2019

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

"Every Child Matter"

Royalty

WELCOME BACK!!
C.H.S.M.E.S. NEWS
September 2019

SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER

Team St. Marys Congratulations!!!

DISTRIBUTION NOTICE

ROYALTY DISTRIBUTION WILL BE HELD ON TUESDAY AUGUST 20TH/2019 AT ST. MARY'S ENTERTAINMENT CENTER FROM 9AM-8PM.

AMOUNT WILL BE $200.00 / MEMBER

SCHOOL SUPPLIES & GYM ALLOWENCES WILL ALSO BE DISTRIBUTED ON THIS DAY

WOLIWON

Individual Payment Application Form

This is an application form to obtain an individual payment from the Sixties Scoop Settlement Agreement.

The settlement provides a payment to any registered Indian or person eligible to be registered or Inuit person who was adopted or made a permanent ward and was placed in the care of non-Indigenous foster or adoptive parents in Canada between January 1, 1951 and December 31, 1991.

If this describes you, please read and complete the following form. You must then submit it to the Claims Administrator **no later than August 30, 2019 either**

(a) by filling out and submitting the electronic version of this form which can be found on the administrator's website at the following address www.sixtiesscoopsettlement.info/ClaimForm

(b) by email, fax or mail, to the following coordinates:

Sixties Scoop Class Action Administrator
c/o Collectiva Class Action Services, Inc.
2170, René Lévesque Boulevard West, Suite 200
Montreal, Quebec H3H 2T8
Fax: 514-287-1617
Email: sixtiesscoop@collectiva.ca

For assistance with completing this form you can contact Collectiva at 1-844-287-4270 or by email at sixtiesscoop@collectiva.ca

Genine Paul-Dimitracopoulos, BA, BSW, RSW

Child Protection Supervisor

St. Mary's Child & Family Services

R3 – 150 Cliffe Street

Fredericton, NB E3A 0A1

Tel: 506-206-9119

Fax: 506-206-9192

“Every Child Matter”

These are our two winners and designs for this years “Every Child Matter” campaign. Our first place winner was Nicholas Paul (A) and second place winner Tiffanie Brown (B)

Please indicate if you would be interested in style “A” or “B”. i will also need the shirt size

I have the designs at the graphics place so will need numbers soon

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Nicholas Paul (A)

Tiffanie Brown (B)

The 10 Commandments from a Pet's point of view:

1. My life is likely to last ten to fifteen years. Any separation from you will be painful for me. Remember that before you buy me.
2. **Give me time to understand what you want of me, don't be impatient, short-tempered, or irritable.**
3. Place your trust in me and I will always trust you back. Respect is earned not given as a right.
4. **Don't be angry at me for long and don't lock me up as punishment. You have your work, your entertainment and your friends. I have only you.**
5. Talk to me sometimes. Even if I don't understand your words, I understand your voice and your tone, "you only have to look at my tail".
6. **Be aware that however you treat me, I'll never forget it and if it's cruel it may affect me forever.**
7. Please don't hit me. I can't hit back, but I can bite and scratch but I really don't ever want to do that.
8. **Before you scold me for being uncooperative, obstinate or lazy, ask your self if something might be bothering me. Perhaps I'm not getting the right food, or I've been out in the sun too long, or my heart is getting old and weak. I may be just dog tired.**
9. Take care of me when I get old; you, too, will grow old and may also need love, care, comfort, and attention..
10. **Go with me on difficult journeys. Never say, "I can't bear to watch it, or, "Let it happen in my absence."**

Everything is easier for me if you are there. Remember, irrespective of what you do I will always love you.

Woliwon – Sitansisk Animal Control
lynzielaporte@smfn.ca/(506)292-0841

At Large Cats: The Dangers

As I have previously mentioned, there are many Dangers when it comes to allowing your Cat to be an "Outdoor Cat". The Dangers can range from domestic, as well as wild predators, to poisonous plants and/or other poisonous substances that can sometimes be deliberately set out with the intention of hurting At Large animals.

Other considerably important Dangers to consider may include:

- **Cars**!!! As we have a very high trafficked community, it is significantly important that, if possible, you put your Cat on a leash to get their fresh air.
- **Diseases**!!! As I have stated before, Cats carry their very own kind of HIV, known as FIV. There are also many other Diseases and Parasites that can be picked up by a Cat At Large, such as Fleas, Ticks, Ear Mites, Intestinal Worms and Ringworm.

