. They use 75% less energy and lasts 10 times longer.



- ✓ When doing laundry, match the water level to the size of the load.



- ✓ Let the dishwasher do the dirty work. Avoid pre-rinsing the dishes in hot water.



St. Mary's First Nation Home Heating Supplement Program

- Purpose:** To assist registered St. Mary's Band Members living off reserve with the increasing power costs.
- Definition:** "Applicant" means a **registered** St. Mary's First Nation Band Member 18 years of age and older applying for supplement. This does not include those who have pending applications under custom adoption and/or McIvor. These individuals are not eligible for the Program.
- "Program" means St. Mary's First Nation Home Heating Supplement Program.
- Eligibility:** Applicants must provide an electric bill (NB Power or their extra provincial equivalent) in their name. For greater certainty, the bill submitted must be in the name of a registered Band Member 18 years of age or older; the name of a spouse or common law spouse will not be acceptable. There will be no exception to this rule.
- Term:** Applications will be accepted November 2nd, 2017- December 14th, 2017. No applications or bills will be accepted or processed, after December 14th, 2017. There will be **NO** exceptions to this deadline.
- Process:** An application must be received by the Social Department, as well as a copy of a power bill by December 14th, 2017. A cheque in the amount of \$500 will be processed and sent directly to NB Power (or other provincial equivalent) by January 31st, 2018. The application and bill are to be submitted to Paulette Orr or Erica Paul, either in person, via fax at 472-1365 or email, pauletteorr@smfn.ca or ericapaul@smfn.ca. Please note, it may take up to 30 days for NB Power to process these payments.
- Rules:** Only registered St. Mary's First Nation Band Members 18 years of age and older are eligible to apply for this Program.
- Where 2 registered St. Mary's Band members are on the same account for the same location, only one supplement will be issued. For greater certainty, there is one supplement issued per address and/or household.
- Supplements will only be issued for the primary residence of the Applicant. In other words, supplements will not be provided to secondary residences such as camps or cottages.
- Applicants living off reserve, who have been allocated a home on reserve and/or have a Certificate of Possession to a home on reserve, are not eligible for this Program.
- For registered Band members who pay heat included in the price of their rent, they will not be eligible for this Program. In order to be eligible, a power bill (in the Applicant's name) must be submitted.
- Reimbursements will be issued in Canadian funds only.
- Authority:** The Director of Operations will be responsible for the oversight of the Program. However, the Program will be administered through the Social Department.



HOME HEATING SUPPLEMENT PROGRAM APPLICATION

Name: _____ Band Number: _____

Address: _____

Phone Number: _____

Hydro Company Name: _____

Hydro Company Address: _____

Account #: _____

****Please be advised that by enrolling into this Program, you are under an obligation to inform the St. Mary's First Nation when and if you move to a different address and/or if you move on reserve. Failure to provide accurate and up to date information may result in your suspension from the Program****

Signature of Applicant

Date



For Internal Use Only:

Off Reserve residence confirmed (yes or no): _____

Is the applicant eligible for the Program (yes or no): _____

Valid electric bill submitted (yes or no): _____

Has the Applicant been disqualified from the Program for any reason? If so, why? _____



Yin Yoga – Meditation

4 Weeks, Beginner friendly Sessions

Sunday, October 8th 7-8 pm

Sunday, October 15th 7-8 pm

Sunday, October 22nd 7-8 pm

Sunday, October 29th 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

MCH – EARLY CHILDHOOD MENTORING PROGRAM

Arlene Brooks, Early Childhood Mentor/Coordinator

Hello Parents !

Autumn is here and that means flu shot time... don't forget to stop by the Health Center for you and your family's annual flu vaccine. Also here are some friendly reminders:

Parent & Tot Swim: At the Fredericton Indoor Pool Monday thru Friday during lunch hour. Each adult can take 2 children up to age 5. Free of charge. Just sign the book at the desk.

