



Wagmatcook

APRIL 2025

NEWSLETTER



WELCOME TO THE SECOND EDITION OF OUR COMMUNITY NEWSLETTER!

With our second edition of the newsletter, we're excited to continue sharing the incredible work happening across our community. Last month, we introduced this space as a way to celebrate our collective efforts—now, we're looking ahead to what's next!

From upcoming events and new initiatives to inspiring stories of impact, this issue is packed with updates that reflect the dedication of our employees, volunteers, and community members. Be sure to check out this month's highlights, including Social applications, Summer Games information and upcoming Heavy Garbage!

Have a story, photo, or milestone to share? We'd love to feature it! Send your submissions to communications@wagmatcook.com and be part of next month's edition.

DEPARTMENTS

Department	Phone number	Hours of operation	
Wagmatcookewey School	902-295-3491	School hours	
Wagmatcook First Nation Band Office	902-295-2598	Monday-Friday	9:00am-4:00pm
Wagmatcook Social Development	902-295-3332	Monday-Friday	9:00am-4:00pm
Wagmatcook Early Development Childhood Centre	902-295-3491	School hours	
Wagmatcook Housing/Public Works	902-295-1281	Monday-Friday	8:00am-4:00pm
Wagmatcook Health Centre	902-295-2755	Monday-Friday	9:00am-4:00pm
Wagmatcook Cultural & Heritage Centre	902-295-2999	Monday-Friday 9:00am-12:00am	Saturday & Sunday 12:00pm-12:00am
CleanWave Restaurant	902-295-1542	Monday-Friday	11:00am-6:00pm
Wagmatcook Gaming	902-295-1295	Monday-Friday 10:00am-12:00am	Saturday & Sunday 12:00pm-12:00am
Wagmatcook Canada Post	902-295-1579	Monday-Friday	10:00am-4:00pm
Wagmatcook Fitness Centre	902-295-2999	Mon/Tues 9am-9pm, Wed 9am-6pm, Thurs/Friday 9am-9pm	Saturday 11am-9pm, Sunday 11am-6pm
Wagmatcook Fishery Office	902-295-1151		
Wagmatcook Ultramar	902-295-2122	7 days a week	7:00am-11:00pm
Wagmatcook Learning Centre/NSCC Satellite Campus	902-295-2598	Monday-Friday	9:00am-4:00pm
Wagmatcook Fire Department	902-294-0015		

April

AT A GLANCE

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Waltes @ Elders Centre	2 Drum Practice @ School	3 Language Teaching for Youth @ NSCC	4	5 Healing Mass
6	7	8	9	10 Nutrition & Cancer Prevention @ Health Centre	11	12
13	14	15	16 Easter Food Bags Giveaway @ Health Centre	17	18 Good Friday	19
20 Easter	21 Easter Monday	22 Earth Day	23 Administrative Professionals Day	24	25	26
27	28	29	30 Updated SOCIAL Applications Due			

Wagmatcook Social

Notice

As we prepare for the upcoming 2025-2026 fiscal year, we kindly remind all social clients that a **new application must be completed** to continue receiving social payments.

For clients with diets- this includes submitting updated dietary letters. If letters are not received by April 30, 2025, diets will be removed from your budget until letters are submitted.

To ensure uninterrupted assistance, **please submit your completed application by April 30, 2025.** Applications can be picked up at the Band Office, Monday-Friday from 9am to 4pm.

If your banking information has changed, please submit a new void cheque.

If you have any questions or need assistance with the process, please call the Social department at 902-295-3332.



WAGMATCOOKEWEY SCHOOL



Song writer & singer
Morgan Toney
interviewed Marjorie
Pierro who was an
inspiration for the next
song on his video
“Circle Song”

- Wagmatcookewey school is hosting a Waltes Tournament for grades 9 to 12.
- Badminton Hosted for U 16 & 19



902-295-3491



<https://wagmatcookeweyschool.ca/>

MARCH BREAK ACTIVITIES

A big shout out to everyone who made the March Break activities happen for our youth! They all had a fun filled week!





WAGMATCOOK HEALTH CENTRE

- **Appointment Waitlist:** We currently have a waitlist of 10-14 days for available medical appointments. We appreciate your patience during this time!
- **Cancellation Policy:** If you need to cancel your medical appointment (including x-rays, specialist ultrasounds, etc.), please give us a call. Your cancellation will help us open up a walk-in appointment for someone else in need.
- **Health Card Reminder:** Please ensure that your health card is up to date to avoid any delays during your visit.
- Check out our upcoming Nutrition and Cancer Prevention workshop along with our Easter bag giveaway.



