



Wagmatcook



# APRIL 2026 NEWSLETTER

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

April is here, bringing longer days, warmer air, and the first real signs of spring. It's the season to shake off winter, get outside, and ease back into a lighter, brighter routine. In this issue, you'll find what's happening this month

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](mailto:communications@wagmatcook.com) and be part of next month's edition.



# DEPARTMENTS

<b>Department</b>	<b>Phone number</b>	<b>Hours of operation</b>	
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 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Rec Monday Issued	3 <i>Good Friday</i>	4
5 <i>Happy Easter</i> 	6 <b>NA</b>	7 Lifelong Learning Centre Grand Opening	8	9 <b>AA</b>	10	11
12	13 <b>NA</b>	14	15	16 <b>AA</b>	17	18
19	20 <b>NA</b>	21	22	23 <b>AA</b>	24	25
26	27 <b>NA</b>	28	29	30 <b>AA</b>		

# Easter Hours



## Thursday April 2, 2026

Garbage Day

## Friday April 3, 2026- Good Friday

Wagmatcookewey School, Band Office, Housing/Public Works, Health Centre, Cultural Centre (Cleanwave, Smoke Shop, Gaming, Gym & Post Office), NSCC/Learning Centre are **closed**.

Gas Bar is open regular hours. **No garbage collection.**

## Saturday April 4, 2026

Regular hours of operations

## Sunday April 5, 2026- Easter

Gaming will be **CLOSED** and there will be **NO BINGO**

Gas Bar is open regular hours.

## Monday April 6, 2026- Easter Monday

Wagmatcookewey School, Band Office, Housing/Public Works, Health Centre, Cultural Centre (Cleanwave, Gaming, Smoke Shop, Gym & Post Office), NSCC/Learning Centre are **closed**.

Gas Bar is open regular hours.





ALL ACTIVITIES 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**

## 5-7PM Adults Open Gym

Drop in for basketball, volleyball, walking or badminton.

**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 Wagmatcookewey School.

## 6-7:30PM Adults Open Gym

Drop in for basketball, volleyball, walking or badminton.

**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.



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

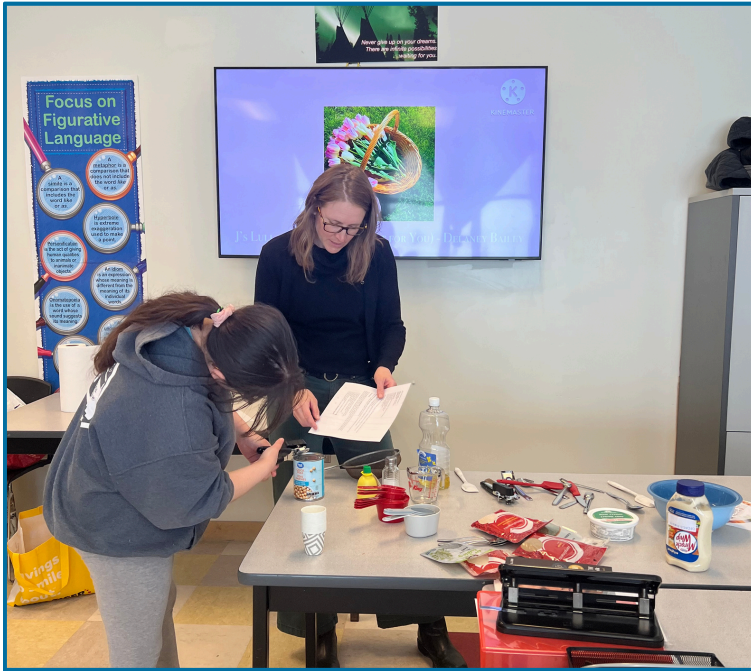


# WAGMATCOOKEWEY SCHOOL

Students are learning how to craft their own “make stick” to use in a traditional-style game. Each student designs and creates their stick, then puts it to the test—the one that travels the farthest takes the win! It’s a fun, hands-on way to build skills, creativity, and a little friendly competition.



# WAGMATCOOKEWEY SCHOOL



As part of nutrition month in March, students rolled up their sleeves and whipped up some fresh, homemade hummus and dip! They got to enjoy their creations alongside crisp vegetables, crunchy crackers, and warm pita bread—a tasty, hands-on treat that made learning delicious.



# Bereaved Families of NS 6-week Living with Grief

Bereaved Families of Nova Scotia, in partnership with Wagmatcook First Nation Community, invites you to join our 6-Week Living with Grief Program—a supportive and compassionate space for those experiencing loss. This thoughtfully designed program offers a safe, welcoming environment where participants can share, reflect, and begin to heal. Sessions are guided by caring facilitators—**Norma Gould, Marlana Simon, and Peter John Sylliboy**—who bring both professional training and lived experience, offering a deep understanding of grief and the journey of losing a loved one.

## 6-week Living with Grief Program

**April 14th - May 19th**

**Tuesday evenings, 6:00 PM - 8:00 PM**

Wagmatcook Learning Centre ( NSCC) building in the community.

13 sugar bush road, Wagmatcook.

