

Pictou Landing First Nation Newsletter

October 16, 2020



COVID-19 REMINDER:

It is important we be diligent as the Covid-19 pandemic is still among us and it is important to continue to distance 6 feet from others when possible, gather in groups less than 10, wear your mask when out in public areas, wash your cloth masks after each use, stay home when you are not feeling well and continue to wash and sanitize your hands frequently. Maintain healthy everyday habits:

Hand washing - Wash your hands often with soap and water, especially after you've been in a public place, or after blowing your nose, coughing or sneezing. Use hand sanitizer (with at least 60% alcohol) when you can't use soap and water and make sure you follow [hand washing guidelines](#).

Coughs and sneezes - Cover your mouth and nose with a tissue when you cough or sneeze. Or use the inside of your elbow. Make sure you follow [cough and sneeze guidelines](#).

Masks- [Wear a mask](#) in most indoor public spaces, if required by a business or workplace and when you can't maintain a physical distance of 2 metres (6 feet) from others. You can spread COVID-19 to others even if you don't feel sick. Wearing a mask helps protect you and those around you.

Social distancing -Limit your contact with other people and keep a physical distance of 2 metres (6 feet) from others. Keep your close social group of 10 consistent, as much as possible. Make sure you follow [social distancing guidelines](#).

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PLFN Community Notices:



The Wolf Den
ENTERTAINMENT CENTRE

Presents

Autumn Giveaway

Beginning on September 22 every time you cash out a ticket of \$50.00 or more, your name will be entered into win a generator. The draw will take place on October 31.

Located at 6504 Pictou Landing Road

Notice of Referendum

A referendum will be held on:

When: Thursday October, 29 2020

Where: Training Centre

Time: 9:00 am – 6:00 pm

The purpose of this referendum is to conduct a vote on the attached PLFN Annual Plan for the use of income from the A'se'k Seven Generations Trust for the period of November 1 2020 – November 1, 2021. The annual plan includes funding for:

- The School Lunch Program
- The Church Committee
- The Annual Christmas Payments
- Expenses paid by the band on behalf of the A'se'k Trust

All COVID safety regulations will apply. You will be required to wear a mask in the training centre and hand sanitize before entering.

Please attend and vote.

Chief Andrea Paul



PLFN Education Update:

Dear Pictou Landing School Families,

Continued congratulations to our students for how well they have adapted with the new COVID19 restrictions that we have had to adhere to. We are very proud of them!

Again, we thank parents and caregivers for keeping children home when they are feeling unwell, and to check for symptoms and contact 811 if family members are exhibiting Covid-like symptoms. Working together, we can all keep healthy.

Has your phone number changed recently?

A friendly reminder to parents and caregivers: please call Karen Prosper at the school if you have had a recent change in your phone numbers. She is updating her list. Wela'liq.

Wela'liek everyone who purchased tickets for the Thanksgiving Basket Draw. And big shout out to our generous school staff who donated many delicious items for a full Turkey Dinner. Congratulations to Karen Worthen, winner of the draw.

October 20 is School Picture Day!

Life Touch has COVID protocols in place to keep everyone safe.

Lunch Menu

Our lunch menu will now include one hot meal choice, as well as sandwich choices and grab-and-go items such as fresh fruit, veggie sticks, yogurt tubes and cheese. The menu will go home on Friday, and also be posted on our website and Seesaw.

WITS Program.

WITS stands for **W**alk away, **I**gnore, **T**alk it out, and **S**eek help for times when anyone is the target of peer aggression and bullying.

The **WITS** Program brings together schools, families and communities to create responsive environments that help students deal with bullying and peer victimization.

We are just beginning to learn about this program. All of our teachers have taken the WITS teacher training and are accredited to teach the program. Constable Kurt Butler is a WITS trained police officer and RCMP school liaison. He will be visiting our classes to introduce the program as well. There is also a Cyberbullying prevention component to this program.

PLFN Health Centre Update:

Flu shots (influenza vaccine) will be available by the nurses at the Health Centre mid-October once received from Public Health. There will be flu clinics offered to the community with Public Health guidelines in place to protect everyone. I will be releasing information on where the clinics will be held and dates. There will be individual appointments available, further information will come out once date of vaccine arrival is confirmed.