Aside from these dangers, there are many more risks that can come about while allowing your Cat to be At Large, some of which may include;

- A greater risk for Animal Cruelty to occur. Sadly, some people are known to shoot roaming Cats with BB guns and/or slingshots, while other Cats are trapped and sometimes tortured and killed.
- At Large Cats also face danger from coming into contact with toxins, such as antifreeze, that are often ingested because they have a pleasant taste. Cats may also end up accidently exposed to rodent poisons when they hunt and eat rodents that have recently ingested poison bait.
- Trees can also be a source of some danger for cats who climb to a place where they are afraid or unable to climb down. In some cases, they may be up in a tree for days until they become so severely dehydrated and weak that they fall and suffer severe, serious or fatal injuries.

Your At Large Cat may also be posing Health related risks to your neighbours if your Cat is **not** fixed and is spraying around their properties, this is especially significant for Elder's as the potency of a Male Cat's spray can affect those with already damaging Respiratory conditions.

Please remember that **WE** are responsible for the actions of our Animals, therefore if your Cat is not spayed or neutered than consider taking your Cat out on a leash to get their exercise and do their business. Lastly, a personal service announcement: If you are SINGLE and your income is **LESS** than $30,000 a year, or if you are a **COMBINED INCOME** making less than $50,000 a year, please contact me regarding affordable spaying & neutering.

Woliwon!
Sitansisk Animal Control Services

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!

FETAL ALCOHOL SPECTRUM DISORDER (FASD)

Prenatal Alcohol Exposure (PAE)

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

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

3 THINGS TO REMEMBER ABOUT ALCOHOL CONSUMPTIOON DURING PREGNANCY

NO SAFE TIME NO SAFE AMOUNT NO SAFE TYPE

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

FASD FACTS:

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

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

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

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

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

The Joint Economic Development Initiative (JEDI) is dedicated to supporting Indigenous people in reaching their full economic development potential through advocacy and networking. JEDI invites applications for **Indigenous Reconciliation Awareness Module (IRAM) Facilitators**.

JEDI's IRAM program provides education to government, industry and private sector organizations and First Nation communities on Indigenous history and its impacts on Indigenous people to present day. Reporting to JEDI's IRAM Coordinator, the positions require experience in delivering, promoting and evaluating Indigenous programs. The incumbents will have a deep understanding of Indigenous history, particularly the legacy of Indian residential schools, and of the Truth and Reconciliation Commission of Canada's Calls to Action. JEDI will provide comprehensive IRAM facilitation training to incumbents.

The IRAM program requires approximately 8-10 IRAM Facilitators on an ongoing, as-needed basis. Some of the positions require bilingualism (English/French). Frequent travel to regional locations is anticipated.

Primary responsibilities:

- Facilitate the IRAM program within a team environment and provide facilitation support.
- Ensure timely set up at delivery locations, including supplies and technical equipment.
- Actively promote the IRAM program to clients and potential clients.
- Monitor and record IRAM delivery outcomes, issues/obstacles and participant feedback and communicate findings through formal and ad hoc reporting requirements.
- Participate in program debrief sessions.

Qualifications:

- University degree in a related field such as Education. An equivalent combination of education and relevant experience may be considered.
- A minimum of 2 years' experience in group facilitation, workshop delivery or similar public speaking initiatives.
- Program evaluation experience is a strong asset.
- Comprehensive knowledge of First Nations history, communities, culture and social concerns. Preference will be given to qualified candidates of Indigenous descent.
- Superior written and spoken communications and presentation skills.
- Fluent bilingualism (English/French) is required for some Facilitator positions.
- Experience in relationship and partnership development with First Nations communities and organizations, provincial, federal and private sectors.
- High degree of technical skills including set up and operation of audio visual equipment and proficiency in MS Office (in particular Word and PowerPoint).
- Valid driver's licence and willingness to travel frequently.
- A criminal background check is required.

If you are interested in this position please submit your confidential **resume and cover letter saved as one document to janis.flemming@jedinb.ca by 4:30 p.m. on August 9, 2019 stating IRAM Facilitator in the subject line**.

MCH Meal Prep
August 20th 10-1
St. Mary's Health
Center
RSVP Mandy 452-2570
Spaces ARE limited!!

