



Membertou
WELCOMING THE WORLD!



AKNUTMAQN

www.membertou.ca

March 5, 2010 (Volume I, Issue 98)

NOTICES AND ANNOUNCEMENTS

Garbage Collection/Recycling

Garbage Collection will be on **Monday**. The next blue bag pick up will be after 12 p.m., March 6, 2010.

Chief and Council Meeting

The next council meeting will be on **Tuesday, March 9th, 2010**. **Deadline for letters is Monday, March 8th at NOON! NO EXCEPTIONS!** If you get your letter in after the deadline, it will be held for two weeks, until the next meeting. You can drop your letter off, at the front desk at the Band Office or you can email it to donnachristmas@membertou.ca.

Note: Typed letters would be appreciated, also return addresses so we can send you a response. Thanks.

Note: NOTICE REGARDING HOUSE REPAIRS

Deadline for the Aknutmaqñ is on Thursdays at 12 NOON!!!! No exceptions. You can drop your submission off at the front desk of the Band Office or email donnachristmas@membertou.ca or leegould@membertou.ca

ALL REQUESTS FOR HOUSE REPAIRS **WILL NOT** BE APPROVED BY COUNCIL **UNTIL APRIL 2010**. ONLY PRE-APPROVED EMERGENCY REPAIRS WILL BE DEALT WITH AT THIS TIME.

SINCERELY,

DARRELL J. BERNARD, DIRECTOR OF PUBLIC WORKS AND HOUSING

Donation Committee Meeting

The next Donation Committee Meeting will be on **Thursday, April 8th, 2010**. The deadline for letters will on **Wednesday, April 7th at NOON, NO EXCEPTIONS!!** This is for committee is for donations under \$1000.00 and toll booth requests. If your letter isn't on time for the meeting, it will be held until the next meeting in February.

Notice

Country Chicken is temporarily closed for renovations until further notice.

Loose Dogs Reminder

Community members are also reminded to call Paul MacDonald at 565-7226 to report any loose dogs. If Paul is not available, he will request assistance from the SPCA.

Lost

An old photograph (portrait) of myself that was in a frame. The last time I remember seeing this picture was when I worked For the UNSI (when it was in band office downstairs). If anyone, remembers seeing this portrait, or has any idea where it may have gone, Can you please call me.

Also, many years ago, I had a display set up at the gym for Remembrance Day, on the display table there was a book about my father.

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Titled: Murder at the Abbaye by Col. Campbell. If you have ever seen this book, I would appreciate getting this book back- no questions asked. Thank You.

Elizabeth Paul, 19 Gallagher St.; 539-6173

Notice to Social Clients

Please be advised that the funding for special needs is now depleted for the fiscal year 2009-2010.

Social department will be taking names for the new fiscal year.

Sorry for any inconvenience this may cause.

Respectfully Submitted, Joan C Denny, Director of Social Services

Cape Breton Regional Police Service – Membertou Division

Anyone interested in forming a Scout Troop is asked to contact Sgt. Gordon at 564-2886. Also, anyone interested in starting up Brownies/Sparks is asked to contact our office.

Residents are reminded to please call the dispatch number at **563-5151** for non-emergency and **911** for emergency, if they require assistance. *Please do not call* the office numbers *after hours*. Thank you.

Sgt. Barry Gordon, Cape Breton Regional Police – Membertou Division

Membertou Breast Cancer Survivors, Caregivers & Friends Update

The 6th World Conference on Breast Cancer is confirmed for June 7 -11, 2011 in Hamilton, Ontario. The theme for the conference is ***Transcending the Breast Cancer Experience: A Global Partnership***. More details will be available at a later date. Ladies, it will soon be time to take your suitcases out of the closet!

Penny donations are still being accepted and can be dropped off to Bessie (23 Maillard Street) any time of the day. Thank you to all who have been dropping off pennies to our group. Thank you.

