

2019

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



Community Health  
Representative/  
Administrative Support



St. Mary's First Nation  
Employment Opportunity  
Social Development  
Assistant



Gas Bar/Smoke  
Shop Manager  
(New Location)  
Employment  
Opportunity

# SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER





RE: SNOW REMOVAL/STREET PARKING

Please be advised that no cars are to be parked on the streets between 12am and 6am. During a storm, no cars are to be parked on the street for the duration of the storm and after. Having overnight winter parking restrictions in place allows for a proactive approach to road safety operations. Because traffic is not as heavy during the overnight hours, snow cleaning and winter maintenance can be done in a more efficient and effective way, which helps crews meet service delivery standards for snow removal. Thank you in advance to everyone for their cooperation. In order to enforce this, a verbal notification will be given, if the owner does not comply, the vehicle will be towed at the owner's expense.



To All Community Members

January 9<sup>th</sup>/2019

On January 7, 2019 St. Mary's First Nation Council has opted for the collaboration of a new Housing Committee. This committee will be comprised of the following: 1 Senior(65+), 1 youth(18-30), 1 program director (not housing), 1-contractor/inspector and 4- open community member seats to be filled. However, depending on community interest that number of seats can certainly increase. This committee will be a stepping stone to the creation of a Housing Authority.

This committee is sanctioned to meet on a weekly basis on a purposed Tuesday evening for 1-2hrs (5-7pm) until such time that they have a good understanding of their functions and their roles. Thereafter, it will be bi-weekly for approx. 1 hr to review and asses all housing requests brought forth that week etc...

We will be accepting names of applicants for the next week of whom will be interested in sitting on this committee. Deadline will be January 17, 2019. We value all input that community members have & can offer. Please leave your name and number with the housing department representatives Marvin Nash or Sally Brooks. We can be reached at the band hall Monday-Thursday 8:30am-4:30pm at 458-9511.



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## **Employment Opportunity**

### **St. Mary's Veterans Health**

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#### **Community Health Representative/ Administrative Support**

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Under the general supervision of the Health Director, the Community Health Representative/Admin Support will provide preventative health care programs and services to community in conjunction with health care delivery team. This position will be responsible to communicate to the St. Mary's First Nation Community our programs and services available and to assist other department staff as well as Director of Health in various areas.

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#### **QUALIFICATIONS:**

Grade 12 or equivalent, experience in health-related field an asset  
Initiative, reliability, effective interpersonal relations with other staff & community clients  
Demonstrated ability – both written and oral  
Excellent Computer Skills (MS Word, Excel, Formatting Letters, Spreadsheets, Newsletter, Email, etc.)  
Confidentiality Essential  
Ability to work independently & as a Team Member  
Ability to Multitask & have excellent Organization Skills & ability to plan and develop deliverables  
Willing to work occasional flexible hours to provide community services at times convenient to the target population  
Reliable Vehicle & valid driver's license an asset.  
Must be St. Mary's First Nation Band Member

Please submit current resume and cover letter by January 24<sup>th</sup>, 2019 at 4:30 pm to:  
Jan Rouse  
Human Resource Generalist  
150 Cliffe Street (2<sup>nd</sup> Floor)  
Fredericton, N.B. E3A 0A1

or Fax to (506) 472-6220 or email [janrouse@smfn.ca](mailto:janrouse@smfn.ca)



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## **Employment Opportunity**

### **St. Mary's Veterans Health**

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#### **Addiction Mental Wellness Worker Full Time**

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Under the general supervision of the Health Director, the Addiction Mental Wellness Worker will provide support services and education that are culturally sensitive, help improve the mental health and wellbeing of SMFN Members. This position will be responsible to provide client services (individual, group, advocacy and case management) as well as prevention programming at the community level related to addictions and mental wellness. This will involve direct contact with clients involving assessment, peer counselling, referrals, case management, and aftercare. Other programming may include facilitation of support groups and working with all ages in prevention activities