HAPPY EASTER

FROM THE WAGMATCOOK HEALTH CENTRE

EASTER DAY IS A POPULAR DAY FOR
ATTENDING CHURCH, GETTING TOGETHER
FOR A FAMILY MEAL AND HAVING AN
EASTER EGG HUNT.

On Wednesday, April 16, the Wagmatcook
Health Centre will be giving away Easter
Food Bags... a little something to help with
your Easter Dinner Family Celebration.

May this Easter be filled with love, joy and
peace.

There will be a limited number of food bags.

WAGMATCOOK HEALTH CENTRE CONT..



Canadian
Cancer
Society



Canadian
Cancer
Society

NUTRITION & CANCER PREVENTION

April is Cancer Awareness Month

*Join Debbie the dietitian to learn about
general lifestyle tips to help lower your risk of cancer*

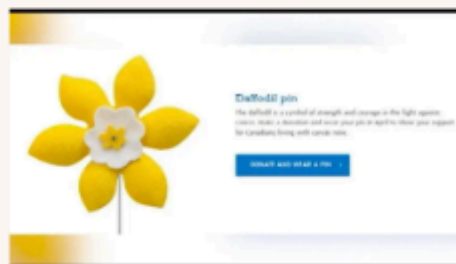


Thursday April 10 2025



@ 1:30pm at the Wagmatcook Health Centre

*We'll have a short game of Nutrition BINGO after
Snacks and door prizes will be provided.*



WAGMATCOOK HEALTH CENTRE CONT..



Wagmatcook

MENTAL WELLNESS SUPPORTS



NSHA MENTAL HEALTH

CRISIS LINE (24/7)



1-888-429-8167

NS MENTAL HEALTH &

ADDICTIONS CENTRAL INTAKE

(Monday - Friday 8:30am-4:30pm)

1-855-922-1122

Domestic Abuse Support

(24/7)

1-855-225-0220



BADDECK RCMP

(902) 295-2350

Mi'kmaw Crisis Line (24/7)

1-855-379-2099



Hope for Wellness (24/7)

1-855-242-3310 or online chat

hopeforwellness.ca

9-8-8

SUICIDE CRISIS HELP LINE

TEXT OR CALL 988



211 NOVA SCOTIA

HELP LINE (24/7)

CALL 211



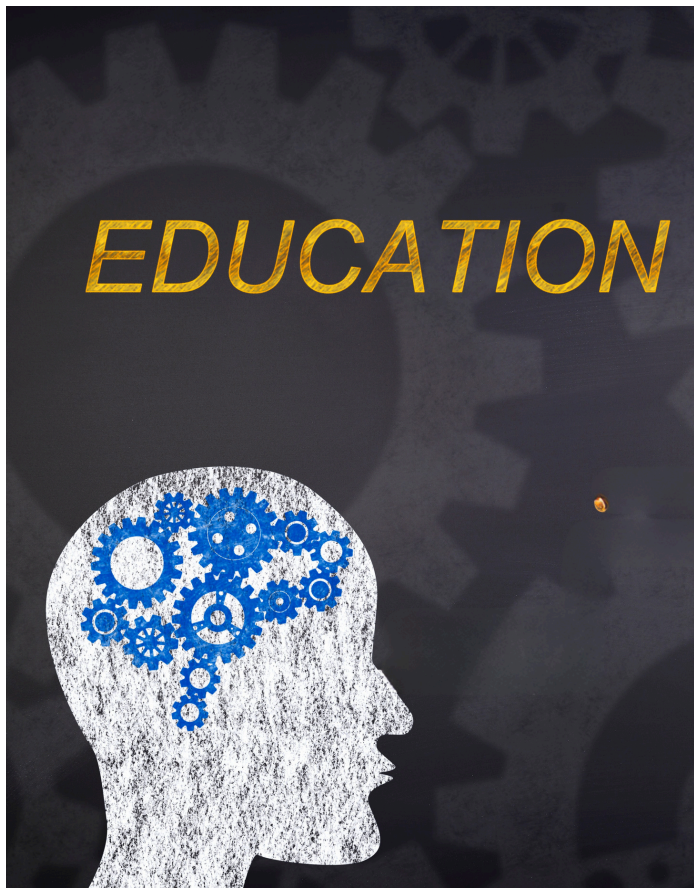
Kids Help Phone

KIDS HELP LINE (24/7)

1-800-668-6868

OR TEXT CONNECT

TO 686868



POST SECONDARY EDUCATION (PSE)

Post-Secondary Funding Applications Now Open!

