

Letter from the Chief

Dear Community Members of Lennox Island,

Hang in there everyone, winter is coming to a close and the warmer weather will be here soon. Activities on the wharf will be soon begin and in the background our Mentors and Captains are preparing for the new fishing season by building traps.

During the month of February, the council participated in an **MCPEI Board of Directors and Staff Retreat**, during this time both Council's from Lennox Island and Abegweit came together to hear about accomplishments made throughout the year as well as provide direction to the MCPEI program departments for the year ahead.

The MCPEI Board of Directors decided to include the Band Administrators (Corinne Dymont LIFN and Jenene Wooldridge AMN) in the MCPEI Board meetings as observers. This decision will allow them to hear about the activities the Directors at the Confederacy are undertaking. Although they do not participate in the decision-making process, they are on as resources for both councils. This will also ensure that they are both very much aware of what programs and services are being offered in each of the communities through the various departments within MCPEI. They are a very welcomed addition to these meetings.

MCPEI Board of Directors also decided to allow our Community Directors to co-present when necessary and on an as needed basis. An example of how this would work: The LIFN Health Director (or any Director) in community has the opportunity to come into the meeting to hear the report being provided and will have the chance to ask questions and address any questions/concerns the Board of Directors may have.

It is our hope that through this we will be able to make improvements to see increased communication and connection between MCPEI and our communities.

MCPEI Programs work to benefit both communities, there are times when as an individual community we are not able to access dollars that a tribal organization is qualified to apply for. A great example of this is MCPEI Family Pride Program has been able to access funds to help with an extension to the health centre. We will now be able to address the lack of space currently available and can now increase programming. This could only be made available through these types of partnerships.

As part of the LIFN Capital Plan, we have been working very hard to get funding for a new fire department. As a first step in this process we have been able to access funds to do a business/design plan from Indigenous Service Canada (ISC). This is the type of work that has to be done before we can access dollars for a new fire department, and we are still on track for this. Once the business/design plan has been completed, we will provide more information.

The Health Advisory committee which includes myself, MCPEI Health Director and representatives from the two First Nation health centres have been working towards having our very own Mental Health Wellness Center for youth and young adults here on PEI (Off Reserve). We have put forward our intentions to Health Canada as well as to the Province of PEI. Positive discussions have been ongoing, and we will continue to pursue this. Our goal is to address intergenerational trauma and issues related to alcohol and drug addiction. We have been able to access funds to develop a business plan.

There has been a great deal of work done to date on a number of initiatives throughout the departments. All of this work is being completed with the vision to improve the lives of our Mi'kmaq Nation. We will continue to keep you informed of what is being done.

Until Next Month's addition of the Kwimu

In Peace and Friendship

We'lalioq

Chief Matilda Ramjattan
Lennox Island, PEI
matilda.ramjattan@lennoxisland.com



TO SUBMIT

UPCOMING:

- Birthdays/New Babies
- Anniversaries/Weddings
- Program Updates
- Stories
- Student/Athlete of the Month
- Events
- Notices

Please Contact:
Mary Ann Lewis
Phone: 902-831-3109
Cell: 902-786-3045
Email:
kwimu.admin@lennoxisland.com

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Mi'kmaq Confederacy Pleased with Gladue Appeal Decision

February 20th, 2019 by Tammy MacDonald

For Immediate Release

Charlottetown, PEI – 19 February 2019

Mi'kmaq Confederacy Pleased with Gladue

A Supreme Court of PEI Appeal decision on Friday is being applauded by the Mi'kmaq Confederacy of PEI. The Appeal Court found that Chief Provincial Judge Nancy Orr erred in refusing to accept the systemic factors that would reduce the culpability of the offender, Mr. McInnis. In her sentencing, Judge Orr rejected a joint recommendation of the crown and defence lawyers for a two-year probation sentence.

In the 1999 *Gladue* decision, the Supreme Court of Canada recognized the social, economic, and historical factors impacting Aboriginal Peoples and the related over-representation of Aboriginal people in the criminal justice system. In the decision, the Court found that sentencing courts must take these considerations into account when the liberty of an Aboriginal offender is at stake. A "Gladue Report", detailing these factors, was submitted by the Mi'kmaq Confederacy of PEI Indigenous Justice Program on behalf of Mr. McInnis prior to sentencing.

The Appeal Court decision confirmed that the law is clear and that sentencing judges must pay particular attention to the circumstances of Aboriginal offenders and found that the sentencing judge "did not consider the impact of broad historical events and the systemic factors that played a part in the appellant's make-up."

"This is an important decision for Aboriginal people in PEI, and across the country." Said Lori St. Onge, Indigenous Justice Director at the Mi'kmaq Confederacy of PEI. "It upholds the principles set out by the Supreme Court of Canada in *Gladue* and supports the appropriate focus on restorative justice for Aboriginal offenders."

