2019

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

SAVE THE DATE!
Day trip to hike the Maliseet Trail

Employment Opportunity
Full-time Receptionist

ST. MARY'S HEALING WEEK

SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER

St. Mary's First Nation Health Center
Employment Opportunity
Full-time Receptionist

Position Summary:

Under the direction and supervision of the Health Administrator, the Health Receptionist is responsible for maintaining information and performing administrative tasks to assist program staff and provide prompt service to the Saint Mary's First Nation Community.

Qualifications:

1) Education and/or work experience in administrative field
2) Basic computer skills (i.e. Word, Excel, Internet & Email)
3) Must be willing to occasionally work after hours to assist program staff with health promotion activities if required
4) Must have experience working in a First Nation or First Nation organization
5) Maintaining confidentiality is an essential requirement
6) Punctuality & reliability is essential
7) Must have good public relation skills
8) Ability to multitask & prioritize
9) Must provide 2 work references

Please forward your resume to:

Jan Rouse
Human Resource Generalist
150 Cliffe Street
Fredericton, NB
E3A 0A1
Fax (506) 472-6220 or
Email: **janrouse@smfn.ca**

Closing Date for Applications will be on August 16th, 2019 at 4:00 pm.

Animal Cruelty Awareness

Kwey & good day Sitansisk!!!

One thing I have always admired about my beautiful Wolastoqiyik Culture is the abiding and mutual respect that remains between Humans and all other living things, such as our gorgeous mother earth, and all of its inhabitants; in particular, our plants and our Animals!! With that being said, I want to touch base on a sensitive subject:

Did you know...
It is estimated that there are 900 to 2,000 new cases of Animal Cruelty each year, and rising, just in Canada alone!?

What is Animal Cruelty? Animal Cruelty can range from, intentionally not providing the proper care your animals are entitled to, such as intentionally not providing your Cat and/or Dog with water, or intentionally physically hurting an Animal.

Why are people cruel to Animals? Sometimes it is simply that people do not understand that what they are doing to an animal is causing the animal pain. Other times, people who have been abused themselves will be cruel to animals because they think that is the only way to treat others.

The worst cruelty situations are when people hurt animals knowing that it hurts the animal, and they do it to cause the animal pain. It is hard to say why someone would do this, but often they see the animals as objects instead of creatures with feelings.

Did you know... That studies suggest that those who intentionally abuse animals are predominantly men under 30, while those involved in animal hoarding are more likely to be women over 60.

Animals are at an unfair advantage when it comes to Animal Abuse for the sole reason that **they are unable to defend themselves**. Sure, they may be able to get a bite in if given the chance but the likelihood of a Domestic Animal trying to bite their Owner in whom they look at for protection, love, attention, care and maintenance, as well as remaining so very loyal to the Owner, lessens the chances of a Dog attempting to defend themselves.

Now, not only is the Animal, as well as the Owner suffering, any witnesses to such acts are at risk of suffering to. Especially our Children.

Studies show that it can be damaging to the emotional health and wellbeing of Children that they do not witness acts such as Animal Cruelty. In the context of human-animal interactions research, the most important thing to note is that children exposed to animal cruelty were 3.26 times more likely to

be found “struggling” with handling the incident and 5.72 times more likely to have much more “severe problems” leading into the future.

What do we do if we Witness Animal Cruelty?
Section 23 of our newly implemented Animal Control Bylaw states:
23.01 – No person shall tease, torment or intentionally provoke a Dog.
23.02 – No person shall punish or abuse a Dog in a manner that is cruel, unnecessary or that is likely to cause negative psychological or behavioral consequences in the Dog.

This means we have a zero tolerance for any incidents concerning Animal Cruelty; however, as unfortunate as it is, I am personally unable to deal with any incidents regarding Animal Cruelty as you have to be a Peace Officer to become an Animal Protection Officer; therefore, I am considered to be an Animal Control Officer.

Thus, if you or someone you know witnesses Animal Cruelty of any kind, please call the NB SPCA at their tollfree hotline at 1-877-722-1522.

Please note: If for some reason you do not feel comfortable calling this number you can contact me and I will see what I can do; they do prefer that Witnesses call rather than myself for a Witness but I understand that as this is a touchy subject it can sometimes be uncomfortable to deal with.

REMINDER: It is our responsibility to set an example for our future generations on how we should respectfully and kindly treat Animals of all nature, not just our Pets. ~

Woliwon Sitansisk!!
Animal Control Services
Lynzie LaPorte
lynzielaporte@smfn.ca
(506)292-0841

AT LARGE DOGS & TICKS; **DON'T MIX**

Kwey & good day Sitansisk!

