

2017

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



DOUBLES CRIBBAGE
TOURNAMENT



September 24, 2017



St. Mary's First
Nation Prenatal
Classes

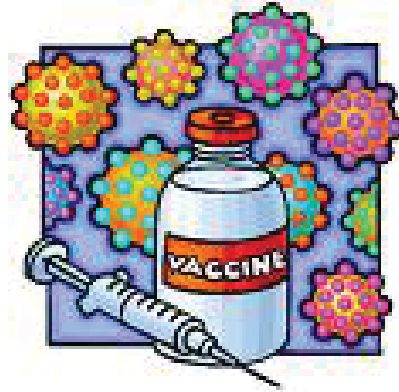
SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER



Immunizations

St. Mary's Health Center



ATTENTION PARENTS/GUARDIANS:

I am always booking appointments for the Child Immunization Program.
If you have a child that needs a vaccine or if you have any questions please call

B.J. Myles-Paul, RN, CHN
at 452-2750

Children need vaccines at 2 months, 4 months, 6 months, 12 months, and 18 months,
and again at 4 years old. Children also get vaccines in grades 7 & 9.

****ALL CHILDREN BORN IN 2013** ARE DUE FOR THEIR 4 YEAR BOOSTER.
CHILDREN CAN HAVE THIS BOOSTER ON OR AFTER THEIR 4th BIRTHDAY****

****ALL YOUTH ENTERING GRADES 7 & 9 WILL BE ELIGIBLE FOR BOOSTERS. WATCH
FOR NOTICES TO COME HOME FROM SCHOOL OR CALL THE HEALTH CENTER TO
BOOK YOUR CHILDS BOOSTER****

[BOYS BORN 2005 ARE ELIGIBLE AS OF SEPTEMBER 2017 FOR HPV VACCINE](#)

Remember: "Immunization is your child's best defense"

Copies of the immunization schedule are available at the Health Center.

St. Mary's First Nation Prenatal Classes
NEXT CLASS STARTING
September 19th, 2017



Please contact Community Health Nurse
B.J. Myles-Paul at
452-2750 OR

Come in to Health Center to sign up for classes
with Laurie at the front desk

Prenatal classes will run once a week over
a 6 week period at the Health Center from
12noon-1pm.

(lunch will be served during session).

Also give me a call if you are expecting so I can add you on my list for one
of the later sessions...Thanks!

Dads are always welcome to attend!

Lots of good information and prizes.

***Also a chance to meet and chat with other
expectant parents.***

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.

NEW BRUNSWICK

Chimo Helpline (Chimo Helpline Inc.)

Serving New Brunswick 24 hours
Bilingual

Provincial toll-free Crisis line: 1-800-667-5005

Fredericton area: 450-HELP (4357)

Fredericton Police

Phone: (506) 460-2300

Emergency 911



THE LODGE

A place for people to take a break!

- 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.

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.

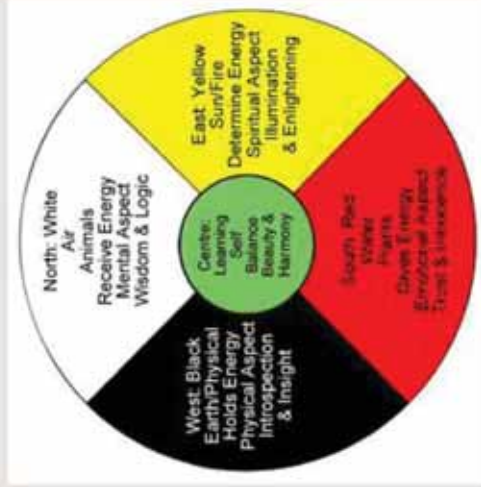
If you need to use the bathroom, my mother's house is available. Please be respectable.

ALL ARE WELCOME!

Registration will be open until September 10, 2017.

Guest Speakers:

Elder Josie Augustine, Karen Thurlow, Rebecca LaBillois, Marina Moulton, Gilbert Sewell, Esther Ward, Colleen Gauvin, Juliette Barnaby.



We need to share in all four directions of our medicines to call upon our ancestors to come sit with us and share the knowledge and to pass it on to the next generation.

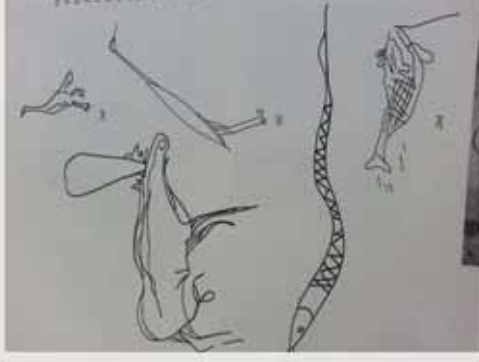
Walking hand and hand as we respect the many beautiful things that mother earth gives us in abundance in our own back yards.