In reaction to the decision Chief Matilda Ramjattan stated: "Our people are grossly overrepresented in our prisons. The impacts of colonization and the *Indian Act* cannot be denied – dislocation from our land, segregating us to reserves, poor economic and educational opportunities, outlawing our cultures and traditions and removing our children from their families and communities. The Supreme Court of Canada recognized this in the *Gladue* decision, and I am very pleased to see the message from our PEI Appeal Court to the Provincial Court that this is settled law."

For more information: Tammy MacDonald, 902-626-2882, communications@mcpei.ca

Visit our website at <http://www.mcpei.ca/>



Background

The Mi'kmaq Confederacy of PEI Indigenous Justice program works to create an environment that allows Aboriginal People to self-administer justice by building a traditional justice system based on holistic community values. Visit www.mcpei.ca for more information.

In 1996, the federal government added a new section to the Criminal Code, which reads: "All available sanctions other than imprisonment that are reasonable in the circumstances should be considered for all offenders, with particular attention to the circumstances of aboriginal offenders." – Criminal Code s.718.2(e).

In 1999, the Supreme Court of Canada interpreted this section in *R v. Gladue* and called the over representation of Aboriginal peoples in prison "a crisis." The Court specifically referred to discrimination faced by Aboriginal people in the justice system as well as other systemic factors that contribute to over representation. The Supreme Court found that the new sentencing law provides judges the opportunity to address the issue of Aboriginal over representation in prison by focusing on more restorative options when sentencing Aboriginal people.

Aboriginal people in Canada represent over 25% of custodial admissions to provincial and federal prisons but only 4% of the Canadian population.

Basket Weaving with the WES Program

Workplace Learning
PRINCE EDWARD ISLAND



In Partnership with the Cultural Center



February 25th, 2019

Nora Richard was invited to weave Baskets with the WES Program students.

LENNOX ISLAND HEALTH CENTRE PROGRAM AND SERVICE OVERVIEW

PROGRAMMING FOR BABIES, CHILDREN & YOUTH

Some of the programs and supports offered in this area are:

Maternal Child Health:

- ◆ Home visiting for babies and pre-school children
- ◆ Breast Feeding Support
- ◆ Weekly Playgroups

Pre-natal Health:

- ◆ Pre-natal assessments
- ◆ Fruit/vegetable vouchers for expectant mothers
- ◆ Pre-natal education (group and one-on-one)
- ◆ Breastfeeding Education

Post-natal Health:

- ◆ Home visits with all new moms and babies
- ◆ Education, assessment and support

Well Baby Clinics:

- ◆ Provide parental education on health promotion, growth and development and illness/accident prevention
- ◆ Promote Immunization

Child Development Team:

- ◆ A multidisciplinary team offering partnerships with parents to develop health plans that keep their children happy, healthy, and safe; with a community case management system.

Aboriginal Headstart on Reserve:

- ◆ Learning via a play-based model:
 - Emphasis on social interaction/skills and culture
- ◆ With progress, additional skill building includes:
 - School readiness, nutrition and health promotion

Jordan's Principle:

- ◆ Supporting children and families find the services they require by ensuring there are no gaps in government services for them; including: Mental Health; Special Education; Physical Therapy; Dental; Speech Therapy; Medical Equipment.

Pre-school Clinics Evaluation:

- ◆ Growth and development, hearing vision and speech assessments.
- ◆ Referrals are made as required to speech, vision, hearing, OT and physicians

Injury Prevention and Child Safety:

- ◆ Toddler/Child Car Seats provided, along with education and installation
- ◆ Safety expo including car seat safety, fire safety, water safety, bike safety, poison prevention, personal safety education
- ◆ Annual CPR/First Air Certification

School Programs:

- ◆ Health classes and education can include nutrition, physical activity, diabetes awareness, smoking/drugs, dental health, hygiene/hand washing, body systems, sexuality, self-esteem, life skills and safety issues, etc.

Dental Health Education and COHI:

- ◆ Referrals to the COHI
 - COHI: Programming for children ages 0-7
 - Provide regular fluoride treatments at the Health Centre, Daycare, School and in homes

HEALTH CLINICS, EDUCATION AND AWARENESS

Drop-in Health Clinic:

- ◆ Clinic for blood pressure monitoring, glucose testing (blood sugars), weight management, wound care, First Aid, mental health support, etc.

Doctor's Clinics:

- ◆ The clinic occurs every Wednesday morning when we have access to a doctor.

Monthly Injection Clinics:

- ◆ Clinic for administering injections as per doctor's orders

Monthly Wellness Clinics

- ◆ Clinic for education, assessment and referrals to the Diabetes staff
- ◆ Monitor blood sugars, blood pressure and weight, footcare.

HEALTHY EATING AND PHYSICAL FITNESS

Seven Sacred Teachings Youth Groups:

- ◆ Youth groups sponsored by the Health Centre incorporate physical activity, healthy snacks/food and as well as Seven Sacred Teachings.