CALENDAR ACTIVITIES

Weekly Cards

Drop in Cards

- Stop in and play some cards. It's a great time to gather and joy some laughter. Coffee, Tea and Desserts will be served. We hope to see you at the Health Center. Cards begin at 9AM.

Weekly Walking Club

Walking Club

- Every Wednesday beginning at 9-10AM located at the Willie O'Ree. If anyone requires transportation, then please contact (Nicole- 458-9511) in advance so arrangements can be made for pick up. Please bring indoor sneakers and water bottle.

Grocery Shopper Program

Grocery Shopper

- The grocery shopping program provides a supported shopping service to Elders who are 65+ and older residing within St. Mary's First Nation Community.
- The service is offered every other Tuesday on Welfare Day and once a month on Pension Day.

There are two options to choose from:

- The Elder can prepare a detailed list of their wants/needs from the SuperMarket/Pharmacy and have their items delivered.
- The Elder can be assisted on an outing to the Supermarket/Pharmacy. The allotted time is 45 minutes.

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

Attention All Parents of Picky Eaters!!

Parents and Kids come and learn some yummy, fun and easy snacks to help increase the healthfulness of your food. Eating Healthy can be delicious!!

When: August 26

Where: St. Mary's Health Center

What Time: 6-8 pm

RSVP Contact: Mandy Meuse 452-2570

SPACES ARE LIMITED!!

Benefits you can gain from having a Job:

Aside from a weekly (or bi-weekly) paycheque – which also provides you with a steady and stable income, there are many other benefits you may gain (and earn);

1) **Meeting new people with the potential of making new friends!**
3) **Having the ability to afford the nice things that you've always wanted!**
4) **Gaining a new routine!!** – which for some, may be helpful to get out of a funk or rut you may be stuck in.
5) **Sense of Fulfillment** – by having a job, you truly gain a sense of accomplishment by being able afford more of what you want! More money coming in means more adventures and more fun to be had!
6) **Experience!** – getting and maintaining a job will open you up to a world of new experiences! You may meet a variety of new people, you may end up traveling to places you've never been, and you may even adapt new skills based on your experiences!
7) **Self Discovery** – As much as getting a job helps you gain experience in your chosen field, it can also help you to find out what you don't like.
8) **Building Contacts/Networking** – you may find yourself in a job that you are no longer jumping out of bed to attend for what ever reason; however, based off the experience you have gained, you will have also gained networking skills which can help provide you with other job opportunities in your chosen field!
9) **Self Respect and a Positive example** – now that you have a job and are a contributing member of society, by maintaining a job you are also setting a positive example for not only the younger generation, but generations of all ages! You also gain more self respect by maintaining a job as there are personal goals we wish to achieve and maintaining a job can help prompt that.

If you require assistance while job hunting, or you need help deciding what career may be best to suite your skill sets, please contact the Director of Social; Paulette Orr at 458-9511/459-2200 #112 or by email at pauletteorr@smfn.ca

Tips for Job hunting while experiencing **Social Anxiety**;

As hard as it is, getting a job while experiencing Social Anxiety can be a way to challenge this Anxiety; which may even help you to over come it, or at the very least, it can help to lessen it.

To prepare yourself for job hunting while experiencing Social Anxiety, try some of these tips and tricks:

1) **Think about jobs that would suite your skill set, or jobs that would make you look forward to getting out of bed in the morning.**
2) **Practice positive self-talk throughout your daily life.**
3) **Do a little everyday** – whether its just simply searching for jobs, researching how to better your resume, or how to utilize the skills you already posses.
4) **Apply WIDELY** – even if you can't picture yourself preforming certain jobs, apply for them anyway! Going to interviews for practice is a great way to beat the stress that job interviews naturally bring on.
5) **Practice Mindfulness** – Mindfulness is a great skill for life in general, but when applying for jobs, people can be especially vulnerable to negative self-talk when they experience real or perceived rejection. Being able to notice a feeling without judgment and keep things in perspective can be really useful in a stressful job hunt.
6) **Practice interviewing!** – Have a friend or family member interview you so you are more comfortable, you may come up with easier strategies to use during actual job interviews.
7) **Breathe** – If you're in an interview and need a minute to breathe before answering a question, take it. The time will feel like an age to you, but in reality, it's barely noticeable.
8) **Consider a Remote or Individual Position** – If dealing with people comes unnatural to you, you may want to consider a position with limited people interaction, such as a Delivery Person, Mail or Postal Delivery Person, Online Support Person, Zoologist, Data entry person. The list is endless!!!

