2019

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

Employment Opportunity for Prevention/Family Support Worker

Employment Opportunity

Arrowhead Bible Camp

SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER

Summer Safety Day was a Great Success

High School 2019 Grad Students

Allen Nash	LHHS - Woli
Ashton Mark Brooks	LHHS
Gabrielle Landry	West Vancouver Secondary
Hailey Hendricks	Cumberland High School
Hailey Paul	LHHS
Hunter J. Brooks	LHHS - Woli
Kaila Brooks	LHHS
Kailey Paul	FCA
Liam Brooks	LHHS
Matthew Burke	LHHS - Woli
Melanie Donahue	Houlton High
Nathaniel Paul	LHHS
Olivia Paul	FHS
Rayne Bear	LHHS
Roger Paul	LHHS - Woli
Stevie Hall-Polchies	LHHS
Summer Paul	LHHS
Thomas Paul	LHHS
Timea (Mimiqes) Frances	Nelson Mendela
Trenton Brooks-Brown	LHHS

Post Secondary - Grad Students 2019

Simon Gabriel	NBCCD
April Paul	St. Thomas University
Cathy Collins	Maliseet Language Program (STU)
Cecelia Paul	Maliseet Language Program (STU)
Courtney Brooks	St. Francis Xavier University
Dana Brooks	Maliseet Language Program (STU)
Doreen Griffith	University of New Brunswick
Emilie Gray	Maliseet Language Program (STU)
Evan Sacobie	Maliseet Language Program (STU)
Hubert A. Paul	Maliseet Language Program (STU)
Jessica ann Brooks	Maliseet Language Program (STU)
Katelyn Nash	St. Thomas University
Mary Star Brooks	Maliseet Language Program (STU)
Peter Hallett	Fanshawe College
Rose Ann Nash	Maliseet Language Program (STU)
Trevor Paul	Maliseet Language Program (STU)

ST. Mary's First Nation
Child & Family Services Department

Employment Opportunity for Prevention/Family Support Worker

Child and Family Services is looking to hire a person, to do programming and be a support to children and families in the community.

It has always been a goal of this agency to maintain the family unit by preventing the removal of children if at all possible. In spite of the fact we have made every effort to keep children in the home by providing programs and services relevant to families at risk, too often this has been unsuccessful. Part of the problem is the fact that we are dealing with generational trauma, the impact of which is deeply engrained and part is due to the fact that it is difficult for families to build a trusting relationship with the same Social Worker who poses a potential threat to removing their children from them.

We are going to try a new approach; consequently, we want to hire a creative individual to deliver preventive programming as well be that support person for families who are at risk of losing their children to the Child Protection System.

Duties and Responsibilities: Must be able to access and deliver prevention programs and services to the community as a whole or to individuals and families.
*Must familiarize one's self with the court system when a child is in danger of coming into care or has already been taken into care. This is a knowledge base that will assist parent(s) with navigating the court system to alleviate the fear of isolation that they often feel when trying to understand the process.
*Must be punctual, reliable and professional.
*Must be familiar with case management and have the ability to document case information in a brief but efficient manner.
*Must be a team player when working with Social Work staff.
*Must be willing to take direction from the C&F Services Director as well as follow HR policies that are applicable to all staff. Must also familiarize one's self with FN operational standards for service delivery, as well as the Family Services Act.

Qualifications: A BSW degree from an accredited university
Must be a member of or able to be registered with the NBASW
Must have a criminal record clearance and a prior contact check with DSD and
. other FN agencies.
Must have a valid driver's licence and a vehicle.
Must be able to navigate the Internet as well as other necessary computer programs.
Must be a self-motivator, creative, and innovative.

Other Assets for consideration: Preference will be given to a person who is of Indigenous heritage who has the same or better qualifications as a non-Indigenous person. Prior knowledge of Indigenous peoples and communities as well as their cultural traditions and ceremonies. Knowledge of NB Families Case Management System. Salary is based on the Provincial Social Work scale.

To apply please forward resume, coverletter & references to:

Jan Rouse (Human Resource Generalist) St. Mary's First Nation, 150 Cliffe Street, Fredericton, N.B. E3A 0A1 or Fax(506)472-6220 or email janrouse@smfn.ca by no later than July 18th, 2019 at 4:30 pm.

Employment Opportunity
St. Mary's First Nation Education Department
(Contract) Placement with Anglophone West School District

First Nation Education Worker- Academic

The mandate of the First Nation Education Worker would be to assist ASW-W and St. Mary's First Nation Community in creating a culturally relevant and academically supportive environment where First Nation students can realize their full potential. This position was created under the mandate of the Enhanced First Nation Education Programs and Services Agreement.