Healthy Eating Initiatives:

- ◆ The dietitian and Health Centre partners offer:
 - 'Meal Bag', slow cooker, frozen meal and other cooking classes

Physical Activity Promotion:

- ◆ The Eagle Nest Gym
 - Fitness Coordinator
 - Well-equipped gym open to all community members free of charge

Winterfest:

- ◆ Annual week of family fun activities in February
- ◆ Culture, physical activity and healthy eating

MENTAL HEALTH AND WELLNESS

Community Mental Health Services:

- ◆ Basic mental health support and counseling from front line staff
- ◆ Weekly clinic with Dr. Neil McLure, Psychologist
- ◆ Expanded one-on-one mental health programming for adults

Family Wellness:

Best practices are applied to family mental wellness, violence prevention and healthy lifestyle programming:

- ◆ Summer Health Camp
- ◆ Abuse Prevention Programming
- ◆ Anger Management for Children and Adults

Addictions:

NNADAP Programming:

- ◆ Support and referrals for individuals and families
- ◆ Referral to treatment
- ◆ AA

Home and Community Care

- ◆ Assist clients with referrals and linkages with outside service providers and agencies. Enhancement of provincial programming
- ◆ In home monitoring such as blood pressure, blood sugar testing, injections, medication reviews, foot care respite, and personal care
- ◆ Monitoring of palliative care services

Communicable Disease Control and Environmental Health:

Immunization:

- ◆ Provide childhood immunizations according to P.E.I. immunization schedule
- ◆ Annual Flu Clinics

Harm Reduction

- ◆ We offer condoms and a safe needle exchange program
- ◆ Sharps containers distribution/disposal

Community Health Emergency Preparedness and Management

- ◆ Annual update of HEM with the MCPEI Emergency Preparedness Coordinator

TB Education and Investigation:

- ◆ Follow active TB (if needed)
- ◆ Provide education materials at health centre

Environmental Health Program:

- ◆ Safe Drinking Water Program (run by the band office)
- ◆ WHMIS and Safe Food Handling Training through FNIHB EHO

Non-Insure Health Benefits:

- ◆ Coordination of transportation benefits for community members
- ◆ Weekly reimbursement for eligible transportation slips

March is National Nutrition Month



Lennox Island Winter Carnival

Crokinole/Cribbage Tournament



Mi'kmaq bingo



NEON ZUMBA



Lennox Island Winter Carnival Cont...



Ball Hockey Tournament & Skills competition

Photos submitted by Blair Creelman



Teddy Bear Tea Party

Photos Taken By MaryAnn Lewis

Hosted by MCPEI – PRIDE PROGRAM & AWAPEI





Mi'kmaq Family PRIDE Program Prevention, Respect, Intervention, Development & Education Welcoming New Additions to the Team

As the Director of the Confederacy's Child and Family Services Program, I would like to provide an update on the PRIDE Team. Stacey Bishop has moved into her new position with the Lennox Island Health Centre. I would like to thank Stacey for the years that she has worked with the program and all the great work that she carried out in her role as a family support worker. I am very pleased to introduce the community to the new additions to the PRIDE Team. Colby O'Donnell has taken on the role of team supervisor. Rhonda Coyle and Emily Spencer are two new family support workers. They join the other team members, Brent Chaisson and Jolyssa Kilbride. Sarah Ballum is on maternity leave.

Colby O'Donnell:

Colby grew up in many parts of the Island, however he spent most of his time in Sherwood where he played hockey and soccer. Currently, Colby lives in Stratford with his wife, son, cat and 200lb St. Bernard who keeps everyone in line. After a long journey in school, Colby obtained degrees in Social Work, Sociology (Arts) and a diploma in child and youth care work. He is also obtaining his master's degree in Social Work. Colby's areas of expertise are in case management and preventative solutions from a family focussed approach. His experience working with Indigenous families in Nunavut for the past 5 years will make him a tremendous asset to the PRIDE Team and a strong advocate for families on Lennox Island. Please take time to visit Colby at the Health Centre in Lennox Island, he is always looking to speak with community members and hear their perspective on prevention supports.

Rhonda Coyle:

Rhonda grew up in Kinkora, PEI and still lives there today. She and her husband have four children and one granddaughter. She is a graduate of UPEI as well as Holland College's Child and Youth Care Worker Program. She has worked in both Justice and Health PEI. For the past sixteen years she has worked as an Addictions Counsellor at Community Mental Health and Addictions in Summerside. During this time, she has had the opportunity to provide support and encouragement to her clients and their families. Rhonda is looking forward to her new role as Family Support Worker for the PRIDE Program and meeting and working with families within the community.

Emily Spencer:

Emily Spencer is a registered social worker and has worked with youth and families in various capacities over the last 12 years. Emily holds degrees from Dalhousie School of Social Work and UPEI. Emily is a proud member of Swan River First Nation and the Off-Reserve Indigenous community on Prince Edward Island. Emily is actively involved in her communities through NCPEI, AWA, MFRC and MCPEI. One of Emily's main professional accomplishments is developing the internal government document and Child Protection Resource, titled: Aboriginal Connections: A resource package for Aboriginal Children in Care. Emily has numerous years sitting on boards that assist and support First Nations of PEI. Emily currently sits on the Nanegham Housing Board and is a Gladue writer.

