2019

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

Employment Opportunity CHSMES Student Support

St. Mary's First Nation Job Competition

SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER

St. Mary's Band Staff Supporting Suicide Prevention Week.

"When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn."
–Harriet Beecher Stowe

St. Mary's First Nation
Job Competition
Proposal Writer
(1 Year Contract)

Proposal Writer Job Responsibilities:

Prepares proposals by determining concept; gathering and formatting information; writing drafts; obtaining approvals for various departments under the St. Mary's First Nation.

Qualifications:

1) Strong Presentation Skills
2) Excellent Writing Skills
3) Graphic Design Skills an Asset
4) Problem Solving Skills
5) Detail and Deadline Oriented
6) Strategic Planning
7) Marketing (Asset)
8) Strong Computer Skills
9) Goal Oriented
10) Planning and organizational skills

Applications should be forwarded by no later than **September 26th, 2019 at 4:30 pm**.

Jan Rouse
HR Generalist
150 Cliffe Street (2nd Floor)
Fredericton, NB
E3A 0A1
Fax (506) 472-6220 or
Email: janrouse@smfn.ca

St. Mary's First Nation
Job Competition
Housing Administrative Assistant

Under the general supervision of the St. Mary's First Nation Housing Director, the St. Mary's First Nation is seeking a Housing Administrative Assistant. The Administrative Assistant will assist the Director with daily operations of the program.

Qualifications:

1) Certificate in Administrative Support and/or a minimum of 3 years administrative experience
2) Excellent Computer Skills including MS Word/Excel
3) Ability to Multitask
4) Reliable/Dependable
5) Skilled in writing or proofreading documents
6) Exceptional Interpersonal skills
7) Excellent Time Management Skills

Applications should be forwarded by no later than **September 30th, 2019 at 4:30 pm**

Please send resume with references to:

Jan Rouse
Human Resources Generalist
150 Cliffe Street (2nd Floor)
Fredericton, NB
E3A 0A1
Fax (506) 472-6220 or
Email: janrouse@smfn.ca

Job Competition

AWSD/SMFN

Enhancement Contract for Devon Middle School

Counselor Position

Overview: The Middle School Counselors will provide a proactive and collaborative program that promotes the overall well-being of each First Nation student, ensuring that they learn in a safe, healthy and supportive environment. This person will be available for the Students for personal or academic concerns.

Qualifications:

1.) Bachelor of Social Work (emphasis in Counselling)
2.) Ability to develop Relationships with Adolescents
3.) Knowledge of Aboriginal Culture and practices
4.) First Aid/CPR
5.) Valid Driver's Licence

Please submit resume with work references to :

Jan Rouse
Human Resources
St. Mary's First Nation
150 Cliffe Street (2nd Floor)
Fredericton, N.B.
E3A 0A1

Fax (506) 472-6220 or email janrouse@smfn.ca All applications must be received by 4:30pm on September 26th, 2019

St.Mary's First Nation
150 Cliffe Street
Fredericton, N.B.
E3A-0A1
Phone: (506)458-9511 Fax: (506) 462-9491

Employment Opportunity
CHSMES Student Support

Position Summary:

Under the direction and supervision of the Principal, the Student Support Worker will provide assistance with the CHSMES programs to maintain a healthy, safe and learning environment for the children.

Qualifications:

1) Must have a clean Criminal Record and vulnerable sector check – **must provide with application**
2) Must have up to date First-Aid or willing to obtain it.
3) Must be a team player and able to follow directives.
4) Must enjoy working with children in a fast-paced environment.

Thank you

Jan Rouse
Human Resource Generalist
St. Mary's First Nation
150 Cliffe Street
Fredericton NB E3A 0A1
Fax: 472-6220 or email
janrouse@smfn.ca

Deadline for submissions is Friday September 20th, 2019 at 12:00pm.

JOB OPPORTUNITY

Chief Harold Sappier Memorial Elementary School
Early Years - Janitor
Contract

Position Summary:

Under the direction and supervision of the Principle & program administrator, the Janitor will be responsible for cleaning and maintaining the interior and exterior of the Early Years wing as per the cleaning schedule.

