



Wagmatcook

DECEMBER 2025

NEWSLETTER



WELCOME TO THE EIGHTH EDITION OF OUR COMMUNITY NEWSLETTER!

With our eighth edition of the newsletter, we're excited to continue sharing the incredible work happening across our community. Pictured above is the wonderful new community signage put up last month to help position Wagmatcook as a community for positive growth and economic development. A special thanks to our committee, elders and Council and all others who supported this initiative!

Jam packed with events and new initiatives, this issue has updates that reflect the dedication of our employees, volunteers, and community members. Be sure to check out this month's highlights, including an overview of our Employee Appreciation Mawio'mi, Christmas Bonuses/turkey day, updated sports night schedule, important Christmas events at the school and our 2025 holiday schedules.

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		

December



CHRISTMAS

Dividends

We are pleased to share that, along with this year's **\$300 Christmas Dividend** (bonus), an **additional one-time payment of \$350** will be provided to support families with food security during the holiday season.

Both cheques will be available on December 11, 2025. There is no direct deposit or EMT available.

The \$350 one-time additional payment will be issued to all band members, both on and off reserve.

Pick-up will be available at the Band Office, and then remainder will be **mailed** out on December 12, 2025, unless other arrangements have been made.

If someone else is picking up your cheque for you, you will have to call the Band Office (902-295-2598) to give that person permission. No cheques will be released without permission given.

Turkeys will also be available for pick up at the Band Office parking lot for the head of household. Available to on and off reserve. No delivery except to Elders within the community



Wagmatcook

Holiday Hours

Wagmatcookewey School

🎄 December 19- Last day of school!

🎄 January 5-First day back after the holidays

Band Office, Health Centre & NSCC/Learning Centre

🎄 December 19- Limited staff / last official day before holiday break, closing at noon

🎄 January 5- First day back after the holidays

Housing & Public Works

🎄 December 19- Limited staff / last official day before holiday break, closing at noon

🎄 **REVISED GARBAGE DATES:** Friday December 19, Tuesday December 23, Tuesday December 30, and Friday January 2

🎄 January 5- First day back after the holidays

Cultural & Heritage Centre

BINGO:

🎄 NO BINGO ON: – December 24th, 28th , or 31st

CLEANWAVE

🎄 **Closed:** December 17th, 18th and 19th for Feast preparation

🎄 **Closed:** December 22nd to 26th but regular hours December 29th to 31st

🎄 **Closed:** January 1st, open regular hours January 2nd

GAMING

🎄 December 22-23 – open regular business hours

🎄 December 24- Open until 2pm

🎄 December 25-26 – Closed

🎄 December 27-31 – establishments open regular business hours

🎄 January 1 – Closed

🎄 January 2- open regular business hours

Social Office

🎄 December 12 – Deadline for new disability forms for December

🎄 December 18 – Deadline for babysitting letters & reimbursements for milk

🎄 December 19 – Disability monies released

🎄 December 29- Direct deposit and paper cheques out. Office will be open from 9am to 12 noon

POST OFFICE:

🎄 December 22-23 – open regular business hours

🎄 December 24- Open until 2pm

🎄 December 25-26 – Closed

🎄 December 31 – open regular business hours

🎄 January 1 – Closed

SMOKE SHOP

🎄 December 22-23 – open regular business hours

🎄 December 24- Open until 2pm

🎄 December 25-26 – Closed

🎄 December 31 – open regular business hours

🎄 January 1 – Closed

Gas Bar

🎄 Christmas Eve 7am to 7pm

🎄 Christmas Day 10 am -6pm

🎄 Boxing Day 10 am - 6pm

🎄 New Years Eve 7 am to 7pm

🎄 New Years Day 10am - 9pm



WAGMATCOOK SPORTS NIGHTS SCHEDULE

ALL ACTIVITIES AT
WAGMATCOOK
SCHOOL GYM



Monday

5-7PM - Womens/Girls Open Gym

A safe, supportive space for girls and women of all ages to move, train, and have fun.

Tuesday

No activities



Wednesday

5-7PM - BADMINTON NIGHT

Come play singles, doubles, or just practice your shots.

