2019

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

St. Mary's First Nation Employment Opportunity

Yin Yoga – Meditation

Job Opportunity
St. Mary's Retail
Sales

SITANSISK KOLUSUWAKON

ST. MARY'S FIRST NATION NEWSLETTER

St. Mary's First Nation

Employment Opportunity

Administrative Assistant

Contract position

Position Summary:

Under the general supervision of both the St. Mary's First Nation Director of Operations, the St. Mary's First Nation Band is seeking an Administrative Assistant. This opportunity is in partnership with Aboriginal skills and employment training strategy. The successful candidate should show interest in a career as an administrative assistant and be willing to participate in future training and educational opportunities.

Qualifications:

1) Minimum grade 12 education
2) Strong knowledge of Email, Internet and Social Media
3) Strong Computer skills / Knowledge of Microsoft Applications
4) Communication in both oral and written
5) Must be reliable, trustworthy, dependable & able to follow directions
6) Ability to multitask & have excellent organization skills
7) Confidentiality is a must
8) Must be a quick learner and be able to work independently.
9) Ability to pay attention to detail
10) Must be a St. Mary's First Nation Band Member

Applications should be forwarded by no later than **March 28th, 2019 at 4:30 pm**

Jan Rouse
Human Resource Generalist
150 Cliffe Street (2nd Floor)
Fredericton, N.B. E3A 0A1
Fax to (506) 472-6220
Email janrouse@smfn.ca

St. Mary's First Nation

Employment Opportunity

Communications Intern

Contract position

Position Summary:

Under the general supervision of the St. Mary's First Nation Director of Operations the St. Mary's First Nation is seeking a Communications intern who has a career interest in communications.

Qualifications:

1) Minimum grade 12 education
2) Strong knowledge of Email, Internet and Social Media
3) Strong Computer skills / Knowledge of Microsoft Applications
4) Must be a St. Mary's First Nation Band Member

Skilled in:

5) Developing and managing a comprehensive Communications Strategy
6) Time Management
7) Excellent People Skills
8) Goal setting and achievement
9) Planning and organizational skills
10) Oral and written communications.
11) Must be willing to work flexible hours.

Applications should be forwarded by no later than **March 28th, 2019 at 4:30 pm**

Jan Rouse
Human Resource Generalist
150 Cliffe Street (2nd Floor)
Fredericton, N.B. E3A 0A1
Fax to (506) 472-6220
Email janrouse@smfn.ca

Job Postings: Two Nations One Stop

St. Mary's Retail Sales is expanding its workforce with the upcoming opening of the new Two Nations One Stop, Gas Bar, Tobacco, and Convenience Store. We are seeking applicants for various positions including:

4 Supervisors

1 Tobacco Inventory Control Clerk

2 Cash Office Positions

FT and PT Gas Pumpers

FT and PT Cashiers

Maintenance Workers

If you are interested and feel you have what it takes to become part of St. Mary's First Nation's large customer service workforce, please feel free submit a resume and short cover letter expressing your interests or pick up an application from the Retail Sales Office.

Please forward your Resume and Cover Letter or Retail Sales Application to janrouse@smfn.ca no later than April 5, 2019.

Jan Rouse
Human Resource Generalist
St. Mary's First Nation Retail Sales,
150 Cliffe St. 2nd Floor
St. Mary's First Nation,
Fredericton, NB, E3A 0A1
Fax: 506-459-5484

Job Posting – St. Mary's Retail Sales

Assistant Manager – Two Nations One Stop

We are looking for a responsible Assistant Manager to help organize and run the new Two Nations One Stop and fill in for the General Manager when needed. Your job will be highly important in ensuring all employees are working to achieve the goal of efficiency, and that everyone is trained and actively providing a level of Customer Service that St. Mary's Retail stores have become known for.

Assistant Manager's responsibilities may include but are not limited to:

-Overseeing and keeping track of the cash office operations, and deposits.
-Participating in the hiring and training of staff.
-Leading a monthly inventory count, of all products in the store.
-Ordering product and managing the relationship with each of our suppliers.
-Assisting the General Manager in planning and implementing strategies to attract customers.
-Writing employee performance evaluations and identifying training needs of the staff.
-Supervise and motivate all staff to perform at their best.
-Handling complaints from customers, and staff.
-Make sure all employees adhere to the St. Mary's Retail Sales Employee Handbook, which outlines our employee policies and guidelines.
-Act as a representative of the St. Mary's One Stop and set a leading example for all employees.