The PRIDE Program and the Lennox Island Cultural Centre have partnered to host "Jukuway aq mijisi" on March 11 from 5-7pm. The Location is John J. Sark Elementary School. Hope to see you all there.

Welal'in

Marilyn Birch
Director of Child and Family Services, MCPEI



Leanne Yeo
Registered Dietitian
Health Promotion Coordinator
Contact #: 902-831-2711



MARCH IS NUTRITION MONTH

THE POTENTIAL TO PREVENT

Understand how food can help prevent chronic diseases like type 2 diabetes and heart disease.

Lifestyle factors, including what we eat, can influence our health. A nutritious diet can help prevent illness and can lower the risk of developing chronic diseases. Dietitians can help you follow a healthy eating pattern that suits your individual needs and health goals. Just ask!

BUILD A BALANCED DIET

There are many diets or "eating patterns," and some are healthier than others. The best eating pattern is one that you enjoy and can stick with. The eating patterns that have been the most researched for their health benefits include the Mediterranean, DASH and MIND diets. The foods that are recommended on these patterns can help prevent type 2 diabetes, heart disease, stroke, dementia and some types of cancer.

Here are some foods that are common to all of them:

- Vegetables and fruit
- Whole grains
- Legumes like beans and lentils
- Nuts and seeds
- Milk, cheese and yogurt
- Fish, seafood and poultry
- Healthy oils like canola and olive oil.

Overnight Hearty Oatmeal Breakfast

Yields 2
Preparation Time: 5 min

Ingredients

250 ml	milk	1 cup
250 ml	plain yogurt	1 cup
1 ml	vanilla extract	1/4 tsp
15 ml	natural peanut butter	1 tbsp
10 ml	honey	2 tsp
1	npe banana, mashed	1
250 ml	large flake oats	1 cup
250 ml	fresh mixed berries (blueberries, raspberries and blackberries)	1 cup

Instructions

Step 1

In a medium sized bowl, mix together milk, yogurt, vanilla, peanut butter, honey, banana, and oats until well blended.

Step 2

Split in two and pour in two separate Mason jars. Top each jar with 1/2 cup (125 mL) mixed berries. Refrigerate for at least 8 hours. Enjoy!

Tips

This recipe can be served warm as well. To enjoy hot, microwave for 1 minute with Mason jar lid off.

Nutrition & Notes

Nutrition Information Valeur nutritive	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 465	
Fat / Lipides 12g	
Saturated / saturés + Trans / trans	
Cholesterol / Cholestérol	
Sodium / Sodium 146mg	
Carbohydrates / Glucides 72g	
Fiber / Fibres 10.9g	
Sugars / Sucres	
Protein Protéines 21g	
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	
Calcium / Calcium	38%
Iron / Fer	

Athletes of the Week for the Month of FEBRUARY

The following individuals are selected by Blair Creelman and Robin Enman as Athletes of the Week.



February 8th, 2019
Athletes of the week were
Dylan Bernard & Autumn Lewis



February 23rd, 2019
Athletes of the week were
Annabella Lewis & Kevin Jr. Thomas



Athletes are picked for their dedication, leadership, sportsmanship and participation!!

(Photos submitted by Blair Creelman)

MEN'S GROUP

February 26th, 2019

Participated in Making Leather Smudge Bowl Pouches



SACRED SOUP GROUP

March 1st, 2019



JUDO

Jan 11th, 2019

The Lennox Island Judo Club recently invited, 2014 Japanese National Champion, Yuki Osumi to attend their weekly practice.



Submitted by Robin Enman



Lennox Island Ball Hockey League STATS

As of February 20th, 2019

Scoring Leaders:	GP	G	A	PTS
1. Jordon Guimond	35	55	11	66
2. Dominic Di Julio	35	27	14	42
3. Cory Sark	35	25	13	38
4. Dennis Lewis	35	21	11	32
5. Junior Augustine	35	12	9	21
6. Cory Annand	35	12	8	20
7. Nikeda Sark	35	14	4	18
8. Teddy Lewis	35	11	7	18
9. Mackenzie Thomas	35	7	9	16
10. Brett Bernard	35	11	3	14

Goaltending Leads:	GP	GA	W	L	SHO	GAA
1. Daniel Glory	40	111	24	16	4	2.77
2. Carson Thomas	13	33	7	6	-	2.53
3. Brett Bernard	2	6	1	1	1	3.00
4. Dennis Lewis	6	21	2	4	-	3.50
5. Andrew Thomas	13	50	5	8	1	3.84
6. Kavon Bernard	6	27	2	4	-	4.50



The first ever ALL FEMALE Lennox Island Ball Hockey Team currently playing in the Lennox Island Recreational Ball Hockey League on Tuesday evenings. Members of team are: Dawn Campbell, Angela Baker, Shanna Sark, Danielle Annand, Maddy Annand; Back Row: Arlene Tuplin, Mackenzie Thomas, Charlene Campbell. (Missing from photo: Nikeda Sark).