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#### **QUALIFICATIONS:**

**Grade 12 or equivalent**

**NNADAP Certification would be an Asset (if not) you Must have Addictions Training and/or Addictions Counselling Certificate**

**Degree in Social Work, Human Services, Health, Mental Health and Addictions fields (may also be considered)**

**Culture Sensitivity Training or Relevant experience working in a First Nations community**

**Must have Valid NB Driver's License and Abstract & use of own vehicle for work-related purposes**

**Must be Alcohol, Drug and Addictions Free (Minimum of 3 years)**

#### **OTHER SKILLS REQUIRED:**

Demonstrated ability – both written and oral – to communicate effectively with First Nations clients, families, communities and service providers

Effective group facilitation skills

Confidentiality

Must have client centered approach (best fit for treatment & rehabilitation based on client)

Computer Skills

Role Model in sobriety and model good self-care

Able to work with minimal supervision

Must have excellent understanding of drugs and effects on clients

Ability to work as part of a multi-disciplined team, including professional commitment, flexibility with hours and good dispute resolution skills

**Please submit current resume and cover letter by January 24<sup>th</sup>, 2019 at 4:30 pm to:**

**Jan Rouse**

**Human Resource Generalist**

**150 Cliffe Street (2<sup>nd</sup> Floor)**

**Fredericton, N.B. E3A 0A1**

**or Fax to (506) 472-6220 or email [janrouse@smfn.ca](mailto:janrouse@smfn.ca)**



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**St. Mary's First Nation**  
**Employment Opportunity**  
**Social Development Assistant**

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**Position Summary:**

Under the direction of the Director of Social Development the Social Development Assistant will be responsible to assist the Director in all functions under the Social Development Department.

**Qualifications:**

- 1) Must have Experience with Microsoft Applications (Both Word, Excel )
- 2) Previous Experience as an Administrative Assistant or Administrative Assistant Course
- 3) Confidentiality & Professionalism are a must
- 4) Experience with Data Entry
- 5) Must be a quick learner and be able to work independently.
- 6) Ability to pay attention to detail
- 7) Must be organized and able to multi task
- 8) Reliable and time conscience

Please forward your resume a minimum of 2 work related references to:

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

**Closing Date for Applications will be on January 24<sup>th</sup>, 2019 at 4:30 pm**



St. Mary's Retail Sales  
**Gas Bar/Smoke Shop Manager (New Location)**  
**Employment Opportunity**

We are seeking a Manager who will work closely with the Director of Retail Sales to ensure all aspects of daily operations are looked after. This position is a salaried position with expectation of working 40 plus hours per week. Direct Supervision of employees, ordering product, inventory, scheduling, customer service and responsible for profits & budgets within that new location.

**Qualifications:**

- 1) Must have a minimum of 5 years of both Management/Supervisory and Retail Experience or Degree in Business Administration coupled with a minimum of 2 years of experience in Management/Retail Business.
- 2) Must be bondable
- 3) Must have ambition to succeed and have initiative to reach targets & be goal oriented.
- 4) Must work minimum of every second weekends and holidays
- 5) Monitor staff to ensure they are providing the best service possible and ensure they are following policies & procedures.
- 6) Must have strong organizational, interpersonal and problem-solving skills to coach and mentor team with professional maturity.

If interested please send your resume to:

Jan Rouse  
Human Resource Generalist  
St. Mary's First Nation  
150 Cliffe Street, 2<sup>nd</sup> Floor  
Fredericton, NB.  
E3A 2T1  
Fax (506) 472-6220  
Email [janrouse@smfn.ca](mailto:janrouse@smfn.ca)

**Deadline for applications is January 24<sup>th</sup>, 2019 @4:30pm.**



NB Power's business activities occur in geographically and demographically diverse regions across New Brunswick, many of which neighbour and/or occur within First Nation communities. The Corporation recognizes the distinct value, culture and significance of First Nations. Aiming for a diverse team of employees strengthens its values of safety, quality, innovation, and diversity. Increasing the First Nation demographics within NB Power strengthens these values, facilitates diversity, and leads to improved business results.