The ideal candidate will have:

- Proven retail management experience with a sharp business mindset.
- Leadership, organizing and problem-solving skills and attitude.
-Interpersonal communication and mediation skills to act as a liaison between the General Manager, Employees, and Customers.
-Experience in administering the tiered disciplinary process, and performance evaluations.
-Experience in merchandising, pricing to GPM, and customer service principles.
-The flexibility to work various shifts and be able to commit to working every second weekend.

Please forward your Resume and Cover Letter before deadline of April 5, 2019

Jan Rouse
Human Resource Generalist
St. Mary's First Nation Retail Sales,
150 Cliffe St. 2nd Floor
Fredericton, NB, E3A 0A1
janrouse@smfn.ca

Indigenous Tourism Association of New Brunswick
Regional Information Sessions

INDIGENOUS TOURISM
ASSOCIATION OF NEW BRUNSWICK

REGIONAL INDIGENOUS TOURISM SESSIONS

Wolastqey Territory

Tobique First Nation Regional Session:
MONDAY, MARCH 18th, 2019
Location: Adult Learning Centre Time: 6:00pm – 8:00pm
(Snacks & Refreshments Served)
For more information:

Contact: Shane Dutcher-Perley at 506.999.5026

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St. Mary's First Nation Regional Session:
TUESDAY, MARCH 19th, 2019
Location: Community Room,
Chief Harold Sappier School
Time: 6:00pm – 8:00pm
(Snacks & Refreshments Served)
For more information:
Contact: Montgomery Paul at 506.471.1097

Coming Up Soon!

Atlantic Indigenous Tourism Summit

May 7-8, 2019 Crowne Plaza, Moncton, NB

The **Indigenous Tourism Association of New Brunswick (ITANB)** is a volunteer based, not-for-profit Indigenous cultural tourism organization working to support the growth of authentic and cultural tourism businesses and community enterprises in New Brunswick.

This will be done through the development of specific project-based training and development initiatives aimed at growing the capacity of individuals, businesses and community lead tourism initiatives.

ORGANIZATION, MEMBERSHIP & PARTNERSHIPS

ITANB is structured as an incorporated not-for-profit volunteer organization that will work to develop both short and long term capacity building initiatives aimed at strengthening authentic cultural and business offerings of qualified Indigenous business owners and community enterprises focused on tourism.

We are also welcoming any new partners from industry, government and community organizations that are now interested in joining up as "Associate Members" in support of growing Indigenous Tourism in New Brunswick.

Interested? Contact us at:

indigenoustourismnb@gmail.com

ATLANTIC POLICY CONGRESS
OF FIRST NATIONS CHIEFS SECRETARIAT

APC JOB OPPORTUNITY
Receptionist/Administrate Assistant

Full Time Term Position Starting as soon as possible - March 31, 2020
(With possibility of renewal)

Description: Provide reception and administrative duties for the organization in a professional and personable manner. In addition, important elements will include the organization and coordination of facilities, meetings and meeting preparation.

Specifically, the position is required to provide Administrative Support Services for the Core Staff.

Who Can Apply: Applicants should possess a recognized administrative/office diploma. A combination of comparable, relevant and recent education and experience will also be considered.

Experience: Applicants must have at least 2-5 years' experience working as an Administrative or Office Assistant and 1-3 years' experience working for a First Nation community or organization.

Abilities & Skills:

- Possess a valid driver's license, have a reliable vehicle and be willing to travel when required.
- Demonstrated proficiency in computer software such as, Desktop Publishing, Microsoft Word, PowerPoint, Excel, Outlook, Internet etc.
- Knowledge of First Nation communities and organizations in the region.
- Strong organization, communication, time management and writing skills.
- Strong office management skills.
- Demonstrated ability to work independently and in a team setting.
- Ability to speak Mi'kmaq or Maliseet would be an asset.

Essential Functions and Duties:

- Reception – answering/transferring/screening phone calls, emails, and messages.
- Provide administrative support to the Core department.
- Record/date/scan incoming and outgoing mail as well as prepare courier packages.
- Updating contact lists.
- Typing and editing of documents.
- Maintains photocopiers and orders supplies.
- Booking boardrooms internally and externally.

- Circulation of interoffice and regional memos via email/fax.
- Sending memos, notifying members of meetings.
- Prepare travel claims.
- Prepare purchase orders.
- Order supplies.
- Assist with special projects and events as required.
- Work well independently as well as part of a team.

Salary: Depending on qualifications and experience
Location: APC Head Office in Cole Harbour, Dartmouth, Nova Scotia.
Start date: As soon as possible

If you are interested, qualified and would like to be part of the APC team, please email in **Word or PDF format only**, the following documents:

- a detailed cover letter explaining how you meet the position requirements and salary expectations (please quote **APC competition #2019-03-01 on the cover letter and subject line of your email**);
- an updated resume;
- recent writing sample; and
- the names/contact information of three work related references.