This conference is dedicated to the person who have shaped my knowledge in traditional medicine my mother Mrs. Margaret LaBillois. I give thanks to her abundance of knowledge in paving the way in reviving our culture & language initiatives starting in the late 70's. Msit Nogoma.

Our services include:

Gathering to honour our past, present, & future medicinal keepers in bringing back our traditional ways in reviving our medicine bundle in first offering thanks from mother earth for her abundance. Knowledge of medicines, identifying the medicine, collecting plants, preparing the plants and sharing each others knowledge.



.Pestie'wa'tlimk wjit Nmpisun Mimajuinu'k- Honoring ceremony for Medicine September 15-17, 2017.



*Medicinal walk to identify, pick,
& prepare medicines.*

Sweat lodge available

Traditional gathering place

Ceremonial grounds

Holistic approach

Traditional foods & snacks

**Winter Greens our
medicine in our own
back yards!**



Medicinal gathering
hosting @ Aboriginal
Heritage Garden in
Ugpi'ganjig {Eel River
Bar} direction are route
134 off highway 11.

**SEPTEMBER 15,
16, & 17, 2017.**

Contact: Rebecca LaBillois

*11 Main Street Unit 201
Eel River Bar First Nation, NB
E8C 1A1 506 684 6322*

*Email addy
beckie_labillois@hotmail.com*



Call out to all community Artisans & Crafters:

We get a lot of calls regarding handmade crafts from our community so we would like to create a resource book of any artisans & crafters who would be interested in selling some of their artwork.

If interested, please send a copy of what you sell with prices and contact info to Becky at the band hall.

Thanks

DOUBLES CRIBBAGE TOURNAMENT



Grab your own partner and come play in a doubles crib tournament on **September 17th** at the SMEC

Cost is **\$20/player** with option to pay \$2 for high hand

Registration 9 – 10 am

Play begins 10:15

All money will be paid out in prizes

Each registration will receive a free night of bingo

Players can purchase a \$5 buffet breakfast from

9 – 10 am

OPEN TO ALL COMMUNITY MEMBERS!!!

Any questions or concerns call

Melanie @ 471-5189

Lisa @ 461-9215

Walter @ 447-8967



What does St. Mary's First Nation look like to you?

We are looking for photographs that YOU think represent St Mary's First Nation. What aspects of St Mary's and our culture are important to you? Please submit photos to james_paul@stmarysretail.ca to help us create our 2018 annual calendar! This contest is open to everyone because we want to know how you see our wonderful community so we can share it with all.

Help us showcase the beauty of St Mary's First Nation,
Our Nation, our Home!

The 12 submitted photos that are chosen for the calendar will receive a
\$100 Retail Sales gift card

Deadline September 30, 2017

Saint Mary's First Nation – Consultation Department: Upcoming Events in September

Meet & Greet

With:

- SMFN's Consultation Department
 - Tim Plant, Resource Development Consultation Coordinator
- Staff members of the Wolastoqey Nation in New Brunswick
 - Angie Paul, Forestry Advisor
 - Thomas Herbreteau, GIS Mapping Technician
 - Natasha Sacobie, Traditional Use Study (TUS) Project Co-Manager

When: September 11th, 2017 – 2pm to 8pm. Meal provided between 4pm and 6pm.

Where: SMFN Cultural Centre

Format: Casual drop in.

Info: Join us any time between 2pm and 8pm for information and discussion about Wolastoqey consultation on environmental projects, topics on forestry such as harvest areas and glyphosate spraying, maps and map-making, and Traditional Use Study projects. Open to all SMFN community members. Door prizes of one \$100 gift cards are available to be won drawn every hour (6 in total).

NB Power Projects Update

Info: NB Power would like to host a community open house to provide updates on their current projects and projects about to begin. Posters, pamphlets, and other information will be on display as well as staff to answer questions.

When: To be determined.

Where: To be determined.

Contact Tim Plant at 459-2200 ext. 126 (office) or timothyplant@smfn.ca (email). Additional info will also be posted to the St. Mary's community Facebook page once it becomes available.