Laurie Doucette

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Mi'kmaq Language Classes

Mi'kmaq Language classes are changed to **Tuesdays from 3:30 to 5:00 p.m.**

RE: Tables

There have been several requests to borrow tables from the Senior Center. I was directed from the Seniors not to lend any tables out, because from the past, people do not return them. So I have to refuse everyone. We just recently bought 10 tables now we only have 8 left. Sorry about that. Thank you for your consideration.
Gloria Nicholas...coordinator of Membertou 55 Plus

Petroglyphs Gift Shop

Petroglyphs Gift Shop is open starting Wednesday, January 6, 2010 to end of March

Hours- Wednesday 12-5
 Thursday 12-5
 Friday 12-5
 Saturday 12-5

Thanks, from the staff at Petroglyphs

Certificate of Indian Status Cards Schedule

Status cards will only be issued by Rebecca Scirocco-Paul on Tuesday's and Thursday's to Membertou Band Members & Residents only!! I will no longer be issuing cards to members from other bands you have to go to your band. I apologize for any inconvenience. If you require a status card, please call me first so I have it ready for you when you come in, I can be reached at 564-6466 x 2410.

Rebecca Scirocco-Paul, 564-6466 x 2410

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Notice

The Friday Nite Jam has started on Friday nights 7 – 11 at the addictions trailer. No alcohol or drugs allowed. Come out and enjoy a night of entertainment.

Mi'kmaq Family & Children's Services

They have provided a number for anyone in need of assistance 24/7. There is always someone there to answer the phone. The number is 1-800-263-8686.

Notice

A Narcotics Anonymous group has been started in Membertou. The meetings take place at the A.A. Trailer, on Wednesdays at 8:00 p.m. All are welcome to join!!

Online Newsletter

The Membertou Aknutmaq can also be read online at www.membertou.ca. Just click on the newsletter button, it is updated every week, and it's usually online on Thursdays. Click on the left side that says Membertou Community Website.

Also, when submitting notices for the newsletter, please make sure you use **Microsoft Word**, not Corel WordPerfect, WordPad or Notepad. Also, use Verdana font, 12 point. Thank you.

Austin Christmas Plumbing and Heating

For 24 hour Emergency Services for Plumbing and Hydronic Heating systems, call 304-1090 or 539-9675

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Gym Membership Reimbursement Program

Who is eligible?

- Membertou Band Members
- Membertou Employees

How does the program work?

- 50% of Gym Memberships and Fitness Programs are reimbursed
- A valid receipt from the organization must be submitted
- **Reimbursement cheques will be distributed on Friday afternoon of each week**

What do I have to do get a gym reimbursement?

- Submit Receipt to Rebecca Scirocco-Paul, located at the Membertou Human Resources Department
- **Deadline for receipts are Thursday's of each week**

What is a valid receipt?

- Receipts must contain a stamp of the organization or must be on company letterhead. i.e. Days Inn Contract (original yellow copy will only be accepted), or a cash register receipt that has YMCA or other name at the top, or a receipt from a receipt book as long as it has the gym's stamp or contact information)
- If there is no stamp on receipt, the organization will be contacted to verify you are member of their gym or fitness program
- Gyms or fitness program facilitators may be contacted to verify validity of the membership
- **Photocopied receipts will not be accepted**
- **Receipts will not be accepted on FRIDAY'S**
- **Examples of types of memberships:**
 - YMCA/Moxham/Sweeny's
 - Days Inn/Delta Fitness Center
 - Swimming
 - Fitness Classes (i.e. Boxing, Zumba, Boot Camp, etc.)

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CHURCH NEWS

Mass: Saturday, March 6th, 2010, at 5:30 p.m. St. Ann's Church Membertou

Lector: Donna Brown
Eucharist Minister: Dean Christmas
Altar Servers: Kale Gould
Offertory: Children of Community
Choir: Senior Choir and new members welcomed.

Religion Education Classes

Grade 1-Monday, March 8th, 2010 at 6:30 – 7:30 p.m.
Grade 2 – Sacrament of First Holy Communion Tuesday, March 9th, 2010, at 6:30 – 7:30 p.m.
Grade 3 Monday, March 8th, 2010 at 6:30 – 7:30 p.m.
Grade 4 – Classes are now finished
Grade 5 – Monday, March 8th, 2010 at 6:30 – 7:30 p.m.
Grade 6 – Monday, March 8th, 2010 at 6:30 – 7:30 p.m.

All classes held at Membertou School. If school is cancelled due to weather, religion classes will also be cancelled.

March 2, 2010 - Medjugorje, Our Lady Queen of Peace Our Lady's message to Mirjana

Dear children, In this special time of your effort to be all the closer to my Son, to his suffering, but also to the love with which he bore it, I desire to tell you that I am with you. I will help you to triumph over errors and temptations with my grace. I will teach you love, love which wipes away all sins and makes you perfect, love which gives you the peace of my Son now and forever. Peace with you and in you, because I am the Queen of Peace. Thank you. *Medjugorje message, March 2, 2010*

RECREATION

Ice Time at the Pier Rink

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Please respect this age groups ice time and stay with your own age group, please. I am asking this for the kid's safety.