Home Visits: I continue to make home visits based on parent schedules. If you are unsure about arranging one here is a short list of what I can assist you with:

- Parenting tips and or build on what you are already doing well;
- Nutrition tips;
- Budgeting;
- Time and stress management tips;
- Prenatal and post natal visits (including breast feeding support);
- I can assist with Autism and FASD intervention strategies and liaise with service providers;
- I am also available to accompany parents and tots to appointments and assist with any follow up recommendations – referrals;
- I am also available to listen if you just need to talk to someone;
- EVERYTHING IS KEPT STRICTLY CONFIDENTIAL

Tan Kahk Baby Christmas Social: mark your calendars for Saturday, December 9th at the Culture Center beginning at 11:00 am.

If you have any questions or would like to make an appointment for a home visit, please call me at the Health Center at 452-2750.

 **NBCC**

 **STEWART
MCKELVEY**
LAWYERS • AVOCATS

P R E S E N T

**TICKETS ON
SALE NOW!**
LIMITED SEATING

GELU'LG MAW-A-PAW

A CELEBRATION OF INDIGENOUS ART AND CULTURE

**November 23
6PM - 10PM**

Delta Fredericton
Tickets: \$100

For ticket sales and more information, visit nbcc.ca/gala
All proceeds from the event will support the
Indigenous Student Bursary Fund
established through the NBCC Foundation.

MAJOR PARTNERS



Joint Economic
Development Initiative



 **ENBRIDGE**

INTERNATIONALLY-
RENOWNED HOOP DANCER
JAMES JONES



Halloween Parade

October 31, 2017

Starting at 10:00 a.m.

Students are invited to parade their favorite costume during our Annual Halloween Parade. We will leave the school entrance, starting at 10:00 a.m and parade down the pipeline road in front of the school, down Malisett Dr and back to the school.

If It is raining it will be held in the school gym.



Cross Country Meet District FINALS

Congratulations
Terryn Bear
2st place in her division



REMINDER

SCHOOL PHOTOS
DUE: Tuesday, October 17



RETAKES: November 6



JOIN OUR GROUP ON
Facebook

CHSMES
OR
PRINCIPAL BROOKS Chsmes

Check us out on our website
WWW.CHSMES.CA

506-462-9683



FRIDAY
OCTOBER 27, 2017
MONTHLY RECOGNITION
AWARD ASSEMBLY
1:00 P.M.

Inspiring innovation

Hosted by
PRISON FELLOWSHIP CANADA

RESTORATIVE JUSTICE DAY

TUESDAY, NOVEMBER 21st AT 9:30AM
ST. THOMAS CONFERENCE CENTER
368 FOREST HILL ROAD
FREDERICTON, NB

LUNCH PROVIDED
RSVP: pfc.rjday@gmail.com
#RJWeek

As part of **Restorative
Justice Week 2017**
November 19-26

**Semaine de la justice
réparatrice 2017**
19-26 novembre



Senior's Scallop Distribution

Thursday - October 26th

**Delivery for On-Reserve Senior's will be between the hours of
9:00 am and 3:00 pm.**

Please make sure someone is home to receive delivery.

For Off-Reserve Senior's you may pick-up your scallops

At the lower parking lot between

9:00am and 3:00pm

Thursday - October 26th.