Keep Responsibilities:

1) Promote awareness and appreciation of First nation culture in all activities
2) Be a positive role model and act as a First nation student advocate
3) Provide academic support where required and as identified by classroom teachers and students services team
4) Facilitate small group/individual academic and interventions
5) Consult with classroom teachers to provide consistency in work ethic, coursework, and classroom/school expectations
6) Provide homework/assignment support for all subject areas
7) Communicate with school personnel regarding issues that may be affecting First Nation student progress
8) Provide reports on First Nation student progress and daily activities to the principal who will share with the appropriate teachers/First Nation Subject Coordinator – to concide with district reporting periods
9) Participate in staff meetings, student services meetings, NEAT meetings and professional development
10) Other duties as assigned in creating a positive learning environment for First Nation Students

Interested applicants should submit their resumes to:
Jan Rouse
Human Resource Generalist
150 Cliffe Street (2nd Floor)
Fredericton, N.B.
E3A 0A1 or E-mail: janrouse@smfn.ca or drop them off in person. **The deadline for applications is July 17th, 2019 at 4:30pm.**

St. Mary's First Nation

AFS Seasonal Hatchery Workers

Seasonal (Approximately 25 Weeks)

Position Summary:

Under the direction of the AFS Coordinator, the worker will work in all aspects of the AFS Program. The Worker will work at the Mactaquac Fish Hatchery and must have reliable transportation.

Qualifications:

*Must be flexible to work in any weather conditions

*Must have access to reliable transportation

*Must be a St. Mary's First Nation band member

*Must be proven reliable and able to work independently

Must pass a Government Security Clearance

Please forward 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 July 17th, 2019 @ 4:30pm.

JOB OPPORTUNITY

DIRECTOR OF ST. MARY'S HOUSING

Position Summary:

The director is responsible to manage program delivery, administration and management of housing programs. Liaise with national, regional and local governments, agencies, departments and other housing related organizations. The Director will enhance and build relationships for more effective housing operations at the local level, prepare budgets and reports, supervise staff, ensure database is maintained, and assist with the development and implementation of compliance practices regarding housing.

Qualifications:

1. Undergraduate Degree would be an asset & preferred but minimum of Grade 12 with Diploma or Certification in related field would be considered.
2. Trade knowledge of construction industry
3. Excellent communication skills both oral and written.
4. Program planning
5. Budgeting experience
6. Valid Driver's Licence
7. Management experience
8. Able to manage a variety of projects
9. Knowledge of CMHC regulations and processes (asset)
10. Knowledge of materials, estimating and project costing
11. Proficiency in computers, Excel spreadsheets, email, etc.
12. Knowledge of project bid processes.

If interested please forward your resume with references by July 17th, 2019 at 4:30pm.

Jan Rouse
Human Resources Generalist
St. Mary's First Nation
150 Cliffe Street
Fredericton, N.B. E3A 0A1 or
Fax (506) 472-6220 or email to janrouse@smfn.ca

JOB OPPORTUNITY:
Student Support Worker

We have an exciting opportunity for a **First Nation Student Support Worker** to join the team at Wolokehkitimok. Under the St. Mary's Education Department, you will work at the Wolokehkitimok School to support First Nations students from 9-12.
Along with the two teachers in the school, you will be working on a one-to-one basis and in small group setting.

Responsibilities will include, but are not limited to:

- Accompanying students during experiential learning activities and encouraging mature behaviours and attitudes
- Working with First Nation students to help them achieve academic success
- Adhering to workplace health & safety policies, safe work practice, and procedures
- Attending school-based resource team meetings
- Implementing remedial action plans

THE IDEAL CANDIDATE
To qualify for this role, you will have graduated from a recognized post-secondary institution and show interest in advancing your studies to get a **Certificate in Education, Counseling, or First Nations Studies**.

Our ideal candidate will also possess:

- Proficiency with the Internet and Microsoft Office
- Previous experience working in a First Nations Community
- A valid First Aid Certificate (Level 1 an asset)
- A valid NB Driver's License
- A reliable vehicle and current auto insurance
- A clean criminal record check and vulnerable sector check

The Rewards
You will have the opportunity to contribute at an exciting time of growth within the community and play a part in community building.

Please note that candidates must apply by July 25th, 2019 by 4:30 PM

To apply please send your resume and all related Certificates to:

Jan Rouse
Human Resource Generalist
St. Mary's First Nation
150 Cliffe Street (2nd Floor)
Fredericton, N.B.
E3a 0A1
Fax (506) 472-6220 or email janrouse@smfn.ca

Housing Condition Assessment

St. Mary's First Nation is pleased to introduce a short program to assist in obtaining information in regards to the condition of your home, as well as developing a GIS map for the community.

Call 458-9511 or email smfn-housing@outlook.com to set an appointment

An assessment **MUST** be completed before any work is to be considered

The condition assessment will take approximately one hour. We will be focusing on the conditions of:

- Exterior Finish
- Kitchen
- Bathroom
- Interior Living Space

This assessment is confidential; we are only looking to see what is in need of repair.

Please call or email Chloe Brooks and/or Laura Underhill as soon as possible, due to limited time available, to set an appointment. Appointments available Monday – Thursday.