Thursday:	8:00 – 9:00 p.m.	Men's hockey
Friday:	9:30 – 10:30 p.m.	13 – 18 yrs. old
Saturday:	3:45 – 4:45 p.m.	12 years old and under
Sunday:	7:30 – 8:30 p.m.	Men's hockey

Any coaches who want to organize some kind of hockey fun for the kids, this is your chance to learn and have fun as well. Dust off your old skates and participate. The kids need your guidance and can teach us all a good lesson at having fun. Thanks for the kids sake.

Buster

PUBLIC WORKS AND HOUSING

NOTICE TO COMMUNITY

We are asking for your help to keep our work sites safe. Tell your children to stay away from ALL Public Works & Housing work sites. Our crew members wear reflective vests and brightly colored helmets so that they are seen moving around on the work site, your children do not. Children around the worksites, unseen, are an accident waiting to happen.

CHILDREN ARE TO STAY AWAY FROM ALL PUBLIC WORK & HOUSING WORKS SITES AT ALL TIMES!

Darrell Bernard, Director of Public Works & Housing

Please Note:

Please be advised that Ed & Rod's Heating and Plumbing will be doing Furnace Clean Outs, for each home that has a furnace. If you would like to arrange a time to be home, please call Sabrina at 564-2111, ext. 4300. Thank you.

Darrell Bernard, Director of Public Works and Housing

Notice to All Contractors

Please be advised, that the deadline for all contracts and invoices will be **12:00 p.m. on Thursdays, with NO Exceptions.** If your contract or

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invoice is not passed in on time, it will be held for payment, until the following Friday.

Also, when any equipment from Public Works & Housing is borrowed to complete contracts, can it please be returned as soon as possible, because there may be other contractors that need to use it.

Thank you for your cooperation in these matters.

Darrell Bernard, Director of Public Works & Housing

Property Damage

“Please be advised that any person who experiences property Damage/vandalism to **report the incident to Police first before calling Public Works and Housing**. Please request and write down the officers’ name who you are reporting to along with the case number before calling Housing.”

E and R Plumbing and Heating

Emergency response to all your Plumbing and Heating needs. 24 Hour Emergency service, 7 days a week.

Edwin LaPorte – 549-5244

Rodney Christmas – 561-5345

OCCUPATIONAL HEALTH AND SAFETY



WHAT ARE THE MAIN TYPES OF HEAD INJURIES?

When people talk about head injuries, we immediately think of skull fractures or concussions caused by violent blows. We would be right to do so because these are the two most serious injuries. However, there are other types of injuries that we often forget to take into consideration:

- bruises and cuts from impacts against physical objects in the workplace;
- heat stroke caused by excessive exposure to the sun's ultraviolet rays;
- burns due to contact with molten metal: welding arcs, oxyacetylene cutting, metal manufacturing;
- chilblains and hypothermia caused by intense or prolonged cold;
- burns caused by fire;

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- burns, electric shock and electrocution caused by contact with active conductors or electrical loads;
- crushing between two pieces of rolling equipment, for instance, when hair is caught in a moving part or when hands are caught in a drive belt.

In all of these cases, you must protect your head and select the type of protection that is suitable for both the work being done and the existing risks.

OCCUPATIONAL HEALTH AND SAFETY

FOR SALE

Party Lite

If anyone would like to book a party or place an order, or if you need a book, I can be reached at 270-2131 or call my cell at 567-4598, or you can drop in and check out the Party Lite Products. Thank You.

Delores A. Francis, Party Lite Consultant

HEALTH AND WELLNESS

MEMBERTOU WELLNESS

PLEASE TAKE NOTICE OF NEW CLINIC SCHEDULE

MONDAY – WEDNESDAY

9:00 A.M. – 12:00 P.M.

1:00 P.M. – 3:15 P.M.

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TUESDAY - THURSDAY
9:00 A.M. – 2:30 P.M.

OPEN DURING LUNCH

Please contact **Maggie Wadden**, Medical Secretary, @ 564-6466 extension 2440 for an appointment.