All above noted information must be sent by **email only** on or before **4:30 p.m. (Atlantic Standard Time) Friday, March 22, 2019.**

Email address: hr@apcfnc.ca

No applications will be accepted beyond the closing deadline. Interviews will be held in Dartmouth, Nova Scotia. If all qualifications are equal, preference will be given to persons of Aboriginal ancestry. 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.

The St. Mary's Fisheries Department would like to send a Congratulations and an Acknowledgment out to the following individuals for their hard work and dedication:

The 2019 Crew of the Year goes to the Captain and crew of the "Miss Calypso".

From Left to Right: Roger Sark, Abegweit First Nation PEI, Commercial Fisheries Liaison Coordinator MNCC, Jay Brooks SMFN, Captain Darryl Cooke Back Bay NB, Jeremy Paul SMFN Fisheries Director, Bronson Acquin-Mandisodza SMFN and Mackenzie Brooks SMFN.

The 2019 Deck Hand of the Year went to our very own SMFN community member Bronson Acquin- Mandisodza!

Application Process & Required Documentation

The SMFN Maliseet Language Program is open to adult Maliseet non speakers. The first year of the SMFN Maliseet Language Program will be held from September 3, 2019 to April 26, 2020. The second year will be held September 2, 2020 to April 29, 2021.

Application packages can be picked up from the SMFN Education Department. The applications must be completed in full and returned by March 28/2019. Applications will not be accepted after this date.

1. Applicants must have reading and writing skills & have basic computer skills.
2. Applicants must meet St. Thomas University entrance requirements before formal acceptance to this program will be given.
3. Applicants must submit confirmation of funding. Post-secondary funding application for St. Mary's First Nation applicants, are due by June 27 / 2019. This is a separate application. Please contact the Education Department at 459-2219. Applicants from other Maliseet communities please contact your Education Director for your post-secondary funding eligibility and application deadlines. Confirmation of post secondary funding is required before formal acceptance will be given.

ACKNOWLEDGEMENTS

The St. Mary's First Nation Adult Maliseet Language Program would like to acknowledge Andrea Bear Nicholas, Darryl Nicholas, Victor Atwin, SMFN Chief & Council, SMFN Education Department, St. Thomas University, Indian Affairs, and the Government of Canada.

The St. Mary's First Nation Adult Maliseet Immersion Program will be extending an invitation to all Maliseet communities.

Seating is limited.

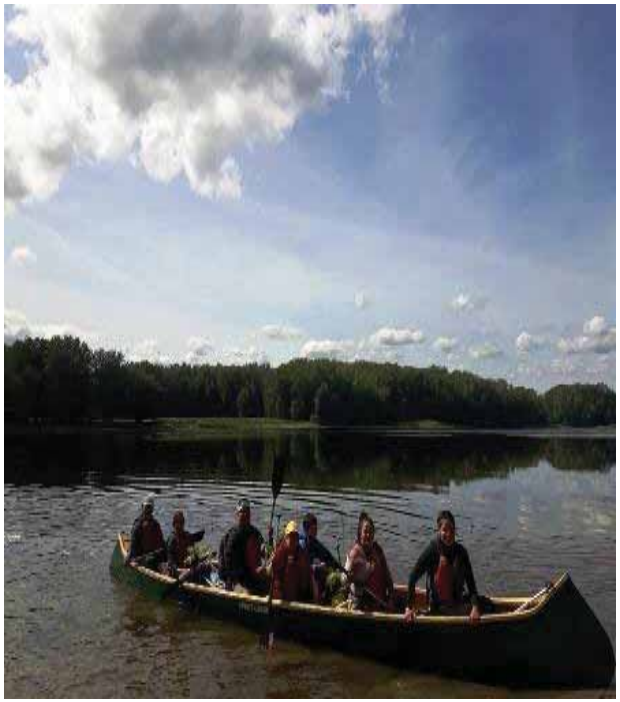
Applicants must demonstrate that they will commit to the two years of the program.

If you have any questions please contact Donna Brooks at the SMFN Education Department at 459-2219 or by email at donnabrooks@smfn.ca

St. Mary's First Nation Maliseet Language Program 2019 - 2021

"LIYANE LEWESTOCIK"

"Let's Make Speakers!"



"Kil powatbmbn nekbmaw 'tawi-Skicinowatowahtiniya, tehpok Skicinowi lewestowamok."

"If you really want them to learn the language you must speak to them only in the language."

