



Wagmatcook

JANUARY 2026

NEWSLETTER



WELCOME TO THIS MONTH'S EDITION OF OUR COMMUNITY NEWSLETTER!

As we step into January 2026, we're excited to begin a fresh year together, full of new goals, meaningful connections, and opportunities to grow as a community. Thank you for being part of it all!

This month's edition may be a little lighter, but it's still full of important updates for our community. Inside, you'll find current job postings for Public Works and Prevention & Wellness, details about the upcoming Legal Aid information session, important notices from the Health Centre, and information about the NSCC Open House happening this month. Be sure to take a few minutes to read through so you don't miss anything that could benefit you or your family!

Have an idea, story, or event you'd like to share? We'd love to hear from you! Your voice helps shape our community. 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		



Wagmatcook

2026

January

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	25	24
25	26	27	28	29	30	31
	Legal Aid Information Session		NSCC Open House			

Jobs close

Legal Aid
Information
Session

NSCC
Open House



ALL ACTIVITES AT
WAGMATCOOK
SCHOOL GYM

WAGMATCOOK SPORTS NIGHTS SCHEDULE



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 Wagmatcookeley 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 keep an eye on the Wagmatcook FN Facebook page for updates or cancellations to Sports Nights.

LEGAL AID INFORMATION SESSION

Join us for a Legal Aid Information Session on:

 January 26th

 3:00 PM - 6:00 PM

 Location: To Be Determined (will be posted soon)

Light refreshments, including tea and coffee, will be provided. Legal Aid offers many services at no cost, and their team would love to share what help is available to you and your family. This is a great opportunity to learn about your rights, available supports, and how to access free legal services.

Everyone is welcome. Come by, ask questions, and get informed!



Wagmatcook

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

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.

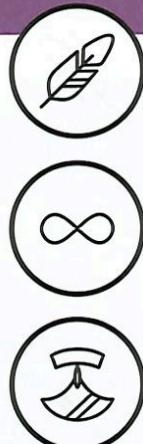
CENSUS JOBS

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.



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

If you need assistance with your application, please call **1-833-830-3106**
Teletypewriter (TTY): **1-833-830-3109**

EMPLOIS AU RECENSEMENT

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 devez être disponible pour travailler selon un horaire flexible, ce qui comprend le jour, le soir et la fin de semaine.



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

Canada

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

census.gc.ca/jobs
recensement.gc.ca/jobs
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CAREERS
SET SAIL

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

OPEN HOUSE

Wagmatcook Learning Centre



Join us to learn about in-demand careers, hands-on training and upcoming program intakes.

Connect one-on-one with staff and program experts.

Wednesday, January 28, 2026

11AM – 2 PM

NSCC Wagmatcook Learning Centre

No registration required

Free applications

Program highlights

- **Steamfitting / Pipefitting** - hands-on skilled trades training for construction and industrial careers.
- **Adult Learning Program (ALP)** - tuition-free pathway for adults to earn a high school diploma, with flexible study options.
- **Careers at Sea** - marine career pathways, training and certifications.

Who can attend

- Prospective students
- Adult learners exploring education or career change
- Community members interested in NSCC programs

ROAMING DOGS

We've noticed some dogs roaming around the community lately.

Please help keep everyone safe by making sure your dogs stay at home or are on a leash when outside. Thanks for looking out for your pets and your neighbours.

If there are complaints about roaming or aggressive dogs, the **dogcatcher may be contacted** to safely remove the animal and ensure the safety of both the community and the pet. Your cooperation helps prevent this and keeps everyone safe.



Wagmatcook

WE'RE HIRING!



Wagmatcook



APPLY
NOW!

HIRING POSITIONS

- Youth Recreation Worker
- Public Works- Supervisor
- Public Works- Labourer

Visit our website for full job description details:

<https://wagmatcook.com/community/#Job Postings>

***send your resume to us by January 21, 2026
at 4pm to: jobs@wagmatcook.com***

HEALTH CENTRE NOTICE

Great news! The Health Centre has welcomed another doctor. Please call ahead to schedule your appointment. There may be some wait time, and we thank you for your patience.

• **Regular Doctor Days:**

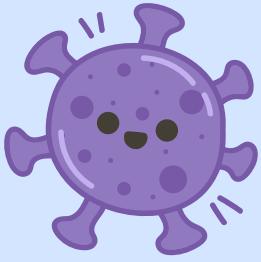
Every Monday, Tuesday & Wednesday

IMPORTANT REMINDER:

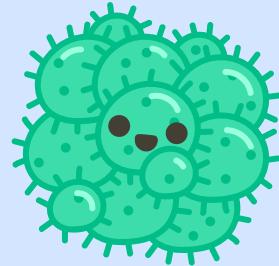
If you are unable to attend a scheduled medical appointment, it is important to cancel or reschedule it in advance. This will allow others who are waiting for an appointment a chance to fill your spot.



Wagmatcook



Flu & Respiratory Season Reminder



Respiratory viruses, including flu, cold and Covid are circulating.

Help Prevent the Spread

- 洗手  Wash hands often
- 戴口罩  Wear a mask if sick and symptomatic
- 捂住口鼻  Cover coughs and sneezes
- 居家  Stay home when sick
- 接种疫苗  Stay up to date on vaccines

Thank you for helping keep our community healthy.



January is Soup Season

Winter is a wonderful time of year, but it can also be an "unbearably cold time.". Luckily, a steaming bowl of soup is the cure-all for those seasonal blues. There's nothing that'll make your family feel cozier than a comforting winter soup.