PLEASE MAKE SURE THAT YOUR **HEALTH CARD** IS NOT EXPIRED. WHEN YOU RECEIVE THE RENEWAL NOTICE IN THE MAIL, PLEASE BRING IT TO THE HEALTH CENTRE FOR FAXING TO MSI. IF YOU ARE NOT SURE WHEN AND IF IT HAS EXPIRED, DROP IN AND FILL OUT A RENEWAL FORM. MAGGIE WILL ASSIST YOU WITH THIS PROCESS.

Please direct all non-clinic phone calls to Joan D. Paul at 564-6466 extension 2690.

Blood Collection Services

TO AVOID ANY DELAYS IN GETTING YOUR BLOOD WORK DONE, YOU MUST BRING YOUR HEALTH CARD WITH YOU.

Blood collection Service are held at the Wellness Home on Wednesday mornings from 9-12. This service is provided on a first come-first served basis. BLOOD IS DRAWN BY A LAB TECHNICIAN FROM THE REGIONAL HOSPITAL AND TAKEN THERE FOR TESTING. IF YOU HAVE AN ORDER FOR BLOOD WORK FROM YOUR FAMILY DOCTOR YOU CAN COME TO THE WELLNESS HOME INSTEAD OF

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GOING TO THE REGIONAL. (YOU DO NOT HAVE TO BE A PATIENT OF Dr. HALEEM'S TO USE THIS SERVICE).

If you are fasting for blood work, it is recommended **that you DO NOT fast for more than 12 hours.** Since the blood collection service does not begin until 9:00 a.m. ON WEDNESDAY MORNING at the Wellness Home, please begin your fasting at 9:00 p.m. on Tuesday evening.

Please remember that you need an order for blood work from your family Doctor. **DON'T FORGET YOUR HEALTH CARD.**

FOOTCARE:

Please contact Tanya Poulette at 564-6466 ext. 2750; OR Madelaine O'Reilly @ 564-6466 ext. 2840 IF YOU REQUIRE FOOT CARE. THANKS.

IMPORTANT NOTICE

If you are calling Plaza/Dynasty Taxi Service (539-8770) for a medical appointment within the Sydney area, please call at least 1 hour prior to your appointment. This will ensure that your taxi has sufficient time to pick you up and get you to your appointment on time. Thank you and we appreciate your cooperation.

MEDICAL TRIPS TO HALIFAX

If you have to go to Halifax for a medical appointment please contact Louise as soon as possible in order for her to obtain prior approval from Health Canada. This will eliminate any delays in processing your request. Louise may be reached at 564-6466 ext. 2710

MEDICAL TRIPS TO GLACE BAY/NORTH SYDNEY/SYDNEY MINES

If anyone has upcoming medical appointments in North Sydney, Glace Bay or Sydney Mines, please notify Louise as soon as you can in order for her to contact Plaza Taxi for these trips.

DENTAL THERAPIST

Floyd Prosper is available at the Wellness Home every Friday. Please call him at 564-6466 extension 2790 to schedule an appointment.

Dental for Children – 7 years old and under

If you are interested in having your child's teeth fluoride varnished, you can call and set up an appointment with me. If you prefer to have me come to your home, rather than the dental office, that could be arranged as well.

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I am in the office 2 ½ days a week so if you call when I'm not in please leave a message so I can return your call.
Carol Sylvester, Children's Oral Health Initiative

BIRTHDAYS

The following are celebrating birthdays next week:

Glen H. Aucoin	Corey D. Hoban
Veronica E. Jordan	Barbara A. Paul
Jose A. Echevarria	Peter R. LaPorte
April L.R. Gould	Lloyd M. Ginnish
Rosalinde E. Christmas	Diandra L.E. Lafford
Stephen L. Buckland	Emily M. Bernard
Sandra D. Ginnish	Brittany J.M. Sampson
Florence J. Chantler	Destiny H.L. Woodberry
Joseph W.B. Levac	Marie M. Charette
Haley E. Christmas	Ashley M.E. Paul
Dustin P. Paul	Cindy L. Christmas

Happy Birthday going out to Jim Vial on March 3, 2010. Hope you enjoy your Day. Maybe mother will bake a cake for you or Tim Horton's Tea will do or wobble wobble.

From Connie and Jim James and J.B

Happy Birthday to Claudine Paul at the Market who celebrates her birthday next week...have a great day girl!!!

From: Band Office Staff

Special Birthday Greetings going out to Emily Michaela Bernard who turns 8 on Thursday, March 11th. Hope you have a great day!!