As I have stated before, there are many incidents that can arise if you allow your Dog to Run At Large. The likely hood of a Dog At Large biting some one is much greater, as well as the likely hood of the dog getting into an altercation with another dog. There is a chance they could cause a motor vehicle accident or get hit by a car. They could become very sick if getting into garbage, or other unknown substances. They could get sprayed by a skunk, or be punctured by a porcupine, or get into a fight with a rat and be exposed to rabies and/or other communicable diseases wild animals carry. The list goes on and on with the potential dangers of what can happen if you allow your Dog to Run At Large.

One of the most common incidents that can occur when allowing your Dog to Run At Large is the chances of them getting a Tick. There are many diseases that Tick's carry aside from Lyme Disease. If your Dog gets a Tick, the chances of you getting Ticks or your children getting a Tick is very likely.

New Brunswick now has a rampant Tick problem in 6 of its 15 counties, and our county is one of them. The specific Ticks being found are those that carry Lyme Disease, most of which are known to be the "Blacklegged Tick". This is an unsettling fact, as most of our community is surrounded by beautiful woodlands.

If by chance your Dog does get a Tick, be sure to contact a Vet as soon as possible; if you or anyone else in your family get a Tick, seek medical attention right away. **Not allowing your Dog to Run At Large will lessen and almost eliminate the chances of your Dog getting a Tick, as well as yourself and the rest of your family.**

Woliwon Sitansisk! ~ Animal Control/Lynzie LaPorte/lynzie.laporte@smfn.ca/(506)292-0841

Competition 2019-07-01

ATLANTIC POLICY CONGRESS
OF FIRST NATIONS CHIEFS SECRETARIAT

APC Employment Opportunity

Resolution Health Support Worker (RHSW) – Atlantic

(Full time term position, until March 31, 2020)

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 #2019-07-01 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 August 19, 2019**

Email address: hr@apcfnc.ca

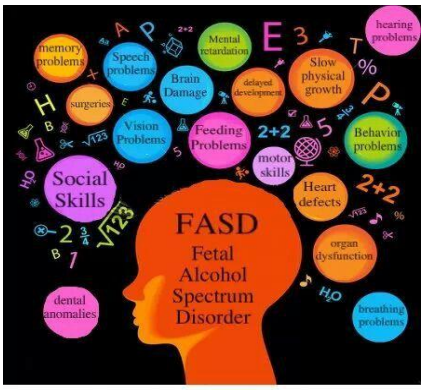
No applications will be accepted beyond the closing deadline. Interviews will be held in Dartmouth, Nova Scotia. If all qualifications are equal, preference will be given to persons of Aboriginal ancestry. While we appreciate the interest of all applicants, only those applicants selected for an interview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

FETAL ALCOHOL SPECTRUM DISORDER (FASD)

Prenatal Alcohol Exposure (PAE)

Fetal Alcohol Spectrum Disorder is a diagnostic term used to describe impacts on the brain, body and central nervous system of individuals prenatally exposed to alcohol. FASD is a permanent brain based disability.

THERE IS NO CURE. Alcohol is the #1 leading cause of preventable brain damage.



3 THINGS TO REMEMBER ABOUT ALCOHOL CONSUMPTIOON DURING PREGNANCY

NO SAFE TIME NO SAFE AMOUNT NO SAFE TYPE

A developing baby lacks the ability to process alcohol through the liver. The baby absorbs the alcohol consumed by mom through the placenta and will have the same blood alcohol content.

FASD FACTS:

- **Alcohol causes more damage to a developing fetus than any other recreational drug including cocaine, heroine and marijuana;**
- **FASD is considered an "Invisible Disability" with the majority of effects presenting themselves in the form of behaviors and learning difficulties;**
- **FASD is more prevalent than Autism, Down Syndrome and Cystic Fibrosis combined;**
- **With early diagnosis and interventions THERE IS HOPE for a bright future**

If you are pregnant DON'T drink alcohol. If you drank before finding out you are pregnant, stop right away. You cannot change what has already been done. Your baby will thank you for it.

For those parents – caregivers – relatives friends – general public the more we know about FASD the better. Education = Prevention.

If you would like more information about FASD call me, Arlene Brooks at the St. Mary's Veterans Memorial Health Center @ 452-2750.

Monday September 9th is WORLD FASD DAY. Come to the Health Center from 6:00 to 7:00 pm for MOCKTAIL hour and learn a little bit about FASD.

