

JULY 2025

NEWSLETTER



WELCOME TO THE FIFTH EDITION OF OUR COMMUNITY NEWSLETTER!

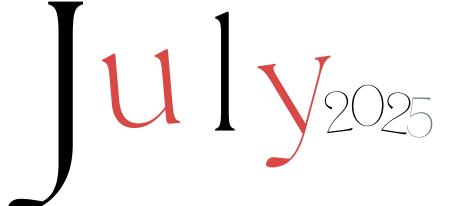
With our fifth edition of the newsletter, we're excited to continue sharing the incredible work happening across our community.

Jam packed with events and new initiatives, this issue is has updates that reflect the dedication of our employees, volunteers, and community members. Be sure to check out this month's highlights, including July's monthly overview, Summer Games updates, photos of our graduates, and photo highlights from events throughout June!

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-4:0		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				





For those of you viewing online, check back periodically for updates!

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Grading Day Event	3	4 Graduation Dance	5 AA NSCC 8pm
6	Summer Games Registration Clinic	8	9 Mi'kmaw W Champi		11	AA NSCC 8pm
13	14	15	16 MI'KMAW KINA'MATNEWEY MULTI-SPORT CAMP	17 Community Lunch- Health Centre	18	AA NSCC 8pm
20	21	22	23	24	²⁵ Closed- Mission	AA NSCC 8pm
27	Closed- Mission Summer Games Registration Clinic	29 Pop Up	3O Bike Hub Summer Games Registration Clinic	31		



WEDNESDAY JULY 2, 2025 12PM-4PM

GRADING DAY EVENT

BBQ | COTTON CANDY | SNOW CONES | POPCORN
BIG BOUNCES

AT THE BALLFIELD

EVERYONE WELCOME!

FRIDAY JULY 4, 2025 8PM-11PM

GRADUATION DANCE

PIZZA & DRINKS
GRADES 7 TO 12 WELCOME!

NO FORMAL DRESS CODE, DRESS IN WHAT'S COMFORTABLE!

CULTURAL CENTRE



We extend our heartfelt congratulations to the Class of 2025 from Wagmatcookewey School! Your hard work, perseverance, and dedication have led you to this incredible milestone. As you step into the next chapter, whether it's further education, training, or new adventures, know that your community is proud of you and cheering you on every step of the way.

As the 2024–2025 school year wraps up, we want to send a big congratulations to all students, teachers, support staff, and families for making it through another successful year of learning, growth, and connection.

Wela'lioq and see you in September!





OUR 2025 GRADUATES!



GRAD DINNER



We're proud to recognize the outstanding achievements of this year's graduates. Below is a list of awards presented to members of the Class of 2025

The Governor General's academic medal was awarded to Irene Googoo

Co-Op Bursary was awarded to Hope Paul

Baddeck Pharmacy bursary was awarded to Becky Pierro

Baddeck Home Hardware bursary was awarded to Hope Paul

MLA PC bursary was awarded to Becky Pierro

A bursary for Perseverance by an anonymous donation was awarded to Leighton Simon

GRADUATE AWARDS & RECOGNITIONS



KINDERGRARDEN GRADUATION



AWARDS FOR GRADE PRIMARY TO 6



We are excited to share the winners of this year's **Athlete of the Year awards** which will be featured in the Cape Breton Post:

- Male Athlete of the Year (Co-Winners): Michael Lafford (left)
 and Connor MacAulay (Right)
- Female Athlete of the Year: Navayah Googoo (Middle)

Congratulations to all our outstanding athletes!

ATHLETE OF THE YEAR AWARDS

WE PROVIDE THE SPACE, TOOLS AND SOME OF THE KNOW-HOW SO YOU CAN FIX YOUR BIKE YOURSELF.



A COMMUNITY DO-IT-YOURSELF BIKE REPAIR SPACE



Wagmatcook NSCC Building

July 29th 2-6pm July 30th 2-6pm

COME AND GET A 20-MINUTE SESSION TO GET YOUR BIKE TUNED UP AND LEARN SOME TIPS AND TRICKS FOR SAFE RIDING.

TO LEARN MORE, VISIT: WWW.ECOLOGYACTION.CA/POPUPBIKEHUB





1ST WAGMATCOOK YOUTH FISHING DERBY

A big wela'lioq to all the youth, families, and community members who came out to support and take part in our very first Wagmatcook Fishing Derby! It was a day full of fun, laughter, and friendly competition. We had an amazing turnout, plenty of great catches, and lots of awesome prizes, thank you for helping make it such a memorable event.