MAWI KIKAHANE

"Together Let's Heal"

Suicide Prevention

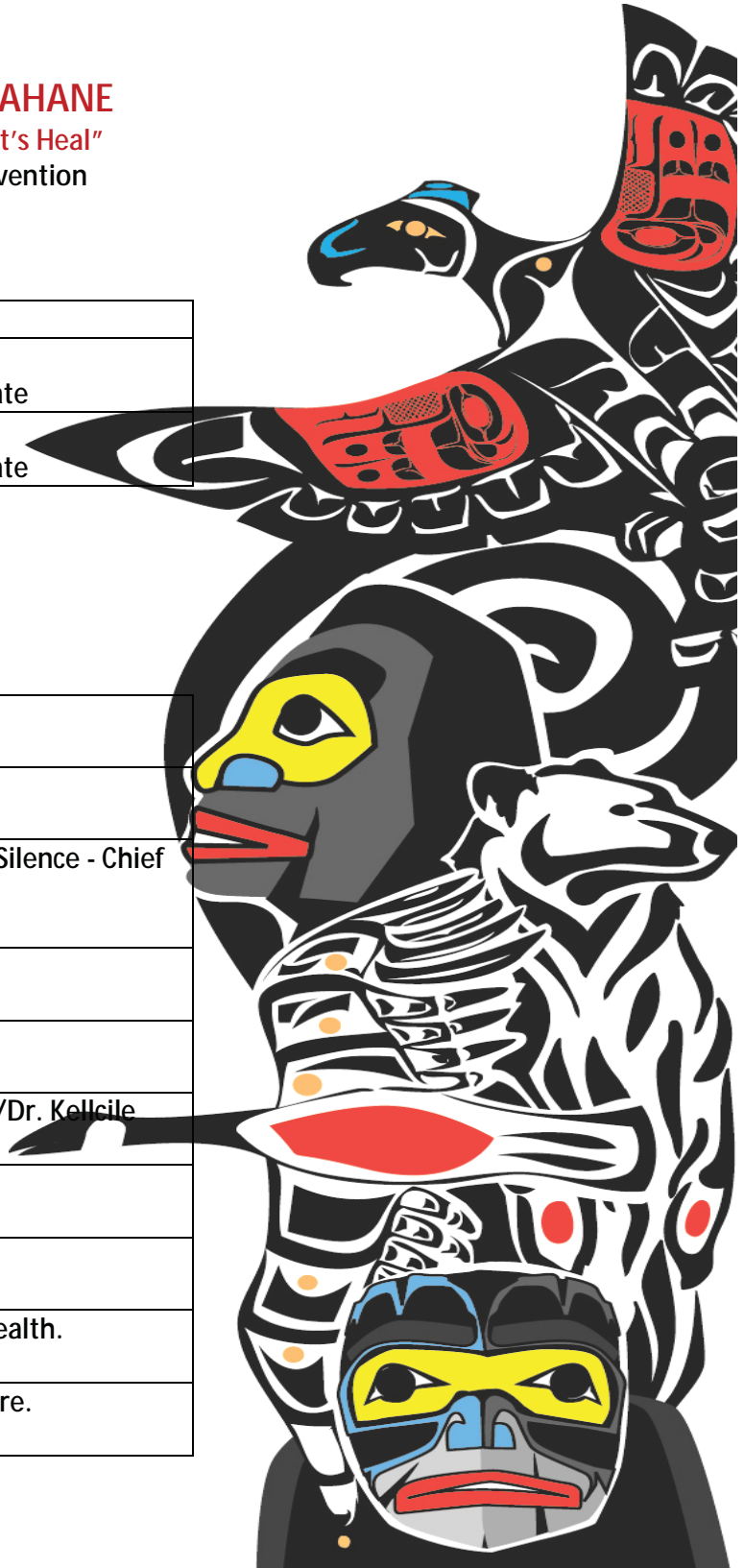
September 12, 2017

Early Bird	
8:30 am	Sweat (Male) with Chris Brooks <ul style="list-style-type: none">• More info to follow at a later date
8:30 am	Sweat (female) at The Lodge <ul style="list-style-type: none">• More info to follow at a later date

The Lodge

Will be hosting this year's Suicide Prevention

10:30 am	Women's Drum Group
11:00 am	Opening Prayer - Imelda Perley
11:15 am	Welcoming/ Light Candle/ Moment of Silence - Chief Candice Paul
11:30 am	Percy Sacobie
11:45 am	Robie Tomah
12:00 pm	Horizen Mental Health – Marie-Claude/Dr. Kellcile
12:15 pm	"Call My Relations" – Maggie
12:30 pm	Our Cultural
12:45 pm	Closing – Kelly Gallagher, Director of Health.
1:00-2:00 pm	Traditional lunch – Entertainment Centre.



C.H.S.M.E.S. NEWS

September 2017



Dear Parents,

We welcome back our students and their families, and extend a warm welcome to our new students and families. We hope you have enjoyed your summer and are looking forward to the new school year. Lots of interesting and enriching learning experiences are being planned and we look forward to working with you and your children in making the upcoming school year a positive experience.