Thursday

5-6PM - Walking Group

Join Wagmatcook Walking Group, meeting at Wagmatcookebewey School.

Friday

4-6PM - OPEN GYM

Drop in for basketball, floor hockey or free play. A space to move, play and gather.

Saturday

5-7PM - BASKETBALL NIGHT

Community games and shooting practice.

Mi'kmaw Spirit of Wellness



These weekly gatherings celebrate the Mi'kmaw spirit of wellness in sports. More than games, they bring us together in the teachings of Msit No'kmaq. Building unity, health, lifting each other up, and growing stronger together.

**Please note there will be no sports night during the holiday break (December 19-January 4)



WAGMATCOOKEWEY SCHOOL

🎄 Upcoming Christmas Events 🎄

Christmas Concert (Kindergarten)

Join us for our annual Kindergarten Christmas Concert on
Tuesday, December 16th 11am at their building
followed by a tea party.

Christmas Concert (P-6)

Join us for our annual P-6 Christmas Concert on
Wednesday December 17th 12:30-2pm at
Wagmatcookewey School.

Check out the Christmas Spirit week events in the
comments!



902-295-3491



<https://wagmatcookeweyschool.ca/>



The Holiday Gift Shop

Is Coming To Our School!

We want to tell you about an exciting event that will be happening at our school next week! The Holiday Shop was a hit last year and we are excited to be bringing it to our students again this year. This valuable program makes it possible for children to experience the excitement of choosing their own special holiday gifts for family and friends.

The Holiday Gift Shop program will be set up at our school in The Youth Center space and will be accessed through the hallway of the new section. It will be supervised by teachers and volunteers, who will help the children pick out gifts in a familiar, comfortable atmosphere.

We believe this program will create wonderful memories for the children, while teaching them to budget their money, make decisions and appreciate the value of different items. At the same time, they will have the fun of surprising a loved one with a "secret" gift they bought all by themselves.

This is not a fundraiser so items will be sold "at cost" with no real markup. There is a wide variety of items so we hope that everyone will find something they love!

Students will come to The Holiday Shop with their homeroom classes following a set schedule. Monday December 8 and Tuesday December 9 will be viewing days. No purchases will be made these days but students will have the opportunity to take a look at the shop items to prepare their budget and gather some ideas for gifts. They will bring home an envelope with spaces for you to write a name or names and limits. We will do our best to help children pick fun items for each one on the list.

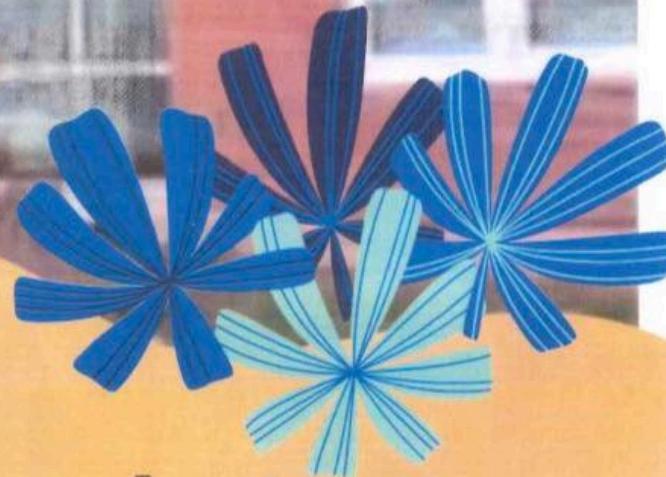
Shopping days will be on Thursday December 11 and Friday December 12, 2025. This will also be done based on a set schedule. However, there will be some "open" times for students to come in if they missed their class's scheduled visit, or would like to purchase something else.

We are very excited about this event and hope that everyone really enjoys it!

Thank you,

The Holiday Shop Committee





Now offering....

High School Completion courses & Canadian Adult Education Credential (formerly GED) preparation

Canadian Adult

Education Credential -

CAEC

- Reading
- Writing
- Math
- Science
- Social studies

Subjects Offered:

The courses offered will depend on what you need; We will create a plan just for you!

Unlock your potential. Start learning today!