CHECK OUT THIS AMAZING ARTICLE ON OUR VERY OWN, NANO!



'They're like my kids': Mi'kmaw elder stitching together high school memories | CBC News

The Mi'kmaw elder has made quilts for more than 30 years featuring her community's high school grads.



CBC / Jul 4



STAY SAFE THIS SUMMER

SUMMER SAFETY TIPS TO STAY HYDRATED

Water sessential for every cell in thebody to function correctly. Water aids the digestive system, helps prevent constipation, flushes toxins from the body, promotes good kidney function, keeps your joints and muscles lubricated, supports healthier and younger-looking skin, and helps regulate body temperature.



Drink water
throughout
the day to replace
fluid lost to sweat
& heat.



Tie drinking water into a

routine: drink a

glass of water

flavor your water with fruit: lemons, limes, oranges, watermelon, strawberries or... cucumbers & herbs are also delicious options





Avoid drinking alcohol – it is a diuretic, meaning it makes you pee more often, so you can become more dehydrated.







Enjoy more water-rich foods



Take it to go.
Drinking enough water when
you are the go can be
challenging.

Fill your water bottle before you leave home and bring it along on your daily travels.

READ THE SIGNS YOU MAY NEED TO DRINKMORE WATER

- feeling thirsty.
- having dark yellow, strong-smelling pee
- peeing less often than usual (less than 3 or 4 times a day)
- feeling dizzy or lightheaded.
- headache
- feeling tired.
- a dry mouth, lips and eyes
- sunken eves.



If it is really hot outside and you have been sweating & active, you will need to drink more water!

Water down sugary drinks

If you often drink juice, iced tea, or lemonade, dilute your sugary drink with water or ice. Aim towards a one-to-one ratio over time. This will offer you the sweetness you crave while slowly curbing it, as well as refresh you with a healthier dose of water.















Keep it in arm's reach It's much easier to drink more often when there's a source close by. Make sure there's a large bottle or glass by your bed at home, on the kitchen counter, at your work desk, and in the car as a constant reminder to keep drinking.

Choose sparkling water over fizzy sugary drinks









11:30am-1pm Wagmatcook Health Centre



We're getting ready to host the 2025 Mi'kmaw Summer Games this August in Wagmatcook and we need your help to make it a success!

We're looking for volunteers to support all sports and events throughout the week, whether you're experienced or just eager to lend a hand, there's a spot for you!

Please Note:

There will be no billiards, wrestling, or swimming events this year.

Volunteering is a great way to be part of the action, meet people from across Mi'kma'ki, and support our athletes and community.

Location: Wagmatcook First Nation

77 When: August 15-24, 2025

Interested? Register as a volunteer here <u>https://mikmawsummergames.ca/register/</u>





FOOD HANDLERS COURSE – WEEK OF JULY 13

Are you interested in helping out or volunteering during the Summer Games?

We're offering a Food Handlers Certification Course in Wagmatcook the week of July 13.

This is a great opportunity for anyone who plans to assist with food service during the games.

Limited to 20 participants – register early to secure your spot!



Or by visiting https://forms.gle/xny7esaeBpQph1ui8



REGISTRATION FOR THE 2025 NOVA SCOTIA M'KMAW SUMMER GAMES

Hosted in Wagmatcook First Nation, August 15-24, 2025

Registration is **NOW OPEN!**Teams must register by July 31, 2025.
Athletes must register by July 31, 2025.

Important Requirement: Your 10-digit status card number is required to complete your registration.