June 2019

Vision Care Benefit Information

Upcoming Changes to NIHB Eyewear Coverage

On June 29, 2019, NIHB will make changes to coverage of corrective eyewear (glasses and contact lenses). These changes will make it easier to understand your coverage and will offer more choice — you will be able to use your coverage towards the purchase of any type of prescription eyewear.

These rates will be in effect for eyewear ordered on or after June 29, 2019:		
Standard Coverage Amount	$275*	For prescriptions that are less than ±7.0 (minimum prescription strength will continue to apply). This is the most common rate.
High Index Coverage Amount	$415*	For prescriptions that are ±7.00 or higher.

How often you are covered for eyewear will not change. Children 0-17 years are eligible once a year; clients 18 years and older are eligible once every two years; clients whose prescription changes a lot may be eligible for early replacement of the lenses. However, frequency periods will be changed to a calendar year basis. For example, for an adult who is eligible every two years, if you get new eyewear at any time in 2019, you will be eligible again on January 1, 2021.

There will be no change to the policy on exceptions. As was the case before, some clients will qualify for more coverage (reimbursement amount or frequency) based on their medical need.

You can contact St. Mary's Veteran's Memorial Health Centre at 452-2750 if you have any questions.

St. Mary's Veterans Memorial Health Centre

Is sponsoring youth again this year to attend summer camp at

Arrowhead Bible Camp

Camp Schedule

Teen Camp

Ages 13 -18

July 8-12

Along with all of our great camp experiences, gear up for new big challenges and great prizes! Camp, YA GOTTA GO...

REGISTER

Still plenty of spots available for Teen Camp!!

Junior Camp #1

Ages 8-12

July 15-19

REGISTER

The Junior Camp #1 is already Booked solid!!

Junior Camp #2

Ages 8 -12

July 22-26

REGISTER

Still plenty of spots available for Junior Camp #2!!

You can book online at https://arrowheadnbc.com/registration/. **If you need help to book thru the website please call the Health Centre @ 452-2750 and ask for Arlene or Barb.**

HURRY!! TIME IS RUNNING OUT!!

EARLY CHILDHOOD MENTORING PROGRAM

Arlene Brooks – FASD-Early Childhood Mentor

PARENTS – CAREGIVERS OF CHILDREN LIVING WITH FASD, ASD OR OTHER CHALLENGES

SUPPORT GROUP

for parents – guardians – caregivers who:

- **Are looking for advice or want to share information and tips;**
- **Need someone to talk to who can offer advice from first hand experience;**
- **Come share your success stories and stories of challenges;**
- **Gain and share new resources available;**
- **Enjoy a cup of coffee or tea and chat freely without fear of judgement or criticism**

WHEN: **Wednesday July 17, 2019**

WHERE: **St. Mary's Health Center Community room**

TIME: **3:00 – 4:30**

If you have question regarding this group please call me at 452-2750.

COMMUNITY

SWEET GRASS PICKING TRIP

July 30/19

Leaving Health Centre @ 8:30am

Must register – limited seats

Call the Health @

452-2750

Leave name with receptionist

Dog Bites; The Research

DID YOU KNOW..

That children and infants are most likely to be bitten, attacked and/or mauled by a Dog?
One reason may be because children are already at face level with most Dogs. Researchers have also found that most Dog bites stem from territorial issues and as we all know children don't always understand boundaries.

Anxiety can also trigger a Dog to bite. This may be sudden movements while the Dog is around, or a loud noise, or the unpredictable movements children and toddlers often make.

Studies show that generally children most affected by Dog Bites are young boys between the ages of 5 and 9 years old are most likely to be bitten more than any other age group. Their loud, energetic and sometimes aggressive actions simulate behavior displayed between young dogs. What do dogs typically do when playing with one another? They bite.

The faster and louder kids get, the more dogs become stimulated – Children, unlike Adults, are unaware of their body language they are displaying.

Pain can also push a Dog over the edge… It is so very important that you teach your children from a very young age to not poke, prod, pinch or pull on a Dog. Not only will it protect your child against your Dog becoming agitated and angry but it will protect your Dog from having to defend himself.

It is highly recommended that you;

- **TEACH YOUR CHILDREN TO ASK BEFORE APPROACHING A DOG.**
- **TEACH YOUR CHILDREN NOT TO APPROACH STRAY AND UNKNOWN DOGS.**
- **TEACH YOUR CHILDREN TO ONLY APPROACH A DOG IF THE OWNER OF THE DOG IS PRESENT.**
- **Teach your child to assume that all Dog's with out the Owner's present are NOT friendly and to walk away.**

Long Term Side Affects of a Dog Bite;

There are lasting Psychological effects…
While a Dog bite can happen in a flash and not even break the skin, the trust you once had in your Dog may be compromised as well as emotional well-beings being damaged in the long run.

More serious Dog Bites can leave victims suffering for years to come as some bites are known to cause Nerve Damage and remain painful for years.

