



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

PLFN Newsletter

March 2 2020



IN THIS ISSUE

Do you like Photography?

PLFN is looking for an experienced photographer to take some photos of new staff. We are looking for someone with the equipment necessary to take all the shots, and edit them.

We do have a limited budget, but if you are interested please contact Heather at heather.h@plfn.ca or 902.752.4912 x. 110.




Please send inquires by Friday March 6, 2020

Wela'lin

Indian Day School Information:


Indian Day School: Form Filling
— Pictou Landing First Nation —



Who: Anyone applying or thinking about applying for the Indian Day School class action settlement
What: Assistance with filling out Indian Day School forms. Opportunity to ask questions and see what supports are available for you and your community.
Where: Monday, March 16 2020, From 5-8 PM
Where: Training Center
There will be a clinical therapist on-site to assist with forms as well as multiple workers available for emotional support



Refreshments will be provided



MPAL Updates:



OPEN

Gym with the RCMP

EVERY WEDNESDAY
6 PM - 7:30 PM
All ages Welcome!

Archery in the Schools Program

Sheila is looking at having a Basic Archery Instructor (BAI) program in the community sometime in March or April. She needs a minimum of 6 people with a maximum of 12 to register for the program. As a trained BAI, you can teach the NASP (National Archery in the Schools Program - google it to see what it is about) method of archery to students of all ages.

The cost is \$150 per person. PLFN people will have the amount covered by their recreation allocation (provided you have a balance to do so). People from other first nation communities will have to cover the cost themselves or have their community provide payment. PAYMENT MUST BE MADE IN ADVANCE.



Sheila will be contacting people who had previously filled out a registration form to see if they are still interested. You will be the first of the 12.

Saturday, May 9, 2020 has been selected as the date.

CONTACT SHEILA

sheilaf@pictoulandingschool.ca

Facebook – Sheila Cat



PLFN Health Centre Happenings:

NEW STAFF ALERT!

Pictou Landing First Nation and our Health Centre Staff would like to welcome our new Director of Health, Shelley Young. Shelley is from Eskasoni First Nation. She brings to us many years of leadership experience and program management. Shelley's prior experience includes working as a Regional Program Manager at the IWK Health Centre for Pediatric Pain. She formerly worked in many different capacities at the Wabano Centre for Aboriginal Health (Ottawa,

ON); as the Communications/Outreach Coordinator for the Dalhousie University Aboriginal Health Science Initiative; and as a Mi'kmaq Language instructor at Saint Mary's University. In 2014, Shelley co-published a report on findings from the Aboriginal Children's Pain Study in the Canadian Medical Association Journal. Shelley is also a jingle dress dancer and mother to her two daughters.

Welcome Shelley!



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.

Men's Basketball:

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



Attention PLFN NAIG Athletes:

Cynthia Denny and Christena Dykstra will be hosting training sessions for NAIG athletes every Tuesday from 5:00-6:30pm starting February 25th. Workouts will take place at the New PLFN School Gymnasium. We highly encourage all NAIG athletes to attend and get their workouts in!

Training sessions will be focused on strength and conditioning but could be sport specific if needed/requested.

We have a private Facebook group called "PLFN Athletes NAIG 2020" that you can join. Parents can also be added so they are in the loop.

See you at the gym!

Notice from The Housing Department:

The PLFN Housing Department is doing a third round of efficiency upgrades with Efficiency Nova Scotia.

Are you interested in having your home receive upgrades to become more energy efficient? If you answered YES, then drop off:

A Copy of your last powerbill
Civic Address
Telephone Number
And Primary heating source to Sally Duff.

Phone: 902.752.4912. x123

Homes will be picked by Efficiency Nova Scotia.

Deadline to submit names is Tuesday March 10, 2020.



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@plfnc.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

