

Pictou Landing First Nation Newsletter

March

Yoga at the Library!



Friday March 8, 2019

INTERNATIONAL WOMENS DAY

JOIN US FOR A SPECIAL EVENT, TO CELEBRATE WOMEN'S DAY, TOGETHER!

OPENING CEREMONY, BY THE PIKTUKEWAQ WOMEN'S ASSOCIATION, FROM PICTOU LANDING FIRST NATION.

FOLLOWED BY THERAPEUTIC YOGA, WITH RACHAEL MACLEAN.

Friday March 8, 2019 |
11:00AM (doors open)
New Glasgow Library

All are welcome!

please bring your own yoga mat if you have one, ... there will also be some spare mats on hand.



Notice from Director of Social:

If you have a power bill to hand in, please do so on time, please do not wait till late fees are incurred.

Our Journey, Our Story

Interested in Snowshoeing?

Rentals now Available

Contact Cynthia Denny, with MPAL to rent snowshoes. You can rent them for your family, yourself, or you and a friend. A maximum of 3-day rental is permitted. Cynthia can be reached at 902.616.2071 or by email at

Cynthia.d@plfn.ca



An event flyer for 'Our Journey, Our Story' featuring a map of the Boat Harbour Remediation Project at the top. The map shows a coastal area with various sites and a red line indicating a path. Below the map, the event title 'Our Journey, Our Story' is prominently displayed. The date and time are 'MONDAY, MARCH 11 • 4:00-6:00PM' at the 'PLFN TRAINING CENTRE'. A pizza icon is shown with the text 'Pizza & refreshments will be served'. A video camera icon is next to the text: '• If we were to document our story of A'se'k on film, what would it look like? What would you include?' and '• Join us for a discussion, we are building a proposal and need your input.'

Congratulations to Sylvia Bernard on her graduation from the Nail Technology Program from the Cosmetology Program of Nova Scotia.

Sylvia is the first certified nail technician from Pictou Landing First Nation. We are very proud of you, Love Gary, Eliah and Hazen.

Be sure to check out Sylvia's Facebook page to book an appointment!

Come and discuss Remediation at Indian Cross Point



Indian Cross Point Pipeline

Community Session to discuss the remediation at Indian Cross Point. Heather MacLeod-Leslie (archeologist @ KMKNO) will be here to share her expertise.

We will be looking for a preference of which cleanup option to pursue. Refreshments will be served.

Thursday, March 21 @ PLFN Training Centre 4:00-6:00pm

Pipeline | Feasible Concepts

FC1 – Abandon

Clean, inspect and abandon
Except beneath Highway 348 to be done in accordance with FC 2 or 3



Michelle Francis-Denny
Boat Harbour Remediation Community Liaison
(902) 752-4912 x124
Michelle.f.d@plfn.ca

FC2 – Fill

Clean, inspect, fill and abandon



FC3 – Remove

Land portion only
Clean and remove
Consideration for archeological monitoring near PLFN burial ground



Tracey Denny
Project Support Coordinator, Boat Harbour Remediation Project
(902) 752-4912 x124
Tracey.d@plfn.ca

Church Notice:

Sunday Mass is held at 11:30 am

Confirmation Classes are held **Monday** evenings at 6:00 pm in the Church Meeting Room

Can you say the **Rosary**? Would you like to learn? We will be teaching the saying of the Rosary on **Wednesday** evenings at 6:00 pm. Everyone is Welcome

First Communion Classes are held **Thursday's** afterschool at 3:30 pm

Is your child being baptized? If so, please take a small photo on the day of their baptism and we will display it at the church.

Anyone interested in singing or playing an instrument in the community choir? Berkley and Monique Decoste are willing to help the church get started. If you are interested, we will meet after mass on Sunday.

Lenten Parish Mission March 12,13,14

March 12 at 6:30pm at St. John the Baptist Church

March 13 at 6:30 pm at Holy Name Westville

March 14 at 6:30 pm at Our Lady of Lourdes

The mission talks are given by Archbishop LeCroix of Quebec City. It is done through a video presentation. It is an opportunity to gather with other parishes.

Hospital Admission as Roman Catholic:

When being admitted to the hospital, please let them know that you want to be on the Roman Catholic patient list. When we visit the hospital, we have access only to a list for our denomination. Thank you

“Sisterness and Work”

This will be a grassroots initiative that:

- Connect with Indigenous women in communities across the province,
- Learn about immediate challenges and opportunities, and
- Explore with Indigenous women how best to build paths that connect them to the economy in meaningful ways aligned with their culture and their role in their respective communities and families.

WHO: YOU!! If you can answer “YES” to any of the following questions, this session is for you.

1. Are you an Aboriginal woman who wants to, or is currently making extra money through selling arts and crafts, providing services to family and friends, creating and selling other products?
2. Do you provide or sell sewing services, make regalia, ribbon shirts/skirts, authentic crafts, beadwork, art, cooking/catering, child care or house cleaning, tutoring, photography and more?
3. Do you want to turn your hobby into a business or extra cash?
4. Interested in starting your own business or just increase your sales on the side

WHERE: 5761 Pictou Landing Fire Hall, Pictou Landing First Nation

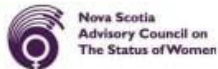
WHEN: Monday March 11th, 2019

TIME: 5:00 – 7:00 PM

A light meal and refreshments will be provided.