Some psychological injuries can cause mental anguish that can affect a child's personality and last through adulthood. Symptoms such as intrusive memories, avoidance, negative mood swings, guilt, irrational thoughts and fears, recurring nightmares, loss of sleep and memory problems are not uncommon in someone who suffered a dog bite.

Post Traumatic Stress Disorder – P.T.S.D is also another common side effect most commonly found in children whom have suffered a Dog Bite. Most children bitten by Dog's end up fearing a majority of Dog's for the rest of their lives.

It is difficult for children to make sense of a traumatic event which makes it hard for them to regain their sense of security after the attack. As an adult, our minds have matured, but a child's mind is not yet developed, and mental anguish from a dog bite can affect a child's personality and last through adulthood. The memories a child has of the pain they endured from a vicious dog bite will eventually fade, the fear and emotional damage, on the other hand, could last a lifetime.

PREVENTATIVE MEASURES;

Sometimes things happen that are beyond our control, however, by ensuring we take all the preventative measures possible. Most dog bites are preventable, and there are many things you can do at home and within your community to help prevent them. Remember, it is not a dog's breed that determines whether it will bite, but rather the dog's individual history and behavior. Here are some helpful preventative tips:

Socialization:
Socialization is a good way to help prevent your dog from biting. Socializing your pet helps your dog feel at ease in different situations. By introducing your dog to people and other animals while it's a puppy, it feels more comfortable in different situations as it gets older. It's also important to use a leash in public to make sure that you are able to control your dog.

Responsible Pet Ownership:
Responsible pet ownership builds a solid foundation for dog bite prevention. Basics of responsible dog ownership that can help reduce the risk of dog bites include carefully selecting the dog that's right for your family, proper training, regular exercise, and neutering or spaying your pet.

Education:
Educate yourself and your children about how—or whether—to approach a dog. Take it upon yourself to research ways to avoid these incidents from occurring.

Avoid Risky Situations:
It's important to know how to avoid escalating risky situations and to understand when you should and should not interact with dogs. You should avoid petting a dog in these scenarios:

- **If the dog is not with its owner**
- **If the dog is with its owner but the owner does not give permission to pet the dog**
- **If the dog is on the other side of a fence—don't reach through or over a fence to pet a dog**
- **If a dog is sleeping or eating**
- **If a dog is sick or injured**
- **If a dog is resting with her puppies or seems very protective of her puppies and anxious about your presence**
- **If a dog is playing with a toy**
- **If a dog is growling or barking**
- **If a dog appears to be hiding or seeking time alone**

Pay Attention to Body Language:

Reading a dog's body language also can be helpful. Just like people, dogs rely on body gestures, postures and vocalizations to express themselves and communicate. While we can't always read a dog's body language accurately, it can give us helpful clues as to whether a dog is feeling stressed, frightened, or threatened.

We all play a part in being responsible for our children, our animals, and our contribution to creating a healthy community.

Responsibility of the Parents:

- **To teach your child the importance of not approaching unknown or stray Dogs.**
- **To teach your children to respect animals and treat them with kindness.**
- **To teach your children not to enter their neighbours' yards unless invited to do so.**

Responsibility of the Dog Owners:

- **To ensure that if your Dog is outside of your home with out your supervision that the Dog is securely enclosed on your property.**
- **To ensure your Dog is under the supervision of an Adult Owner at all times while on and off your property while not securely enclosed.**
- **To ensure your Dog is being properly cared for and well socialized to ensure there are minimal behavioral issues.**

Responsibility of the Cat Owners:

- **Please ensure that if you have Cats that are outdoor Cats and they are not fixed, please reach out to me as the health affects of their spray can have detrimental effects to respiratory systems especially for our Elders.**

Please be advised that WE the Owner's of our Animals are Responsible for the Actions of our Animals.

Deciding to get an Animal comes with an abundance of sacrifice – It is more than just providing them love. You can't just up and leave when you want without making arrangements for your animals. You have to budget for their needs, such as food, Vet Appointments, Materials that they will out row such as Dog Beds and Collars, etc. You will no longer have unoccupied spare time as animals – much like children, require a great deal of attention. Unprovoked Health issues may also arise, and they come at a significant cost as Vet Appointments aren't cheap.

Please consider how much work being a Responsible Pet Owner is prior to diving into it unexpectedly.

WOODSTOCK BJJ
BRAZILIAN JIU JITSU

Women's Self Defense Class

Woodstock Brazilian Jiu Jitsu will be conducting a Women's Self Defense Class at the St. Mary's First Nation on Tuesday July 30th, 2019. The class will be held from 6:30-8:30PM. No experience necessary. The class will be taught by an instructor with over 7 years of experience.

Techniques to be covered include:

Making Barriers
Threat Level vs Response
Defenses against unwanted physical contact
Standing defense techniques
Wrist grab defenses

And demonstration of advanced techniques and/or ground defense techniques if time allows.

This class will be held at the CHSMES Gym. No charge. Water is provided. There is space for 24 participants and you must register. If you are interested, please contact Arlene Brooks at the Health Center 452-2750.