NB Power is a progressive, sustainable and customer-focused utility whose 2,300 employees are dedicated to providing quality service and safe, reliable electricity at low and stable rates. NB Power's electricity is generated at 13 facilities throughout New Brunswick and delivered via power lines, substations and terminals to more than 350,000 New Brunswick homes, businesses, hospitals, schools etc. NB Power also exports electricity to New England, Quebec, Nova Scotia and Prince Edward Island. Today, NB Power's goal is to achieve 75% of our generation mix as non-emitting by 2030.

## **Communications Officer Internship**

### **One 12-Month Position NB Power Head Office – Fredericton, NB**

#### **Position Scope:**

The NB Power Organizational Change Management department requires a writer with demonstrated experience designing and publishing written and visual content for internal employees to assist with achieving their mandate of transforming our culture and ensuring better business results while developing deeper leadership bench strength, accountability and enabling new ways to serve our valued customers.

The Communications Officer will be part of a team responsible for planning, creating and implementing change related messaging, content and materials for internal employees whose work procedures and processes are impacted by change.

#### **Key Responsibilities:**

- Planning, creating and implementing written and visual content using various platforms such as e-mail, intranet announcements, electronic newsletters, print collateral, presentation talking points and video scripts.
- Developing or supporting the development of communication plans for projects.
- Ensuring alignment with Corporate Marketing & Communication team, processes and practices.
- Demonstrating critical thinking to build and support effective internal communications.
- Providing support to other members of the Organizational Change Management department.

#### **Required Education and Licenses:**

- Diploma or Degree in Communications, Journalism, Graphic Design, Marketing, OR Public Affairs (graduated within 3 years)  
AND
- A Class V Driver's license

**Required Skills:**

- Creative thinking and experience (formal or informal) in developing visual/graphical representation (posters, videos, infographics, online presentations, etc.)
- Highly developed written and verbal communication skills
- A knowledge of graphic, web and print-based materials
- The ability to develop effective communications plans
- Excellent advisory skills and confidence giving advice and information to others (at differing levels of the organization)

An equivalent combination of training and experience will be considered. Subject to competition response, the minimum qualifications may be raised.

An Eligibility List generated from this competition may be used to fill future vacancies at the same level within a period of up to 12 months.

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**For more information****Attention:**

Kelsey Bernard

kbernard@nbpower.com

**To apply**

If you are interested, please go to

<https://www.nbpower.com/NBPForms/Careers.aspx?lang=en&comp=18267>. to apply. Complete the job application, ensuring you attach your resumé. Please submit your completed application on or before **4:30 p.m., January 24<sup>th</sup>, 2019.**

*NB Power is an equal opportunity employer dedicated to workforce diversity. To support this effort, an equal employment opportunity questionnaire is available to fill out in the job application. Your response to the questionnaire is voluntary. The information contained in this questionnaire will be held in the strictest of confidence and is accessible only to personnel in Human Resources responsible for Human Rights & Diversity and will only be used employment equity purposes.*



# **St. Mary's Home and Community Care Program**

**Job Posting:** Personal Care Worker/Home Care Worker

**Hours:** Part-time, Full Time, Casual, Temporary

**Job Description:** Provide personal care and emotional support in client's home; follow care plan provided by Home and Community Care Program; report to Home and Community Care Nurse. We are looking for enthusiastic and compassionate workers who will support our clients in remaining in their own homes as safely as possible. Care varies by client's needs.

**Qualifications:** Successful completion of a Personal Care Worker certification course or equivalent. Experience preferred but new workers with good references welcome.

**If interested, or should you have any questions regarding this posting, please send your resume and availability to:**

St. Mary's Home and Community Care Program (Attn: Home and Community Care Nurse)

St. Mary's Veterans Memorial Health Centre  
440 Highland Av, Fredericton NB E3A 5X1

Phone: (506)452-2750

Fax: (506)452-2759

Or email your resume to:

[elizabethmcrae@smfn.ca](mailto:elizabethmcrae@smfn.ca)

Related references are required.