https://mikmawsummergames.ca/register/

Section For more info, contact: nsmsg2025@wagmatcook.com





2025 Wagmatcook First Nation **Sports Schedule**

FRIDAY AUG 15	SATURDAY AUG 16	SUNDAY AUG 17	MONDAY AUG 18	TUESDAY AUG 19	WEDNESDAY AUG 20	THURSDAY AUG 21	FRIDAY AUG 22	SATURDAY AUG 23	SUNDAY AUG 24
GOLF Bell Bay 9 am	GOLF Bell Bay 9 am	GOLF Bell Bay 9 am	SOFTBALL Wagmatcook Field Time TBA	SOFTBALL Wagmatcook Field Time TBA	SOFTBALL Wagmatcook Field Time TBA	SOFTBALL Wagmatcook Field Time TBA	SOFTBALL Wagmatcook Field Time TBA	SOFTBALL Wagmatcook Field Time TBA	SOFTBALL Wagmatcook Time TBA
			L'NU PAGEANT WHCC Prep Time TBA	L'NU PAGEANT WHCC Prep Time TBA	L'NU PAGEANT WHCC Intro Time TBA	L'NU PAGEANT WHCC Talent Time TBA	L'NU PAGEANT WHCC Crowning Time TBA	TUG OF WAR Youth Location TBA Time TBA	TUG OF WAR Adult Location TBA Time TBA
			BASKETBALL Baddeck Gym Time TBA	BASKETBALL Baddeck Gym Time TBA	BASKETBALL Baddeck Gym Time TBA	BASKETBALL Baddeck Gym Time TBA	FLOOR HOCKEY Wagmatcook Time TBA	FLOOR HOCKEY Wagmatcook Time TBA	CLOSING CEREMONY Wagmatcook Time TBA
			BADMINTON Wagmatcook Time TBA	BADMINTON Wagmatcook Time TBA	VOLLEYBALL Wagmatcook Time TBA	VOLLEYBALL Wagmatcook Time TBA	VOLLEYBALL Wagmatcook Time TBA	VOLLEYBALL Wagmatcook Time TBA	
			HORSESHOES Wagmatcook Band Office Time TBA	HORSESHOES Wagmatcook Band Office Time TBA	SPECIAL OLYMPICS NSCC Time TBA	FIVE KM RUN Location TBA Time TBA	WASHER TOSS Wagmatcook Time TBA	WASHER TOSS Wagmatcook Time TBA	
			CANOEING Wagmatcook Wharf Time TBA	CANOEING Wagmatcook Wharf Time TBA	WALTES Elders' Centre Time TBA	WALTES Elders' Centre Time TBA	WALTES Elders' Centre Time TBA		
			T-BALL Wagmatcook Field Time TBA	T-BALL Wagmatcook Field Time TBA	DARTS NSCC Time TBA	DARTS NSCC Time TBA	FAMILY FUN DAY Wagmatcook Band Office Time TBA		
			TRACK & FIELD Baddeck Soccer Time TBA	TRACK & FIELD Baddeck Soccer Time TBA	ARCHERY Location TBA Time TBA	ARCHERY Location TBA Time TBA	HIGH STAKES BINGO WHCC Time TBA		
			SCROLL RUN Location TBA Time TBA	SCHOOLYARD COMPETITIONS NSCC Time TBA	ARM WRESTLING Location TBA Time TBA		FIREWORKS Wagmatcook Wharf Time TBA		
			OPENING CEREMONY Location TBA Time TBA						

2025 Mi'kmaw World Waltes Championship

Communities across Nova Scotia will gather in Wagmatcook for the 2025 Mi'kmaw World Waltes Championship. Don't forget to come cheer on Lindia Isadore representing Wagmatcook in the Championship on July 9th and 10th at the Wagmatcook Culture and Heritage Centre!



Alcoholics Anonymous – Every Saturday at 8 PM

We want to remind community members that AA meetings are held every Saturday at 8 PM at the Wagmatcook NSCC/Learning Centre.

These meetings offer a safe, confidential, and welcoming space for anyone seeking support with alcohol use.

You're not alone. Whether it's your first time attending or you're returning, all are welcome.

Let's help spread the word and support one another.





Wagmatcook First Nation Flag Etiquette Guide

Purpose

The flag at Wagmatcook First Nation represents our sovereignty, unity, and respect. It is flown with dignity and lowered for mourning, national observances, Indigenous recognition days, and safety considerations. This guide ensures consistent and respectful flag protocol.

General Guidelines

- The flag will remain raised at all times, except when lowered to half-mast for special occasions or during severe weather.
- The flag will never touch the ground at any time.
- The flag must always be handled with care and respect.
- When flown at half-mast, it should first be raised to full height before being lowered halfway.

Flag-Raising and Lowering Process

Flag-raising and removal require **three individuals** to ensure the process is carried out properly.

Important Note

For safety reasons, the flag **must be lowered** in the event of a **major storm** or if **winds exceed 50 km/h** to protect both the flag and the flagpole.

Half-Masting Protocols

1. Deaths in the Community

- The flag will be lowered to half-mast from the start of the wake until the day after the funeral for any deceased Wagmatcook community member.
- The Cultural Centre Manager will confirm the death and notify staff of the timing.

2. National and Provincial Half-Masting Observances

Wagmatcook First Nation will follow national and provincial half-masting directives, including:

- Remembrance Day November 11 (half-mast).
- National Day of Mourning (Workers' Memorial Day) April 28 (half-mast).
- Passing of a National or Provincial Leader As per federal/provincial orders.

