WHO WILL YOU NOMINATE FOR
MEMBERTOU’S ‘CITIZEN OF THE YEAR?’

Membertou’s Annual Community Awards Banquet is on Shrove Tuesday, February 28, 2017, at the Membertou Trade and Convention Centre starting at 6:00 p.m.

Ballots are available in the Membertou newsletter, at the Band Office, and online at www.membertou.ca.

Community members can nominate individuals for three (3) separate awards:

- Bradley Christmas Memorial Award for Citizen of the Year;
- Paul Gould Memorial Award for Male and Female Sportspersons of the Year;
- Edward Kabatay Memorial Award for Aboriginal Language and Culture.

Community members are asked to nominate one (1) individual for each award. Also, please explain why you believe these community members are deserving of the awards.

You are also asked to sign each ballot and return it to the Band Office reception desk during regular work hours. All ballots are placed in a locked ballot box.

The deadline for nominations is Friday, February 10, 2017. Please note that Chief and Council members are not eligible for these awards.

(Above) Last year’s award winners.
# Chief & Council Meeting Schedule

**Tuesday, January 17, 2017 - Government**  
**Tuesday, January 24, 2017 - No Meeting**

All materials must be submitted Monday before the council meeting by noon. There will be no exceptions!

## CHIEF AND COUNCIL COMMERCIAL MEETINGS

Chief and Council have decided to have one (1) Commercial meeting per month. They will continue to meet for the Government side twice (2) per month.

## COUNCIL MEETINGS FOR 2017

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MAWIO’MIOKUOM SOCIETY: SEXUAL VIOLENCE EDUCATION VIDEOS FOR YOUTH

The NS government has launched a public awareness campaign for youth on sexual violence. The first and second episodes of “Sexual Violence with the Birds and the Bees” can be seen at: https://breakthesilencens.ca/awareness-campaign. For more info, or if you have questions, contact Bridget Smith at (902) 564-6466 (ext. 2580).

MEMBERTOU GED COURSE STARTS SOON!

Membertou GED Preparatory Course is starting soon for students who are preparing to write their GED. Courses are held three (3) nights a week on Monday, Tuesday and Thursday, from 6:30-9:30 pm. New students are always welcome!

Tutoring is available Thursday evening for junior high and high school math, starting at 5:30 pm. To register for the course or for more information, contact Vicki Christmas at (902) 567-1119, or email vchristmas@membertouschool.ca.

MEMBERTOU EMERGENCY MANAGEMENT SEEKS VOLUNTEERS

Anyone from the Membertou community interested in joining the emergency management committee? The committee meets to review and update the Membertou Emergency Plan. Our priorities are helping community members, opening up comfort centres during evacuations, power outage, floods, and storms, high & low temperatures. Looking after our Elders in the community (#1 priority).

We meet every two (2) months. You will be notified of the meeting dates by e-mail or phone. If interested please call or e-mail or visit the office (downstairs at Band Office). Please note that we are a volunteer committee.

-Connie Osborne, connieosborne@membertou.ca, 902-565-7298, 902-564-6466 (ext. 2550)

MEMBERTOU YMCA IS OPEN!

Hours of operation: Monday to Friday, 6:00 am - 9:00 pm, Saturdays & Sundays, 8:00 am - 5:00 pm

The YMCA-Membertou has various classes and programs, offers personal training for members, and the first session is complementary. Class/program schedules can be picked-up at the Membertou branch. All the equipment is brand new and some cardio equipment has TV screens!

Membertou band members pay a special rate for individuals or family! The average cost per person is about $9.00 monthly. Call (902) 270-9622 for more info, or stop in and speak to a YMCA rep!

MEMBERTOU SPORT & WELLNESS CENTRE ICE-TIMES FOR COMMUNITY

Mondays and Wednesdays: Novice & Atom, 3:30-4:30pm, BMO | Peewee & Bantam, 3:30-4:30pm, Emera
Thursday: Novice & Atom, 4-5pm, BMO | Peewee & Bantam, 3:30-4:30pm, Emera
Fridays: Men’s Hockey (16+), 8:15-9:15pm, Emera
Saturdays: Tots, 2:30-3:30pm, BMO | Novice & Atom, 3:30-4:30pm, BMO
Sundays: Family Skate, 4:15-6:00pm, Emera | Men’s Hockey (16+), 6-7pm, Emera

Contact Meaghan Christmas at (902) 564-6466 (ext. 6602) or email meaghanchristmas@membertou.ca.
GARBAGE COLLECTION SCHEDULE