Congratulations to the ladies, as we are seeing more and more women coming out to play!

Community Programs & Events

MI'KMAQ TEA

Come join us at the Lennox Island Mi'kmaq Cultural Center for a cup of tea and great conversation!

Open to all band members on and off reserve.

Thursdays, from 10am – 12pm.

Door Prizes and refreshments!

For more information call: 902-831-3109

Chief Mary Bernard Memorial Women's Shelter

For further information regarding these programs please contact the Shelter 902-831-2332

Tuesday Morning Ladies Group 9:00am-11:00am

The self-esteem workbook for women. *There will be no morning group on March 5th*

Tuesday Night Ladies Group 6:00pm – 8:00pm

Please make sure to call in advance if you are wanting to participate in group as we may have sessions with limited spaces and also to let us know numbers for childcare. 902-831-2332

March 5th – Cultural Event

March 12th – Outing (Limited Space)

March 19th – NO GROUP (March Break)

March 26th – Spring Craft

Youth Drop-In Space

Students of Hernewood and Westisle (Boys up to the age of 14 can attend until further notice). Please check the Youth Group Drop-in Facebook page for any cancellations or call the shelter.

Wednesday Nights – Programming 5:30-7:30pm (Snack provided)

Friday Nights – Free night – off the bus (4) till 7:30pm (Supper provided) *The week of March Break there will be no group March 20th & 22nd.

DIVINE ENCOUNTER FELLOWSHIP

27 Indian Feather Path,
Lennox Island, PE COB 1P0
HTTP://WWW.DIVINEENCOUNTER.CA
TEL:902-620-4848

Weekly Meetings:

Sunday at 10am – Celebration Service

Monday at 7pm – Bible Study

Wednesday at 7pm – Life Group at Blye Perry – 35 Lidstone Lane, Tyne Valley (Contact # 902-439-9104)

**Please check website/Facebook Page for more detailed information on meetings, updates on cancellations, change in time/venue and special upcoming meetings.

ALL MEETINGS ON LENNOX ISLAND UNLESS STATED OTHERWISE



Lennox Island Skate: Held every Saturday from 7-9pm at the Tyne Valley Arena.

For any cancellations please contact the Band Office 902-831-2779 or check the Lennox Island – Band Administration Facebook Page or call the Arena 902-831-2727.

Elder's Game Night

For Elder's Age 55+



When: Every Monday

Time: 4:30pm – 6:30pm

Where: Cultural Center

Games Include: Dice-10,000, Yahtzee, Cards-Rummy, Crazy 8's, etc. & Bingo

Please tell friends who may not see this notice. For cancellations please call the Cultural Centre at 902-831-3109



MARCH 2019

Time: 9:30am – 11:00am

Where: Health Centre Play Room

Mar 1st – Pipe Cleaner Cheerio Bird Feeders & Post-Partum Depression

Mar 8th – Snow Dough

Mar 15th – NO GROUP

Mar 22nd – NO GROUP

Mar 29th – Grass Craft

Please contact April Perry or Rhonda Thomas at the Health Centre for more details: 902-831-2711

Eagle Nest Gym –January 2019

Opened to the Community

Monday to Friday

8:30am-12:00pm & 1:00pm-4:00pm

If you are interested in going to the gym throughout lunch time, please contact April Perry at the Health Centre 902-831-2711.

The Gym will now be open in the evenings as of

February 12th, 2019.

Monday's 5pm – 7pm

Tuesday's 5pm – 7pm

& Thursday's 5pm – 7pm

Alcoholics Anonymous

AA meetings are held every Wednesday at the building beside the Health Centre from 11:00am – 12:00pm.

For further information please contact Alan Francis; 902-831-2711

Mi'kmaq Language Class

Every Thursday from 6pm – 9pm
At the John J. Sark Memorial School
For further info please contact Doris Googoo; via Facebook or 902-954-1729



NO MI'KMAW CLASS MARCH 21st, 2019

If anyone wants to learn Mi'kmaq Language at home for 1 hour to start off please contact the Cultural Centre or Message Doris Googoo for more information.

Men's H.E.L.P. Group

(Home Enhancement Life Skills Program)
When: Tuesdays. Time: 9:30am – 12:00pm
Where: Health Centre Building

This program will help Healthy Meal preparing with Meal bag. Cultural teachings such as Beading, Basket Weaving, Leather work, Quill Art etc. Life Skills including cooking and baking. For more details contact: Tracy MacLennan 902-831-2711

Women's H.E.L.P. Group

(Home Enhancement Life Skills Program)

FEBRUARY 5th through to March, groups will be held on Tuesdays from 1pm-3pm

Explore issues and solutions experienced by ladies in the community. Cultural teachings - Basket Weaving, Quill Work, Beading etc. Life Skills including cooking, baking, and cleaning. Physical activity with a wellness walk at the beginning of each group.

