2019

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CHRISTMAS BREAK RECREATION SCHEDULE

Community Notice

Walk-In Clinic

SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER

St. Mary's First Nation

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

Over the Christmas holidays while the Band Office and Health Centre are closed there will be extended after hours services available. The follow departments will be available for urgent situations:

The **Health Department** will have staff from Mental Health and Addictions, and Home and Community Care available for a range of afterhours situations. Please see the information notice on services available during closuring from the Health Center. Contact can be made by calling the Answering service at 506-452-2750.

The **Housing Department** will be available for situations that if are not fixed will caused immediate and extensive damage. For example: fire damage, broken pipes that are causing flooding, and heaters that will not turn off. Contact can be made by calling the Answering service at 506-458-9511.

The **Social Department** will be available for situations regarding broken appliances and new pest infestations. Contact can be made by calling the Answering service at 506-458-9511

The **Emergency Measures Operations Team** will be available for any emergency, crisis, or disaster situation that arises in the community. Contact can be made by calling the Answering service at 506-458-9511

St Mary's Smoke Shop

Due to the Holiday closure on December 25th, 2019 Band members can purchase double quota packs on December 24th only.

St Mary's Garbage Pick up

Due to the Holiday

Garbage will be

picked up on

Friday,

December 27th, 2019

then back to regular

pickup on

Thursdays.

Seniors 60+

Wishing you All a Merry Christmas & Happy New Year

Thank you all who have attending our senior events this year, your presence meant a lot to all of us. We hope to see you in the new year and Happy Holidays!

We look forward to seeing you all in the new year and stay tuned for some fun upcoming events in the new year!

Social Development Department

Holiday Cheque Dates

For December:

Tuesday, December 10th, 2019
(Normal Office Hours 8:30am to 4:30pm)

Friday, December 20th, 2019
(Paulette will be in the Office 8:30am to 4:30pm)

Monday, January 6th, 2020
(Normal Office Hours 8:30am to 4:30pm)

St. Mary's First Nation

Festival of Lights 2019

We are pleased to announce that we will be having our Festival of Lights this year! This is a Christmas tradition that is loved, by our community and by residents of the City of Fredericton. Please show your Holiday Spirit by decorating your homes to show how beautiful our Community is.

Contest Prizes Winners:

Woliwon to everyone who participated in this year's Festival of Lights, and to this year's sponsor, St. Mary's Retail Sales! You all should be very proud of yourselves for the hard work!

Best Lights: 1st Nick Lauzon, 2nd Moose Brooks, 3rd Jayme Johnson
Best lawn decor: 1st The Bears, 2nd Teddy & Peggy Brooks, 3rd Hazel Paul
Best windows: 1st Diane Paul, 2nd Katrina Maynard, 3rd Kaggey and Anna Nash
Top 5 honorable mentions (in no particular order):
Michelle Paul, Dean and Darlene Brooks, Shayla Pictou, Gerry and Sheila Barlow & Sandra Polchies

All winners can pick up their prizes tomorrow from 8:30 am to noon at the Band Office reception desk! Woliwon for sharing the spirit of Christmas

ST. MARY'S ANNUAL FAMILY SKATING PARTY - JANUARY 2nd.

IMPORTANT - An Adult or Parent need to register kids so they do not lose their meal tickets. We will not issue more than one ticket per person so please keep them tucked away somewhere safe! - BABIES do not get meal tickets for obvious reasons lol ****

IMPORTANT INFORMATION

Ice time: 1:15-2:45 at Willie O'Ree. **BUS** starts around at 12:30 for those families who require transportation. Parents must accompany children.

Food options:

1. 2 slices of Garlic fingers (cut the size of pizza slice) with a pop or water
2. 2 slices of Pepperoni pizza with a pop or water
3. 1 slice pizza & 1 slice garlic fingers with a pop or water.
4. Fries, hotdog with a pop or water.

Food will be served upstairs in the COMMUNITY ROOM, the kitchen will be open up there for our group only from 12:00-3:00. There will be tables and chairs set up in the community room as well.

PLEASE CLEAN UP YOUR MESS, TABLES NEED TO BE SHARED SO ITS IMPORTANT WE ALL DO OUR PART. KEEP HOT FOOD IN THE COMMUNITY ROOM

!□IMPORTANT!!! Registration Table (where tickets will be issued) opens at 11:45AM and will close at 1:45PM...you must register to have your name put in for prizes and to receive your meal tickets.

Again, prizes will consist of gift cards and special family packages. We will also have a treat for ALL children who attend.

St. Mary's Veterans Memorial Health Center
440 Highland Ave
Fredericton, NB E3A 5X1
Ph: 506.452.2750 Fax: 506.452.2759

Working Towards a Healthier Community

5 Reasons You Should Have a Family Doctor

Your first point of health contact

1.Family doctors follow your life cycle Family doctors treat a wide range of conditions; they can be your primary care physicians at any point in your life. In the long term, that means you can build a lasting relationship with a family physician

2.They know your personal — and family — history When doctors treat you for years, they get to know your medical history inside and out. That helps them make accurate diagnoses, watch for red flags regarding medications and monitor changes in your health through the years.