FUN Halloween Yard Decorating Contest

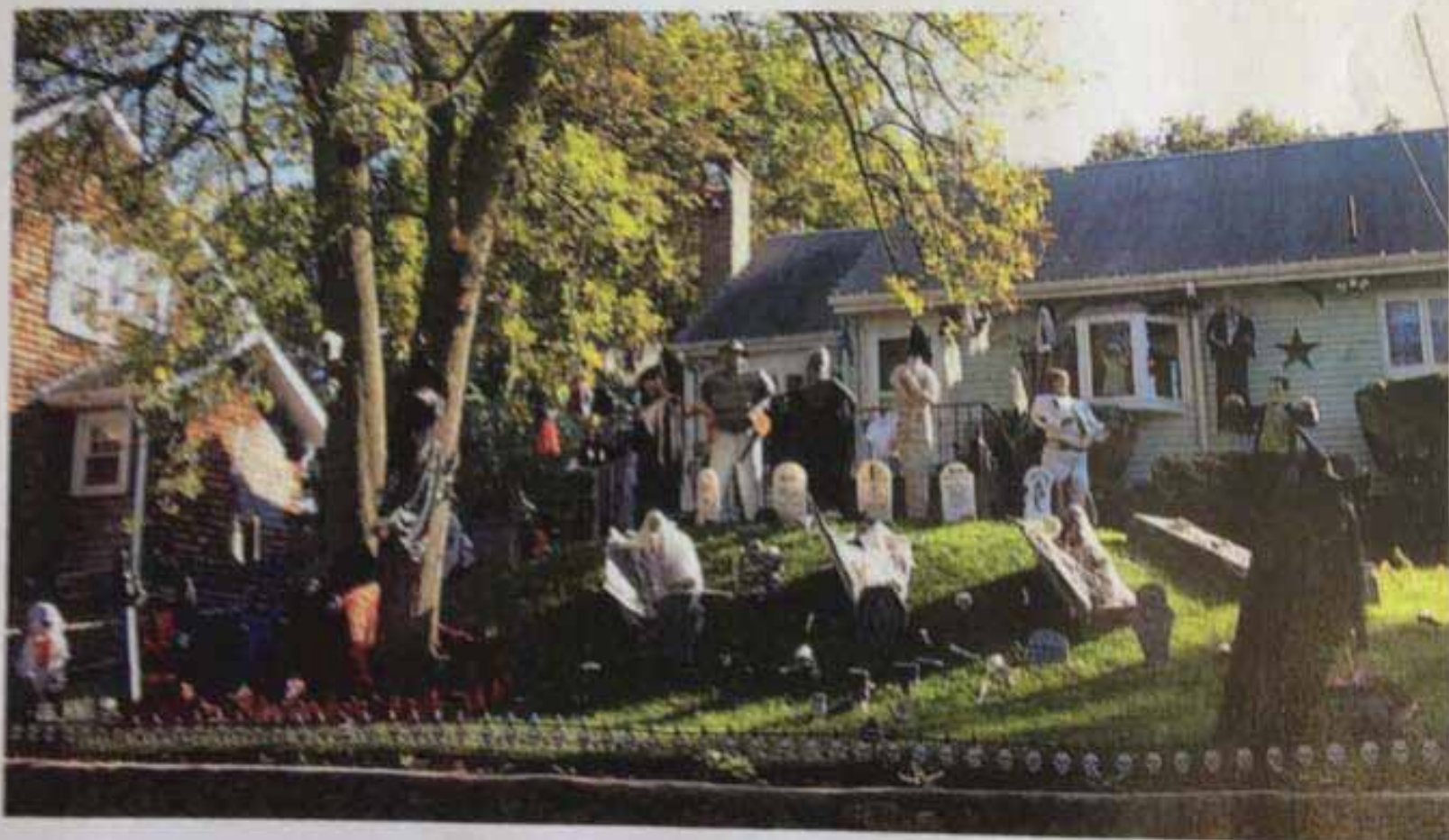
October 31, 2017

3 categories - All Categories are based on creativity

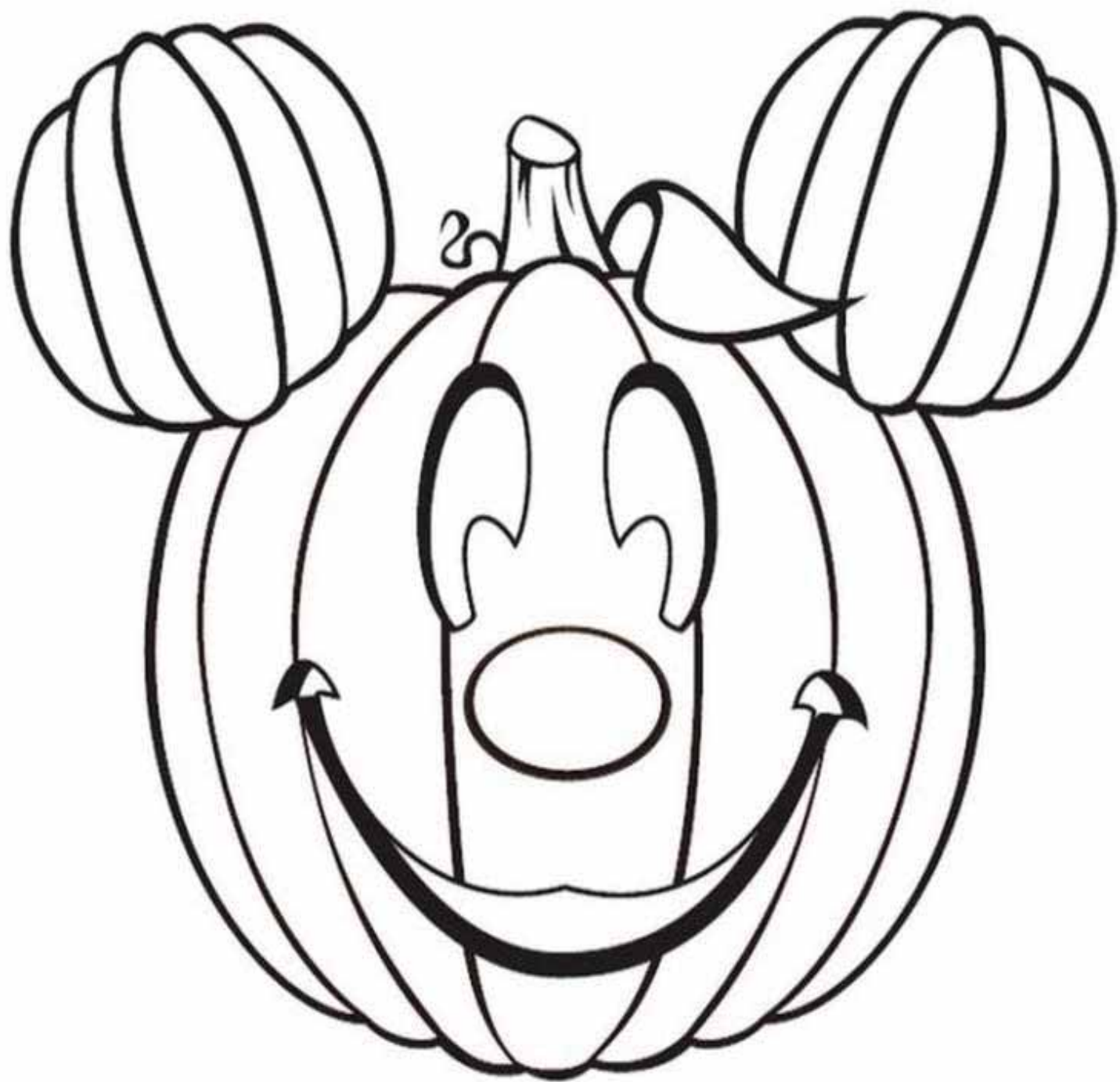
- Best House Decorated

*- Best Yard Decorated (inflatables
etc)*

- Over All Artistic Yard/house



St. Mary's Supermarket
Halloween Coloring Contest



Name: _____

Age: _____ (Ages 12 and under)

Phone # _____

Email: _____

Please return all entries by Monday October 30th, 2017 For your chance to win a Halloween Treat Basket

Draw date October 31st 2017

St. Mary's Supermarket



PRICES IN EFFECT FROM Friday October 20, 2017 to Thursday October 26, 2017

 <p>Value Pack</p> <p>Save \$1.01 lb</p>	 <p>Save \$2.01</p>
<p>Fresh Bone in Chicken Breast</p> <p>\$3.48 lb /\$7.67 kg</p>	<p>Product of N.B. Local Apples (Flavor based on Availability)</p> <p>\$2.98 3 lb bag</p>
 <p>Save \$1.82</p>	 <p>Save \$1.51</p>
<p>Deli Cooked Chicken Wings</p> <p>\$9.98 each</p>	<p>8" Round Cake White or Chocolate</p> <p>\$5.48 each</p>
 <p>Save \$2.11</p>	 <p>Save \$3.11</p>
<p>General Mills Cheerios (Selected Varieties)</p> <p>\$1.88 260 g - 265 g</p>	<p>High Liner Breaded Haddock Fillets</p> <p>\$9.88 815 g</p>

St. Mary's Supermarket will be helping the Sisters in Spirit Campaign which is a Movement for Social Change. The goal is to raise awareness of the struggles facing Indigenous Women and Girls. During October, we will be selling Sisters In Spirit stickers that you can display as way to show your support and help.

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!

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!