Garbage and Green Bin: Every Tuesday, 12 pm noon
Recycling: Saturday, January 14, 2017, at 12 pm

MP’KMAQ FAMILY & CHILDREN SERVICES

All Family & Children’s Services in NS are currently experiencing a shortage of foster homes. To help please contact:
Indian Brook - 1-800-263-8686
Eskasoni - 1-800-263-8300
Federation of Foster Families 1-800-565-1884

MP’KMAQ CRISIS LINE

Available to First Nation communities across Nova Scotia, 24 hours a day, in their own language, by calling 1-855-379-2099

NOTICE TO CLIENTS OF OIL DELIVERY

Social clients who run out of fuel can contact Joan Denny at 578-6040 or 567-3071.

MEMBERTOU SAFETY TRAINING CERTIFICATES

All employees and contractors for the Membertou Band will have to bring in their certificates on any safety training needed for the job. To be put on file at the OH&S office. If these training certificates are not on file your jobs will be held off until they are brought in. If you have any questions please drop in or give Connie Osborne a call 1-800-617-6466 (ext. 2550)

JOB LINE

The job line will provide a recording of any current job opportunities and how an applicant can apply for a position with Membertou. If you are currently seeking employment opportunities, please call 902 563-4501 or view the Membertou website, Facebook, newsletter, band office or GOC Job Bank.

LABOBE BIKE REPAIR

11 Veterans Ave Ext., 902 270-2388

INSTRUCTIONS FOR SCHOOL BUS PASSENGERS

1. The driver is in full charge of the school bus. Obey his/her instructions.
2. Be on time. The bus will not wait.
3. Do not talk to the driver unless necessary.
4. Keep the seat assigned to you by the driver.
5. Do not use foul or profane language.
6. No loud or boisterous talking, yelling or whistling.
7. Do not stand or move about while the bus is in motion.
8. Do not open windows without the driver’s permission.
9. Do not put hands, arms, feet or head out of the bus window.
10. Do not throw anything inside the bus or out of the window.
11. When the bus is in motion, keep the aisle of the bus clear at all times.
12. When it is necessary to cross the road in front of the school bus, walk 3 meters (10 ft.) In front of the school bus to a point where you can see the driver; cross to the center of the highway, STOP, LOOK, and LISTEN and cross the highway when it is safe to do so.
13. If there is no sidewalk, walk well over on the left side of the road when walking to and from the bus stop.
14. Never stand or play on the road while waiting for the bus.
15. The maximum seating capacity of this bus is ___ passengers provided the aisle of the school bus is neither wholly nor partially obstructed by any person sitting in such a manner that the person’s body or any part thereof, extends beyond a seat into the aisle.
Membertou
Annual Community Awards Banquet

TUESDAY, FEBRUARY 28TH 2017

Chief Terry Paul and Council would like to invite the community of Membertou to the Annual Awards Banquet on Tuesday, February 28, 2017. The banquet will take place at the Membertou Trade & Convention Centre at 6:00 pm.

Awards will be presented:

CITIZEN OF THE YEAR
SPORTSPERSONS OF THE YEAR
ABORIGINAL LANGUAGE AND CULTURE
RISING STARS AWARD
LIFETIME ACHIEVEMENT AWARD

We will feast on pancakes, sausages, fishcakes, home fries, luskinikn, beans, and more.

Ballots are available at the Band Office and online at www.membertou.ca. Voting ends Friday, February 10, 2017 by 4:30 pm.

www.membertou.ca

For more information please contact:

ADAM GOULD
Phone: 902-564-6466 ext.5025
Email: adamgould@membertou.ca

Membertou
WELCOMING THE WORLD!
2017 Membertou Community Awards Ballot

Please explain why you have nominated this community member in the spaces provided.

**Bradley Christmas Memorial Award for Citizen of the Year:**
Nominee ______________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

**Paul Gould Memorial Award for Sportspersons of the Year:**
Male nominee __________________________________
Female nominee ________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

**Edward Kabatay Memorial Award for Language & Culture Preservation:**
Nominee ______________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Signature: ______________________________________

Deadline for ballots is **FRIDAY, FEBRUARY 10, 2017, at 4:30 p.m.**
Ballots can be deposited in ballot box at reception desk at the Band Office.
TWO VERY SPECIAL THANK-YOU MESSAGES!