Qualifications:

- **Clean criminal record check & vulnerable sector check - (Must provide with application)**
- Previous Experience in Janitorial Work
- Must be able to lift, bend and be able to keep up with the physical demands of the positon
- Ability to work with minimal to no immediate supervision
- Flexible with shifts as the duties are sometimes carried out after business hours
- Successfully completed a WHIMS certification course an asset
- Any health and safety courses are an asset
- First Aid/CPR considered an asset

If you are interested, please submit your resume with Criminal Record Check 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 to janrouse@smfn.ca

Deadline to submit resume: September 20th, 2019 at 12:00pm.

Hello,

Our names are Johnathan Duffy, Elisha Loose and Peter Nimigon and we are Project Managers associated with St. Mary's Child & Family Services.

We are excited to announce new changes that start with indigenizing Child & Family Services' policies and procedures. They will use traditional Maliseet cultural and healing teachings, in harmony with current practices, to create a new set of standards that are unique to St. Mary's First Nation.

This will be with a community-driven, bottom-up approach to the standards that takes back policies forced upon Indigenous people. We look forward to meeting you all!

Woliwon

Johnathan, Elisha, and Peter

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St. Mary's Veterans Memorial Health Centre

Working Towards a Healthier Community

St. Mary's First Nation
440 Highland Avenue
Fredericton, N.B. E3A 5X1
(506) 452-2750 or (506) 452-2760

Fresh Is Best:

Payment due date: Wednesday, September 18th, at the Health Center, located at 440 Highland Avenue

Pick up date: Wednesday, September 25th , at the Health Center

OUR PRODUCE BAGS CONSIST OF: Fresh Fruits and Vegetables with an approximate value of $40.00

Health Center Hours: Monday- Thursday 8:30- 4:30, Friday's 8:30-12

13094 Rte 105, Tobique First Nation, NB E7H 3Y4
Tel: (506) 273-5560 Fax: (506) 273-5650

JOB POSTING

Position Title: CEO of Band Owned Enterprises

Salary: Starting at $80,000

Start Date: October 28, 2019

Location: Tobique First Nation, New Brunswick

Tobique First Nation; located in northern New Brunswick, is an indigenous community with a wide range of growing business ventures that range from retail to renewable energy. It is Tobique First Nation's priority for the businesses to continue to grow and create revenue to provide its members with employment opportunities and dividends.

Objective

Tobique First Nation is seeking a highly motivated individual, whose mandate is to manage all business operations. This individual must possess the knowledge of governance structure and provide leadership, long-term planning and strategic direction for the community's financial success.

Position Overview

This position will be responsible for band owned enterprises and its finances. The CEO will lead Tobique First Nation in the ensuring quality management and delivery of band owned enterprises. The position responsibilities include developing and implementing new strategies, investment planning and initiatives to advance the goals of Tobique First Nation. The CEO will plan, develop, implement, budget and evaluate band owned enterprises. The CEO will report to the Tobique First Nation Chief and Council and Finance Committee; and will ensure that regular briefings/updates are provided.

Education/Certification:

- Post-Secondary Degree; preferably a Master's, in Business Administration or other related fields.
- Or 5 years experience in senior executive management.

Essential Functions and Duties

- Demonstrate skills and work experience in financial and project management, policy development and implementation, and in strategic planning
- Experience in leading, coaching and managing a diverse work team
- Strong written, spoken and presentation communication skills
- Strong interpersonal and public relations skills that will enhance community participation
- Experience with partnership building and community engagement
- Oversee band owned enterprises
- Prepare, review & submit all budgets related to band owned enterprises and programs
- To design and implement band owned enterprise policies and quality control programs
- Plan, organize, direct and evaluate band owned enterprises
- Develop business plans and proposals
- Seek potential investors and partners for joint business ventures
- Preform evaluations of businesses and senior staff
- Other job-related duties as required

Required Knowledge:

- Proficient to excellent computer skills (MS Word, MS Excel and PowerPoint)
- Ability to plan, organize, direct and control daily operations
- Excellent communication skills (written and verbal)
- Valid driver's licence with willingness to travel
- Knowledge and experience working within First Nations communities
- Knowledge and experience in finance, commercial fisheries, forestry, gaming and retail
- Knowledge of programs and funding that is available for First Nations
- Knowledge of local, national and global markets is an asset
- Human Resource training or experience is an asset

If you are interested in applying to this position, please respond via email with the following:

- A detailed cover letter explaining how you meet the position requirements and salary expectations
- An updated CV
- The names/contact information of three work related references
- Two letters of reference

All above noted information must be received by 12:00 p.m. *(Atlantic Standard Time)* on Friday, October 4, 2019 to the Human Resource department at perleyhr@outlook.com.