ABOUT THE PROGRAM

The St. Mary's First Nation Adult Maliseet Language Program (MLP) is an intense 2 year linguistic and cultural program designed for non speakers. There are two parts to the program. Part one consists of St. Thomas University language credit courses. Part two consists of learning and practicing various traditional Maliseet activities.

Part one of the MLP, in partnership with St. Thomas University, offers students 24 credit hours each of the two years, derived from St. Thomas University's Native Language Immersion Teacher's Certificate Programme. The program is taught by two Maliseet Instructors. Year one courses introduce students to oral comprehension, basic fluency & conversation skills while focusing on the patterns of sounds in the language as well as the study of words, how they are formed, and their relationship to other words. Year two courses will provide an in depth linguistic study of the structure of the language focusing on verb forms, both reading & writing in Maliseet, and advanced conversation skills.

Part two of the St. Mary's First Nation Adult Maliseet Language Program (MLP) focuses on aspects of Maliseet culture and history. Using applied methods of learning, students will learn various practices of select traditional activities. Coordinated with the language courses, the activities take place both inside and outside of the classroom, and include class fields trips to various historical & culturally significant locations along the Saint John River.

Students that attended the MLP 2017-2019 engaged in various traditional activities using the Maliseet language.

Eli pkbnasik Wblimahaskil kwihiw Menahkwesk

Piyeskbmbney Amskwbcehkan

Ktbkihkalannok Pbkanimosiyik

Ktblihtonen Ihtblalsoltimbk

LANGUAGE COURSES

Year One	Year Two
Beginning Maliseet I	Maliseet Verbs I
Beginning Maliseet II	Maliseet Verbs II
Intermediate Maliseet I	Maliseet for Preschool
Intermediate Maliseet II	Maliseet for Kindergarten
Phonology I	Advanced Maliseet I
Phonology II	Advanced Maliseet II
Morphology I	Native Literature & Writing
Morphology II	Conversational Maliseet

Please note: courses may be subject to change.

TRADITIONAL ACTIVITIES

As part of the language learning process, various traditional activities will be carried out. These may include harvesting foods & medicines, various beading techniques, making leather mittens & moccasins, picking sweet grass, learning traditional songs, making drums, carving snow snakes and war clubs, snowshoeing, and basket-making.

Ekwapahak Mbnihkw

Attention:

Please consider the dangers of allowing your Dog to Run at Large.

Whether or not you consider your dog to be harmless, or very well behaved, there are multiple variables that need to be considered while you are knowingly allowing your Dog to roam free.

Allowing your Dog to roam free creates a different mind set for your Dog. If your Dog is constantly roaming free, they will coincide with other free roaming Dogs and begin to form packs (not to say our issues are as severe as this just yet). Prior to a pack being formed, there will need to be an Alpha Dominant established. This means that your harmless, well behaved, great with children canine companion will become increasingly aggressive. The increase in number of Dogs whom are Running at Large in a particular area will increase the levels of aggression. It cannot be stressed enough that **DOGS ARE NOT TO BE LET LOOSE FROM YOUR PROPERTY WITHOUT AN OWNER PRESENT.**

It is also of significant importance that you educate your children on the proper way to treat animals. In the event your child is playing outdoors while Dogs' Run at Large, the Dog has already established dominance over the child because it is their nature to do so, (Dogs generally establish this dominance over children as they see children as below them due to their size, being at face level and their high pitched voices) regardless, this sets the tone prior to how the child then treats the Dog. If a child decides to tease, torment or otherwise provoke a Dog while at large, the chances of the child being bitten, attacked or mauled are much greater.

Just this past March Break there were 3 separate incidents of Dogs Running at Large displaying aggression towards Children, as well as pedestrians. One incident in particular was when a child was trying to walk home from a friends' house, and not one but two Dogs' at Large viciously circled the child. Thankfully a community member passed by at this time and noticed the child's severe distress and was able to remove the child from the situation. These incidents can be easily avoided by ensuring you are being a responsible Pet Owner, and not allowing your dogs to run at large.

This is a significant safety concern within the community, and should be treated as such. Moving forward, the new Animal Control Bylaw that has been created will in hopes diminish these issues, while creating and maintaining a healthier community for our residents, as well as the animals whom occupy our beautiful Reservation.

St. Mary's Animal Control

Fusion Paint Workshop

Back by popular demand!

The Oromocto Galleria will be joining us once again for a fusion paint workshop.

Each person will complete one side of the board and if time allows, we will offer the 2nd side.

This is a great night to get out and socialize! (Adults only)

A ***non-refundable*** fee of $30 cash is required at the time of registering.

Light refreshments will be provided!