For more details contact: Marlene MacLennan 902-831-2711



Brent Chassion has Youth Drop-in group held every Wednesday after school for Hernewood and Westisle students from 3:45pm - 5:15pm in the building beside the Health Centre.

Sacred Soup Group

When: First Friday of each month.
Time: 9:00am-12:00pm
Where: Health Centre Building
This program is open to on/off reserve members. A Cultural gathering in preparing a pot of home-made soup together from one of the Seven Sacred Teaching plants and storytelling. For more details contact: Tracy MacLennan 902-831-2711

LENNOX ISLAND HEALTH CENTRE

The Doctor will be available throughout the month of March. Please call the Health Centre to book an appointment. 902-831-2711

ALAN'S CONVENIENCE STORE HOURS

Phone: 902-831-3211

OPENED: Tuesdays, Wednesdays & Thursdays

7:30am – 7:00pm

Saturdays: 9:00am – 5:00pm

Lennox Island First Nation Health Centre MEDICAL CARRIERS CONTACT INFORMATION

Name	Cell #	House #	Name	Cell #	House #
Stevie Bernard	902-439-0713		Mike Labobe	902-439-6390	902-831-2400
Tabatha Bernard	902-315-0076		Tanya Lewis	902-439-6186	
Tracy Day	902-439-1806	902-831-2400	Charlotte Morris	902-439-5059	
Patsy Gavin	902-432-0213		Mary Sark	902-439-6067	902-831-2575
Kim Guimond	902-439-3157				

Community Notices

COMMUNITY NOTICE



TOBACCO SALE

Regular sales hours from this point on will be as follows:

Monday – Thursday: 10:00am – 4:00PM
Friday: 8:30am – 12:00pm

No sales will be available on Saturday or Sunday.

Please use back entrance to purchase tobacco.

PLAYGROUND-PODIUM

The Aboriginal Sport Circle's (ASC) mandate is to **increase participation in sport and recreation** for Indigenous youth living on and off reserve in Prince Edward Island.

In addition to sport and recreation opportunities, the ASC also focuses on recruiting program and event volunteers. The ASC supports and encourages coach development by connecting volunteers with coach education opportunities.

To learn more about opportunities within the ASC as an athlete, event volunteer or coach, please contact:

Lynn Anne Hogan, Manager
 Aboriginal Sport Circle
lahogan@mcpei.ca
 902-786-4348

Richard Lush, Program Coordinator
 Aboriginal Sport Circle
rlush@mcpei.ca
 902-439-8184



Acupuncture With Clyde Penny

12 sessions
 Starting Mondays
 March 11th, 2019 – June 3rd, 2019

Please call the Health Centre to book a session
 902-831-2711

Jukuway aq mijjisi

Date: March 11, 2019
 Location: John J Sark Elementary School
 Time: 5-7pm

Menu

Moose Stew
 Corn Chowder
 Cake with Blueberry Sauce

Kids Menu

Hamburger & Noodles (Goulash)



Contact:
 Colby O'Donnell • codonnell@mcpei.ca • 489-4816



FINAL SELECTION CAMP

2019 NATIONAL ABORIGINAL HOCKEY CHAMPIONSHIPS

MARCH 30TH & 31ST, 2019

MEMBERTOU SPORT & WELLNESS CENTRE

In preparation of the 2019 National Aboriginal Hockey Championships being hosted in Whitehorse, Yukon from May 6th-12th, Team Atlantic will host their final selection camp on March 30th & 31st, 2019 at the Membertou Sport & Wellness Centre.

Players born in 2001-2005 and have Indigenous ancestry are eligible to compete. If you are interested in attending the final selection camp or would like additional information, please provide player name, current team, position, and date of birth to:

Male Team: Tex Marshall, tex@kinu.ca

Female Team: Ryan Francis, ryan@kinu.ca

NOTICE

The John J. Sark Memorial School will **NOT** be available throughout March Break March 18th – March 22nd! Due to ongoing construction.

NOTICE

For all members who signed up, Fisherman's Pride will be hosting a Marine First Aid on March 9th & 10th, starting at 9:00am at Fisherman's Pride Board Room.



If you made a claim in the:
 - Independent Assessment Process (IAP) or
 - Alternative Dispute Resolution process (ADR)

The IAP is the process for compensating claims of Indian residential school abuse. The deadline for IAP applications was in 2012. The ADR was the earlier process for the same types of claims.

IAP and ADR records are being kept confidential and will be destroyed in September 2027. Until then, claimants may choose to get a copy of their records or preserve them for history at the National centre for Truth and Reconciliation.

For more information: Call 1-877-635-2648 (toll free) or visit www.MyRecordsMyChoice.ca

Brochures are located at the Lennox Island Band and Lennox Island Health Centre.