No applications will be accepted beyond the closing deadline. Interviews will be held in Tobique First Nation, New Brunswick. 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.

13094 Route 105, Tobique First Nation, NB E7H 3Y4
Tel: (506) 273-5560 Fax: (506) 273-5650

JOB POSTING

Position Title:	Public Works Manager
Start Date:	October 28, 2019
Location:	Tobique First Nation, New Brunswick

Tobique First Nation is looking for a team leader to manage and provide technical service to all public works programs within the community.

Some of the duties this position will be responsible for is the planning and execution of construction projects such as home building and renovations, directing and motivating personnel and be the lead communicator with members and band manager. You will be collaborating with other construction and infrastructure programs, as well as the Housing Authority.

Job Duties & Responsibilities

- Prepare and maintain capital budgets
- Prepare a five-year capital plan
- Manage staff and equipment
- Prepare and submit all construction project budget estimates
- Design and implement program policies and quality control program
- Plan, prepare and monitor construction materials
- Plan, organize, direct, control and evaluate construction projects from start to finish according to schedules, specifications and budget
- Develop proposals for the program
- Conduct housing assessments
- Develop preventative maintenance program for water & sanitation and capital assets
- Performance of other duties as required

Education and/or Experience

- University degree in civil engineering or college diploma in construction technology and five years of experience as a lead in the construction industry
- Or a combination of both construction supervisory experience of five years and education may be acceptable

Qualifications

- Excellent ability to plan, organize, direct and control daily operations
- Excellent communication skills
- Strong communications and project management skills
- Human Resource training will be considered an asset
- Experience working with First Nations an asset
- Experience and/or training in Microsoft Office programs
- Valid driver's license

If you are interested in applying to this position, please respond via email with the following:

- A detailed cover letter explaining how you meet the position requirements and salary expectations
- An updated resume
- The names/contact information of three work-related references
- Two letters of reference

All above noted information must be received by 12:00 p.m. *(Atlantic Standard Time)* on Friday, October 4, 2019 to the Human Resource department at perleyhr@outlook.com.

No applications will be accepted beyond the closing deadline. Interviews will be held in Tobique First Nation, New Brunswick. 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.

Multiple chances to WIN!!!

Qey naka(&) good day Sitansisk!

As you may or may not know, during the duration of my job – since the very beginning, I have had a very accommodating working relationship with the **Fredericton SPCA**. They have gone above and beyond for me, as well as for my "clients" – the community members. They have also made space for myself as well as my clients whom are in a pinch. I depend on them a great deal to preform some of my job duties, and as of recently, they had a very bad leak in their roof causing a great deal of damage. As a non-profit organization, whom services the entire Fredericton area, they are in desperate need of the communities' help.

I plan to begin selling squares for the next couple of weeks, if you are interested in purchasing any there will be an interact e-transfer option, as well as a Cash (pick-up or drop off) for your convenience, there will be 100 squares for 10$ per square.

I cannot imagine the state of our city, as well as our community, if we did not have the Fredericton SPCA working as tirelessly as they do to give animals whom are discarded, abandoned, and/or "traded in for a newer model" (as a majority of their intake animals arrive because families decide to get new puppies and kittens just to discard the pets whom were there before them ☹) a loving home.

Aside from ticket selling, I will also be accepting donations for them. If you are unable to make a cash donation, but would still like to help, please don't hesitate to reach out to me. There are tons of other donations they look for daily, such as dog and cat food (wet and dry – mostly wet), cat litter, treats, and even some more common house hold items that you may already have an abundance of, such as paper towel and cleaning supplies!

Any effort you are willing to make would be greatly appreciated!!

» All those who purchase a square, or make a donation of any kind, your name will be entered in a draw once the fundraising is complete to win either a S.M.E.C Bingo Pass as well as a Meal Ticket, or a 25$ Retail Sales gift card. «

» Including what you may win from the squares, you will also have 4 other separate opportunities to win as I plan to do more than 1 square board!! «

Woliwon Sitansisk!!!

~ Animal Control Services

Lynzie LaPorte

lynzielaporte@smfn.ca

(506)292-0841 (call or text for your convenience!)

fredericton SPCA

Tail Talk: Safety Precautions & At Large Dogs

On this weeks Tail Talk, I want to touch base on the most proactive ways to handle At Large Dogs – more specifically, how to protect yourself if you cross paths with an Aggressive At Large Dog; Your first instinct when you see an At Large Dog, especially if you are naturally fearful of Dogs, is most likely going to be to run away. It is recommended that you **do NOT run away**, as this may or may not trigger the Dog's predatory response to chase you.