**Registration is required to attend this program**

Visit our website to learn more or to register: <https://bfocb.ca/>

*Register  
Now* →



**Wagmatcook**



**BEREAVED FAMILIES**  
*Helping people move through grief since 1980*



**Healing Pathways**  
WITH NSHPCA

**NOVA SCOTIA**  
NOUVELLE-ÉCOSSE

**CONTACT US :**

**Phone: 902-564-6795 or Email: [info@bereavedfamiliesns.ca](mailto:info@bereavedfamiliesns.ca)**

**WE CAN HELP!**



# 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.

## Notice to Wagmatcook Social Clients

As we prepare for the upcoming 2026–2027 fiscal year, all social clients are reminded that a **new application must be completed by May 1, 2026** to continue receiving social assistance payments.

For clients receiving dietary allowances, **updated dietary letters must also be submitted by May 1, 2026**. If these letters are not received by the deadline, the dietary portion will be removed from your budget until proper documentation is provided.

To ensure there is no interruption in your assistance:

- Please submit your completed application
- Book an appointment with Mary Elizabeth Googoo to review your application, as there are some important changes this year

Applications are available at the **Band Office**, Monday to Friday from **9:00 AM to 4:00 PM**.

To make an appointment with Mary Elizabeth Googoo, please call 902-295-3332.

If your banking information has changed, you must also submit a **new void cheque**.

If you have any questions or need help with the process, please contact the Social Department at 902-295-3332.

Wela'lin | Thank you,

Wagmatcook Social Department

# 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 & Thursdays

## **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**

# **MINDFULNESS SCAVENGER HUNT**

Did you know you have a superpower called mindfulness? Mindfulness is when you use your 5 senses to pay attention to right here, right now. Our worries live in the future and the past, so when we practice being right here, right now, we can feel calm and prepared to face any hard things that come our way. Use this mindfulness scavenger to build your superpower!

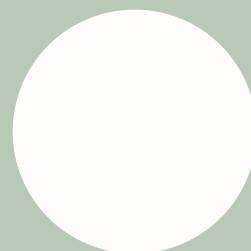
**SOMETHING  
COLORFUL**



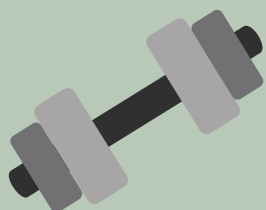
**SOMETHING  
THAT SMELLS  
GOOD**



**SOMETHING  
WARM**



**SOMETHING  
HEAVY**



**SOMETHING  
SMOOTH**



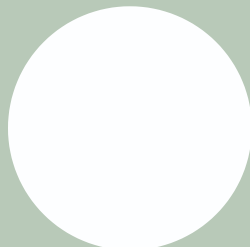
**SOMETHING  
THAT TASTES  
GOOD**



**SOMETHING  
SOFT**



**SOMETHING  
COLD**



**SOMETHING  
THAT MAKES A  
PRETTY SOUND**



# IMPACT OF NATURE ON MENTAL HEALTH & WELL-BEING



Reduce stress levels, lower cortisol (stress hormone) production, and promote relaxation



Elevate mood, increase feelings of happiness and joy, and alleviate symptoms of depression



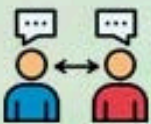
Reduce feelings of anxiety and promote a sense of tranquility and peace



Enhance cognitive function, including improved attention, focus, and creativity



Reduce mental fatigue and improve concentration and productivity



Social interactions, such as participating in outdoor activities with others or joining nature-based groups



Lower blood pressure levels, which is beneficial for cardiovascular health

## WAGMATCOOK FIRST NATION

# NOTICE OF INTENT – BAND MEMBERSHIP TRANSFER VOTE



Wagmatcook

### CONSIDERING A TRANSFER OF BAND MEMBERSHIP?

Wagmatcook First Nation is providing formal notice of its intent to hold a Band Membership Vote to consider individuals who wish to transfer their Band membership to Wagmatcook First Nation.

### WHO MAY APPLY?

*Individuals who:*

- Are currently registered under the Indian Act
- Meet the eligibility criteria under Wagmatcook First Nation Band Membership Transfer Policy (which can be found on our website)

### IMPORTANT INFORMATION

- Submission of interest does NOT guarantee acceptance into membership.
- All applications will be subject to review under Wagmatcook Membership Transfer Policy
- **The Band Membership Vote** is scheduled for **July 24, 2026**, at Wagmatcook Culture and Heritage Centre from 9am to 8pm.
- The **Application Period** will be **closed on May 15, 2026**.
- **A Notice of Vote Day**, which will include the names of all applications seeking to transfer their membership to Wagmatcook First Nation, will be **published in various locations** throughout the community on **May 25, 2026**.
- Mail-in ballot packages for eligible off-reserve voters will be mailed or delivered no later than **May 25, 2026**, in accordance with the Membership Transfer Process.

### REQUIRED DOCUMENTS

- Completed Membership Transfer Application Form
- Certificate of Indian Status (Status Card)
- Birth Certificate
- Any additional documents required by Membership Code

**FOR MORE INFORMATION CONTACT VERONICA JEDDORE AT THE WAGMATCOOK BAND OFFICE BY  
PHONE NUMBER AT 902 295 2598**

# Address Corrections

We're reviewing and correcting addresses in Wagmatcook.