It is very important this year to get your flu shot to prevent a “twindemic”. With the Covid-19 pandemic we are encouraging everyone older than 6 months to receive their flu vaccine to prevent a large outbreak of influenza and Covid-19 at the same time. The flu vaccine **does not** protect you against Covid-19 but it's just as important to protect yourself and family from influenza for several reasons including influenza causes many hospitalizations a year, high risk individuals are at high risk of serious complications of the flu.

Facts of flu vaccine:

- The influenza vaccine cannot cause influenza illness because inactivated influenza vaccines do not contain live virus.
- The flu vaccine helps prepare your body for defense against the flu.
- The flu vaccine is generally well-tolerated.
- Anyone 6 months of age and older can receive the vaccine.
- It is best to get the flu vaccine early fall.
- Healthy individuals can spread the flu to those at high risk therefore you are not just protecting yourself.
- The vaccine takes approximately two weeks to be fully effective and protects you for approximately 6 months.
- It will be difficult to tell flu symptoms and covid-19 symptoms apart.
- Minimizing the spread of the flu this year will be very important to help make sure health care facilities are not strained and are able to address COVID-19 outbreaks.

Any questions please call Kayla at (902) 752-0085

Medical Transportation Update:

* Any community member needing a **medical drive** for a medical appointment outside of Pictou County, must get prior approval from Darlene with the date, time, and place before accessing a medical driver (Fran Nicholas at 902-754-3726) or (Noel Nicholas at 902-301-4193). Darlene can be reached at 902-752-0085.

* Any community member using their **own vehicle** for a medical appointment outside Pictou County is eligible for gas under MTRS policy and mileage rates. All papers signed by Doctor or facility must be returned to Michelle at the Health Centre to be eligible for gas reimbursement.

* Any community member needing to access the medical van for a **local** medical appointment (New Glasgow), please call Michelle at 902-752-0085. **24 hours' notice** of appointment must be given to ensure the medical van is available.

Please contact if you are interested in learning more about counselling services or to book and appointment you can reach out to:

Michelle LeBrun

Mental Health and Addictions Clinician (NSHA) for Pictou Landing and Paqtnkek
782-440-2711 (work cell)

michelle.lebrun@nshealth.ca

Hours are as follows:

Monday and Tuesday Paqtnkek

Wednesday New Glasgow Clinic (NSHA)

Thursday and Friday Pictou Landing

PLFN NEO Update:

Do any of these apprenticeship trades interest you?

- **Food Services** – Prepares food and meals in hotels, restaurants and institutions.
- **Heavy Equipment Mechanic** – Repairs and maintains heavy duty equipment such as bulldozers, cranes, and graders.
- **Heavy Duty Operator** – Operating heavy duty equipment such as backhoe, dozer, excavator, and tractor loader.
- **Stationery Engineers/ Power Engineers** – Maintains equipment, boilers, and generators that provide ventilation and power for buildings.
- **Crane Operator** – Uses mobile cranes to lift, move, position and place materials and equipment. Perform pre-operational inspections; calculate crane capacities, determines load weight and sets-up, positions, and stabilizes the crane before the lift.
- **Heavy Equipment Operator** – Move, spread, strip earth, rock, gravel or other materials during construction.
- **Millwright Maintenance** – Install and maintains machinery and equipment in factories and production plants.

Submit name, resume, and phone number to kate.c@plfn.ca or drop it off at the band office for follow ups. These are some of the area's needed for the A'se'k clean-up. You can also just send in your name and which one you are interested in.

NAME: _____

INTEREST: _____

NUMBER: _____

EMAIL: _____

You're Invited



Dear PLFN Community Member;

Beginning on Wednesday October 21, 2020, Paper Excellence will begin to remove the pipe from the East River to Indian Cross Point. The work will take approximately 10 days. There will be an archeologist on site during the removal of the pipe, and should there be any findings, work will be stopped immediately. There will also be a member from Pictou Landing First Nation on site during the duration of all the work.

We would like to invite you to a water ceremony before the work begins. There will be an opportunity to offer prayers and tobacco.

All COVID safety regulations will be in place (social distancing, hand sanitizing, and masks).

When: Wednesday October 21, 2020

Time: 9:00 am

Location: Indian Cross Point



Original Piece of pipe removed in September 2020