Many professionals agree that when meeting an At Large Dog who is exhibiting aggression, it is best to remain still, keeping **NO eye contact with the Dog** – it is recommended that you look at your feet or their paws. As hard as it is to remain calm, it is recommended that you **use a calm voice and command the Dog to "go home" or "down"**. It is important **not to yell and scream** as this may also provoke any aggression the Dog may be feeling. If you know the name of the At Large Dog, it is recommended you say it while telling it to go home calmly, as this may make the Dog feel more familiar with you, and in turn, the Dog may feel less threatened, lessening the chances of the Dog feeling the need to attack.

If you feel the need to move away from the Dog, do so **slowly**. Try backing up while still keeping the Dog in your line of sight so that you are aware of its movement. **If you have another Dog with you, or small children, it is recommended that you keep them behind you.** This will protect them from the Dog without spooking them. Do **NOT** try to pick up the Dog or Child as this too may be seen as an aggressive act to the Dog – any sudden movements or motions may provoke the Dog to act in a sudden manner.

If the Dog continues to aggressively approach you, with little to no signs of backing off, you may then need to prepare yourself to respond to a Dog Attack. As recommended by professionals, if you need to defend yourself from a Dog attack you may want to try the following:

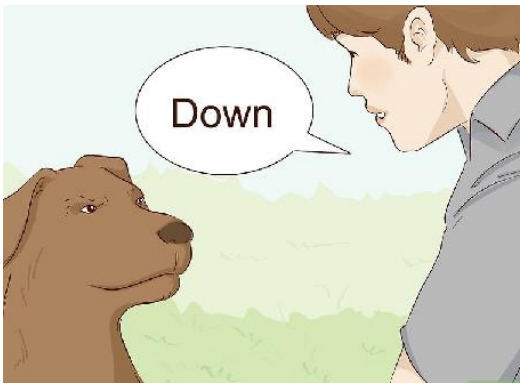
- If you notice a Dog starting to approach you in a very aggressive manner, and you have stayed still, and tried to speak at the Dog in a calm matter, telling it to "go home" and the Dog is still continuing to approach you, it is most likely looking to attack at this point. Grabbing an object to put between you and the Dog, whether it's a purse, an umbrella, a backpack, even a bicycle or a log, this will help to shield you from the Dog.
- Trainers recommend: "**Try to cut off the dog's airway if you get a chance.** If a dog is actively lunging at you, try your best to keep it away from your face and your throat. If you can, try to choke the dog to get it to pass out so you can get away."
- **Lie face down with your hands over your head.** If you do not have an object nearby, lie down on the ground and place your hands over your head. Curl into a ball and use your hands to protect your neck and head so the dog cannot get to these areas.
- **This is when yelling becomes necessary**, at this point the Dog is in attack mode, therefore you should yell for help as loudly as possible to ensure you can be heard over the vocalization of the Dog – this is very important.
- After a Dog Attack it is crucial that you **go to the Hospital immediately and receive medical attention as necessary**, even if the bites and/or scratches do not seem like they are terribly bad, you never know what kind of disease a Dog may be carrying.

If there are Dogs you encounter daily that you may be fearful of, just **ignore them**. Unless they are going out of their way to follow you, bark at you or approach you than just simply ignore them. By throwing rocks at Dog's, yelling at them, running away from them, and/or using Dog spray on them, is not going to teach a Dog to leave you alone – **in fact, it will most likely do the complete**

opposite. Dog's have exceptional memories; you may have teased a Dog once 10 years ago, whom still remembers to this day. **It is so very important that you do not go out of your way to provoke Dogs, as well as treating them unkindly.** I have attached photos to better explain to your children how to handle such scenarios:

Step 1:

Step 2:



Step 3:

Step 4:

Step 5:

To minimalize these incidents from happening, it is crucial that we follow our newly implemented Bylaw and do NOT allow our Dog's to Run At Large. It is to be understood that Pet Owners are directly responsible for the actions of their Pets.
Be a considerate neighbour and Pet Owner and keep your dog's tied up mecopal naka woliwon (please and thank you).