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!

Information Provided By

St. Mary's Veterans Memorial Health Centre

Phone: 452-2750

NEW! ON-LINE COUNSELING SUPPORT NOW AVAILABLE

via the First Nations and Inuit HOPE FOR WELLNESS HELP LINE.

Available in **online chat** or over the **phone**

go to chat.fn-i-hopeforwellness.ca

call 1-855-242-3310

to be connected with a counsellor by phone.

This chat line has people who can help you, even if you don't feel comfortable sharing your real name. They have experience, as well as training about Indigenous cultures and what you might be facing. If you are experiencing distress or are in crisis, please consider connecting with a Hope for Wellness counselor, either by phone or chat line. They speak several languages, including English, French, Cree, Ojibway, and Inuktituk. Just let them know what language you prefer.

INDIGENOUS INNOVATORS

YOUTH ENTREPRENEURSHIP SUMMER CAMP

WELCOME TO OUR CAMPFIRE

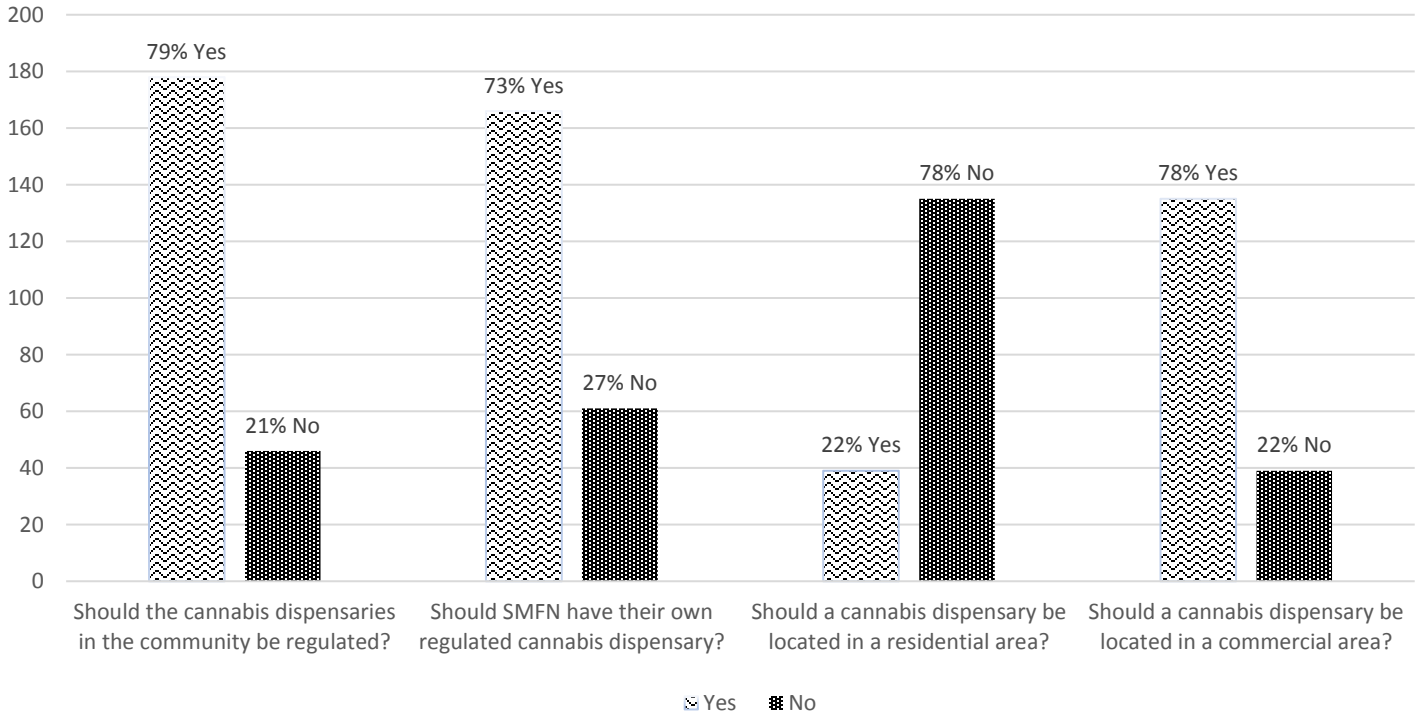
Joint Economic Development Initiative

FREDERICTON, NB
AUGUST 11-16, 2019
GRADES 9-12 (HIGHSCHOOL STUDENTS)
CONTACT SHANNON POLCHES FOR MORE INFO
SHANNON.POLCHES@JEDINB.CA

St. Mary's First Nation

150 Cliffe Street, Fredericton, NB E3A 0A1
T: 506.458-9511 F:506.462.9491

Community survey results regarding cannabis dispensaries (233 surveys complete June 2019)



Should the cannabis dispensaries in the community be regulated?

- 79% said YES
- 21% said NO

Should SMFN have their own regulated cannabis dispensary?