GINGERBREAD HOUSE APPRECIATION

The 2016 Gingerbread House Lighting & Parade would like to send out the Biggest Jumbo Thank you, to all the sponsors & Donations: Membertou Chief and Council, Housing Christine Marshall, Public Works, Mi’kmaq Gas & Convenience, Belly Buster’s Pizza, Universal Security, Pollett’s Drug Store, Cape Breton Regional Police Service, Councilors that donated, Adam Edward Gould, Ken Phillips Fire Extinguisher, Awesome Angelo & Trish Laporte. This meant a lot to me and it brought out that great Joy in my Heart of why I was doing this for our Children all around. God Bless you all.

-Connie Osborne

MEMBERTOU 55 PLUS SOCIETY CHRISTMAS TEA SOCIAL

Membertou 55 Plus Society would like to thank the following business’ for donating for our Christmas Tea Social, Robin’s Gas Bar, Membertou Pharmasave, Slick’s Hair Salon, Membertou Bingo, and Membertou Trade and Convention Centre. The seniors appreciate any support from our local businesses.

-Gloria Nicholas

MEMBERTOU HERITAGE PARK & PETROGLYPHS

NEW HOURS AT PETROGLYPHS

- Petroglyphs Gift Shop’s new hours are Monday to Friday, 9:00 am - 4:30 pm.
- We also sell bingo certificates for the Membertou Entertainment Centre
- Some small blankets still available, and new products coming later this month!
- Don’t forget that we have LAYAWAY!

MI’KMAW LANGUAGE CLASSES
(Every Monday and Wednesday)

- Mondays and Wednesdays: 3:00-4:30 pm, and 6:30-8:00 pm
- All classes are for all levels and everyone is welcome
- Membertou staff are permitted to leave work early to attend a session per week! Please inform your supervisor first.

L.O.V.E. PROGRAM (Every Wednesday evening): All youth are invited to participate in the L.O.V.E. program youth group from 6:00-8:00 pm!

BEADING & TRADITIONAL DANCING/DRUMMING CLASSES (Now every THURSDAY):
Beading with Andrea, 1:00-4:30 pm; Traditional drumming with Jeff, 3:00-6:30 pm

SWEAT LODGE (Every Sunday): Sweat lodges with Jeff start at 1:00 pm sharp! The lodge is Elder friendly (taller lodge, wider and higher door) Everyone is welcome to participate!
Membertou Wellness Home

PLEASE NOTE:
• The Membertou Wellness Home offers a family practice with Dr. Jeff Power
• The Membertou Wellness Home is NOT a walk-in clinic.
• Appointments can be made by phoning 902-564-6466 (ext. 2440).
• The Membertou Wellness Home and its workshops are all scent-free.
• All workshops are for Membertou Band Members and Community Members ONLY!

BABY AND ME: JANUARY 16

• Monday, January 16, 2017, 1-3 pm, Wallace Bernard Seniors’ Centre
• For parents/caregivers with children 0-2 years old.
• For more info, contact Maryl Joe at (902) 564-6466 (ext. 2880)

SMOKING CESSATION COURSE

• Starts Tuesday, January 17, 2017, Wallace Bernard Seniors’ Centre, at lunch hour (lunch is provided!)
• Spaces still available if you are interested in attending the sessions. The sign-up sheet is at the Wellness Home
• Please contact Natalie McEwan at 902-564-6466 (ext. 2760) for more info.

HEALTHY PREGNANCY CLASS: JANUARY 18

• Wednesday, January 18, 2017, 1:15 pm, Membertou Wellness Home
• For more information, contact Natalie McEwan at (902) 564-6466 (ext. 2760)

PRENATAL INFORMATION SESSION: JANUARY 23

• Monday, January 23, 2017, 1:15 pm, Wallace Bernard Memorial Centre (Old Daycare)
• For prenatals, mothers of newborns and toddlers.

DIABETES INFORMATION SESSION: JANUARY 24

• Tuesday, January 24, 2017, 1:15 pm, Wallace Bernard Memorial Centre
• For diabetics only

Full-time Clinic Hours
Dr. Jeff Power is now available full-time. Please contact Maggie Wadden, medical secretary, for an appointment. She can be reached at 564-6466 (ext. 2440).

Evening Hours
Dr. Power will be continuing his evening hours on Mondays beginning at 1:00 p.m. Please note that due to appointment bookings that walk-ins are not always a guarantee. If you make an appointment and are unable to keep it please call to cancel or re-schedule.

Vaccinations
If your child requires vaccinations, please do not call Dynasty (Plaza) Taxi to bring you to the Wellness Home. These trips are not reimbursed by First Nations & Inuit Health. It is the parent/guardian’s responsibility to provide their own means of transportation.

