



PICTOU LANDING FIRST NATION NEWSLETTER

July 20, 2020

PLFN CONTACT NUMBERS

VCM Deliveries: 902.755.9800

Mental Health Services:

Emma Larson (Child/youth)

902.759.8415

Michelle Lebrun: 782.440.2711

Tina Fusco: 902.754.4632

George M: 902.237.4844

RCMP: 911

COVID Symptoms: 811

INVESTIGATIVE WORK ON PIPE BEGINS

Today Chief and Council invited Tonya Francis to perform a small ceremony at Indian Cross Point as the location of the pipe began the morning.

Department of Infrastructure and Renewal was on site with NS Lands, Boreas and Boat Harbour



Remediation Liaison as Tupper's Trucking began to dig to locate the pipe.

In the coming weeks a plan will be developed to ensure safety measures are in place as the relate to COVID and the large equipment that will be on site. We will have a larger ceremony as the actual digging of the pipe and capping it off begins. We will have more updates as this progress.





Are you interested in learning new skills to help you set and reach goals after just graduating from high school?

Would you like to overcome any fears about public speaking and group presentations in class at college or university?

If so, these online workshops are for you.

Workshop 1 – Self-Reflection & Goal Setting for high school Grads of 2020

Workshop 2- Public Speaking for high school Grads of 2020

Facilitator: Nancy MacLeod

E-certificates will be presented upon completion

How to Join- students will require their own google account (not the one they were using at school as due to settings; it will not allow them to join other classes outside the school). Once you have your own google account, log in and use the code: **dmlxe4v** to enter the Steeper Climb Classroom.

Workshops and Prizes sponsored by Mi'kmaw Kina'matnewey

For More Information contact: Nancy MacLeod -nancyjmacleod@gmail.com or text 902.217.5544

EMPLOYMENT OPPORTUNITIES:



Pictou Landing Band Council

RR 2 Site 6 Box 55 Trenton, Nova Scotia
Phone: (902) 752-4912 Fax (902) 755-4715

Pictou Landing First Nation Project Support Worker

Job Description:

Pictou Landing Band Council is seeking resumes for the position of Project Support Worker for the Apprenticeship program. The Project Support worker will work as a Project Team under the direction of the Native Employment Officer in consultation with the Apprenticeship Agency. The Project Team will be tasked to help keep the community informed and capitalize on any employment and business opportunities coming from the Band.

Some tasks involve:

- Creating a Skills & Business Inventory including Asset Mapping
- Conduct Community Information Sessions with focus groups (Elders, Youth, etc.)
- Conduct community events (i.e. Career/Job Fair)

Qualifications:

- Must be aged 19 years and up.
- Must be a registered Pictou Landing First Nation Band Member.
- Must have a minimum Grade XII certification or equivalency.
- Effective communication skill (oral and written), excellent interpersonal skills.
- Good working knowledge of computer systems and their applications specifically Excel, Word & Outlook.
- Keen interest in the use of multimedia (text, audio, images, animation, video).
- Ability to handle, schedule and prioritize multi-tasks, and be able to work on your own as well as in a team environment.
- Must be reliable, punctual, motivated, friendly & outgoing.
- Must have a current driver's license & access to reliable transportation.
- Must clear a Criminal Records Check AND a Child Abuse Registry Check.

Start date: August 4th, 2020

End date: February 28, 2021

Salary: \$14.50/hour

Hours: 35 hours/week

Please submit a resume and cover letter outlining your skills, abilities and an explanation on why you want to be a part of this project to:

Verna Langley, Human Resources Director

Fax 755-4715

Email verna.l@plfn.ca

Or in Person at the Band Office.

Due: Wednesday July 29, 2020

PLEASE NOTE: ONLY THOSE WHO QUALIFY WILL BE CONTACTED FOR AN INTERVIEW

This posting may be altered or cancelled without prior notice.

MPAL UPDATE: PLFN August 2020 Wellness Challenge

1. Go for a 30-minute walk.
2. Drink a glass of water as soon as you wake up.
3. Try a yoga pose.
4. Meditate for at least five minutes.
5. Make a healthy meal.
6. Get 7-9 hours of sleep.
7. Get off all social media after 6pm for the rest of the night.
8. Make an appointment with yourself for one hour.
9. Do something social with friends.
10. Try a new outdoor activity.
11. Fix yourself up for the day (fix your hair, dress up, maybe makeup, whatever you feel!)
12. Compliment someone.
13. Compliment yourself at least five times throughout the day.
14. Do something you love.
15. Drink water all day, and only water (if you need your coffee/tea, have your needed amount, or less!)
16. Try a fitness class (if you do not feel comfortable because of COVID, a workout video/YouTube works perfect).
17. Walk to work- if you do not work, take a little walk.
18. Eat fruits and veggies!
19. Do something nice for someone.
20. Send someone a beautiful message to make their day.
21. Eat a healthy breakfast.
22. Workout challenge- 10 push-ups, 10 squats, 10 sit-ups, 10 jumping jacks (modify if needed!)
23. Stretch your body for five minutes.
24. Set priorities for your day (decide on the top 3-5 things you want to accomplish. Write it down and spend a minute or two reflecting on how you want your day to unfold and start your day off with clear intentions.)
25. Write your gratitude. At the end of the day, reflect and write five things you are grateful for.
26. Declutter a drawer/closet in your home.
27. Give something away that no longer brings you joy.
28. Make your bed.
29. Get your heart pumping for a total of 30 minutes- brisk walk, bicycle, exercise, swimming, etc.
30. Do something you love with someone you love (this could also be a pet).

Complete all of these within the month of August for a chance to win a 1st prize; Fitbit Vice Versa, 2nd prize; \$100.00 Ultramar card and 3rd prize; \$50.00 Visa! They do not have to be done in a specific order, as long as they are all complete. Post on your Facebook timeline to promote the challenge with your friends. Tag “Cynthia Rose” in at least one challenge (so I know you are participating in the challenge)

If you do not have social media and cannot take a picture for proof, write on a piece of paper your activity and the day you completed it. With a description of how you feel after the 30 day and can drop the paper copy off to Cynthia. Thank you for participating!

FISHERIES PRESENTS:

Event hosted by Fisheries Dept

JOIN US FOR A DRIVE-IN
FAMILY

MOVIE NIGHT

WEDNESDAY | JULY 22 | 8:30 P.M.

Where? Church parking lot facing
the side of the band office.
Come for the fun and bring
blankets, chairs, snacks, etc.!

*date may change regarding weather, and please
don't forget to follow social distancing
requirements:)*

If you have any questions feel free to contact Madison Nicholas or
Felicity McGraw on Messenger



**FREE
POPCORN!**