- 73% said YES
- 27% said NO
- 6% no answer

Where would you like to see a cannabis dispensary located?

- 22% said in a residential area
- 78% said in a commercial area

The community was asked if they have any concerns with the cannabis dispensaries currently operating in the community:

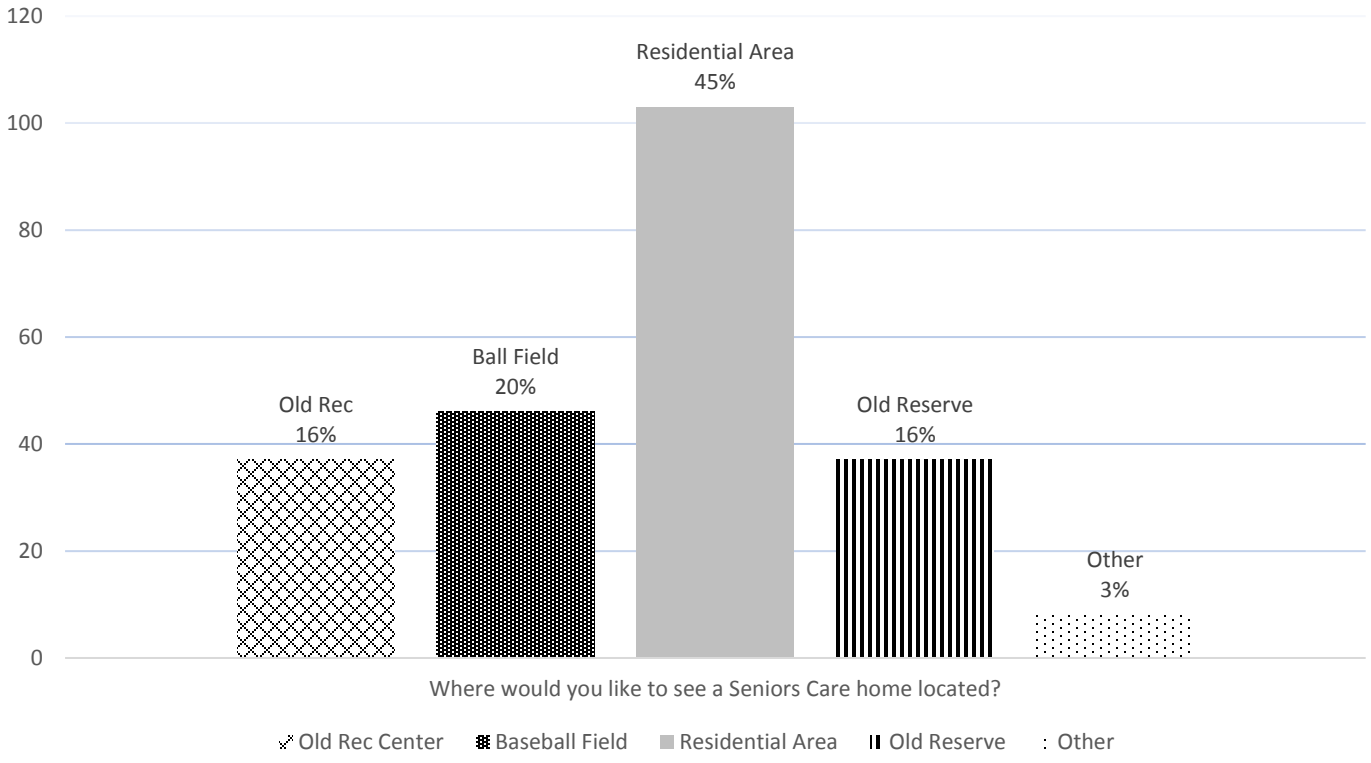
- 72.% said NO to having any concerns with the dispensaries currently operating in the community

- 13 said no with the following comments:
    - If they are not selling to underage people.
    - If it is safe.
    - No concerns as it could minimize the opioid crisis.
    - No as long as it is controlled right.
    - No as long as it doesn't affect my family or household.
    - There is no negative impact on the community. It is the people who draw negative attention to it who make them look bad.
    - I'd rather cannabis dispensaries taken over than pill pushing houses #plantsnotpills
    - No but I feel there are definitely too many but I enjoy marijuana.
    - Let them thrive. Be proud. Its medicinal.
    - It's a harm reduction tool.
    - No problems so far.
    - No if it is legal and you have the resources. Should be your choice.
    - No issue because I buy off reserve.