John J. Sark Memorial School MARCH Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEB 25	FEB 26	FEB 27 Anti-Bullying Day (wear pink)	FEB 28	March 1 Regular Classes
4	5	6 Badminton 3:00-4:00pm	7 Badminton 3:00-4:00pm	8 No School Parent & Teacher Interviews
11	12	13 Badminton 3:00-4:00pm	14 Badminton 3:00-4:00pm	15 Wear Green Day Badminton 3:00-4:00pm
18 March Break	19 March Break	20 March Break	21 March Break	22 March Break
25	26	27 Badminton 3:00-4:00pm	28 Badminton 3:00-4:00pm	29

FEBRUARY 2019

Feb 4th – Happy 11th Birthday to Reece & Riley Dymont! Love Mom, Dad, Keely, Conner, Janna, Cohen, Pablo & Gus!
Feb 14th – Peter Joe Bernard
 -Happy Birthday Peter Joe! From Sheila Mitchell
 -Happy Birthday Dad/Peter Joe! Love Jill, Keagan & Kayden! Xoxo
 -Happy Birthday! Love Emily & Family!
Feb 18th – Happy Birthday to the best daddy/man in the world! Lots of love from your beautiful family! Love William, Tommy & Destiny! Xoxo
Feb 22nd – Lyla Mitchell
 -Happy Birthday to Lyla! From your best friend Stacy Banks!
 -Happy Birthday Lyla! Love always Nanny! Have an awesome day!
 -Happy 5th Birthday to Lyla! Love Auntie Remanda
 -Happy Birthday Lyla! Love your best friend Ellie
 -Happy 5th Birthday Lyla! Love Auntie Kristin, Uncle Jacob & Family
Feb 24th – Angus Sark
 -Happy Birthday Dad! Love Samantha & Adam
 -Happy Birthday Grandad! Love Wowkwis
 -Happy Birthday Uncle Angus! Love Mary Ann, Chris & Aurora
Feb 24th – Happy Birthday to Karissa-Jo Bernard! Lots of love from Mom & sisters



MARCH 2019

Mar 1st – Joel Bernard
 -Happy Birthday to Joel Bernard! Love Nicole, David & Kids
 -Happy Birthday Daddy! Love Alanna, Lincoln, Amber & Abbey
 -Happy Birthday Dad! Love Skye & Kavon
Mar 2nd – Happy Birthday to Jackie Gallant! From Sheila Mitchell
Mar 4th – Happy Birthday to Adam! Love Wowkwis & Samantha
Mar 5th – Jezebel Thomas
 -Happy Birthday to Jezebel! Love Uncle Chance & Aunt Vicky
 -Happy Birthday Jezebel! From George & Stacy
 -Happy Birthday Jezebel! Love Nanny & Poppa
Mar 6th – Happy 7th Birthday to Canyon Tuplin! Love Mommy, Daddy & yours brothers.
Mar 6th – Happy Birthday to Keegan Bernard! From Sheila Mitchell
Mar 8th – Happy Birthday Charm! Love Auntie Misti
Mar 10th – Happy Birthday to my brother Leslie Labobe! Love Mary & Sherwin xo
Mar 11th – Happy Birthday to Baby Paul! From Sheila Mitchell
Mar 12th – Sheila Mitchell
 -Happy Birthday Auntie Sheila! Love Val, Jon & Family.
 -Happy Birthday Momma! Love Remanda & Ellie
 -Happy Birthday to my cousin Sheila! Love Jackie Gallant
Mar 15th – Desiree Joseph
 -Happy Birthday Desiree! Love always Mom, David & Kids xoxo
 -Happy Birthday to my godchild Desiree! Love always Godma Cheryl
Mar 14th – Happy Birthday to our daughter Danielle! Love Momma & Sherwin xo
Mar 14th – Abbey Thomas
 -Happiest Birthday to Abbey-goo! We love you to the moon & back and hope you have a fantastic day! Love Mom & the kids.
 -Happy Birthday Abbey! Love Godmother Mary Ann & Family
Mar 15th – Jennifer Banks
 -Happy Birthday! From Vicky & Chance
 -Happy Birthday Jennifer! From George & Stacy
 -Happy Birthday Jennifer! Love Mom & Dad
 -Happy Birthday to my lovely sister! Love Claire Gallant
Mar 16th – Patsy Bernard
 -Happy Birthday Aunt Patsy! Love Chance & Vicky
 -Happy Birthday Aunt Patsy! From George & Stacy
 -Happy Birthday Patsy! From Janet & Cecil
Mar 17th – Happy Birthday to Erica Francis! From Wendy
Mar 18th – Michelle (Shelly) Mclean
 -Happy Birthday to Shelly! Love Tiffany, Drake & Cole
 -Wishing you a very Happy Birthday! From the Health Centre Staff
Mar 19th – Hubert Sark Sr.
 -Happy Birthday Uncle Hubert! From Sheila Mitchell
 -Happy Birthday Uncle Hubert! Love Sadie Mitchell
 -Happy Birthday Dad! Love Cindy & Daren
 -Happy Birthday Dad! I love you oh so much! From Ryan, Rose & Zavier
 -Happy Birthday Grampy Hubert! Love Remanda & Ellie
 -Happy Birthday to dad who will be 75 years young! Love Sheila & Owen
Mar 21st – Jamie Sark
 -Happy Birthday to Jamie! From Sheila Mitchell
 -Shout out to my lil' big brother Jamie! Love from Val, Jon & Family
Mar 21st – Happy Birthday to Katie Labobe! From Sheila Mitchell
Mar 21st – Happy Birthday to my handsome son Jamie! Love Mom
Mar 21st – Happy Birthday in Heaven Dad! Love Tiffany, Drake & Cole
Mar 22nd – Shawn Labobe
 -Happy Birthday Love Auntie Mary & Uncle Sherwin xo
 -Happy 29th Birthday Shawn/Dadda! Love always Britt & Avery
Mar 23rd – Nicole Bernard
 -Happy Birthday Mom! Love always Desiree, Tyra, Karter & Carlene xox
 -Happy Birthday to my beautiful girlfriend Nicole! I love you with all my heart and wishing you the happiest birthday ever! Love David
 -Happy Birthday an Awesome Mama, Nicole! From Claire Gallant
 -Happy Birthday Nicole! Love Tiffany, Drake & Cole