The 2025-2026 Post-Secondary Funding Application is now available for band members **pursuing or returning** to University or College.

Fill out the form here:

<https://forms.gle/4apVU7UVX86Yee5x6> or scan the QR code below.

Engagement Session Announcement

Due to unforeseen circumstances, the engagement session scheduled for April 2 has been postponed. Please check back for a new date!





HOUSING & PUBLIC WORKS

FRIENDLY REMINDERS:

- During garbage days (Tuesdays and Fridays, unless otherwise posted on Wagmatcook FN), please have your garbage to the road by no later than 8 am. This will ensure that no one gets missed.
- Our Public Works crew **is unable to pick up black garbage bags** because Victoria County Solid Waste doesn't accept them. Please use clear garbage bags to help keep things running smoothly. Thank you for doing your part!
- Keep an eye out for **Heavy Garbage** dates towards the end of April/beginning of May. You can begin placing items for heavy garbage at the road.
 - Be sure to keep items **off the road** and **away from driveways** to ensure safety and accessibility for all.
 - Separate wood, metals and household garbage
 - Items NOT accepted are: tires and paint cans

Congratulations!



Wagmatcook would like to congratulate Tina MacLellan in our finance team on receiving her CIHRP certification last month at the AFOA conference in Halifax. The Certified Indigenous Human Resources Professional (CIHRP) designation is designed to help our communities meet the growing need for human resources leadership tailored to Indigenous realities. CIHRPs are integral parts of a healthy community and organization. **Congratulations Tina!**



2025 NOVA SCOTIA MI'KMAW SUMMER GAMES

Wagmatcook First Nation is proud to host the **2025 Nova Scotia Mi'kmaq Summer Games** from **August 15-24, 2025!** 🎉🏆

Join us for an unforgettable week filled with sports, culture, and community spirit as we come together to celebrate Mi'kmaq pride and traditions.

The website is being updated and we will post more information in the coming weeks. Mark your calendars, spread the word, and get ready for an amazing event!

Need more details? Contact us at
nsmsg2025@wagmatcook.com



Wagmatcook



CALL OUT FOR SUMMER GAMES VOLUNTEERS

Do you love sports and community events? We need volunteers to help lead specific sports and activities for our upcoming Summer Games hosted here in Wagmatcook!



Date: Tuesday, April 8, 2025



Time: 6pm-8pm



Location: Great Hall @ Cultural Centre

Join us for this informational meeting to see how you can get involved. Refreshments will be provided!

Whether you're passionate about a particular sport or just want to support a great community event, we'd love to have you on board.



No experience necessary—just enthusiasm and a willingness to help!



Wagmatcook

OFF-RESERVE ADDRESS COLLECTION

We're updating our records to ensure we have the most current mailing addresses for our off-reserve band members.

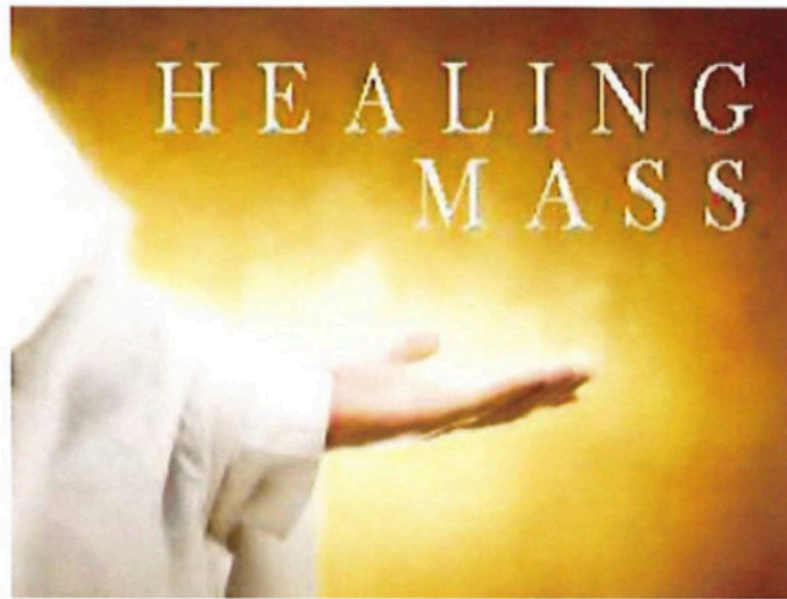
Please take a moment to fill out this quick **Google Form** with your current mailing address.