ST. MARY'S HEALING WEEK

BROUGHT TO YOU BY THE ST. MARY'S HEALTH CENTRE

Monday: August 12, 2019

6:00 p.m. Sacred Fire will kick-off our healing week located at the St. Mary's Health Center.
We would like to build strength within our community and feature storytelling with Elders, and collaboration songs from Sisters of the Drum and the Muskrat Singers.

Tuesday: August 13, 2019

10:00a.m. to 1 p.m. Join us at the Health Center for a fun morning of painting rocks! These rocks will be hidden on Wednesday around Killarney lake for families to find.

Wednesday: August 14, 2019

10:00a.m. Bus leaves for Killarney Lake. Bus will leave Killarney at 12:30 p.m. to return to the Health Center. Bring your Eagle eyes as we hunt for painted rocks around the Lake! Be sure to look out for the golden eagle rock and you will get a special prize!

Thursday: August 15, 2019 and Friday: August 16, 2019

Giants Glen Farm with BBQ and petting zoo. 08:30 a.m. Bus leaves St Mary's Health Center and will return to the Health Center for 4p.m. Please Register with Audra at the front desk or call 452-2750. 20 People can attend per day.

Saturday: August 17, 2019

At Home Activity: Dream Catcher Making
Bring your family together for an exciting and fun day that the whole family can enjoy!

Sunday: August 18, 2019

Healing Day: Let's get connected through Cultural Teachings!
Location: Old Reserve
Time: 12-5p.m.
Stations:

- **Sweet Grass and Corn Husk Doll Making**
- **Basket Making**
- **Birch Bark Ornaments**
- **Snow Cone Machine**
- **Games: 3-legged race, spoon relay and wheelbarrow race**
- **Bean bag toss and Washer toss**
- **BBQ and corn boil**
- **PRIZESSSSS**

HEALING WEEK AUGUST 12 – 18TH, 2019

Mon Aug 12th	Tues Aug 13th	Wed Aug14th	Thurs Aug 15th	Fri Aug 16th	Sat Aug 17th	Sun Aug 18th
5:00pm Health Centre Sacred Fire will be lit for the week **6:00pm** Health Centre Evening drumming, singing & storytelling with Sisters of the Drum, Muskrat Singers & community Elders	**10:00am - 1:00pm** Health Centre Rock Painting and then the rocks will be hidden at Killarney	**10:30am– 12:30pm** Rock Find @ Killarney Lake Bus will leave Health Centre at 10am **6:00pm** Community sweat @ Chris's place Max 20 people, register with Audra @ 452-2750	**9:00am-4:00pm** Trip to Giants Glen Farm in Stanley Bus leaves Health Centre at 8:30am **Max 20 people**, register with Audra @ 452-2750	**9:00am-4:00pm** Trip to Giants Glen Farm in Stanley Bus leaves Health Centre at 8:30am **Max 20 people,** register with Audra @ 452-2750	Family Activity Dream Catcher Kits can be picked up at the Health Centre starting Monday Aug 12th (limited kits) Take picture of completed dream catcher then email to elizabethmcrae@smfn.ca So, we can make an album and post for everyone to see	**12:00pm-4:00pm** Community Activities @ Old Reserve *Bbq *Face Painting *Games *Basket making *Cornhusk doll making *Painting Birch Bark Ornaments

Photo by Jessica Wittman / Banff Centre 2018. Image taken from Justin Many Fingers Ookotoks Designer Residency, November 2018.

Overview

Banff Centre is committed to the development, and production of new works in all major performance disciplines and encourages **bold collaborations**. Indigenous Performing Arts residencies are designed for Indigenous artists to work on the initial creation phase of a new work in one or more of our studio spaces.

What does the program offer?

This residency offers a range of work spaces and facilities depending on participants' **needs and availability**. Banff Centre provides limited production support for these residencies. Additional technical support may be negotiated when possible. Partial residencies may be available.

Who should apply?

We invite project proposals from individual Indigenous artists, Indigenous artistic collectives, and Indigenous companies of all sizes. Artists with projects at **various stages of development** are encouraged to apply - whether at the conceptual, creation, development, refinement, or redevelopment stage of a new work.

Funded by the Government of Canada | Financé par le gouvernement du Canada | Canada

SAVE THE DATE!