If you have any questions please contact Celia Wilson at 458-9511 or CeliaWilson@smfn.ca

Monday March 25th 6pm to 8pm @ the CHSMES Community Room!

Yin Yoga – Meditation

Beginner friendly Sessions

Every Thursday 630-730 pm

Classes offered by Sara Fraser at the St. Mary's Health Center.

For More information, contact Sara on facebook or frasersara83@yahoo.ca

ACIC CACI

NCGC
Northern Council for Global Cooperation

Work Internationally

20 Young Aspiring Indigenous Professionals

INVALUABLE EXPERIENCE

4-MONTH PARTIALLY FUNDED
INTERNSHIPS FOR 20 YOUTH EACH
YEAR FROM 2018-2023

Applications open from February 5th to March 24th, 2019

ACIC CACI

NCGC

ENGAGE WITH INTERNATIONAL ISSUES

MYANMAR | COSTA RICA | GUYANA | KENYA | NEPAL |

4-MONTH PARTIALLY FUNDED INTERNSHIPS

OUR PARTNERS:

byte EMPOWERING YOUTH

ABOUT THE PROGRAM

In partnership with BYTE Empowering Youth, the Native Council of Prince Edward Island and the Confederacy of Mainland Mi'kmaq, NCGC and ACIC will provide 100 young Canadian indigenous participants opportunities to develop international experience

20 youth departing every year from 2018-2023

APPLY ONLINE & READ ABOUT THE JOB DESCRIPTIONS AND OUR SOUTHERN PARTNERS

ELIGIBILITY

To be eligible for the IIIY Program, you must meet all of the following criteria:

- Be an Indigenous person in Canada (federally
- recognized as either status or non-status First
- Nations, Inuit, or Métis)
- Be a Canadian citizen or a permanent resident
- Be between the ages of 18 and 35 at the time
- of hiring
- Have not previously participated in an
- internship within the Global Affairs IYIP
- initiative (formerly CIDA and DFATD)
- Be legally entitled to work in Canada
- Not be a university graduate— a graduate of a
- degree or diploma program from a university
- Indigenous youth with a CEGEP or technical
- college diploma are eligible to apply!

WE COVER

- Travel costs to and from the host country
- Visas
- Modest monthly stipend subsidizing living costs
- 2-week pre-departure training and reorientation

Apply today!

DEADLINE: MARCH 24TH, 2019

WWW.ACIC-CACI.ORG/ACIC-INTERNSHIPS

- **Build your professional**
- **network**
- **Practice another language**
- **Build your resumé**
- **Gain transferrable job skills**
- **Learn to think critically**

AUGUST 2019 DEPARTURE KEY DATES

March 24th - Application deadline
April 2019 - Interviews
May 2019 - Job offers made and preparations begin (passports, visas, vaccinations, online training)
August 2019 - 2-week pre-departure training
Mid-August 2019- interns in the field
December 2019 - interns return & 1-week re-orientation
Dec 2019 - March 2020-Public Engagement Activities

Ideal applicants are:

- **Adaptable**
- **Adventurous**
- **Self-motivated**
- **Community Oriented**

FOR MORE INFO CONTACT
DYLAN@ACIC-CACI.ORG
902-431-2311 (HALIFAX)
WWW.ACIC-CACI.ORG/ACIC-INTERNSHIPS

Maintenance Schedule

For Homeowners

To help you preserve your beautiful homes, the Housing Department and Housing Committee is proud to present to you this Maintenance Schedule for Homeowners. First time homeowners may not be aware of all that being a homeowner entails, so we've created an easy list for you to refer to.

- Proper garbage storage and removal
- Proper recycling
- Maintain yard/grass cut and free of debris
- Cleaning of appliances
- Change light bulbs as needed
- Interior door knobs – tightening and replacing
- Bathroom fan, keep free of dust
- Wash exterior siding annually
- Tighten hand rails
- Clean/replace range hood filters
- Replace batteries in smoke detectors, test annually
- Ensure dryer vent is connected and cleaned four times per year
- Clean outdoor steps and keep clear of debris
- Remove and clean shower heads
- Tighten tap handles when needed but do not overtighten
- Replace door stops as needed
- Regular floor care
- Report all leaking fixtures ASAP, failure to do so and if extensive damage occurs you will be held responsible
- Vacuum behind appliances at least twice a year
- Clean windows monthly

In conjunction with this list, the Housing Committee is looking into Workshops for Homeowners for this coming year.

St. Mary's First Nation

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

We are now accepting applications for the allocation of (1) a single medical/accessibility unit.

The deadline is March 28, 2019 at 4 pm. Please submit the Housing Application and any supporting documents to Sally Brooks at the Band Office or via email sallybrooks@smfn.ca.