Thank you for helping us keep our community connected, no matter where you are! Please share with any members you know living outside of Wagmatcook!



Wagmatcook

HEALING MASS



Father Albert MacPherson, O.S.A. will
be celebrating Healing Mass on
Saturday April 5th, 2025 5pm. at the
Queen Of the World Church, 10624 Highway 105
Wagmatcook

You are invited to come and be healed by God through Father
Albert's Gift of Healing!

Tips and Procedures for Emergencies

Stay Informed – Only listen to official announcements from local authorities, emergency services, and community leaders through emergency alerts (both RCMP or Unama’ki Emergency Alert Systems) or by visiting Wagmatcook FN on Facebook for updates. Spreading false information on social media can lead to hysteria and panic.

Shelter in Place – If advised to seek shelter inside, remain indoors. Lock doors and windows, close blinds, and avoid unnecessary movement outside.

Communication Plan – Have a way to check in with Elders, family, and neighbours.

Follow Official Instructions – Whether it's curfews, restricted movement, or specific safety protocols, adhering to official guidance ensures safety for everyone. Do not gather at the scene of incidents as emergency officials will need room to do their jobs.

Check on Vulnerable Individuals – If it is safe to do so, support Elders, neighbours, people with disabilities, or those who may need extra help during lockdowns.

If you haven't done so yet, sign up for the **Unama’ki Emergency Alert System**. Official alerts will be sent out as needed for things like: Boil water advisory, Evacuations, Active Shooters, Missing persons, Public safety alerts, as well as “All clears”



COMMUNITY NEEDS, SKILLS AND ASSETS



Help Shape the Future of Our Community!

Our community has many skills and strengths. Share your details to help us plan for work training and volunteer opportunities.

Take a few minutes to complete our form and be a part of building a stronger, more connected community!

Scan the QR code or visit
<https://tinyurl.com/y68xc46r>
to fill out the survey



Wagmatcook

MI'KMAQ WORD OF THE MONTH

Pa'kewimk “Easter”



Easter is a time of new beginnings and celebration! It happens in the spring, when the earth starts to wake up — flowers bloom, animals come out, and the days get warmer. Many people celebrate with colorful eggs, sweet treats, and spending time with loved ones. It's also a time to think about kindness, hope, and the joys in life.



Scan the QR Code to hear it read aloud!
Special thanks to Marjorie for being our voice.

Name: _____

Easter

R	Q	T	C	B	U	N	N	Y	J	F	E	J	J	P	U	C	E
E	Y	W	H	I	V	Z	O	W	H	A	E	E	S	A	D	G	W
B	Z	I	O	I	I	B	H	U	N	T	V	L	U	R	M	F	M
E	D	L	C	I	C	O	A	N	R	F	M	L	N	Y	I	X	O
G	Q	A	O	C	V	A	H	S	J	Z	H	Y	S	Q	F	X	A
G	W	C	L	G	H	F	R	F	K	K	O	B	H	L	A	C	U
S	X	R	A	G	O	I	K	R	Z	E	P	E	I	I	M	G	P
S	J	W	T	N	T	D	C	C	O	W	T	A	N	J	I	J	B
U	J	W	E	K	D	B	L	K	P	T	L	N	E	H	L	H	L
A	I	A	W	M	W	Y	V	I	S	G	S	S	P	S	Y	A	Y
K	R	E	T	M	A	E	R	S	P	R	I	N	G	P	F	U	V
S	P	E	E	P	S	E	F	L	O	W	E	R	S	E	H	I	N

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

JELLYBEANS
CHOCOLATE
SUNSHINE
FLOWERS
CARROTS
BASKET

CHICKS
SPRING
FAMILY
BUNNY
CANDY
PEEPS

EGGS
HUNT
HOP