Travel reimbursement is limited.

Seating is limited to 50 participants. Please register with your Chapter President.



Service
Canada

PRESENTS

OUTREACH
CLINIC

MONDAY MARCH, 25, 2019

Services offered include:
Social Insurance Numbers (Birth Certificate
required)
Help with Old Age Security
Canada Pension Applications

9:00 AM - 3:00 PM
AT THE TRAINING CENTRE

PosterMyWall.com

March MPAL Schedule

If you have any questions or would like to see anything new booked in, please contact Cynthia Denny at cdenny@plfn.ca or 902-616-2071

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Friday = "Sunday" 1 **	Friday = "Monday" 1 0 < 0 2 **	Friday = "Tuesday" 1 0 < 0 3 **	Friday = "Wednesday" 1 1 0 < 0 2 **	Friday = "Thursday" 1 0 < 0 3 **	Friday = "Friday" 1 3 < 0 4 ** 41	Friday = "Saturday" 1 1 < 0 2 ** 22
					7-10 Open Gym for youth	
3	4	5	6	7	8	9
Snowboarding Program	5-6 AB Program Youth Open gym		5-6pm AB Program Youth Open Gym 7pm POUND Class	4:30-5:30pm Off Ice Training 5:30-7pm Boxing	7-10pm Open Gym for Youth	
10	11	12	13	14	15	16
Snowboarding Program	5-6 AB Program Youth Open gym		5-6 AB Program Youth Open gym 7pm POUND Class	4:30-5:30pm Off Ice Training 5:30-7pm Boxing	7-10pm Open Gym Youth	
17	18	19	20	21	22	23
	5-6 AB Program Youth Open gym		5-6 AB Program Youth Open gym 7pm POUND Class	4:30-5:30pm Off Ice Training 5:30-7pm Boxing	7-10pm Open Gym Youth	
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	5-6 AB Program Youth Open gym		5-6 AB Program Youth Open gym 7pm POUND Class	4:30-5:30pm Off Ice Training 5:30-7pm Boxing	7-10pm Open Gym Youth	
30 = 0, ** 30 < 31 ** 3131	31 = 0, ** 31 < 31 **					

Mi'kmaw Language Classes

Dates: Sundays, March 3, 10, 17, 24, 31

Time: 2-4pm

Place: Pictou Landing Training Center

Age: Open to all ages

Dates: Tuesdays, March 5, 12, 19, 26

Time: 6-8pm

Place: Pictou Landing Training Center

Age: Adults/Elders

Come join me and learn about the mi'kmaw language.

Learn about the mi'kmaw alphabet.

Online resources and apps that you can use at home.

Attend few classes and at the end of the month get a Mi'kmaw lexicon.

Native or non-native, all welcomed.

Wela'liq.

Elisha Sapier – Language and culture – 902 759 9254

Pow Wow 2019

The Pow Wow committee will be having a meeting on Sunday March, 10 at 5:00 pm at the Training Centre. The committee can always use more volunteers, if you think you would like to help, stop into the meeting. Everyone is Welcome!!! If you have any questions, you can contact Haley, Pow Wow Chair.

www.plfn.ca

School Monthly Update:

Completed by: Terry Donovan, Project Manager

SUCSESSES

- Foundations walls complete
- Precast wall installation got started. Approximately 80 panels stood in only 4 days from February 26 through February 29, 2019.
- No reported jobsite accidents or incidents.
- Site personnel have shown dedication to the project effort.

CHALLENGES

- Winter weather delayed the panel erection by approximately 1 week.
- Unsuitable soils at the Northeast corner of the building required substantial remediation.

SCHEDULE:

<u>ITEM</u>	<u>SCHEDULED</u>	<u>ACTUAL</u>
Precast Erection Phase Two	March 3, 2019	March 3, 2019
Structural Steel Erection	March 11, 2019	TBD (expected on time)

Off – Site Planning

- Work is continuing on plans for the Natural Play areas. Cobequid Consulting is the preferred contractor for this part of the project. Final design plans are underway and a contract is being established. Work is expected to begin in late May and will have to be coordinated with DORA on site.
- Furniture, Fixtures, Technology and Equipment (FFTE) – An inventory of present furnishings and equipment in both the school and ECE centre has been completed and items to be moved to the new school have been identified. The identification of new furnishings and equipment is about 85% complete and being readied for ordering. Infrastructural technology is complete in the construction drawings and specs. New technology equipment has been identified and being prepared for purchasing.



- The Solar for Communities Project is being reviewed with the contractor, architect, structural engineer and project manager to determine the best configuration for this to be added when the school is complete and turned over to the community. Director of Lands and Economic Development, Barry Francis, has the lead on this.

- Energy Modeling and Efficiency Nova Scotia Rebate – We have completed several energy models based on the design and specs and the building is showing that based on the materials, design, insulation and heating system it models out at 52 % more efficient than the base for the model. As a result, PLFN will be receiving a rebate from Efficiency Nova Scotia for this project. The final application process for this is now complete.

- Planning for the choice of colours and finishes with the architect will happen during the month of March and is being arranged by the Director of Education, Sheila Francis.

- Radon Pit – The Project Manager has requested DORA to price the cost of having this included in the project to avoid any related health issues in the future.

- Operational Planning – A number of operational issues, some longer-term planning and some immediate such as: water metering, radon pit, phone system and solar, need to be discussed.