Step 6: If injured, seek medical attention right away, then follow up with your Animal Control Officer.

Woliwon Sitansisk!! – Animal Control Services
Lynzie LaPorte
lynzielaporte@smfn.ca/(506)292-0841
(call or text for your convenience)

PAVING THE WAY

UPCOMING PROGRAMS FOR FALL 2019

Paving the Way is an initiative that draws together Mental Health Service Providers and advocates to provide residents of the Greater Fredericton Area with better access to appropriate and timely Mental Health Services. The project is initiated by and led by Family Enrichment and Counselling Service.

This program is made available with the financial help of:

The Fredericton Community Foundation

The Department of Social Development

fredericton community foundation
BUILDING LEGACIES - ENHANCING LIVES

New Nouveau Brunswick

Paving the Way is an initiative lead by : Family enrichment and Counselling Service Inc.

PROGRAM / EVENT	START DATE & LOCATION
Changing Tides Learn effective ways of interacting with the challenging people in your life! The principles learned in this program will apply to all relationships whether personal or at work.	Eight Wednesdays, Starting 10/02/19 From 06:00 – 08:00 PM Family Enrichment and Counselling Service, 356 Queen St. Fredericton **Register by: Sept 15th : 506-458-8211 or reception@familyenrichment.ca**
Changing Ways: A Program for Men: In this 8 week program you will learn ways of interacting effectively with everyone in your life! The principles in this program apply to all relationships including those at work.	Eight Tuesdays, Starting 09/24/19 From 03:00 – 05:00 PM Family Enrichment and Counselling Service, 356 Queen St. Fredericton **Register by: Sept 15th : 506-458-8211 or reception@familyenrichment.ca**
Women Survivors of Sexual Violence The objectives of this group are to provide a safe space for survivors to explore the impacts of sexual violence and their lives alongside each other. The group aims to provide a safe environment in which the survivor begin to rebuild their trust in self and others, recognize their own strengths and capabilities, and to determine the path of their healing	Thursdays,starting 09/26/2019 till 12/5/2019 From 7-9 pm Sexual Violence NB, **Register by: Sept 15th : 506-454-0460**
Women's Anger Management In this 8 week program women will explore their relationship with anger and learn new techniques to help them regain control in their daily lives. Topics included are emotional states; self-validation; internal and external triggers; emotional vulnerabilities and mindfulness vs. mindlessness.	**Register by:**
Campus Women Survivors of Sexual Violence Support Group. The objectives of this group are to provide a safe space for survivors to explore the impacts of sexual violence and their lives alongside each other. The group aims to provide a safe environment in which the survivor begin to rebuild their trust in self and others, recognize their own strengths and capabilities, and to determine the path of their healing	DTBD **Call the Campus Sexual Assault Support Avocate for more information: 506- 453-4530**
Second Time Around Grandparents rarely plan to raise a second generation of children. Yet, for a variety of reasons, a growing number are taking on the responsibility of providing full-time care for grandchildren. This group is designed to help with these challenges	Eight Fridays, Starting Sept 28/18 9:30 – 11:30 AM **Register by:**

Grief Support Group:
This is a 6-week support/educational program
to better understand grief, reconcile yourself with the loss, and learn to nurture yourself in difficult times.

Six Tuesdays, starting Sept 17/19
6:00 – 8:00 PM

Register by: Sept 14th

Adult Male Survivors of Childhood Sexual Abuse Support group
The objectives of this group are to provide a safe space for male survivors to explore the impacts of sexual violence and their lives alongside each other. The group aims to provide a safe environment in which the survivor begin to rebuild their trust in self and others, recognize their own strengths and capabilities, and to determine the path of their healing

8-10 WEEK GROUP DTBD
More info : 506-454-0460

Non-offending Parents of Sexually Abused Children
The objectives of this group are to provide support to non-offending parents of children who have been sexually abused so that they can look after themselves and in turn effectively parent through the aftermath of their child's sexual abuse. The group also aims to present a hopeful and empowering message for parents as a way of helping them understand that the whole family can move through the trauma of child abuse toward a healthy and happy future.

DTBD SPRING 2020

More info : 506-454-0460

Nourishing Self-Esteem
The self- esteem, self- care and wholesome living program is a 5 week course that will help individuals build self- esteem and self- confidence and cultivate skills in nurturing themselves. The learning will be done through education, sharing, self-assessments, exercises and homework. Overcome low self-esteem through realistic thinking and self- improvement strategies.