## Mark these Crib Tournament Dates

January 6<sup>th</sup> – Retail  
February 3<sup>rd</sup> – SMEC  
March 10<sup>th</sup> – Money  
April 7<sup>th</sup> – Retail  
May 5<sup>th</sup> – SMEC  
June 9<sup>th</sup> – Money  
July 7<sup>th</sup> – Retail  
August 11<sup>th</sup> – SMEC  
September 8<sup>th</sup> - Money  
September 29<sup>th</sup> – Retail  
November 3<sup>rd</sup> – SMEC  
December 1<sup>st</sup> – Money

Sponsored tournaments are free mixed doubles  
Registration 10am & play 11am

Money tournaments are bring your own partner  
\$20/player - \$2 high hand - \$5.00 breakfast (9-10am)  
Registration 9am & play 10am



***Maliseet Nation Conservation Council, 150 Cliffe Street  
Fredericton, N.B. E3A 0A1  
Phone# 506-472-8803 Fax# 506-472-8543  
Email: [office@mncc.ca](mailto:office@mncc.ca)***

The Maliseet Nation Conservation Council plans to host an information session on solid waste management on February 19, 20, or 21, 2019 in Saint Mary's First Nation. The session is intended to bring awareness of the current blue box program that residents of Saint Mary's participate in as well explain the rationale behind the various materials that are collected for recycling locally. Additionally information on back yard composting, electronics recycling and household hazardous waste will also be presented. Those interested can submit their names to Erica Paul at SMFN as seating is limited. A date and time will be finalized in the coming weeks.

Woliwon

# *Sip N' Paint Night*

Come join us for a fun night on Wednesday January 30<sup>th</sup>! The Sip N' Paint Class will be put on by local artist Ashlee Craig.

This will take place in the Community Room @ CHSMES. The cost is \$15 person. There are 25 seats available.

Please contact Celia Wilson to secure your spot.  
Money is due at time of registration!

Please note: we will be SIPPING on Hot Chocolate & Coffee ☺





**Weekend Session: Teachings  
on Stages of Life with Elder Miigam'agan  
& Elder gkisedtanamoogk**

**When:** Fri. Feb. 1st – Sun. Feb 3, 2019

**Time:** Friday 5:30 pm – 9:30 pm  
Saturday 9:00 am – 4:00 pm  
Sunday 9:00 am – 4:00 pm

**Where:** St. Mary's Health Centre

**For men and women 16 yrs and older  
for weekend commitment**

**Lunch and snacks will be provided  
Please call Melanie @471-5189 as limited # of  
seats**

**Weekend Program Agenda**

**Day 1**

- ❖ Overview of the traditional teachings and stages of life sessions
- ❖ Indigenous worldview: Ancestral Societies and Clan Systems, History, Beliefs and Practices
- ❖ Creation Story/ Beliefs & Worldview
- ❖ Understanding Ancient symbols

**Day 2**

**AM**

**Miigam'agan**

- ❖ Grandmother's Teachings on the Seven Stages of Life, Indigenous Understanding on the human developmental stages
- ❖ First 4 Stages of Life: Early childhood to Adolescent, Adulthood, Childbirth, Communal Parenting and Importance of Life Celebrations and Ceremonial Practices
- ❖ Last 4 Stages of Life: Adulthood, Life Changes, Eldership and Final Transition

**PM**

**gkisedtanamoogk**

- ❖ Men's Teachings overview
- ❖ A Ceremonial Perspective on Men's Responsibilities
- ❖ Some practical possibilities to think about

**Day 3**

- ❖ Ceremonial Practice: Rites of Passages, Sacred Blanket Ceremonies also known as Honoring Ceremony and Feast.