August 23rd, 2019
Day trip to hike the Maliseet Trail (just outside of Woodstock NB)

The Bus will be taking Community Members to and from and will be leaving Fredericton at 10am and returning at approximately 4pm (at the latest)

- Children must be accompanied by an adult
- Bring a packed lunch and water bottle
- Wear sneakers

People are also welcomed to drive their own vehicles up and meet us.
More information to come regarding bus pick up.
If you have any questions, please contact Celia Wilson at 458-9511 or by e-mail at CeliaWilson@smfn.ca.

Woliwon!

Good day…

My focus as the "**Senior Care Project Coordinator**" is to develop a proposal for funding, research other Indigenous communities and their Elder Care Centers, apply for licensing for a facility, meet with government agencies and much more.

Our goal with the Elder Care Center:

- Minimum of 10-beds for care
- Maximum of 30-beds for care, with 10-beds for care as a locked Dementia Unit
- Attached Elder/Senior space from activities for daily, weekly and monthly activities
- Adult Day Center
- Education Center to training our own Personal Support Workers and Licensed Practical Nurses

Other projects:

- Work collectively with our Health Center in promoting health and wellness activities that promote good health, engaging seniors in prevention activities, and linking seniors to services for prevention, check-ins, follow ups along with visits.
- Promote community involvement for seniors in either supporting programs and/or participating in them.
- Coordinate with internal and external partners, workshops, information sessions or inter-community events that promote connection and belonging, inform seniors of key health and well-being topics like dementia, elder abuse, etc., and provide opportunities to socialize with other communities.
- Develop a community asset database that highlights the skills, experiences and talents of our seniors.
- Search and apply for funding opportunities by applying for grants and writing proposals

As you may know, we have a lack of space to hold permanent social activities for our Seniors. Currently, we are looking for a more permanent space, as of now we will be hosting activities out of the Health Center (Community Room), Band Hall 3rd Floor (Education), and CHSMES. Stay tuned for more updates.

Nicole Carty, PN
Senior Care Project Coordinator
St. Mary's First Nation

150 Cliff Street
Fredericton NB
E3A 0A1
(506)458-9511

nicolecarty@smfn.ca

August (Senior's 65+) 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sunset Boat Tour Call 458-9511	2 Drop in Cards (9-12) "Stop in and Play" **Health Center**	3
4	5 NEW BRUNSWICK DAY (HOLIDAY)	6 **GROCERY SHOPPER**	7 Walking Club (9-10) Seniors Bingo (SMEC)	8 Breakfast with Raven (9-12) **Health Center**	9 Drop in Cards (9-12) "Stop in and Play" **Health Center**	10
11	12	13	14 Walking Club (9-10) Seniors Bingo (SMEC)	15 Wolastoq Craft Market (5-9) (Old Reserve)	16 Drop in Cards (9-12) "Stop in and Play" **Health Center**	17
18	19	20 **GROCERY SHOPPER**	21 Walking Club (9-10) Seniors Bingo (SMEC)	22	23 Drop in Cards (9-12) "Stop in and Play" **Health Center**	24
25	26	27	28 **GROCERY SHOPPER** Walking Club (9-10) Seniors Bingo (SMEC)	29 Monthly Birthday Social (3-4) **Health Center**	30 Drop in Cards (9-12) "Stop in and Play" **Health Center**	31

Walking Club

It will take place at Willie O'Ree: for those who require a ride then please contact myself (Nicole) at 458-9511. Please bring indoor sneakers and water bottle.

Drop in Cards

"Stop in and Play" some cards at the Health Center. We will have coffee, tea and sweets. It's a great time to get together and joy some laughter.

Breakfast with Raven

Come out for breakfast with Raven Labilliois from UNBI and special guest Shelley Francis. It's a great opportunity to enjoy each other's company with learn some healthy tips on Diabetes.

Monthly Birthday Social

Every month, we will be celebrating those who celebrate their birthdays within the month. There will be coffee, tea, cake, ice cream and music!

ELDER PROGRAM

GROCERY
•
SHOPPER

Grocery Shopping Assist Program

The grocery shopping program provides a supported shopping service to Elders who are 65+ and older residing within St. Mary's First Nation Community.

The service is offered every other Tuesday on Welfare Day and once a month on Pension Day.

There are two options to choose from:

- The Elder can prepare a detailed list of their wants/needs from the SuperMarket/Pharmacy and have their items delivered.

- The Elder can be assisted on an outing to the Supermarket/Pharmacy. The allotted time is 45 minutes.

Please schedule assisted outings and shopping deliveries early as their limited spaces available.