FIVE Mondays, starting Sept 16/19
5:30 – 7:00 PM
Register by: Sept 15th : 506-458-8211 or reception@familyenrichment.ca

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Craving Change
"The first goal of the Craving Change program is to help you understand 'why' you eat the way you do. It helps you discover the situations, thoughts and emotions that affect your food choices. This is called a cognitive-behavioral approach. You will then learn how to deal with your specific eating struggles by changing your thoughts and/or behaviors.

SIX WEDNESDAYS, starting Jan 22/20
Lunch and learn: 12.00 – 1:00 PM
Register by: Dec 15th : 506-458-8211 or reception@familyenrichment.ca

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Family Enrichment and Counselling Service

356 Queen St.
Fredericton, NB
Contact us: (506) 458-8211 or
1-888-829-6777

HUNTER EDUCATION & FIREARM SAFETY COURSE 2019

DATES & TIMES (MUST ATTEND EACH SESSION)

Sept 26 (6pm-10pm)
Sept 27 (6pm-10pm)
Sept 28 (9am-5pm)
Sept 29 (9am-5pm)

Location

CHSMES Gymnasium: 305 Maliseet Drive

TO REGISTER:

Sign-up sheets will be available on site an hour before the course begins on the 26th. 40 Spots available. First 40 people to sign up will have a spot.

FOR MORE INFORMATION CONTACT: TIMOTHYPLANT@SMFN.CA (506) 459-2200 [EXT126.]

tnb theatre
NEW BRUNSWICK

FINDING WOLASTOQ VOICE

BY

NATALIE SAPPIER

SEPTEMBER 17

CHIEF HAROLD SAPPIER MEMORIAL ELEMENTARY SCHOOL

7:30 P.M. BY DONATION

PRESENTED BY ST. MARY'S FIRST NATION

St. Mary's Supermarket

PRICES IN EFFECT FROM Friday September 13, 2019 to Thursday September 19, 2019

Grocery

Catelli
Pasta
375 g - 500 g
98¢ ea

Dr. Oetker
Pizzas
370 g - 535 g
$3.98 ea

Minute Maid
Frozen Punch
295 ml
88¢ ea

Compliments
Margarine
454 g
$1.28 ea

Catelli
Pasta Sauce
640 ml
$1.68 ea

Fruitopia or Minute Maid Juice
1.75 L
$2.98 ea

Compliments White Vinegar
4 L
$2.98 ea

Compliments
Frozen Vegetables
500 g - 750 g
$1.98 ea

Meat

Fresh Medium Ground Beef
Value Pack
$3.78 lb/
$8.33 kg

Fresh Chicken Drumsticks Value Pack
$1.98 lb/ $4.37 kg

Compliments
Meat Lasagna
$6.98 ea
1 kg

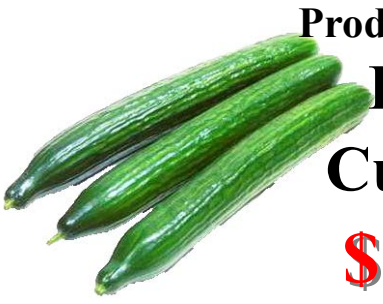
Maple Leaf
Original Bacon
$4.98 ea
375 g

Fresh Boneless Porkloin Combo Chops
$2.48 lb/
$5.47 kg

Produce

Product of Canada
Romaine Lettuce
$1.98 ea

Product of Canada
English Cucumber
$1.88 ea



Product of Tropics
Banana's
68¢ lb/
$1.50 kg

Seafood

Fresh Atlantic Salmon Tail Fillets
$6.58 lb/
$14.51 kg

YRU Homemade Fish Cakes
$5.58 ea
6 pack

Vasco & Co Smoked Sliced Atlantic Salmon
$9.98 ea
300 g

Deli

5 Piece Chicken Strip With Fries or Taters
$7.58 ea

In Store Made Pizza or Donair Bagels
$2.48 ea

Hotdog & Can of Pop
$1.48 ea

Bakery

Compliments Two-Bite Cinnamon Rolls
$3.98 ea
370 g

Swiss Rolls
Chocolate or Strawberry
$3.98 ea
397 g

In Store Baked Macaroon Cookies
$3.98 ea
12 Pack

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

Where Everyone is Welcome!

Tax Free Sundays!

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

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

St. Mary's Supermarket Only