## Presenters Bios

### Miigam'agan's Bio

Miigam'agan is a Wabanaki / Mi'kmaw grandmother of the Fish Clan from Esgenoôpetitj / Burnt Church. She is a mother of three wonderful adults and grandmother to three beautiful grandchildren. Her life has been devoted to Wabanaki cultural revival and promoting an understanding of Indigenous matriarchal systems. Miigam'agan teaches Grandmother Teachings on the stages of life on human developmental cycles, cultural history and ceremonial roles and practices in women and men drawing Wabanaki language as references.

Currently, Miigam'agan is Elder-in-Residence at St. Thomas University in Fredericton, New Brunswick. In this role, she provides support for First Nation students and offers opportunities for them to learn from Elders who are carriers of traditional knowledge. She is also an important link between the University and First Nations communities.

Miigam'agan sits on the Executive Committee of the Urban Aboriginal Knowledge Network at the University of New Brunswick, which sets research priorities and ensures that the research they support meets the needs of urban Aboriginal peoples. She is also a member of the steering committee on Adult Education Initiatives for the Catherine Donnelly Foundation.

### gkisedtanamoogk's Bio

**gkisedtanamoogk**, is from the Wampanoag Community of Mashpee located on cape cod south of Boston, Massachusetts; he is family member of **Nkeketonseonqikom**, the Longhouse of the Otter, and **T8nuppatonseonqikom**, the Longhouse of the Turtle; married to Miigam'agan, together with three Children and three Grandchildren. He was one of five Commissioners on the Maine Wabanaki State Child Welfare Truth and Reconciliation Commission and taught for 10 years at the University of Maine, Orono Campus as an Adjunct Instructor and lecturer in the Native American Studies and the Peace and Reconciliation Programs.

His interests pertain to the social, political, legal, scientific, and spiritual Life of Wampanoag and Wabanaki Nations; he also engages in many activities of advocacy and interest to Indigenous Peoples including, Indigenous Law, Science, Linguistic, and Education.

gkisedtanamoogk resides with his Family at Esgenoôpetitj on the Burnt Church Reserve, via New Brunswick Canada.

## **“Grandmother Teachings on the Seven Stages of Life, a human developmental stages and the traditional practices on the Rite of Passages”**

*Native traditional teachings on the Seven Stages of Life is our understanding on the human development and communal relations to all life. In the human Rites of Passages pertain to the Coming of Age Ceremonies observed and celebrated by the Clans-Families, and the Community. Our People value the milestones in human development and honor such passages in formal ceremonial celebrations. Sub-clans or Societies composed of collectives of women, and sometimes women and men working together in a single organization, assumed responsibilities and service to Families and Communities by way of preparation and performing rituals associated with the occasion. In the Puberty Rites of Passages for girls, Young Women undergo ceremonies recognizing their Coming of Age from Childhood to Young Adulthood, in special initiation ceremonies to experience and teach responsibility as adults and good relations. This forms a key part of the ceremony. [Other key components provide fasting of berries, sweat-lodge, dream sharing/visioning, Grandmother Moon-lodge, and performing special tasks]. The Clan-Family would honor the Young woman through hosting and sponsoring a Community give-a-way and Feast celebration to mark this occasion.*

The Rites of Passage celebration is a recognition and acknowledgement of the inner wisdom/spirituality and contributions of the youth. It is a very effective and a powerful way to empower youth. The community's recognition instills positive self-image, self-worth and cultural pride.

Rites of Passage for Girls Coming of Age, a workshop series for girls, ages 9-13, and their mothers and grandmothers which draws upon traditional Wabanaki Grandmother Teachings and is intended to instill cross-generational cultural pride through the nurturing of women's roles and values and to build relationships that promote the growth and well-being of all. In July 2005, we hosted a Cultural & Wellness Conference in Bangor. Eighty participants attended the two-day event focused on Wabanaki Medicine Wheel teachings and ceremonies promoting spiritual, emotional and physical health and well-being. The gathering also offers individual and small group counseling and healing sessions utilizing Wabanaki ceremony and drawing upon the healing wisdom and practices of the Medicine Wheel.