THREE SISTERS SOUP

The Three Sisters

CORN, BEANS & SQUASH

are more than just crops. For many Indigenous Nations, they represent an agricultural system, cultural teaching, and a nutritionally balanced way of eating.



Traditionally grown together, they support one another:

- Corn provides a tall stalk for beans to climb
- Beans fix nitrogen in the soil, nourishing all three plants
- Squash spreads along the ground, shading the soil and preventing weeds



When eaten together, the Three Sisters create a complete and nourishing meal:

- Corn supplies complex carbohydrates for energy
- Beans provide plant-based protein, fiber, and iron
- Squash offers vitamins A and C, antioxidants, and healthy carbohydrates

Three Sisters is a way of honoring Indigenous knowledge, supporting food sovereignty, and nourishing both body and spirit.

Three Sister's Soup Recipe

• Prep time 20 minutes Cook time 25 minutes Servings 8

INGREDIENTS

- 10 mL (2 tsp) vegetable oil
- 1 onion, diced
- 4 carrots, chopped
- 4 cloves garlic, minced
- 4 stalks celery, chopped
- 2 L (8 cups) vegetable broth
- 1 butternut squash, peeled and cubed
- 375 mL (1 ½ cups) frozen corn
- 2 cans (2 x 540 mL/19 oz) no salt added kidney beans, drained and rinsed
- 10 mL (2 tsp) dried thyme (or 60 mL/4 tbsp fresh)
- 5 mL (1 tsp) ground pepper

DIRECTIONS

1. Heat oil in a large saucepan. Add onion and sauté over medium heat, stirring often until golden, about 2 minutes.
2. Add carrots, garlic and celery and sauté for another 8 minutes, or until softened.
3. Add vegetable broth and bring to a boil.
4. Turn down heat and add cubed squash. Simmer, covered, for 8 minutes, stirring occasionally.
5. Add beans, corn, thyme and pepper. Stir and simmer another few minutes, until squash is soft with a fork.

Tips

- Serve this soup hot with Bannock or crusty whole grain bread.
- Want leftovers for lunches? Refrigerate for up to 2 to 3 days or freeze for up to 2 weeks.
- Have a can of corn in the pantry? Use canned corn instead of frozen – make sure to drain and rinse it first.

Developed by Debbie, RD.
January 2026
Sourced:<https://food-guide.canada.ca/en/recipes/corn-bean-squash-soup-three-sister-s-soup/>



Mental Health Resources

9-8-8 Suicide Crisis Helpline | Available 24/7

If you are thinking about suicide, or you're worried about someone else, there is help and there is hope. Call or text 9-8-8 toll free, any time — lines are open 24/7/365. To learn more about 9-8-8 visit their website.

Hope for Wellness | 1-855-242-3310

Resource for Indigenous people. Available 24/7 in English, French, and upon request in Cree, Ojibway, and Inuktitut.

National Overdose Response Service (NORS) | 1-888-688-6677

The National Overdose Response Service (NORS) is a virtual safe consumption site available for all Canadians, 24/7 * 365. Their service is 100% confidential, anonymous and judgement free. Please don't use alone.

Kids Help Phone | Call 1-800-668-6868 or Text CONNECT to 68686

Their service is completely confidential. You do not have to give them your name.

Black Youth Helpline | 1-833-294-8650

The BYH is a Canada-wide helpline that provides professional, culturally appropriate support for youth, families and schools.

Trans LifeLine | 877-330-6366

Services include direct emotional and financial support to trans people in crisis and a peer support hotline for friends and family of trans people. If you do not get through at first, please keep calling. The Trans Lifeline does not initiate any active rescue or contact emergency services without your explicit consent.

Men's, Women's or All Genders Helpline | 2-1-1

Call 211 and ask for one of these lines. Each caller is given a 30-minute slot.

NS Peer Support Phone Service | 1-800-307-1686

This is a toll-free, non-crisis, available to all Nova Scotians 18 years of age or older.



WAGMATCOOK

WOMEN'S GROUP ELECTION

DATE: SATURDAY, FEBRUARY 21st, 2026

STORM DATE: SATURDAY, FEBRUARY 28th, 2026

TIME: NOMINATIONS: 6:00-7:00PM; VOTING: 7:30-8:30PM

LOCATION: WAGMATCOOK CULTURE AND HERITAGE CENTRE, 10765 NS-105, WAGMATCOOK, Nova Scotia, B0E 0B3

The following positions will be available and are for a four-year term (2026-2030)

- ✓ **President**
- ✓ **Vice-President**
- ✓ **Treasurer**
- ✓ **Secretary**

President: Responsible for the effectiveness of the Chapter and shall preside at all meeting of the Chapter and during the term of her office.

Vice President – Assist the President in achieving Chapter goals. In the temporary absence or incapacity of the Chapter President the Vice President, serves in place of the President, Should the office of the President become vacant for any reason, the Vice President acts as the President for the remainder for the President's Term.

Secretary: Responsible for keeping minutes of the Chapter meetings, sending notices of meetings and maintaining the Chapter's records and document. The secretary must be one of the signing Officers for the Chapter.

Treasurer: Handles the Chapter's finances, maintaining band accounts as needed, paying bills as authorized by the Chapter executive, and making financial reports to the Chapter and the NSNWA annually or as requested. The treasurer must be one of the signing Officers for the Chapter.

IF YOU HAVE ANY QUESTIONS, YOU CAN CONTACT THE CHAPTER PRESIDENT, CHRISTINA PIERRO
CHRISTINAPIERRO29@GMAIL.COM OR THE ELECTORAL OFFICER AT ELECTORALOFFICER@CMMNS.COM