Nicole Carty
Senior Care Project Coordinator

Contact Info
506-458-9511

SHOPPING TIPS FOR ELDERLY

It's important to take care of yourself while shopping. Here are some suggestions:

- Make a shopping list to prepare for several days of meals.
- Check your grocery stores who offer senior discount days.
- Note your favorite brands on your list. If you prefer a certain brand of milk, be sure to jot that down so you don't get it confused with other items.
- Remember specific ingredients or foods you need to avoid. Write these ingredients down in the upper-right hand corner of your list.
- Bring reading glasses to examine small print.
- Do not shop on an empty stomach.

Drop in Cards

Every Friday from 9:00-12:00 located at the Health Center-Community Room
Come out and enjoy company and laughter!

SENIOR'S (65+) HEALTH CENTER

Every Friday starting August 2nd, 2019 beginning at 9AM
"Stop in and Play" some cards at the Health Center. We will have coffee, tea and sweets. It's a great time to get together and joy some laughter. Bring your quarter just in case ☺

If you have any questions then feel free to contact Nicole Carty, Senior Care Project Coordinator 458-9511

BEAVERBROOK ART GALLERY

September 24TH, 2019

10AM-12PM

Seniors 65+ Monthly Adventures:

On September 24th, Senior's 65+ will have an opportunity to experience a guided tour of the Beaverbrook Art Gallery, which is currently showcase our very own Community Artist "Percy Sacobie"

If you would like to attend then feel free to leave your name with Nicole Carty, Senior Care Project Coordinator, along with a phone number to be reached at.

Transportation is provided for those who require transportation, along with a light snack and drink.

Once again, we ask for a small deposit of $5.00 in order to confirm seating. Monies will be returned upon arrival.

Nicole Carty, Senior Care Project Coordinator (506)-458-9511

MONTHLY BIRTHDAY CELEBRATION

IF YOUR BIRTHDAY IS IN **AUGUST**, BE OUR GUEST FOR CAKE AND ICE CREAM ON **AUGUST 29TH, 2019** AT 3PM, ALONG WITH SOME MUSIC.

LOCATED AT THE HEALTH CENTER

(SENIOR'S 65+)

Messy Play & Sense of Touch

Does your child avoid certain textures or toys? Does she cry when she touches grass or sand? Or does he never seem to notice when he is covered in food? Come find out the how's and why's about your child's sense of touch with MESSY PLAY!
When: July 17th 1-2 PM

Where: CHSMES Early Years
Child-friendly event! For ages 0-5

Potty Training Info Session

Come learn the tricks on how to help your kids lose the diapers and love the potty!

When: August 14th 1-2 PM
Where: CHSMES Early Years
Child-friendly event!

Healthy Sleep Habits for Young Children

Come learn how to support your children (whatever their age) to get the best sleep possible! More sleep for baby and kiddos means more sleep for parents!

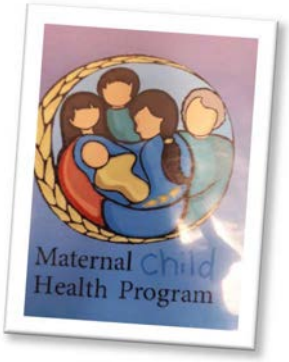
When: August 21st 1-2 PM
Where: CHSMES Early Years
Child-friendly event!

2019

Maternal Child Health

MCH

List of programs and activities that are offered at the St. Mary's Health Centre or at CHSMES through Maternal Child Health. These programs are for mothers/Families/ Caregivers with children ages 0-6 years. For More info call Mandy Meuse at 452-2750



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 OFFICE CLOSED	6 Summer Games	7 Summer Games	8 Summer Games	9 Meal Prep (if registered) 10:00-1:00	10
11	12	13 Rock Painting for Healing week 10:00AM	14 Killarney Walk @10:30 Potty Training Session @CHSMES @ 1:00-2:00	15	16	17
18 Community Healing Day 12-5 old reserve	19	20 Meal Prep (if registered) 10:00-1:00	21 Sleep/Routine Sesssion @ CHSMES 1:00-200	22	23	24
25	26 Picky Eaters 6:00-8:00PM (if registered)	27 MomMe Wellness 10:00-11:30	28	29	30	31

YOUTH ENTREPRENEURSHIP

SUMMER CAMP

WE INVITE ALL INDIGENOUS INNOVATORS (GRADES 9-12) TO APPLY TO OUR WEEK-LONG SUMMER CAMP!

Location: Fredericton, NB
Dates: August 11th- August 16th, 2019.

SPACES ARE LIMITED, APPLY TODAY!