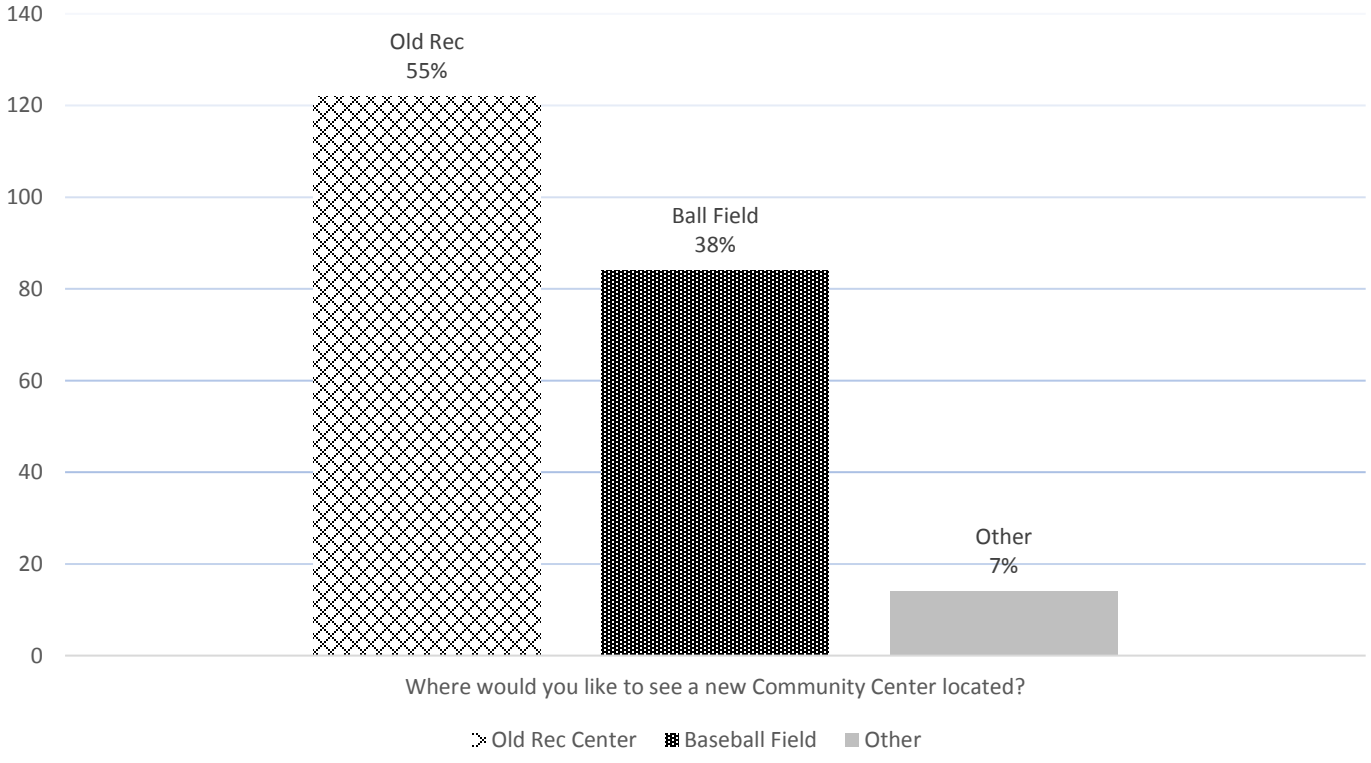
The concerns around the cannabis dispensaries in the community were the following, listed in order of noted highest concerns first to last:

- There are too many dispensaries within our residential area
- Regulation is needed for the dispensaries
- Increase traffic in community
- Concerns regarding the impact that the dispensaries have on our children
- The increase undesirables that the dispensaries bring into the community
- Concerns regarding the impact that the dispensaries have on our youth
- The dispensaries selling to and employing underage youth/children
- Concerns about the negative community image
- Community safety
- Concerns regarding the impact that dispensaries have on our Elders
- Substance abuse and mis information/acceptability