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

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

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

People are also welcomed to drive their own vehicles up and meet us. Please meet at CHSMES to catch the bus!
If you have any questions, please contact Celia Wilson at 458-9511 or by e-mail at CeliaWilson@smfn.ca.

Woliwon!

START UP GYM ALLOWANCE

K3- $25.00 /STUDENT & K4-$50.00- CHSMES ONLY- PICKED UP BY PARENT/GUARDIAN

K-8 - $50.00 / STUDENT - PICKED UP BY PARENT/GUARDIAN

9-12 - $ 80.00 / STUDENT- (GIVEN OUT SECOND THURSDAY IN OCTOBER) – PICKED UP BY PARENT/STUDENT/GUARDIAN

SCHOOL SUPPLY INFORMATION:

K4-6	CHSMES:BOOKS & SUPPLIES GIVEN DIRECTLY AT SCHOOL
K-5	PROVINCIAL SCHOOLS:FEES FOR SCHOOL SUPPLIES ARE PAID DIRECTLY TO SCHOOL
6-8	$60.00 -CHEQUE WRITTEN TO PARENT OR GUARDIAN
9-12	$60.00 – CHEQUE WRITTEN TO STUDENT

FREX PASSES K-12

STUDENTS WILL RECEIVE THEIR FREX PASS WHEN THEY RECEIVE THEIR STARTUP FOR SCHOOL FROM THE EDUCATION DEPARTMENT.

(STUDENTS ATTENDING CHSMES K3 & K4 WILL RECEIVE FREX PASSES).

(PLEASE NOTE: STUDENTS WHO WERE NOT REGISTERED AT THE END OF THE PREVIOUS SCHOOL YEAR WILL NOT RECEIVE A CHEQUE FOR SUPPLIES UNTIL THEY ARE REGISTERED AT SCHOOL)

C.H.S.M.E.S. NEWS
September 2019

WELCOME BACK!!

KINDERGARTEN TO GRADE 6 START ON: TUESDAY, SEPTEMBER 3

We welcome back our students and their families, and extend a warm welcome to our new students and families. We hope you have enjoyed your summer and are looking forward to the new school year. Lots of interesting and enriching learning experiences are being planned and we look forward to working with you and your children in making the upcoming school year a positive experience!

Student supplies are provided at the school. Students will need to bring a lunch as there is no lunch bus, a snack for recess break, indoor footwear preferably with white soles.

SCHOOL BELL
Kindergarten to Grade 6

8:15 a.m. – 8:20 a.m.
First Bell – Morning Announcements
10:00 a.m. – 10:30 a.m.
Snack – Recess
12:00 – 12:45 p.m.
Lunch (There is no bus run at lunch)
2:00 p.m. Grade K – Grade 2 Dismissal
2:45 – Grade 3-6 Dismissal
WEDNESDAY IS A HALF DAY AND DISMISSAL IS 12 NOON FOR ALL STUDENTS IN GRADES KINDERGARTEN TO GRADE 5

FIRST DAY OF SCHOOL FOR STUDENTS IN EARLY YEARS (MS. BEANIE):
K4 - Monday, September 9 - 8:30 a.m. - 2:30 p.m.
K3 - Monday, September 9 - 9:30 a.m. - 12:30 p.m.

Lunch and Snacks are provided for Early Years Students.
Please send indoor shoes preferably pull ons or ones with velcro.

www.chsmes.ca

KINDERGARTEN REGISTRATION & NEW STUDENTS

REGISTRATION WILL TAKE PLACE ON AUGUST 19 & 20 AT THE CHSMES OFFICE

**Parent must present the following information:

- ☐ Proof of age (birth certificate, baptismal certificate, Medicare Care)
- ☐ Proof of immunization. This is MANDATORY for students entering the school system for the first time. All immunizations must be up to date.

**Documents requested will be required during the First Week of September.

Any Questions please contact the school at 462-9683.

The Education Department is doing a short survey and to get some feedback from the community on programs and activities. Once this survey has been filled out and handed in, your name will go in for a draw to win 1 of 3 $50 Visa prepaid gift Cards. You DO NOT have to put your name on survey but once handed in your name will be added in for the draw.