If you have any questions, please contact Director of Operations, Shasta Paul-Hitchcock at 458-9511 or shastahitchcock@smfn.ca.

Application for Medical Accessibility Housing
Saint Mary's First Nation

Name of Applicant First Nation Member _____

Date of Birth _____ Band Number _____

Names, date of birth, band number (if any) and relationship of all individuals currently residing with you (please place a check mark next to all those who intend to reside with you if you are allocated new housing.)

Name:	D.O.B:	Band #	Relationship:

*** Add a separate page if necessary***

***** Do you have a medical condition? _____

* Does your medical condition prevent you from accessing stairways? _____

* **PLEASE NOTE: Include any supporting medical documentations from your physician**

* what is your current residence? _____

* Are you currently living off reserve? If so, why and for how long?

_____

_____

_____

* Have you been allocated new band housing in the past? If so, when? _____

_____

* Do you currently have a C.P. or land entitlement? _____

* Have you been allocated or previously lived in band housing in the past? If so, when?

* What is your income, and source of income? _____

* What is the income and income source of other adults residing with you? _____

* Other comments: _____

I Verify that the information contained in this application is true and accurate and I understand and agree that the provision of false information in this application will result in my removal from the Housing Priority List for a minimum of one year and possibly longer.

Dated:_____

Signature: _____ Witness _____

Are you passionate about nature and education?
Are you interested in connecting people with nature?
Nature NB is looking for a Nature Educator!

Based in Fredericton
$12.50/hour
Full time, summer position
35 hours per week, with occasional weekends and evenings
Start Date: **May 6, 2019**

About Nature NB

Nature NB connects people with nature. We support a diverse network of nature-lovers across the province, providing opportunities for New Brunswickers of all ages, and from all regions and backgrounds, to discover, learn about, and share nature with each other. We travel throughout the province, teaching kids about nature in their schoolyards and neighbourhoods, advocating for species at risk through local outreach, and engaging volunteers in monitoring and protecting the species and landscapes they love.

Nature NB is a non-profit, charitable organization whose mission is to celebrate, conserve, and protect New Brunswick's natural heritage through education, networking, and collaboration.

About the position

Nature NB is seeking a Nature Educator to do educational outreach across the province.

Responsibilities

- Develop and deliver educational programming about nature/environment;
- Assist in planning and coordinating outreach across the province;
- Communicate and collaborate with partner organizations and volunteers;
- Assist in developing conservation and citizen science projects.

The successful candidate will demonstrate leadership and work well as part of a team. They will enjoy working outdoors and interacting with children and the public.

Requirements:

- Experience working with children;
- Ability to communicate easily in English and French;
- Interest in public outreach;
- Familiarity with standard office software (e.g. office suite, e-mail, internet browser);
- Valid driver's license.

Assets:

- Interest in nature and/or conservation
- Experience in program development
- Experience in event planning
- Educational background in natural sciences (e.g. biology, forestry) OR in education

Criminal Record and Vulnerable Sector checks will be completed for the selected candidate.

Application Process

Please indicate in your cover letter how you meet these qualifications and why you think you would be a good fit for this position at Nature NB. Send your cover letter and résumé to Vanessa Roy-McDougall at executive.director@naturenb.ca. We thank all candidates for their interest in the position, but only candidates selected for further consideration will be contacted. No phone calls please.

Application deadline: March 18, 2019.

Community Health Representative

My name is Barbara Paul. My parents were Mildred and Melvin Paul. I was hired as the Community Health Representative and assumed my role on Feb 25,2019

My role as the CHR will include the following: Promote Health and Wellness in our community.

I am working with our health care providers and the community to educate and provide information and support about healthy individuals & families. I will perform a wide variety of consulting and support services to individuals and groups that encourage prevention, and intervention when necessary.

I will provide up-to-date information and resources to promote healthy lifestyles through education. I will also research and produce community relevant resources to ensure that the individuals in the community understand and appreciate the information being provided.

The Community Health Representative (CHR) program is aimed at taking a proactive role in planning, developing and implementing health promotion and health education activities. This is accomplished through clinics, workshops and activities which ensure aboriginal cultural values are maintained. The main role is to motivate community members to participate in health programs and to assume active responsibility for improving and maintaining optimum level of health and contribute to improved community health conditions.

The CHR provides health advocacy, referral and development services that benefits St. Mary's First Nation members. The CHR takes the lead role in developing and implementing new health programs and initiatives. I work as part of a multi-disciplinary team while at the same time exhibiting a strong sense of personal integrity and character in order to mentor community members.