3.Family doctors treat more than you think - Family doctors do your yearly check-up. But they also can help you manage chronic conditions such as heart disease, diabetes and arthritis etc.

4. When you need a specialist, they help find the right fit
When you need to see a specialist for heart disease, cancer or any other serious concern, a family doctor can help find someone who fits your specific needs.

5. Doctors can improve lives -Regular check-ups can help find potential health issues before they become a problem. When you see your **doctor** regularly, they are able to detect health conditions or diseases early. ... By getting the correct health services, screenings, and treatment you are taking **important** steps toward living a longer, healthier life.

Dr. Patricia Ramsey is taking new patients. If you require a family doctor, please call the Health Centre at 452-2760 to book your appointment ☺

NP's are an integral part of the Health Centre Team!!

Trina Cluney **Alysia Fullarton**

What are nurse practitioners?

Nurse practitioners (NPs) are registered nurses who have additional education and nursing experience, which enables them to:

- **Autonomously diagnose and treat illnesses**
- **Order and interpret tests**
- **Prescribe medications**
- **Perform medical procedures**

NPs are health-care professionals who treat the whole person, an approach that includes:

- **Addressing needs relating to a person's physical and mental health**
- **Gathering medical history**
- **Focusing on how an illness affects a person's life and family**
- **Offering ways for a person to lead a healthy life**
- **Teaching persons how to manage chronic illness**

NPs are also educators and researchers who can be consulted by other health-care team members.

Where do nurse practitioners work?

NPs work in a variety of health-care settings, such as:

- **Community care (community clinics, health-care centres, physicians' offices and patients' homes)**
- **Long-term care (nursing homes)**
- **Hospitals (outpatient clinics, emergency rooms and other patient areas)**
- **NP-led clinics**

St. Mary's Retail Holiday Hours 2019

	Supermarket	Smoke Shop	Gas Bar	Wolastoq Wharf	Two Nations
December 24	Close at 5:00 PM	Close at 5:00 PM	Close at 5:00 PM	Close at 3:00 PM	Close at 5:00 PM
December 25	Closed-Merry Christmas / Closed-MerryChristmas				Open Christmas Day 9:00 AM - 5:00 PM
December 26	Open at 9:00 AM - 6 PM	Open at 9:00 AM	Open at 9:00 AM	Closed	Open 6:00 AM - Midnight
December 27-30	Dec. 27th - 30th REGULAR HOURS / Dec. 27th - 30th REGULAR HOURS				
December 31	Close at 6:00 PM	Reg. Hours (Open 24)	Reg. Hours (Open 24)	Open 11:00 AM– 8:00 PM	Open 6:00 AM - Midnight
January 01	Open 9:00 AM - 6:00 PM	Reg. Hours (Open 24)	Reg. Hours (Open 24)	Closed	Open 6:00 AM - Midnight
January 02	Reg. Hours (7 AM to Midnight)	Reg. Hours (Open 24)	Reg. Hours (Open 24)	Reg. Hours (11 AM to 9 PM)	Open 6:00 AM - Midnight

St. Mary's Supermarket

PRICES IN EFFECT FROM Friday December 20, 2019 to Thursday December 26, 2019

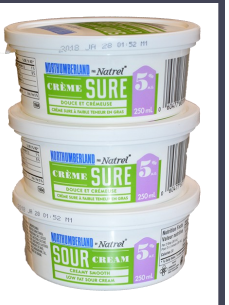
Grocery

VH Sauce
341 ml - 355 ml
$2.98 ea

Compliments Chips
200 g
3/$5.00

Vachon Cakes
252 g - 305 g
2/$6.00

Northumberland Sour Cream
250 ml
98¢ ea



Wonder Bread White or Whole Wheat
570 g
$1.88 ea

Compliments Turkey or Chicken Stuffing
120 g
$1.48 ea

Heinz Ketchup
750 ml - 1 L
$3.98 ea

Northumberland Butter
454 g
$3.98 ea

Meat

Fresh Pork Spare Ribs
$2.78 lb/
$6.13 kg

Fresh Lean Ground Beef Value Pack
$3.48 lb/ $7.67 kg

Compliments Asian Appetizers
$9.98 ea
691 g

Belleisle Chicken Egg Rolls
$8.98 ea
1.54 kg

Schneiders Regular Bacon
$3.28 ea
375 g

Produce

Product of Canada
Cauliflower
$2.98 ea

Product of Tropics
Bananas
68¢ lb/
$1.50 kg

Product of Canada
5 lb
Onions
$1.98 ea

Seafood

Frozen Rocky Point
Knuckles & Claws Lobster Meat
$26.98 ea
320 g

Frozen Large Broken Scallops
$11.98 lb/
$26.44 kg

Fresh
1/4 peck
P.E.I. Oysters
$7.98 ea

Deli

2 Piece Chicken Snack
$5.98 ea

24 Pack K-Cups
$15.98 ea

In Store Made Nacho Dip
$4.48 ea

Bakery

Compliments Cupcakes
Vanilla or Chocolate
$2.98 ea
12 pack

Apple Valley Pies Assorted
$3.68 ea
450 g - 600 g

Compliments Mini Pita Bread
$1.68 ea
200 g

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!

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