Diabetes Foot Care
Diabetic foot care is done by appointment only. Please call 902-564-6466 for Madelaine (ext. 2840), Tanya (ext. 2750), Jenny (ext. 2830), Natalie (ext. 2760).

Dental Therapy:
Floyd Prosper, Dental Therapist, can be seen every Tuesday at (Maupeltuwey Kin'amatno'kuom (Membertou School). To book an appointment, please call Maryl Joe at (902) 564-6466 (ext. 2880).

Blood Collection
Wednesdays 9:00 - 11:30 a.m. at the Wellness Home. Please make sure you have your health card with you.

Medical Transportation
Contact Louise Paul at 564-6466 (ext. 2710) if you require medical transportation. Please contact her ASAP in order for her to receive approval from Health Canada for medical trips outside of Cape Breton.
ST. ANN’S CHURCH & RELIGION NEWS

WEEKLY MASS:

Saturday, January 14, 2017, 6:00 pm
Lector: Troy Paul
Eucharist Minister: Lance Paul
Altar Server: Dean Christmas

Saturday, January 21, 2017, 6:00 pm
Lector: Louise Paul
Eucharist Minister: Lawrence Paul Jr.
Altar Server: Dean Christmas

RELIGION EDUCATION CLASSES: for grade 2 First Holy Communion and Grade 4 Reconciliation will resume on Tuesday February 7, 2017 starting at 6:30 – 7:30 pm Classes are held at the Mawio’miokuom (old seniors centre) behind the Boxing Club.

CONFIRMATION CLASSES: for the grade 9 students will start on Sunday, January 15, 2017, at 7:00 pm. Please contact Edith @ 902 564-6466 (Ext 2350) with names of those wanting to make this sacrament. Classes will be held at the Mawio’miokuom Centre (old seniors centre) behind the Boxing Club.

*If School is closed due to bad weather, Religion Education Classes will also be cancelled.*

CHOIR NEWS: Singing enhances the celebration of the Mass, but we do need singers to bring this about. Can you help us?

BAPTISMAL COURSE: Will be offered in Membertou on Sunday January 29, 2017, @ 7:00 pm to be held at the Mawio’miokuum Centre (old seniors centre) behind the Boxing Club. Please register with Edith at (902) 564–6466 (ext. 2350).

MEMBERTOU NEEDY FAMILIES COMMITTEE THANK YOU NOTICE

Wish to take this opportunity to say a great big thank you to Membertou Chief & Council for your moral and financial support of this committee. Thanks to Membertou staff of all departments for your donations of gifts or monetary towards this worthy cause. Special thanks to the volunteers who came out to make sure that the food boxes were delivered, they are Duncan Gould, Laurie & Gaby Doucette, Basil Hodder, Ernie & Zackary Devoe, Cloud, Jayden, Nevan & Maddox Paul, Carolyn Paul, Trent GooGoo, Clayton Christmas, Salena Sylvester, Caleb Dennis, Terry Marshall, councillor Lee Gould- Marshall, Youth Council Montana Marshall, Jeff & Oonig Ward and Aj Christmas, Lorna Christmas. Once again thank you, without you all this would be impossible. Sorry if we missed anyone.

Thank you, Edith Christmas & Sandi Gould
Employment Opportunity

Job Title: Continuing Care Assistant (14 Month Term)
Department: Health
Reports to: Home and Community Care Coordinator

The CCA is an integrated part of the Home Care Team and works under the supervision of the Home Care Coordinator. The objective of this position is to provide home management and assistance to clients; based on their client assessment. The goal is to promote the client’s ability to live independently.

Duties and Responsibilities:
- Works under the direction of the Home and Community Care Coordinator.
- Supports/Assists clients with activities of daily living.
- General household cleaning to maintain a safe and sanitary home environment.
- Meal preparation if required.
- Assist clients with feeding if required; as indicated in care plan.
- Works within program guidelines, demonstrates an understanding and application of program guidelines, procedures and practices.
- Maintains client confidentiality- ensuring that the client's information is kept confidential.
- Complies with Band Personnel Policy.
- Maintain positive relationships with Membertou’s Internal and External Customers, ensuring transactions or information received on behalf of the Band and/or its members are kept confidential.
- Maintain and improve Membertou’s Quality Management System as it relates to job related duties and/or department.
- Other department related duties as required by the Director.

Qualifications:
- CCA certification (required)
- Experience working with the elderly population and home care
- Knowledge and experience of Mi’kmaq culture and language would be asset
- First Aid and CPR (current)
- Recent criminal record check
- Valid drivers' license and access to a vehicle
- Preference given to Aboriginal peoples in accordance with the Aboriginal Employment Preferences Policy of the Canadian Human Rights Commission.