**Rites Of Passages** is a significant development and Life achievement that frames the second *Coming Out* experience of Young People. For Young Males, this would be about the time when the voice begins to change or approximately, 14 yrs {13<sup>th</sup> year is a full year of preparation}. The first *Coming Out* was principally the Birth experience and the first-year development. A Community celebration would honor the toddler---just beginning to walk. A *give-a-way* and *feast* would provide for Community participation in this great moment of recognition. Similarly, the second *Coming Out* will likewise honor the young person's transition from Child to Young Adult.

The year-long preparation would entail regular ceremony and learning experiences. Either the following spring, and quite possibly, the summer solstice, when the weather and the land are returned from the long winter, the

**ROP** ceremony would begin. Spring would be representative of new beginnings, the summer solstice---the beginning of the long preparation to the winter solstice.

The ceremonies would begin likely around the new moon, drawing on the increasing energies of Creation, or, the full moon, drawing on the energies of high active spiritual presence. **ROP** would entail four days of fasting {from food and water} during which, the Young Man will be given daily ceremony and teachings. Such teachings would express the pivotal characteristics of Community social standards of Male responsibilities, Clan Obligations, and possible preparation into various Men Societies. This guidance would come from those, the Families involved were highly confident with and often well-respected Men, or Women, or, both.

The participant(s) would learn of their personal responsibilities, the history of their People; the nature of ceremony, and of all things Sacred. These learnings would happen during the year-long preparation, saving the actual *Fasting* ritual for their special time alone with the Creation and Manitou. The following is an abbreviated 'map' of the preparation period and Fasting Ritual.

### ***Key Elements and Expectations***

- Fasting for Life direction and name
- Develop ceremonial experience and personal ceremonial development {PCD}
- Understanding of protocols and proper etiquette and manners; of culture, responsibilities and obligations;
- understanding the Longhouse and Confederacy
- sweetgrass and basket-making;
- songs and dances;
- leadership;
- personal grooming---painting, piercing, tattooing, hair-style;
- relationship to one another, to women and Elders, to Younger Ones

