



"WINTER IS NOT A SEASON IT'S A CELEBRATION"

PLFN
Newsletter

Jan 29 2020



IN THIS ISSUE

A Message from Chief & Council

Today begins the beginning of a new chapter for all of us. The story of Reclaiming A'se'k begins today.

This has been a long hard fight for our community, to those who have passed on, we thank you for all your hard work, guidance and leadership. To all those still standing with us, thank you for helping to guide us as your Leadership. We have stood together for the past 53 years, and together, we will work as we begin the clean up.

#31January2020 - the cessation of pulp effluent entering Boat Harbour

#30April2020 - the cessation of wastewater entering Boat Harbour

#1May2020 - removal and sealing of the pipe begins Wela'liek



MPAL Update:

Lots happening through the week with the MPAL program.



Health Centre Updates:



Opportunity for Mi'kmaq Speakers

Are you interested in learning how to read books written in Mi'kmaq?

Jackie Alex will be holding Mi'kmaq book reading classes for Mi'kmaq speaking community members. These will be held on Wednesdays for the next 10 weeks (6:00 – 7:00) starting on Wednesday, January 22. Classes will be held at the meeting room, upstairs Day Care Building.

We are taking a maximum of 10 Mi'kmaq speaking community members. If you are interested, please leave your name and phone number at the Band Office or email the info to Sheila –



sheilaf@pictoulandingschool, or inbox on Facebook: Sheila Cat.

Books will be provided and they will be yours to keep.

Please – this is adult speakers only. Do not bring children as the area is small and we want people to be able to hear and focus on the language.

CONTACT SHEILA

sheilaf@pictoulandingschool.ca

Facebook – Sheila Cat



PLFN Health Centre Happenings:

Healthy Cooking Class with Karen Prosper. Come join Karen Prosper in cooking a delicious healthy meal at the Health Centre Monday February, 10th from 5:00 pm -7:00 pm in the board room!

If anyone in the future is interested in sharing a delicious healthy meal with the community, please contact Kayla or Darlene at the health centre to arrange a date and time.

Introduction to Youth Work:

Do you have a few available hours a week that you would be available to mentor a youth in the community? We are

currently seeking community members who are able to spend some one on one time with youth, similar to Big Brothers big Sisters.

Youth workers would need to provide a Criminal record and vulnerable sector check (we will help you get them) and have a vehicle.

If this is something you're interested in and would like to lean more about please join Emma Larson, Mental Health Clinician and Jyl cress, Band Designate.

When: February 5 at 5:00 pm

Where: Health Centre Boardroom

Supper will be provided



Open Gym



Yoga

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

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.

Off-Ice Training:

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

Yoga:

There is 3 weeks left of yoga Sunday February 2, 9 and 16th. Yoga is offered at the Training Centre from 6:30 pm – 7:30 pm.

Introduction to Youth Worker:

Come find out more about being a youth mentor here in PLFN! Information Session on February 5 at 5:00 pm. Supper will be provided.

Eeling with AJ:

On Monday February 10th, AJ will be taking those interested in eeling out. He will leave the gas bar at 9:30 am. \$20.00 will be provided to the first 10 who sign up with Cynthia.

Cooking Class:

Healthy Cooking Class with Karen Prosper on Monday February 10 beginning at 5:00pm at the Health Centre.



Community Notice: Re Boat Harbour:

It 's been brought to our attention that there is quite a bit of traffic in and around Boat Harbour including around the Effluent Treatment Facility. It seems that ATVs are frequently on site and maybe even being driven on ice or the shoreline which is an extremely risky practice.

We know that parts of the harbour are frozen and ice covered which is quite unusual and as a result of the water temperature not being as significantly influenced by hot wastewater as in past years. However, the ice is very thin and should not be considered safe. In fact, driving ATVs in and around the facility is not recommended due to the various hazards present.

For the safety of everyone, please refrain from travelling around the site.



Wela'liek
Thank you for your contributions

- Individual Private Donors
- PLFN Fisheries
- PLFN Health Centre
- Colin Osmond & University of Saskatchewan
- PLFN Native Women
- McKiggan Hebert Law
- Ellen Page
- Mik'nawey Green Communities Program
- PLFN Community Members

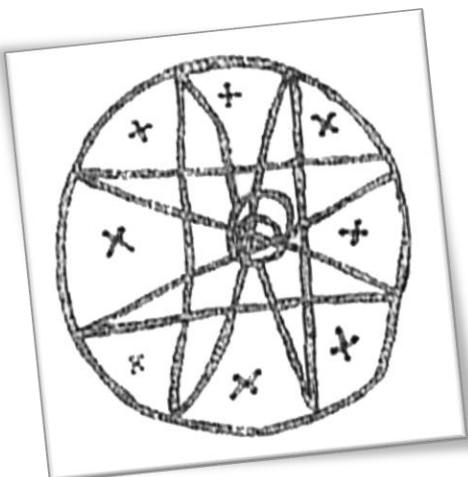


We have come a long way ...

... and us in honoring our lost loved ones, knowing our resilience, strength and courage as our healing journey begins.

*****PLEASE NOTE*****
These community events are open to allies and guests but are CLOSED to all MEDIA outlets, please respect our wishes & thank you for your understanding.

POSTPONED



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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.