To apply please contact Shannon Polches at shannon.polches@jedinb.ca or 506-444-5650

CHANCE TO WIN!

PARTICIPANTS WILL HAVE A CHANCE TO WIN AN IPAD

VIRTUAL SESSION!

with KENDAL NETMAKER

FIELD TRIPS!

to ENTREPRENEURIAL HUBS WITHIN THE CITY

WOLASTOQ NIGHT MARKET

A CHANCE TO SHOWCASE THE SKILLS YOU'VE LEARNED ALL WEEK!

Joint Economic Development Initiative

Stay Cool This Summer!

Without increasing your energy Consumption.

Summer is here, and many of us are relishing the long, warm days — not to mention our summer holidays. But higher temperatures can warm our homes significantly. And summer vacation can mean more people at home, which can result in higher energy consumption.

It doesn't have to though. With the help of some simple tips and tricks, you can cool your home and save energy this summer!

Simple Tips & Tricks.

- Instead of cranking up an air conditioner, shed some layers of clothes.
- Get a programmable thermostat so you're not cooling your home while no one is there.
- Close your blinds and curtains to keep the sun's rays out.
- Eat fresh fruits, vegetables and other foods that don't need to be cooked.
- Keep doors and windows closed tightly while air conditioner is running.

Beautification Contest

St. Mary's First Nation is pleased to announce that we will be having a Beautification Contest for homeowners this summer.

There will be 3 winners chosen each month from June to September.

The categories are as follows;

- Cleanest/most organized yard
- Best Garden
- Overall appearance

The dates for judging are:

- June 6th
- July 4th
- August 1st
- September 5th

Good Luck Everyone!

St. Mary's Supermarket

PRICES IN EFFECT FROM Friday August 2, 2019 to Thursday August 8, 2019

Grocery

Nestle
Ice Cream
1.5 L
$3.98 ea

Pillsbury
Pizza Pops
400 g
$1.98 ea

Compliments
Cereal
460 g - 750 g
$2.98 ea

Compliments
Chips
200 g
3/$3.98

Sunkist
Fruit Snacks
864 g
$4.98 ea

Compliments
Popsicles
24 pack
$4.98 ea

Lancia
Pasta
900 g
$1.48 ea

Signal Frozen
Vegetables
1 kg
$1.98 ea

Meat

Maple Leaf
Natural Turkey
Bacon
$4.98 ea
300 g

Eye of Round
Marinating Steak Value Pack
$3.88 lb/ $8.55 kg

Compliments
Smoked
Sausage
$7.98 ea
900 g

44th Street
Pot Roast
$10.98 ea
575 g

Fresh
Chicken
Thighs
Value Pack
$1.48 lb/
$3.26 kg

Produce

Product of U.S.A.
Grape
Fruit
78¢ ea

Product of Canada
Carrots
2 lb bag
$1.68 ea

Product of Canada
Romaine
Lettuce
$1.98 ea

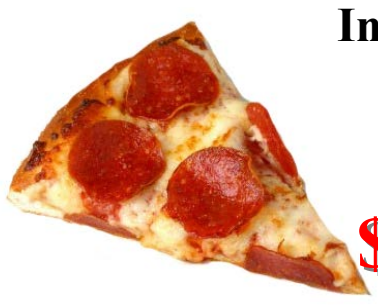
Seafood

Compliments
Bacon Wrapped
Scallops
$10.98 ea
250 g

Frozen
Breaded Pollock
Portions
$2.68 lb/
$5.90 kg

Anchor's Bay
Pre-Cooked
Mussels or Clams
$3.98 ea
340 g

Deli



In Store Made
Pizza
Slice
$2.18 ea

In Store Made
Nacho
Dip
$4.48 ea

10 Piece
Chicken Meal
(Come With Taters or Fries & 2L Pepsi Product)
$15.98 ea

Bakery

In Store Made
8" Assorted
Cream Pie
$3.98 ea

Mom's
Lemon Loaf
$3.98 ea
500 g

Top Dessert
Chocolate or Strawberry Jr. Swiss Rolls 397 g
$3.98 ea

Seniors' Day Every Wednesday 10% Off St. Mary's Supermarket Only!

OPEN 7 AM—MIDNIGHT 7 DAYS A WEEK (Holidays 7 am to 6 pm)

We Now Carry Helium Filled Balloons and Fireworks

Rain Checks Available Excluding 2L Pop Promo

Taxes & Bottle Deposit where Applicable

Where Everyone is Welcome!

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 @:

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