Wagmatcook · 75 Rear Humes Road · PO Box 30001 · Wagmatcook, Nova Scotia · Canada · BoE 3No







3. Indigenous and Community Observances

The flag will be lowered or raised to recognize the following Indigenous and community days:

Date	Event	Flag Position
May 5	Red Dress Day (MMIWG Awareness)	Half-mast
June 21	National Indigenous Peoples Day	Full-mast
September 30	National Day for Truth and Reconciliation	Half-mast
October 1	Treaty Day	Full-mast
October 4	Sisters in Spirit Day (MMIWG Awareness)	Half-mast
November 8	Indigenous Veterans Day	Half-mast
Other Significant Events	As directed by Chief and Council	Half-mast if applicable

4. Tragedies or Events of Significance

- The flag may be lowered in response to tragic events affecting Wagmatcook, the Mi'kmaq Nation, or Indigenous Peoples across Canada.
- Chief and Council will determine when half-masting is appropriate.

Special Flag-Raising Occasions

- Community achievements or milestones The flag may be raised to acknowledge major events, as determined by Chief and Council.
- Cultural and Treaty-related events The flag may be flown with additional symbols (e.g., Mi'kmaq Grand Council flag) on special occasions.

Enforcement and Communication

- The Cultural Centre Manager is responsible for notifying staff when to lower or raise the flag.
- Maintenance staff will ensure proper handling and positioning of the flag.





YOUTH AGAINST DRUGS WALK









In June, our community came together for a powerful Youth Against Drugs Walk, with participants walking from the Cultural Centre to Wagmatcookewey School in a show of unity and strength.

With the highway shut down for the event, our youth led the way, joined by drummers, community leaders, elders, and staff, sharing a clear message: our community supports healthy choices and stands against substance use. Wela'lioq to everyone who took part, showed support, and helped make this meaningful walk possible. Together, we are stronger.



First Nations Child and Family Services and Jordan's Principle Settlement Communications Toolkit | Newsletter Copy

Dear Community Leaders,

We encourage you to share the following important updates in your community paper or newsletter.

The first Claims Period for the First Nations Child and Family Services and Jordan's Principle Settlement opened on March 10, 2025

Class Members of the Removed Child Class and the Removed Child Family Class can now submit a claim for compensation.

- Removed Child Class: First Nations individuals who, while under the Age of Majority, were removed from their homes between April 1, 1991, and March 31, 2022, by Child Welfare Authorities. The removal from home happened while the Child or at least one of their Caregiving Parents or Caregiving Grandparents were Ordinarily Resident on Reserve or living in the Yukon. The placement was funded by Indigenous Services Canada.
- Removed Child Family Class: Eligible Caregiving Parents or Caregiving Grandparents of a Removed Child who were living with and assumed parental responsibilities over the Child at the time of removal and were the ones from whom the Child was first removed.

How to submit your Claim

If you are an adult ("Age of Majority"), or within two years of becoming an adult in your province or territory, you can submit your Claim now.

- Claims can be submitted through the Claims Portal (Portal.FNChildClaims.ca) or by email, fax or mail.
- You'll need a copy (photocopy, scan or photo) of valid government-issued
- You need to have a current mailing address.
- You need to provide a bank account in your name only if you want your compensation money deposited directly into a bank account.

Important: You do not have to pay anyone to help you submit your Claim or to receive payment under this Settlement.

Submission Timelines

- Adult Class Members have until March 10, 2028, to submit their Claim.
- If the Class Member was a minor when the Claims Period opened on March 10, 2025, they have three years from the date they become an adult to submit their Claim.
- Adult Caregiving Parents or Caregiving Grandparents must submit their Claim by March 10, 2028, regardless of the age of the associated Removed Child.

To learn more about the Classes, eligibility and how to submit a Claim visit www.FNChildClaims.ca.

You don't have to figure this out on your own

Free support is available to help you fill out your Claim Form. To learn more, call the Administrator toll-free at 1-833-852-0755 or visit www.FNChildClaims.ca, where you can also sign up for email updates.

Wellness Support

Free mental health and wellness support is available to Class Members 24 hours a day through the Hope for Wellness Helpline at 1-855-242-3310 or online at HopeForWellness.ca. Support is available in English, French, Cree and Ojibway (Anishinaabemowin) on request. Children and youth can also call the Kids Help Phone anytime at 1-800-668-6868 or text FIRSTNATIONS to 686868.

Fraud Alert

Watch out for people pretending to represent the Settlement in order to steal your personal information.

Be aware. Don't share. If you suspect fraudulent activity, report it to the Administrator at 1-833-852-0755 or email Generalinfo@Contact.FNChildClaims.ca.