Love: Donna, Chi Chi and Griff

Happy Birthday to our son/ brother Dustin Patrick Paul who celebrates his 13th birthday on Thursday, March 11th. Hope you enjoy your day...our newest teenager!!

Love: Mom, Dad, Brandon, Dawson, Sneakers and Rhino

Birthday greeting going out Gordon Reid on Thursday. Hope you enjoy your day and it is a day to relax. Every year there is a tax refund but it doesn't

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count for the return of belongings that you received many years ago. So you would have to keep what is yours and once again it is your gift from me. LOL
From Connie

Happy Birthday to Randy on March 2 and Tyson on March 3. Happy *Birth* Day to Elizabeth Jean born on March 1, 0 yr. old.
Love: Lance, Janice & Family

CONGRATULATIONS

Congratulations going out to Rusty with his Basketball winnings. Rusty was giving MVP and came in Third for his Basketball tournament. Very proud of you our little buddy.
From Connie, Jim James

EDUCATION

Membertou Elementary News
45 Maillard Street
562-2205
Fax # 562-4561
www.membertouschool.ca



Homework Line (562-5787)

It is updated daily after 3pm.

Walking Wednesday

The two meeting places for the Walk to School will be at the corner of Kitpu Crescent and Tupsi Drive and one on Bradley Street.

Congratulations

The students and staff would like to congratulate **Membertou Elementary School's Hockey Team**. Our boys played against **Mountainview**

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Elementary School on Tuesday, February 23, 2010 and **won 11-7**. We are very proud of every one of you for a great job working as a team!!!

Mi'kmaq conversation of the Week!

	How are you?	Me' talwulein?
Answer:	I am fine.	Weleyi.
or:	I am not fine.	Mu kia' spi wuleyiw.

Donations

Do you have any old skates or helmets lying around? Don't know what to do with them? Membertou Elementary School would be happy to take them off your hands.

What's going on in Grade Six? (Mr. Jesty)

The grade six students of Membertou Elementary School are gearing up for a well deserved March break. They are getting set for their last reporting period before the big step to Jr. High School. Part of this preparation will include several projects such as; the Historica fair, Science fair, Show Me Your Math and a number of in class assignments. We are also starting to get excited about our educational field trip to Port Royal at the end of May. The students will be working hard to raise money for this adventure and any assistance you can provide would be greatly appreciated. We have been selling tickets on a digital camera which will be drawn for on March 12th. We will also be selling tickets on an Easter Basket in the coming weeks. We would gladly accept any donations to this basket and they can be dropped off at the school. The students are also excited about a few cultural projects we have planned for this term. The students will be making their own hand drums and we will be weaving our own baskets in the classroom. Needless to say, the students of grade six will be very busy this term as they prepare to say goodbye to our Elementary School.

Upcoming Events for Membertou Elementary School

March 15 – 19 2010
MARCH BREAK
School returns on Monday, March 22, 2010

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Wallace Bernard Memorial Centre

K-2 News Week of March 8th - March 12

Theme- Nutrition

Good nutrition is essential for children. We will teach out children about good food and bad food. This week we will do fun nutrition activities. We will do some theme related crafts and listen to some interesting stories. We will also do some baking and try some new foods. This week should be a fun and soo yummy.

K-2 Teachers- Delores, June, and Margaret

K-3 NEWS MARCH 8TH – 12TH, 2010

The theme for this week will be all about "Saint Patrick's Day". We will begin by introducing the children to the magical men from Ireland with some leprechaun lore. Activities such as: catch a leprechaun, hidden gold, shamrock shuffle, and pass the shamrock will be explored.

We will kick up our heels to an Irish jig, sing songs like "Ten Green Shamrocks" and "I'm a Little Leprechaun". We will experiment with different shades of green, do a shamrock collage, shamrock attire, the shape of a shamrock and make a magical potion for some science lessons disguised as fun! We may even have time to make some scrumptious shamrocks that the children will enjoy making as well as eating!

We will continue on our Early Reading and Early Literacy Skill Program, Phonics, and Fine Motor Skill Development Program.

Teachers: Terry Francis, Mabel Joe, and Melanie Slaven

K-4 News Week of March 8th - March 12

This week our k-4 class will be talking about St. Patrick's Day. We will talk about why we celebrate St. Patrick's Day. What is good luck and where is Ireland? We will be having a green day on Friday March 12. Our crafts will focus on St. Patrick's Day.