Mar 23rd – Marilyn Sark
 -Happy Birthday Grammy! Love always Nicole, David & Kids xoxo
 -Happy Birthday Marilyn! Love Peter, Cheryl & Tyler
 -Happy Birthday Marilyn! From Mary Ann & Family
Mar 24th – Tanner Gallant
 -Happy Birthday Tanner! From Brittany
 -Happy 19th Birthday Tanner! Love Dad, Cheryl & Tyler
 -Happy Birthday to my Godson Tanner! Love Jackie
 -Happy Birthday Tanner! Love Aunty Sheila & Owen
Mar 25th – Cy Bernard
 -Happy Birthday Uncle Cy! From Chance & Vicky
 -Happy Birthday Uncle Cy! From George & Stacy
 -Happy Birthday Cy! From Janet & Cecil
Mar 26th – Brittany Sark
 -Happy Birthday to Brittany! Love Dad, Cheryl & Tyler
 -Happy Birthday Brittany! Love Aunty Sheila & Owen
 -Happy Birthday Brittany! From Sheila Mitchell
Mar 28th – Mike Labobe
 -Happy Birthday to my brother Mike Labobe! Love Mary & Sherwin xo
 -Happy Birthday Poppa! Love Aubree & Liam
Mar 28th – Bree Sark
 -Happy Birthday Bree! Love Mommy & Daddy
 -Happy Birthday to my granddaughter Bree! Love Nanny Sadie xo
Mar 30th – Madlene Sark
 -Happy Birthday Auntie Madlene! From Care & the Kids, we love you so much!
 -Happy Birthday Godmother! Love Riley
 -Happy Birthday Madlene! Love Kayla & Pat
 -Happy Birthday Auntie! Love Keira
 -Happy Birthday Madlene! Love Mary Ann & Family
Mar 30th – Happy Heavenly Birthday Daddy! I miss you! Love Care
Mar 31st – Happy Birthday to Randy Thomas! Love Joyce & Family

Valentine's Wishes

Happy Valentine's Day to everyone! Friends and Family! Hugs to all - Sheila Mitchell

Happy Valentine's Day to George Love Stacy

Happy Valentine's Day to Chris Duskey! Love your girls! Mary Ann & Aurora xoxo

Happy Valentine's Day to Stacy! Love George

Mi'kmaq

Words of the Month

House Hold Items

Bed = Po'qn	Chair = Kutputi
Blanket = Pla'kit	Doll = Amsute'kan
Bucket = La'taqsun	Broom = Sasqe'l
Comb = Naltuko'n	Fork = Sapte'kney
Pan = Kosikna'q	Pillow = Kwa'taqn
Photo = Napuwikaqn	Plate - Lasiet

"The only person you are destined to become is the person you decide to be."

Ralph Waldo Emerson

Beef & Cabbage Skillet



Ingredients:

2 tbsp Canola Oil
 1 lb ground beef sirloin
 ¼ tsp ground coriander
 1 white onion, sliced
 1 head green cabbage, cored and chopped (4 cups)
 ¼ cup canned tomato puree
 2 tbsp chopped fresh flat-leaf parsley
 Steamed white rice, for serving

Directions:

1. Heat oil in a large skillet over medium-high. Add beef and cook, breaking up with a wooden spoon, until brown, 7 to 8 minutes. Add salt, cinnamon, coriander and pepper and cook, stirring often, 30 seconds. Stir in cabbage and onion; cover and cook for 3 minutes. Gently stir in raisins and tomato puree; cover and cook until cabbage is wilted but not completely soft, about 3 minutes. Remove from heat and top with parsley. Serve over rice.

Have a story idea, community notice or birthday wishes?

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