

# Pictou Landing First Nation Newsletter

October 5, 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](#).

## PLFN Newsletter Highlights:

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## PLFN Community Events:

### BATISTE POWER **YOGA** WITH SAMANTHA FRANCIS

**6 WEEK PROGRAM STARTING SEPTEMBER 15,  
TUESDAYS AT 6:30-7:30PM  
FOR AGES 14+**

PLFN NEW SCHOOL GYMNASIUM  
PLEASE ENTER THROUGH THE COMMUNITY ENTRANCE

September 15      October 6  
September 22      October 13  
September 29      October 20

- COVID PROTOCOLS WILL BE IN PLACE
- \* Must Register
  - \* Bring your own mat, some will be available if needed
  - \* Wear your mask until you are seated at your mats
  - \* Come dressed and prepared
  - \* Bring own water bottle- water fountains will NOT be available

TO REGISTER PLEASE CONTACT CYNTHIA DENNY 902-301-5683 CYNTHIA.D@PLFN.CA

## Community Notice:

Please do not throw your garbage in someone else's garbage containers, compost bins or recycling bins. If the garbage lands in the wrong containers, it can cause the garbage to not be picked up, or the owner has to resort garbage that is not theirs.



**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**

## CMB SITE UPGRADE



### **ATTENTION:**

***THIS SITE IS BEING UPGRADED LATE NEXT WEEK. NEW KEYS WILL BE AVAILABLE FOR PICK UP AT THE FIRE HALL ON TUESDAY, 13 OCTOBER FROM 9:30 AM to 3:30 PM and WEDNESDAY, 14 OCTOBER FROM 9:00 AM to 3:00 PM.***

***PHOTO ID REQUIRED FOR KEY PICK UP***

Canada Post is updating the mail Kiosk. This means PLFN band members will require a new mail key. On Tuesday October 13 Canada Post Representatives will be at the PLFN Firehall to distribute new mail keys.

## **PLFN Education Update:**

Parents of students living off-reserve:

Sheila will be using the address you put on the form to receive school supplies to forward Lunch Reimbursement cheques when it is time. If your address has changed since then or you want to confirm the address that Sheila has, please inbox her or send me an email ([sheilaf@pictoulandingschool.ca](mailto:sheilaf@pictoulandingschool.ca)).

Can you also contact your school giving Sheila permission to access your child(ren)'s attendance records. Sheila will send the school a fax at the time she needs this. This will help make the process speedier because some schools do not provide her access to attendance until the parent has given their permission.

Lunch cheques will not be done until the end of October and attendance records have been received.

Wela'liq.

~ Sheila Francis

## 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.

# MI'KMAQ

WIKEWIKU'S HISTORY MONTH OCTOBER 2020

## Plant Knowledge and Use

**Medicine**  
Plants were boiled into teas, pounded into ointments, chewed, smoked and eaten as part of traditional medical practices. They were used for both prevention and for cure of a wide range of ailments including generalized conditions like pain, fevers, and infection, as well as to treat specific conditions like asthma or hemorrhaging. Plants could be used for sedation and to ease or promote childbirth. Some were used for general wellbeing; others to combat fatigue, relieve muscle aches, or aid digestion. Often only one part of the plant cycle is beneficial, so knowing when to harvest the leaf, branch, flower or root is important.

**Ceremonial Plants**  
Certain plants, including sweetgrass, cedar, sage, and tobacco, are used in ceremonies for cleansing and other purposes. With smudging, one or more of these plants are lit to create sacred smoke. Teachings say that the smoke attaches itself to negatively and carries it away. Tobacco plays a special role in pipe ceremonies. Before the widespread use of contemporary tobacco, the Mi'kmaq used a tobacco indigenous to Mi'kma'k that was combined with other plants to make a smoking mixture called 'kinkinik'.

**Naming**  
Plant names often carry information about their use and importance. For example, ewne'k jiji'j (little bluebird) is the name for common vetch. The name comes from the flowers, which look like little bluebirds, because they are good to eat. The pea that comes later is poisonous in large quantities, and used as a medicine to induce vomiting in smaller doses. Names often convey information about shared habitats as well, like with the name for muskrat root (also called sweetflag or flagroot), which shares its habitat with muskrats (ki'kwesu'sk).

