

Scholarship Information

DFO Scholarships for Indigenous Peoples in Canada. IOI – Canada is pleased to offer three scholarships, to participate in this two-month training program on Ocean Governance; Policy, Law and Management at Dalhousie University in Halifax. Funding is provided under Fisheries and Oceans Canada Canada's Oceans Management Contribution Program and covers travel, tuition, course materials, field trips and living expenses including accommodation in a Dalhousie Residence. To Apply and for more information visit www.dal.ca/ioihfx.

Be sure to check out the **Nova Scotia Power** website to find all the details on their bursaries that they are offering. The address is nspower.ca/scholarships. They offer bursaries for up to \$1000.00



CONTACT SHEILA

sheilaf@pictoulandingschool.ca

Facebook – Sheila Cat

PLFN Health Centre Happenings:

There have been no cases of the COVID-19 virus in Nova Scotia. Do not believe all that you read on social media about this virus, as some of the information is not accurate. We are working with Nova Scotia Public Health to prepare and respond to the virus if and when it arrives in the province. The provincial government states that it is important to remember that most people who get the virus do not experience severe illness or require hospitalization. Most cases are mild. Good hygiene remains the best defense. Be assured that we are monitoring the

virus closely and do have a PLFN Response/Strategy team in place.

You are encouraged to:

- Wash your hands frequently with soap and water or use hand sanitizer.
- Cough or sneeze into your inner elbow or a tissue (throw tissue away)
- Limit contact with others when you're sick
- Limit touching your eyes, nose, mouth.



- Don't share items that may have saliva on them like utensils and bottles/ glasses
- Disinfect surfaces like taps, doorknobs, and countertops often.

Symptoms of COVID-19 Virus:

- Fever
- Cough
- Difficulty breathing

If you feel unwell:

- Call the PLFN Health centre and talk to a nurse or call 811 in the evenings or weekends.
- Avoid contact with people with chronic conditions, compromised immune systems and older adults
- Avoid having visitors to your home
- Avoid situations like social gatherings, work, school, daycare, visiting other people who are in a health care facility or long-term residence.
- Limit taking public transit, taxis and ride sharing
- Wash your hands often with soap and warm water frequently for at least 20 seconds; use hand sanitizer if soap and water are not available.
- Cover your mouth and nose with your arm when coughing or sneezing.

PLFN Elders:

Income Tax Clinic – Monday April 6, 2020 1:00 pm – 3:30 pm – at the Church

PLFN Social Department Notice:

Clients on social assistance have until the end of April to complete a new social application. If an application is not completed, social assistance could be interrupted. Colleen and George see clients Tuesday-Thursday, they do not have appointments on Mondays and Fridays.

PLFN Education Department Notice:

The Assembly of First Nations (AFN National Office) is hosting a youth conference from March 27-30 in Ottawa, focused on Indigenous Language, in partnership with Sakatay Global and Three Things Consulting. There are 3 seats for First Nation Youth from Nova Scotia.

36 First Nations youth aged 14-24 will be selected from across Canada for an exciting three-day gathering to share, learn and direct the future for First Nation languages. They are looking for diverse experiences:

Youth who are interested in language learning

Youth who are active language learners, or

Youth who are language speakers.

Applications can be found by going to www.3things.ca/spiritSpeakers.

Sheila is able to help with applications if you need assistance. Deadline is March 17, 2020!!

Application Steps:

1. Fill out application at <https://www.surveymonkey.com/r/SpiritSpeakersApplication>
2. Download Consent Form on the website
3. Fill out and sign consent form
4. Scan
5. Email to youmatter@3things.ca



UPCOMING EVENTS



Open Gym



Karate

Open Gym with the RCMP:

Every Wednesday from 6:00 pm – 7:30 pm. All Ages are Welcome to attend! If child is under 8, they must be accompanied by an adult.

PC Invasions Volleyball:

Every Monday from 4:00 pm – 5:00 pm. Please bring comfortable clothing and sneakers.

Karate:

Karate is on Thursdays from 3:00 pm – 4:00 pm.

NAIG Conditions and Men's Basketball:

NAIG conditioning 5:00pm – 6:30 pm
NEW PLFN School Gym

Men's Basketball on Tuesday
Evenings from 8:00 pm – 9:30 pm.

Church Notice:

Every Tuesday evening at 6:00 pm
Rosary N Prayers at Our Lady of
Perpetual Help Church. Tea and
snacks afterwards. Everyone is
Welcome to attend!

Indian Day School:

Indian Day School Form Filling
Session. If you are thinking of
applying for the class action
settlement then you should attend
the session on Monday March 16.
5:00 pm – 8:00 pm at the Training
Centre



FOR MORE INFORMATION:

Check out the PLFN website at
www.plfn.ca

Or the PLFN Facebook Page

Or check out the MPAL Facebook Page:
Called PLFN MPAL

March Break FUN:

Monday, March 16th

1:00-3:00pm Family Fun Day -

two bouncy castles set up at the new gym and Pizza. There will be a bouncy castle set up for the younger kids and a big bouncy castle set up for the bigger kids.

Tuesday, March 17th

9:00 am – 11:00 am Cooking

Class Ages 8-12 Health Centre boardroom

11:00 am – 1:00 pm Cooking

Class Ages 13-17 Health Centre boardroom

1:00 pm – 3:00 pm Elders Bingo

Ages 50+ Training Centre * No kids please

4:00-6:30pm Swimming at the Fisheries Pool, all are welcomed

to attend this, there is no transportation provided.

8:00-9:30pm MENS basketball -

all levels of experience are welcomed.

Wednesday, March 18th;

4:00pm – 9:00 pm Open Karaoke

Health Centre Boardroom

5:00pm Drum Making & traditional Medicines, location TBD

TBD

5:00-6:00pm Fitness classes with Kelli Cruikshank continue on to week 4 at the new gym- all fitness levels are welcomed.

6:00pm Free Skate at the wellness centre, all are welcomed

to attend this, there is no transportation provided.

6:00- 7:30pm Open Gym with the RCMP all are welcomed, kids



under 8 must be accompanied by an adult.

Thursday March 19th

Language and Culture Day, time and location TBD

3:30-4:30pm - Karate classes

continue onto week 4 - everyone is welcomed to attend. Please ensure your child has comfortable clothing and indoor sneakers.

Friday March 20th

2:00 pm – 4:00 pm Movie

Theatre, Grad 8 Fundraiser At the New School

Family Dance 6:00-9:00pm at the new gym. Pizza and prizes! You can dress formal to this event if desired.

Saturday March 21

7:00 pm Crib tournament,

location to be determined

Sunday March 22

9:00 am – 11:00 am – Pancake

Breakfast at the New School, Gr. 8 Fundraiser

Chief & Council Contact:

Chief Andrea Paul

Andrea.p@plfn.ca

902.752.4912 x. 108

Councilor Dominic Denny

Dominic.d@plfn.ca

Councilor Wayne Denny

Wayne.d@plfn.ca

Councilor Derek Francis

Derek.f@plfn.ca

Councilor Haley Bernard

Haley.b@plfn.ca

Councilor Jenny Fraser

Jen.s@plfn.ca

Councilor AJ Francis

Aj.f@plfn.ca

www.plfn.ca



CHIEF AND COUNCIL MEETING CONTACT:

To have an item added to the council agenda you can email the Recording Secretary at webmaster@plfn.ca or you can complete a Chief & council Request form located at the front of the Band Office