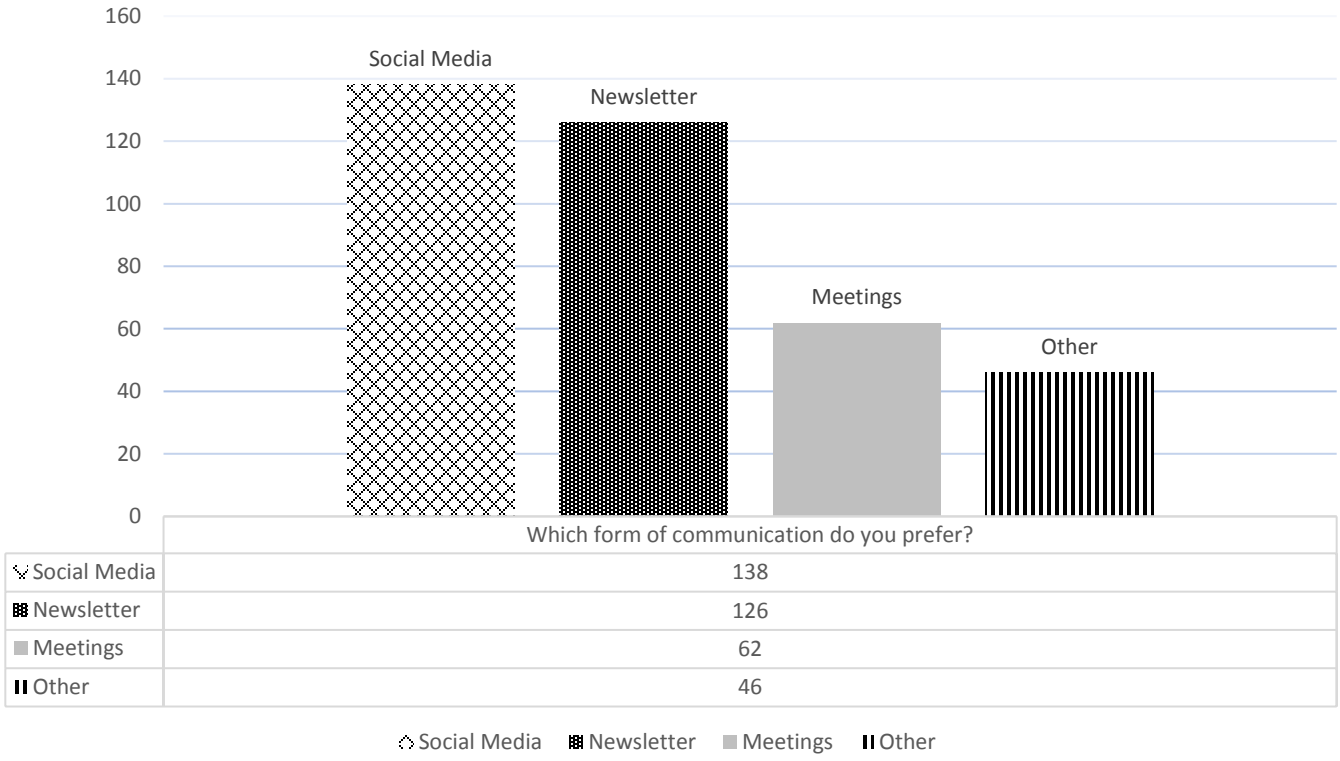
Where would you like to see a Seniors Care Home located?



Where would you like to see a new Community Center located?



Which form of communication do you prefer?



	Which form of communication do you prefer?
Social Media	138
Newsletter	126
Meetings	62
Other	46

Social Media Newsletter Meetings Other

During the Christmas Royalty distribution in 2018 a total of 253 surveys were completed by community members. The strategic planning portion of the survey is being utilized for the strategic planning and will be shared with the community when details are finalized (it is a lot of information to share)

The results of the survey from Dec 2018:

29% would like to move into a 4-year election term

60% want to stay in a 2-year election term

12% had answers that were neither 2 or 4 year/blank or illegible

46% people said they are interested in volunteer work in the community

57% said Yes to putting under 18 royalties in trust

14% said No to putting under 18 royalties in trust

30% had a range of answers from blank/to half and half/maybe/not sure

St. Mary's Supermarket

PRICES IN EFFECT FROM Friday July 5, 2019 to Thursday July 11, 2019

Grocery

Kraft Dinner
58 g - 156 g
$1.28 ea

Hungry Man Dinners
360 g - 455 g
$3.98 ea

Quaker Crisp Mini or Rice Cakes
90 g - 100 g
$1.98 ea

Snack Pack Pudding
4 pack
$1.28 ea

McCain Fries
900 g
$2.48 ea

Campbell's Chunky Soup
540 ml
2/$4.98

Diana Sauce
450 ml
$2.68 ea

Kellogg's Cereal
320 g - 525 g
$3.98 ea

Meat

Johnsonville Sausage
$3.98 ea
375 g

Fresh Boneless Blade Marinating Steak Value Pack
$4.58 lb/ $10.10 kg

Compliments Boneless Ham Steak
$3.98 lb/
$8.77 kg

Compliments Meat Lasagna
$6.98 ea
1 kg

Compliments Breaded Chicken Burgers
$5.98 ea
785 g

Produce

Product of Canada
Carrots
$1.58 ea
2 lb Bag

Product of Canada
Onions
$1.58 ea
2 lb Bag

Product of Canada
Asparagus
$3.98 ea

Seafood

Previously Frozen Tuna Steak
$10.98 lb/
$24.21 kg

Rocky Point Knuckles & Claws Lobster Meat
$16.98 ea
200 g

Janes Assorted Battered Fish Fillets
$6.98 ea
450 g

Deli

2 Piece Chicken, 6 Wings and Fries or Taters
$10.48 ea

2 Piece Chicken Strip Snack
$4.78 ea

In Store Made Chicken Cold Plate
$4.78 ea

Bakery

Compliments Two-Bite Brownies
$3.48 ea
319 g

Snair's Hotdog or Hamburger Buns
2/$5.00
8 pack

Cake Donuts Plain or Sugar
$2.98 ea
10 pack

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)

We Now Carry Helium Filled Balloons and Fireworks

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 @:
www.stmarysretail.com
506-462-9604

Tax Free Sundays!
St. Mary's Supermarket Only

Rain Checks Available Excluding 2L Pop Promo
Taxes & Bottle Deposit where Applicable