**Call Wagmatcookewey School at 902-295-3491 to sign up
or for more information!**

Employee Appreciation Mawio'mi

On Friday, November 21st all Band Administration and Commercial Enterprises were closed from 10:30 – 4 to host an Employee Appreciation Mawio'mi.

Approximately 160 employees attended the event held at the Inverary Inn. The day began with welcoming all in attendance, followed by an opening prayer by Molly Pierro and a smudge by Charlie and Mailey Pierro. Afterwards, the Wagmatcook Women's Drum Group had their debut performance, impressing everyone with their talent and passion after only four practices.

Chief Norman then welcomed everyone and shared his words of appreciation to the employees and created more excitement in the room by handing out the beginning of the door prizes.

The employees then enjoyed a meal together. If we had to guess, it was enjoyed most by the CleanWave crew, who did not have to prepare or serve for the first time in many of their recollections.

During the lunch, Donald spoke about the accomplishments achieved over the past years, as a community overall and each individual department's accomplishments. Before moving forward, another round of door prizes was handed out.

Up next were the Indian Bay Drummers and Makayla Googoo, we are grateful for their talent and believe those in attendance felt the same way.

Donald then spoke about what can be expected in the future, upcoming plans and long-term goals that as a team we will work together towards to continue to make Wagmatcook stronger and a community to aspire to be.

Once the presentation was completed, Chief Norman joined Donald on stage for the long-term service awards. Almost sixty (60) employees were recognized for their years of service. Beginning with those who had 5 years of service and going right up to the longest serving employee, Veronica Jeddore, who celebrated her 45th anniversary with the Band in October. Check out the next slides for a full list of recipients!

After the awards were presented, the final round of door prizes was handed out, and the draw for the 50/50 winner was announced. Ryan MacInnis donated most of his winnings back to the Band. The proceeds of the 50/50 will be put towards the Community Feast being held in December.

Chief Norman then offered his closing remarks to end the day.

Overall, based on the laughter, conversations, cheers and applause throughout the day, we believe this was a first successful Employee Appreciation Mawio'mi that the Band is planning on making an annual event.

Thank you to all who attended, participated, provided their talents and who work together every day to move Wagmatcook forward.

Five (5) Year Service Awards

2022 recipients

Albert Pierro

2023 recipients

Fred Turnbull

Lindia Isadore

Loretta Googoo

Vickie Price

Colin Smith

Kim MacIver

Whitney Robertson-Simon

Sunshine Smith

2024 recipients

Francis Tremblay

Laura MacNeil

June MacKenzie

Norma Jean Peck

Daphne Googoo

Kendra Simon

2025 recipients

Simon Denny

Lesley Johnston

Douglas Peck

Evan Googoo

Ten (10) Year Service Awards

2022 recipients

Danny Stevens

Jeff Fitzgerald

2023 recipients

Richard Pierro

Peter Googoo

Tina MacLellan

2024 recipients

Brent Nicholson

Felix Smith

Jane Simon

Constance Stevens

2025 recipients

Loretta Isadore

Serena Peck

Shauna MacAulay

Fifteen (15) Year Service Awards

2023 recipients

Carrie Moss
Marjorie Pierro
David Chandler
Brittany Fitzgerald
Andrea Simon

2025 recipients

Brenda Smith
Wendy Wong
Mary Christine Googoo

Twenty (20) Year Service Awards

2023 recipient

Preston Bernard

2024 recipient

Mary Farrell

2025 recipients

Kim Dixon
Spencer Isadore
Jackie MacLellan
Georgina Peck

2022 recipient

Jamie White

2024 recipients

Elaine Allison
Vincent Budge
Andra Bernard

2025 recipient

Tracy MacQuarrie MacNeil

Twenty-five (25) Year Service Awards

Thirty (30) Year Service Awards

2022 recipients

Kim Denny
Flora Isadore

2023 recipient

Audrey Pierro

2024 recipient

Allan MacNeil

Thirty-five (35) Year Service Awards

2023 recipients

Louise Witzell
Norman Bernard

2024 recipient

Fred Matthews

2025 recipients

Nancy Bernard

Forty (40) Year Service Awards

Juanita Pierro
Brian Arbuthnot

Forty-Five (45) Year Service Awards

Veronica Jeddore



EMPLOYEE APPRECIATION MAWIO'MI

Congratulations to all of our recipients who received their Service Awards. We're proud to celebrate your dedication and hard work!