### ***Gifts for Participants***

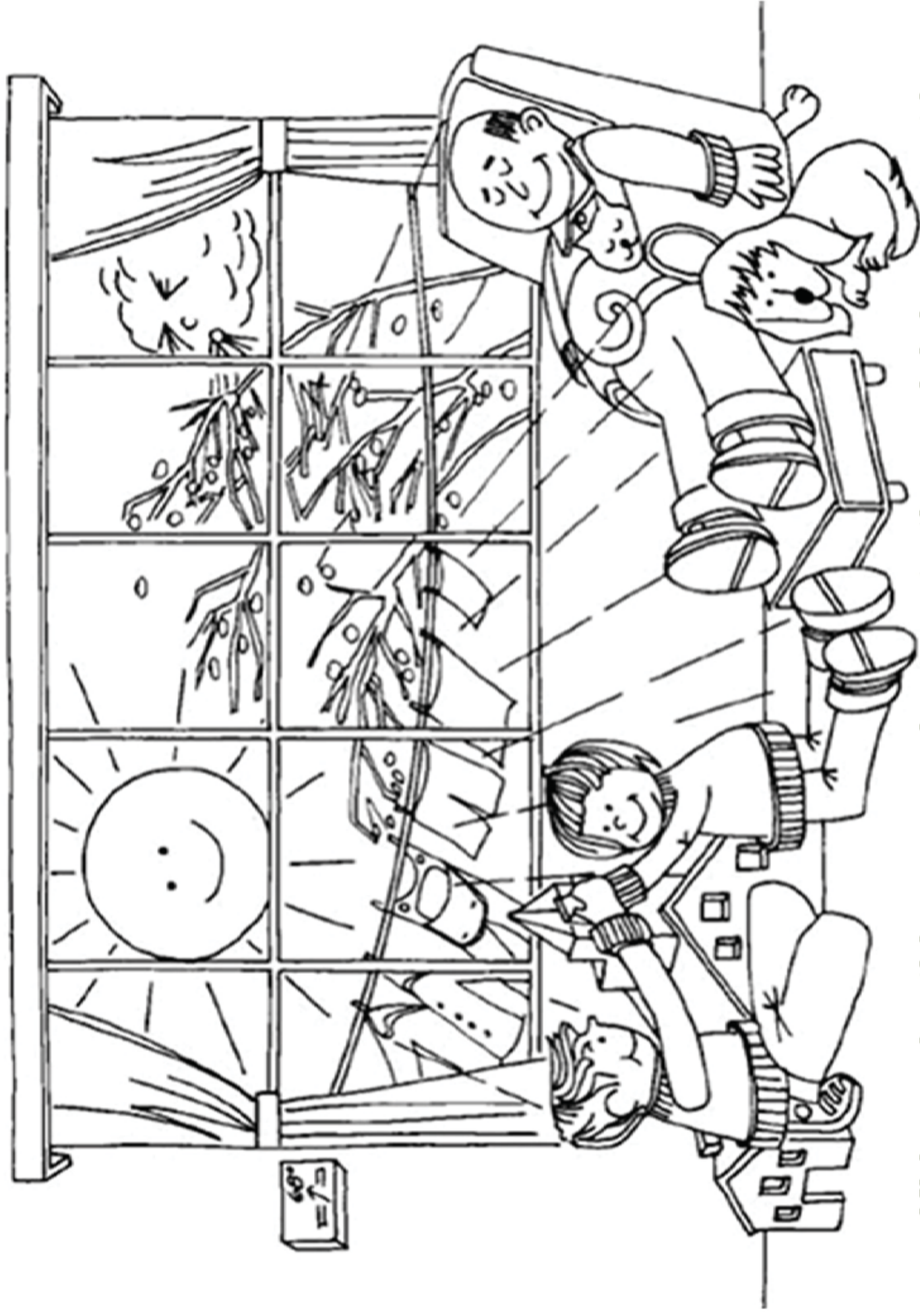
- First Wampum and stories of the Wampum and role of clanmothers;
- Bundle or Pouch with sacred medicines;
- Name and personal symbol [clans & totems]

### ***Post-Ceremonial Support***

- Creating local and regional Women's Society;
- apprenticeships [optional];
- developing Teacher/mentor;
- specialized skill development, learning to self-care, healthy relationships, and effective communications and other events

### ***Community Recognition/Celebration***

- Clan/Grandmothers/Elders presentations to participants
- Community Give-a-ways from the Families and Participants
- Community Feasts/Food Sharing sponsored by the Families and participants



**Kids - color this page and return to the social department by  
Jan. 31, 2019 for a chance to win \$25.00.**

# St. Mary's Supermarket

PRICES IN EFFECT FROM Friday January 11, 2019 to Thursday January 17, 2019



Save  
\$2.01 lb

Value Pack  
Medium  
Ground Beef **\$3.48 lb**  
/\$7.67 kg



Save  
\$1.31

Product of U.S.A.  
Romaine  
Lettuce **\$1.68**  
each



Save  
\$1.21

6 Pack Deli  
Cooked Chicken  
Wings with Fries **\$5.48**  
each



Save  
\$2.01

Instore Made  
8" Boston  
Cream Pie **\$5.98**  
each



Save  
\$1.71

Signal  
Paper Towel **98¢**  
2 pack



Save  
\$3.01

Green Ocean  
Bay Scallops **\$5.98**  
300 g Bag

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)

Where Everyone is Welcome!

Rain Checks Available

We Now Carry  
Helium Filled  
Balloons and  
Fireworks

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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](http://www.stmarysretail.com)

506-462-9604

Tax Free  
Sundays!

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Taxes & Bottle Deposit where Applicable