A reminder for parents please remember to bring in indoor shoes, ski pants, hats, mittens. Also the Wallace Bernard Memorial Center is a scent and peanut free environment. Thank you.

K-4 Teachers: Carol, Roberta, Tracy, and Jean

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REMINDER: The Wallace Bernard is a scent and peanut free environment. Please do not send your child with any peanut based treats as there are children at the center with peanut allergies, we would prefer if you would keep these treats at home.

EMPLOYMENT OPPORTUNITIES



Employment Opportunity

Black Belt Security is looking for employees. Must have valid drivers license and access to a vehicle is required.

A criminal record check will be done to determine eligibility for employment.

If interested, please leave your resume at the security desk at the Membertou Trade Centre

SHIRLEY'S CORNER



"Days gone by is the foundation of our tomorrows:" Shirley Christmas

Quey aqq pijilasi' (Hello and welcome) to Shirley's Corner in beautiful Membertou, Nova Scotia. This week's story will be in two parts. It will reflect on stories told by elders in the community. I know I was suppose to go an chit chat with the elders but the weather wasn't cooperating and my health kept me indoors and away from the public. Hey that was yesterday and now is a new beginning, time for me to move on.

I was often intrigued by the Mi'kmaq way of life and how it affects us to this day. What I have to say does not come from history books but from what I believe. What I write comes from the heart and the spirit of my ancestors that stand beside me every moment of my days.

In my belief our ancestors were not only the builders of the First Nations People they were the foundation of where we stand today. It is that very foundation that withstood the test of time.

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Way back then life was what the Mi'kmaq made of it, though the elements may have been harsh the people grasped their surroundings creating memories that was shared at campfires for generations upon generations. Life was celebrated to the fullest from birth to death. Many legends had emerged from messages drawn on walls of stone found in caves forever etched for the world to see.

It was a time when all things had a purpose, a meaning and nothing was taken for granted or squandered. They had a deep sense of respect for the Creator and all things that was provided by the land and sea. Of course not all is picture perfect, heavens forbid. Sure they had their share of wars with other tribes, they encountered hardships in fierce winter storms when food was hard to find; but you know it wasn't a time for greed, selfishness or fend for yourself sort of thing. Way back then it was unheard of. During those days the people's survival depended on a strong unity of all who dwelt in the village. You know it is still that way today in our Native communities; (Though there were many they were one sharing and caring for each other in troubled times.)

Long before the coming of the non-natives to the soils of Unama'ki the people hunted from the forest, fished from the lakes, rivers and streams that stretched for miles around moving from one area to the next careful not to deplete the natural resources that fed, clothed, sheltered and healed their every day needs.

In the ten thousand years of known existence our forefathers endured many hardships but none was to compare to what occurred in the past five hundred years. In my view it was like a tsunamis which shock the very core of the Mi'kmaq Nation forever changing the ways of our people.

The aftermath of the storm may have changed the rim of the nation and cracks may have formed in the foundation causing pain and grief throughout Unama'ki to near extinction; however not all was lost. In due time slow as the process may have been the cracks of the foundation were refilled with the blood, sweat and tears of our ancestors who stood their ground to keep our Nation and culture alive.

With determination the voices of our forefathers echoed throughout this land the beat of the drum gave hope to all Unama'ki to stand tall with pride. We are a Nation that stood the test of time. We are a Nation that will continue to stand with dignity today and well into our tomorrows.

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"A Tribute to Our Ancestors and Elders of Today" will continue in the next "Aknutmaq". I will be making my rounds in order to gather the information that is needed for this project.

I find that this tribute is long over due. I can only hope that the youngsters of today will benefit from it. For me it is a reminder of where we came from and where we are this present day. It helps me to continue on with that light of hope for survival that our forefathers had so long ago. With that said I now take my leave of you: Till next time my people take care and live well. Shirley C.

TIP OF THE WEEK



Hair Salons: When getting your hair cut, styled, colored or permed at a salon, *ask for a senior stylist* when you make your appointment (or when you walk in). One will be appointed to you; otherwise, you may be appointed a junior stylist. You just have to make the request and the cost is the same for most salons; but, this way, you are guaranteed a more experienced hair stylist. Make sure you double check if there is a difference in rates. Some salons offer discounts for Mon.-Wed. bookings.

Submitted by: Janice A. Paul

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