Annual Christmas Gathering

Join us on Thursday, December 18, 2025,
for our annual Christmas gathering!

Doors open at 4pm at the Great Hall inside
the Cultural & Heritage Centre. Dinner to
be served at 6pm.

Enjoy turkey dinner, entertainment, Santa
gifts for the little ones, door prizes, and
plenty of holiday cheer.

Looking forward to seeing you there!



FRESH PRODUCE IS ON THE WAY FOR WAGMATCOOK!

We're excited to share that we'll be receiving a community produce drop every two weeks on Wednesdays from now until the end of March. **The first delivery arrives THURSDAY DECEMBER 4TH**, and we're expecting it around 1 PM at the Wagmatcook Learning Centre (NSCC)

Thanks to Island Food Network and their partnership with Square Roots, we're able to bring hundreds of pounds of fresh produce into the community, **at no cost to community members!**

This week's delivery includes a mix of everyday vegetables and fruits, such as apples, carrots, potatoes, cabbage, onions, peppers, squash, tomatoes, and oranges, among other items.

Anyone in Wagmatcook is welcome to pick up produce. It will be first come, first-serve basis, and there will be some pre-bagged items to make things easier.

If you can, please bring your own reusable bags. (We're also accepting donations of reusable bags so we can keep some on hand for future drops)



Wagmatcook

Mental Health Resource Guide

FOR THE HOLIDAY SEASON

STRATEGIES FOR SUPPORTING YOUR MENTAL HEALTH

- Pay attention to **your feelings**
 - Remember that it is okay to feel unhappy during the holidays. Recognizing your feelings is the first step to addressing and nurturing them.
 - Develop a plan for when you are feeling stressed, sad, or lonely
 - This plan may include calling a friend or family member, going for a walk, engaging in an activity that brings joy, or watching a favorite movie. Having a plan ahead of time can help ensure the difficult moments are more manageable.
- Practice **self-care**
 - It is important to schedule time for yourself and activities that **recharge your mind and body**. This may include reading a good book, working out, spending time in nature, and practicing stress management skills, such as deep breathing, meditation, and mindfulness. It is also important to remember to prioritize necessities, including eating a balanced diet, getting plenty of sleep, and finding time for exercise.
- Connect with **community**
 - If you can't be near loved ones during the holidays, finding a **supportive community** through clubs, support groups, community centers, local meetups, and faith communities can help reduce feelings of loneliness and isolation.
 - Consider scheduling a regular phone call with family and friends as well.
- Support **others**
 - During this time of year feelings of grief and loss can amplify. Check in on loved ones who may be alone or struggling during the holiday season. Helping a friend or neighbor not only gives joy to others, but it can improve your own happiness and well-being.
- Recognize **seasonal mood changes**
 - Seasonal Affective Disorder (SAD) is a condition in which people experience symptoms of depression that are triggered by the change in seasons as the days get shorter. While this form of depression often improves in the spring and summer, it is important to talk with your health care provider if you feel you are experiencing these symptoms. **Treatment is effective** and may include light therapy, antidepressant medication, and/or talk therapy.
- Avoid alcohol and drugs
 - For people in recovery, the holiday season presents **challenges that can trigger the use of alcohol and drugs**. Having a plan for **navigating social events and feelings of loneliness**, can reduce the risk of substance use. For family and friends, it is important to check in on those who may be struggling with substance use over the holidays.
- Know when to **seek help**
 - If you feel that your **mental health struggles** are becoming **overwhelming and difficult to handle**, it is important to **seek help and know that treatment is available**. Below are free and confidential resources that can connect you with effective treatment and support.

SOURCE: SAMHSA, <https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>

Mental Health Resource Guide

FOR THE HOLIDAY SEASON

You are not alone. Here's how to seek help.

HELP IS AVAILABLE.