I am excited and honored to represent our Community ☺ Talk to you soon ☺

I can be reached at 506-452-2750 Ext 117

Barbara Paul, Community Health Representative

Mental Wellness & Addictions

We would like to welcome Chris Brooks to our Health Center team as the Mental Wellness & Addictions Worker

The Health Addictions Counselor will provide:

Support Services
Counseling
Documentation of Referrals
Advise band members in need by referring them to counseling sessions, providing support, facilitating access to counseling sessions.
Ensuring that the family or other concerned persons also have an opportunity to receive professional counseling.

Chris can be reached at 506-452-2750 ext. 109

Chris Brooks, Mental Wellness & Addictions

now let me introduce you to our team...

Health Centre:	***506-452-2750***
Kelly Gallagher	Director of Health
Sonya James Paul	Finance Clerk
Arlene Brooks	Early Childhood Mentor (MCH &FASD)
Melinda Brooks	Medical Transportation & Dental Clerk
Sherry Parsons	Community Coordinator/Accreditation Clerk
Melanie Berube	Mental Wellness & Addictions for Youth
Katrina Withrow	Mental Wellness & Addictions Counsellor
Chris Brooks	Mental Wellness & Addictions Counsellor
Mandy Meuse	Children's Oral Health Initiative
Barbara Paul	Community Health Representative
Laurie Brooks	Health Reception
Elizabeth McRae	LPN & Home & Community Care
BJ Myles, RN	Community Health Nurse
Jennifer MacFarland, RN	Home & Community Care
Hoagie Nash	Maintaince
Medical Centre	506-452-2760
Wendy Brown	Medical Administrator
Heidi Ring, RN	Clinical Nurse & Phlebotomy Clinic

Visiting Professionals:

Dr. Kelkile	Psychiatrist
Dr. Ramsey	Community Physician
Marie Claude Loisel	Mental Health Clinician
Trina Cluney	Nurse Practitioner
Judy Tasse	Diabetic Educator (Once a Month)
Respiratory Therapist	(Twice a Month)
Joyce Ward	Jordon's Principle (Every Thursday)

Please Note: Spring Distribution

April 8th, 2019 for Seniors

April 9th, 2019 for All other Members

The amount of the Distribution is $200 per band member

Doors open at 9am and close at 8pm at the SMEC

Direct Deposit Information

Your institution can provide you with the information for Direct Deposit

We DO NOT charge any fees to have your monies deposited into your CANADIAN bank account.

Accounts outside of Canada are subject to a $15 fee.

We encourage anyone that has a bank account to submit a Direct Deposit Form before March 15, 2019 in order to have your April Disbursement in your account. You can submit your form by:

Mail
150 Cliffe St
Fredericton, NB E3A 2T1

Fax
(506) 462-9491

Email
maxinesomerville@smfn.ca

it is a convenient way to receive your monies the same day the royalty is distributed.

No need to worry about getting to the Entertainment Center or waiting for the Mail delivery.

If you have any questions call Maxine Somerville at (506) 458-9511

Trades Orientation

Carpentry

Plumbing

Electrical

St. Mary's First Nation Employment and Training is planning to offer an Introduction to Trades Program

If interested in Carpentry, Plumbing or Electrical Trade please contact Karen Brooks at 458-9511 or email karenbrooks@smfn.ca to leave your name and contact information.

We are currently in the planning stage and do not have a start date, but looking to see if there is an interest in the community for the orientation.

The Program will run for the duration of 12 weeks, individuals will get to explore each trade for 4 weeks.

Are you an Indigenous youth who is dedicated to promoting hope and life within your community and region!?

WE MATTER is launching its

National Ambassadors of Hope

a program supporting Indigenous youth to be healers and changemakers by sharing hope, culture, and strength.

We Matter is recruiting **25** Metis, Inuit and First Nations youth **ages 16-26** across Canada!

We believe Indigenous youth are healers and changemakers, and with the right support and resources, can be the ones to inspire and uplift other Indigenous youth and their communities.

Ambassadors of Hope deliver presentations on hardship, hope, and healing across schools and communities. They live by example in order to inspire and connect with other Indigenous youth, break mental health and suicide stigma, and promote healthy communities.

How to Apply:

Applications to become a National Ambassador of Hope will open March 4th and close on April 1st, 2019. If selected, youth will need to attend the We Matter & Facebook #HopeForum: National Ambassadors of Hope Training week in May and commit to the program for a minimum of one year. The program is a mentorship with some opportunity to receive compensation.

To learn more and apply, visit
wemattercampaign.org/hopeambassadors.

I Matter. You Matter. We Matter.