Should you have any questions that we have please call us at 462-9683. Voice mail is also available and we will get back to you as soon as possible. You may also view our website at www.chsmes.ca



**CHSMES OR
PRINCIPAL BROOKS Chsmes**

SCHOOL BELL

8:20 a.m. – 8:30 a.m.
First Bell – Morning Announcements
10:00 a.m. – 10:15 a.m.
Snack – Recess
12:00 – 12:45 p.m.
Lunch (There is no bus run at lunch)
2:00 p.m. Grade K – Grade 2 Dismissal
2:45 – Grade 3-5 Dismissal

Please note there is no supervision for students until 8:00 a .m.

CHSMES EARLY YEARS PROGRAM

K3 & K4

Monday September 11th

K3 Schedule

9:30 to 12:30
M, T, TH and F
9:00 to 11:15 am on Wed (Outdoor Class)

K4 Schedule

9:30 to 2:30
M,T and Th.
9:00 to 11:15 on Wed (Outdoor Class)
9:30 to 12:30 on Fridays.

Please make sure that your child has a change of clothes, Velcro sneakers for gym, large book bag and 1 jar of play doh. Please don't forget to label all of your child's belongings.

Ms Beanie

**PLEASE SEE BUS SCHEDULE FOR
CHSMES**

**CHSMES BOOK FAIR &
Meet the Teacher Night
TUESDAY, SEPTEMBER 12**

**Book Fair
3:00 p.m – 7:00 p.m.**

**Meet the Teacher
6:00 p.m. – 7:00 p.m.**

SMFN Bus Schedule 2017-2018

Chief Harold Sappier Memorial Elementary School K5-Grade 5

Mornings:

(Monday, Tuesday, Wednesday, Thursday, and Friday)

7:50am Steve Meuse begins morning bus route at bottom of the hill picking up K5-Grade 5

7:55am Katie Paul begins Morning bus route at top of community picking up K5-Grade 5

Kids arrive at CHSMES at approximately 8:05am

Chief Harold Sappier Memorial Elementary School Early Years K3 & K4

Mornings:

(Monday, Tuesday, Wednesday, Thursday, and Friday)

9:00am Katie Paul will begin to pick up K3 beginning at the top of community

9:00am Steve Meuse will begin to pick up K4 beginning at the bottom of the hill

Kids arrive at CHSMES approximately 9:30am

Afternoons:

(Monday-Tuesday-Thursday-Friday)

12:30pm- Katie Paul will pick up K3 (until February) Steve Meuse from February to June

2:00pm- Katie Paul will pick up K-2

2:30pm – Steve Meuse will pick up K-4

2:45pm- Katie will pick up Grades 3-5

FRIDAY ONLY:

12:30pm – Steve Meuse will pick up K3 & K4

WEDNESDAYS Schedule

7:50am Steve Meuse begins morning bus route at bottom of the hill picking up K5-Grade 5

7:55am Katie Paul begins Morning bus route at top of community picking up K5-Grade 5

9:00am Katie Paul will begin to pick up K3 beginning at the top of community for outdoor class

9:00am Steve Meuse begins to pick up K4 beginning at the bottom of the hill for outdoor class

11:15am- K3 & K4 begin to be dropped off

12:00pm- Pick up CHMES students K5 – Grade 5.



September 24, 2017

Activities planned for the whole family

SAVE THE DATE

AGENDA TO BE SENT OUT & POSTED SOON

WOLWION

Community Painting Class



Painting class will start up for the season, which will be on Thursday & Friday starting September 14. All classes will be held at the Culture Center. If you are interested please leave your name with Reception at the band office 458-9511.

Wolwion

St. Mary's Supermarket

PRICES IN EFFECT FROM Friday September 8, 2017 to Thursday September 14, 2017

Value Pack



Boneless Cross Rib Oven Roast or Boneless Cross Rib Steak

Save
\$1.61 lb

\$3.88 lb
/\$8.55 kg



Product of Canada
Carrots, Onions or Beets

Save
\$2.01

\$3.98
10 lb Bag



2 Slices of Pizza & a Can of Pop

Save
\$1.99

\$4.98
each



Apple Valley Pies
(Assorted Flavours)

Save
\$1.01

\$3.68
560 g - 620 g



SunShine Bread (White or Whole Wheat)

Save
\$1.11

\$1.58
each



Fresh Atlantic Salmon Tail Fillets

Save
\$1.11 lb

\$5.88 lb
/\$12.96 kg

Enter For Your Chance To Win A Large Framed Print By Percy Sacobie. Tickets Are \$1.00 Each
Proceeds Will Go Towards The Fundraiser To Re-Establish The Electronic Scoreboard At St. Mary's Ball Park.
Draw Will Be Friday Sept. 29 At Noon. This Print Can Be Seen At 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