Resumes can be submitted to:
Membertou Human Resources Department
Attention: Richard Stevens
111 Membertou St.
Membertou, NS   B1S 2M9

Or via email to:
jobs@membertou.ca

DEADLINE FOR APPLICATIONS: January 25, 2017
# Membertou Youth Centre Activities

## JANUARY 2017

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<td>9 Bingo Day (Prizes) 3:30pm</td>
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<td>11 Team Building Activity Day 3:30pm</td>
<td>12 Taco Thursday 3:30pm</td>
<td>13 Movie Night/Ice Cream Day</td>
<td>14 Miners Junior hockey game 7:30pm <strong>see notes</strong></td>
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<td>15</td>
<td>MYC Closed</td>
<td>16</td>
<td>17 Arts and Crafts Day 3:30pm (Making Snow Globes)</td>
<td>18 Bingo Day (Prizes) 3:30pm</td>
<td>19 Make Your Own Pizza Day 3:30pm</td>
<td>20 C.B Highlanders basketball game 7:00pm <strong>see notes</strong></td>
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<td>22</td>
<td>MYC Closed</td>
<td>23 Snowmobile Rides 3:30pm Weather permitting</td>
<td>24</td>
<td>25 Youth Hike Snowshoeing 3:30pm Greenlinks Trail</td>
<td>26 Graffiti Snow-fort Day 3:30pm (Football Field)</td>
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<td>MYC Closed</td>
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<td>31 Snowmobile Rides 3:30pm</td>
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Notes: Jan. 14- Miners Junior Game at MSWC, Parent drop off/Pick up
Jan. 20- C.B Highlanders Basketball Game, bus leaves from Youth Centre at 6:30pm
Jan. 28- Screaming Eagles Game, bus leaves from Youth Centre at 6:30pm, snacks provided

*************PERMISSION SLIPS CAN BE PICKED UP AT MYC*************

For more information please contact: Leon Paul 549-1977, or call the MYC 539-4513/ 564-6466 x 4201
We are in the business to help Aboriginals do business by providing:

- Lending Services
- Contributions
- Business Support Services

www.ulnooweg.ca /1-888-766-2376/ info@ulnooweg.ca

Ulnooweg is an Aboriginal financial institution that has been serving the needs for Aboriginal owned businesses since 1986.

The Membertou Aknutmaqn offers your local business the opportunity to reach a wide audience and market through the community newsletter.

Aknutmaqn is published bi-weekly and also available on our website, www.membertou.ca. It is delivered to over 360 homes in Membertou, with approximately 1,200 residents, and a wider readership that views it online. A recent copy of the Membertou Aknutmaqn is included in this package for reference.

Ad space is available in 6-month and 12-month packages, or one-time placements. If you would like to place your ad, or if you have any questions please contact Membertou’s Communications Department.

Thank you,
Adam Gould, Communications & Government Relations Manager
(902)564-6466 (ext: 5025)
communications@membertou.ca

MEMBERTOU AKNUTMAQN SCHEDULE 2017

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<th>JANUARY 2017</th>
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<tr>
<td>Friday, March 3, 2017</td>
<td>Friday, Sept. 20, 2017</td>
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<tr>
<td>Friday, March 17, 2017</td>
<td>Friday, October 13, 2017</td>
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<tr>
<td>APRIL 2017</td>
<td>NOVEMBER 2017</td>
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<tr>
<td>DEADLINES</td>
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<td>Friday, April 7, 2017</td>
<td>Friday, October 27, 2017</td>
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<tr>
<td>Friday, April 13, 2017</td>
<td>Friday, Nov. 10, 2017</td>
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<td>MAY 2017</td>
<td>DECEMBER 2017</td>
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<tr>
<td>DEADLINES</td>
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<td>Friday, May 5, 2017</td>
<td>Friday, Nov. 24, 2017</td>
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<tr>
<td>Friday, May 19, 2017</td>
<td>Friday, December 8, 2017</td>
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<tr>
<td>JUNE 2017</td>
<td>JANUARY 2018</td>
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<tr>
<td>DEADLINES</td>
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<tr>
<td>Friday, June 2, 2017</td>
<td>Friday, January 5, 2018</td>
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<tr>
<td>Friday, June 16, 2017</td>
<td>Friday, January 19, 2018</td>
</tr>
<tr>
<td>Friday, June 30, 2017</td>
<td>Friday, January 26, 2018</td>
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</tbody>
</table>

SEND ALL MATERIAL TO communications@membertou.ca