The **988 Suicide & Crisis Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. At the prompt - **Dial 1** for Veterans Crisis Line - **Dial 2** for Spanish Speaking - **Dial 3** for LGBTQ Crisis Line. For the **Disaster Distress Helpline** - Call or Text 1-800-985-5990

If you or someone you know needs support now, you can contact the 988 Suicide and Crisis Lifeline. Simply call or text **988** or chat 988lifeline.org.

SAMHSA's National Helpline — 1-800-662-HELP (4357) - A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

FindSupport.gov — An online guide that helps people navigate through common questions when they are at the start of their journey to better behavioral health.

FindTreatment.gov — A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.

Coping Tips

- **Take care of your body**
 - Get enough sleep
 - Spend time outside
 - Exercise/ play sports
 - Stay hydrated
- **Take care of your mind**
 - Write down/ draw your feelings
 - Take a few deep breaths
 - Take a break from social media
 - Explore your interests and hobbies
 - Keep a regular schedule
- **Connect with people for support**
 - If you need support or help, seek it
 - Find support in a group or community
 - Talk to trusted friends and family
 - If you have a safe relationship, talk openly with your partner
 - Join a team, activity or organization that you feel connected to
 - Volunteer for a cause that you care about

SOURCE: SAMHSA, <https://www.samhsa.gov/find-support/how-to-cope>



CHL
CENTER FOR HEALTH
AND LEARNING
HEALTHY LIVING MATTERS

VT **SPC** | Suicide Prevention Center

U matter®

Narcotics Anonymous – Every Monday at 8 PM

We want to remind community members that Narcotics Anonymous meetings are held **every Monday at 8 PM at the Wagmatcook NSCC/Learning Centre.**

Alcoholics Anonymous – Every Thursday at 8 PM

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

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

CENSUS JOBS

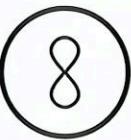
EMPLOIS AU RECENSEMENT

Statistics Canada is hiring in your community for the 2026 Census!

- Use your local knowledge to help conduct the census.
- Develop skills that employers are looking for.
- Your contribution to the census can help your community plan and shape its future!

Important to know

- There are approximately 32,000 census jobs available across Canada.
- Pay is **\$25.87 per hour** for non-supervisory positions and **\$31.32 per hour** for supervisory positions, plus authorized expenses.
- The time frame for census jobs is between **March and July 2026**, depending on the position and location.
- You must be available to work flexible hours, including days, evenings and weekends.



Statistique Canada embauche dans votre communauté pour le Recensement de 2026!

- Mettez à profit vos connaissances sur la région pour aider à effectuer le recensement.
- Perfectionnez des compétences recherchées par les employeurs.
- Votre contribution au recensement pourra aider votre communauté à planifier et à définir son avenir!

Renseignements importants

- Environ 32 000 emplois au recensement sont offerts partout au Canada.
- Le taux de rémunération est de **25,87 \$ l'heure** pour les postes sans fonctions de supervision et de **31,32 \$ l'heure** pour les postes de supervision, en plus des dépenses admissibles.
- La période d'emploi pour les postes du recensement est de **mars à juillet 2026**, selon le poste et le lieu de travail.
- Vous devrez être disponible pour travailler selon un horaire flexible, ce qui comprend le jour, le soir et la fin de semaine.

Apply now and tell a friend
census.gc.ca/jobs

If you need assistance with your application, please call 1-833-830-3109
Teletypewriter (TTY): 1-833-830-3109



Postulez dès maintenant et parlez-en à un ami ou une amie
recensement.gc.ca/emplois

Si vous avez besoin d'aide pour postuler, composez le 1-833-830-3106
Télescripteur (ATS) : 1-833-830-3109



Statistics Canada
Statistique Canada

TTY/ATS : 1-833-830-3109
1-833-830-3106
recensement.gc.ca/jobs
census.gc.ca/jobs



WE'RE HIRING!

HIGHLAND FISHERIES GLACE BAY

Positions Available:

- General Labour – Clam (On Call)
- Maintenance Technician – Minimum 3 years of maintenance experience
- Sanitization Supervisor – Minimum 3 years of supervisory experience in sanitization

APPLY TODAY!

Riwatson@clearwater.ca