@WeMatterCampaign @WeMatterOrg @WeMatterOrg

#WeMatterCampaign | #IndigenousYouth

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National Ambassadors of Hope

a program supporting Indigenous youth to be healers and changemakers by sharing hope, culture, and strength.

We Matter is recruiting Indigenous youth across Canada to become National Ambassadors of Hope! We believe Indigenous youth are healers and changemakers, and with the right support and resources, can be the ones to inspire and uplift other Indigenous youth and their communities.

Who are Ambassadors of Hope?

Ambassadors of Hope are Indigenous youth **ages 16-26** who share messages of hope, culture and strength within their own community and surrounding region. Using We Matter Toolkits, and with support from the We Matter team, they deliver presentations on hardship, hope, and healing across schools and communities. They live by example in order to inspire and connect with other Indigenous youth, break mental health and suicide stigma, and promote healthy communities.

What does it take to be an Ambassador of Hope?

To be an Ambassador of Hope, you need to be an Indigenous (Metis, Inuit or First Nations) youth between the ages of 16 and 26 who is ready and dedicated to promoting hope and life within your region. You will need to attend the *We Matter & Facebook #HopeForum: National Ambassadors of Hope Training* week in Winnipeg, Manitoba from May 27th to 31st, 2019. Ambassadors commit to the program for a minimum of one year, and will be encouraged to take an independent lead within their own regions. The program is a mentorship with some opportunity to receive compensation.

How can I be an Ambassador of Hope?

Applications to become a National Ambassador of Hope will open March 4th and close on April 1st. There will be three components to the application process – written application, video submission, and an interview with the We Matter team. We're looking forward to meeting Indigenous youth who want to use their voices to create change!

We Matter will be selecting 25 youth to support throughout the year – approximately 2 youth per territory and province. We are also looking for a diversity of Indigenous youth: ability, gender and sexuality, urban and remote.

If you have any questions about the We Matter National Ambassadors of Hope Program or are interested in applying, please email hopeambassadors@wemattercampaign.org.

What is We Matter?

We Matter is a national Indigenous and youth-led organization dedicated to Indigenous youth support, hope and life promotion. Our key project is the We Matter Campaign – a national multi-media campaign in which Indigenous role models and allies submit short video, written and artistic messages sharing their own experiences of overcoming hardships and communicating with Indigenous youth that no matter how hopeless life can feel, there is always a way forward.

Please come and join us for the first ever MWC Language Gathering from April 5-7th, 2019 at the Richard J. Currie Centre on UNB campus!

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As 2019 is UNESCO's Year of Indigenous Languages, the theme for the language gathering is "Nikana'tunej (carrying language forward) / Namkomihptune 'Ciw Weckuwapasihtit (carrying language forward for the ones not yet born)".

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The gathering will honour language teachers, learners and language carriers. The focus will be on Mi'kmaq and Wolastoqey language revival, through language learning activities, language revival presentations, as well as celebration of language through song, dance, stories and much more!

To register for this gathering please go to the following link.

https://www.regonline.com/languagegathering

CONSERVE ENERGY CONTEST

Congratulations to *Nicholas Brooks*. for winning the Hydro Contest for the month of February 2019. Nicholas wins over $200.00 in prizes.

Congratulations to Tessa Joe for winning the kids coloring page for January 2019.
Congratulations to Molly Googoo and Madden Underhill for winning the kids coloring page for February 2019

A Few Energy Saving Tips That Work

- **Turn off lights.**
- **Use energy efficient appliances.**
- **Turn TV off when not watching it.**
- **Wash in cold water.**
- **Unplug phone chargers when not in use.**

Kids: Color this page and return to the social department by March 28, 2019 for a chance to win $25.00.

St. Mary's Supermarket

PRICES IN EFFECT FROM Friday March 15, 2019 to Thursday March 21, 2019

Save $1.01 lb

Boneless Pork Loin Combo Chops Or Roast

$2.48 lb
/$5.47 kg

Save 31¢ lb

Local

Turnip or Green Cabbage

68¢ lb
/$1.50 kg

Save 61¢

5 Piece Chicken Strip Meal

$7.58
each

Save $1.01

Assorted

Fruit Pies

$3.68
550 g - 620 g

Save $1.38

Compliments Apple or Orange Juice

4/$4.98
1 L

Save $4.01

High Liner Breaded Haddock Fillets

$8.98
815 g

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)

Rain Checks Available Excluding 2L Pop Promo

We Now Carry Helium Filled Balloons and Fireworks

Taxes & Bottle Deposit where Applicable

Where Everyone is Welcome!

ST.MARY'S RETAIL SALES, WHERE THE CUSTOMER IS ALWAYS # 1
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Tax Free Sundays!

St. Mary's Supermarket Only