You will find the survey on the following two pages, you can drop them off at the Education Department 3rd Floor, or bring it to the Entertainment Center when you pick up your childs Start-up and Frex bracelet.

The draw will take place the second week of September.

Thank you

Education Dept. Survey

Programs and Activities:

1. Would you like to see more Maliseet Language classes available in the evenings?

   ☐ Yes

   ☐ No

2. Would you participate in a Maliseet Language class with your child/children if it was available?

   ☐ Yes

   ☐ No

3. The Education Dept. has been offering tutoring to students, how would you prefer this service be delivered?

☐ By appointment only

☐ Continue at 3 days per week

4. If you choose 3 days a week, which days would you prefer?

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday

5. What cultural activities would you like to see available?

_____

_____

_____

6. Are there any other suggestions you would like to share with the Education Dept.?

_____

_____

_____

The Education Dept. would like to thank you for your time in completing this survey, your input is important to us.

St. Mary's Supermarket

PRICES IN EFFECT FROM Friday August 16, 2019 to Thursday August 22, 2019

Grocery

Catelli
Pasta Sauce
640 ml
$1.98 ea

Arm & Hammer
1.81 L - 2.21 L
$4.98 ea

Lipton Sidekicks
112 g - 167 g
$1.28 ea

Compliments Pancake Mix
905 g
$1.98 ea

Heinz Ketchup
1 L
$2.98 ea

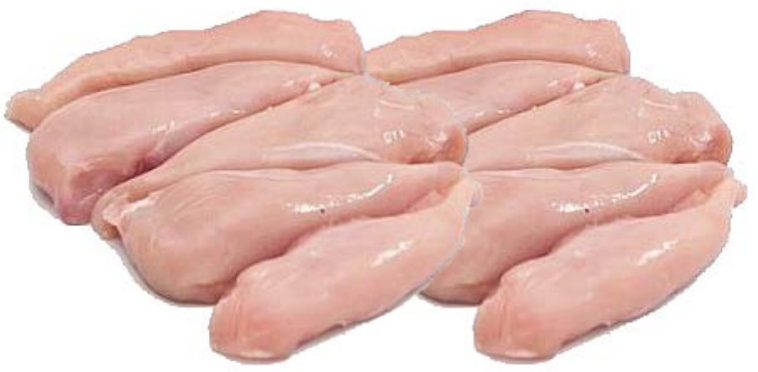
Minute Maid Juice
1.75 L
$2.98 ea

Delissio Stuffed Crust Pizza
660 g - 744 g
$5.98 ea

Quaker Granola Bars
150 g - 156 g
$1.98 ea

Meat

Outside Round Marinating Steak or Roast Value Pack
$3.88 lb/
$8.55 kg



Boneless Skinless Chicken Breast Value Pack
$4.98 lb/ $10.98 kg

Sunrise Bologna
$2.98 ea
375 g

Compliments Chicken Nuggets or Strips
$5.98 ea
907 g

Fresh Chicken Stir-fry
$5.18 lb/
$11.42 kg

Produce

Product of Canada
English Cucumber
$1.88 ea

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

Product of Canada
Potatoes
10 lb bag
$3.98 ea

Seafood

Fresh P.E.I. Cultivated Mussels
$1.98 lb/
$4.36 kg

Green Ocean Wild Pacific Salmon Fillets
$5.58 ea
500 g

Seafresh Breaded Cod Nuggets
$2.98 lb/
$6.56 kg

Deli

Popcorn Chicken Snack
$4.98 ea

3 Piece Chicken Strip Snack
$6.28 ea

In Store Made
2 Pack Value Sub
$3.98 ea

Bakery

In Store Made 8" Boston Cream Pie
$6.98 ea

Compliments Two-Bite Brownies
$3.48 ea
319 g

Compliments Mini Vanilla Cupcakes
$3.48 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

Rain Checks Available Excluding 2L Pop Promo

Taxes & Bottle Deposit where Applicable

Where Everyone is Welcome!

ST.MARY'S RETAIL SALES, WHERE THE CUSTOMER IS ALWAYS # 1
150 Cliffe St., Fredericton, NB
We Reserve the Right to Limit Product While Supplies Last
Check Out our Website for More In-Store Sales @:
www.stmarysretail.com
506-462-9604

Tax Free Sundays!

St. Mary's Supermarket Only