**Ecology**  
Plants are integral to healthy habitats and ecosystems. Some plants are indicators of contamination: like canaries in a coal mine, they are the first to struggle when the environment is damaged. Other plants are powerful filters removing harmful elements from the ecosystem. Wetland areas are often called the kidneys of nature, because wetland plants such as cattails absorb naturally-occurring contaminants as well as those from farming and industrial activities.

**Art**  
Plants are key to many Mi'kmaq artistic traditions. Baskets and quilwork use wood (ash and maple) and birchbark, which often are adorned with plant dyes and braided grasses (sweetgrass). Fiber arts such as woven mats and bags were made from reeds, cattail leaf, white cedar bark, and even beach grass. Often artisans use seasonal materials to make specialty items like mayflowers wrapped in birchbark cones, which have been sold in early spring on trains and in urban areas for generations.

**Food**  
Diverse habitats across Mi'kma'k provide a large number of foods including nuts, berries, roots, leaves, bark, and flowers. S+pekn (ground potato) and other tubers like muskrat root as well as hazelnuts, blacknuts, and butternuts provided energy and healthy fats. Berries contain essential vitamins and minerals as well as lots of fiber. Bearberries, strawberries, teaberries, huckleberries, gooseberries, partridgeberries, cranberries, blueberries, currants, elderberries, foxberries and blackberries are eaten fresh or dried for winter storage. Boiling roots and leaves to make pletwey (tea or broth) is common for both food and medicines. Fresh leaves like dandelions, flowers such as milkweed, and the inner bark of trees like poplars have been important food sources.

**Colours & Dyes**

- strawberries, chokecherries, dandelion root, rose hips
- blueberries, elderberries
- inner birchbark
- cherry roots, red cedar roots, inner red maple bark
- cone flower, golden rod, clover blossoms
- acorns
- black-eyed susan, grass
- iris root, coal, carbon

**Plant Names:**

- tupsi alder
- wsekwitu'l milkweed
- ki'kwesu'sk muskratroot
- ma'susi'l fiddleheads
- su'ni (berries) su'naqsi'l (plant) cranberries
- ka'qaju'manni (berries) ka'qajumanaqsi (plant) Indian teaberry
- plaweju'mani partridgeberries
- welima'qij'kewe'l / sweetgrass
- malloqwanji hazelnuts
- pkwimm (berries) pkwimanaqsi (plant) blueberries
- ewne'k jiji'j vetch
- coqasqi / tobacco
- qakusi / cedar
- sko'q+tpikusulwasuekji' mayflowers
- welima'qij'kewe'l sweetgrass
- maskwi birchbark
- sn+pekn ground nut
- sn+skwi cattails
- tupi spruce root
- kjelamusi / sago

**Partners:** Mi'kmaq, Nova Scotia, Indigenous Services Canada, Services aux Autochtones Canada, The Confederacy of Mainland Mi'kmaq, Native Council of Nova Scotia, Union of Nova Scotia Mi'kmaq.

# PLFN Employment Opportunities:



## Pictou Landing First Nation

**Position: Gaming Center Security – On call sub position**

**Start Date: October 19, 2020**

**Position Description:** Pictou Landing First Nations Gaming Center Security Officer who will be responsible for assisting with the overall security of Pictou Landing First Nations gaming center. He/she is responsible for the safety of Pictou Landing First Nations customers, employees and property. The Security Officer must instill a strong sense of safety to all customers and employees within Pictou Landing First Nations gaming center.

### Required Knowledge and Abilities

- Previous experience as a Security Officer or in a related field required.
- Attention to detail in all areas of work.
- Must have a valid driver's license.
- Must be able to effectively follow and give directions.
- Must have first-aid and CPR certification.
- Must be able to complete required paperwork to report abnormalities or incidents.
- Must be able to sit or stand for long periods of time.
- Highly effective teamwork skills.
- Strong conflict management skills.
- Effective communication skills with individuals at all levels of the organization.
- Able to effectively communicate both verbally and in writing.
- Able to work well under pressure and provide good customer care.
- Strong work ethic and positive team attitude.

**Schedule:** on call as needed to be determined with supervisor, must be flexible to work days, evening and weekends.

**Compensation:** to be determined

Submit resume with three (3) references and a cover letter stating why you are the best candidate to: Verna Langley, Director of Human Resources, fax 902-755-4715 or email [verna.l@plfn.ca](mailto:verna.l@plfn.ca).

Deadline for applications is 12:00pm on Thursday October 15, 2020. Late applications will not be accepted.

**Only qualified applicants will be contacted for an interview.**