For more information about fraud prevention, visit www.FNChildClaims.ca/Fraud-Prevention.

The First Nations Child and Family Services and Jordan's Principle Settlement has been approved.

This is what this means for you.



The Court has approved the Settlement Agreement in the First Nations Child and Family Services and Jordan's Principle Class Action. This means that Canada will pay \$23.34 billion in compensation for impacted First Nations children and some of their family members.

This notice provides information about the Settlement. You can find more information and sign up for updates at **www.fnchildclaims.ca** or you can call 1-833-852-0755.

What's the Settlement about?

The Settlement provides compensation to First Nations children living on reserves or in the Yukon who were removed from their homes by child welfare agencies operating in First Nations communities and placed in out-of-home care between April 1, 1991 and March 31, 2022.

The Settlement also provides compensation to First Nations children who did not receive timely access to essential services and who had a confirmed need for those services between April 1, 1991 and November 2, 2017. This treatment discriminated against the children and broke a legal rule known as Jordan's Principle.

Am I included in the Settlement?

Compensation is not yet available. When it becomes available, you may be eligible for compensation if you are one or more of the following:

A child removed from their home or placed off-reserve

Removed Child Class

A child who had a denial or delay of an essential service

Jordan's Principle Class

Trout Child Class

Essential Service Class

A child placed off-reserve

Kith Child Class

Kith Family Class

- First Nations children who, while under the age of majority between April 1, 1991 and March 31, 2022, were living on a reserve and were removed from their homes by child welfare authorities or voluntarily placed into care.
- The placement was funded by Indigenous Services Canada (ISC).
- At least one caregiver (parents or grandparents) were resident on reserve or living in the Yukon.

 First Nations children (living onreserve or off-reserve) who were confirmed to need an essential service but faced a delay, denial or a gap in receiving that essential service between April 1, 1991 and November 2, 2017.

- First Nations children placed off-reserve with a non-family caregiver.
 - The caregiver did not receive any funding related to the placement.
 - AChild Welfare Authority was involved at the time of the placement.
- Caregiving parent or grandparent of children of the Kith Child Class.

The caregiving parent or grandparent of a child who experienced removal or a delay or denial of an essential service

This includes birth, adoptive and step parents.
It does not include foster parents.
Removed Child Family Class | Jordan's Principle Family Class
Trout Family Class



A fund of \$50 million will be established to assist First Nations children and families impacted by Canada's discrimination. An additional fund of \$90 million will be established to benefit high-needs Jordan's Principle class members to ensure their personal dignity and well-being.

When will I receive compensation?

The first Claim Forms will be available in several months. Please visit **www.fnchildclaims.ca** for more information, updates and timelines, and to find out when Claim Forms will be available.

What can I do now?

Sign up for updates at **www.fnchildclaims.ca**. This will ensure that you receive updates on the claims process and a copy of the Claim Forms when they are available.

There are supports and resources available to help you understand the Settlement and apply for compensation when the claims process is open.



To learn more about the Settlement and sign up for updates on the claims process, visit www.fnchildclaims.ca.



Claims support services are available by calling the Administrator at 1-833-852-0755.



If you are experiencing emotional distress and would like to speak with a counsellor, please contact the **Hope for Wellness Helpline** at **1-855-242-3310**, or visit **www.hopeforwellness.ca** to chat.

PREVENT GRASS FIRES – FOLLOW FIRE RESTRICTIONS IN NOVA SCOTIA

As the weather warms up, the risk of grass fires increases—and they can spread fast. Please help keep our community safe by following Nova Scotia's provincial fire regulations.

No burning is allowed during restricted times. Violations can lead to fines or worse, serious damage to homes and natural areas. During wildfire risk season (15 March to 15 October), no burning or campfires are allowed between 8:00 am and 2:00 pm everyday! Violation of these guidelines can lead to fines up to \$25,000!

Before you burn, always check the BurnSafe map (after 2pm) at <u>novascotia.ca/burnsafe</u> for daily updates.

Simple steps to protect our community:

- Never leave a fire unattended
- Have water and tools nearby
- Report any uncontrolled fires immediately by calling 911



ATTENTIONATY (FOUR WHEELER) DRIVERS

We've been receiving complaints about late-night driving and speeding in the community. Let's all do our part to show respect and keep things safe.

- No driving after 10 PM please be mindful of families, children, and elders trying to rest.
- Slow down speeding puts everyone at risk.
- Stay on designated pathways driving on lawns or private property causes damage and is disrespectful.

Let's work together to keep our community safe and respectful for all. Thank you for your cooperation, understanding and support.