Accurate addresses help with mapping, utility service connections, and ensure emergency services can find you quickly when needed.

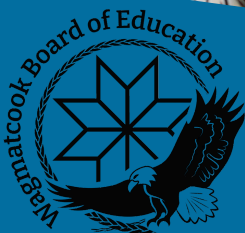
If your address needs updating, please fill out the form below:



Or visit: <https://forms.gle/tD6URsfGrZqzghLY7>



Wagmatcook



# LIFELONG LEARNING SITE

**POSTPONED**

Join us for the Grand Opening of the  
**Wagmatcook Lifelong Learning Site**



Tuesday  
**April 7, 2026**



Starts at  
**1:00pm**

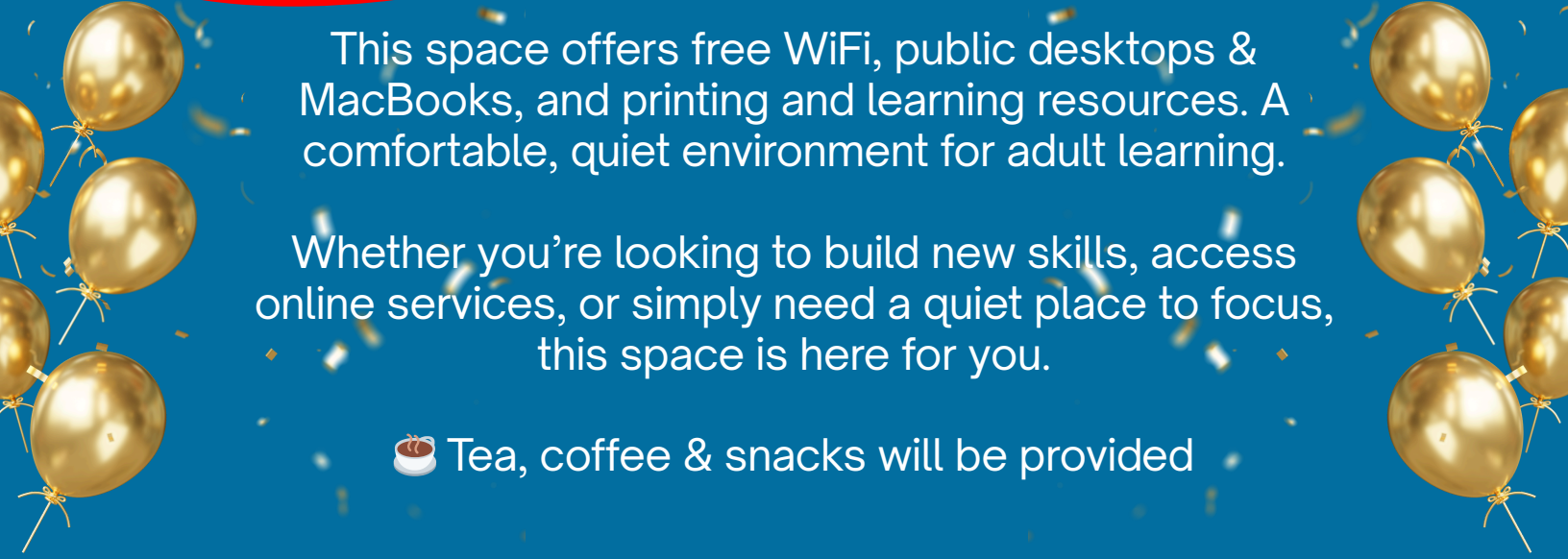


**Wagmatcook Learning Centre**  
13 Sugar Bush Road

This space offers free WiFi, public desktops & MacBooks, and printing and learning resources. A comfortable, quiet environment for adult learning.

Whether you're looking to build new skills, access online services, or simply need a quiet place to focus, this space is here for you.

 Tea, coffee & snacks will be provided





## Employment Opportunity Lifelong Learning Site Assistant

Wagmatcook Board of Education is hiring a **Site Assistant** for the Wagmatcook Lifelong Learning Site. This is a **full-time position** for one year, with the possibility of renewal depending on funding and performance.

The Site Assistant is responsible for the day-to-day operation of the Wagmatcook Lifelong Learning Site.

This includes:

- Opening and closing the space
- Keeping the environment clean, quiet, and welcoming
- Helping adults use computers and access learning resources

They will support users with:

- Basic computer skills
- Email and internet use
- Printing and scanning
- Filling out online forms and applications

They will also help promote the space and support workshops and learning activities in the community.

The ideal candidate should have the following qualities and qualifications:

- **High School Diploma** or equivalent
- Strong communication skills
- Proficient computer skills (mac & pc, email, internet, google workplace, microsoft, video calls)
- Organized and reliable
- Friendly, patient and respectful attitude
- Ability to work independently

To apply, email your current resume and cover letter (tell us why you are interested in this position) to [education.jobs@wagmatcook.com](mailto:education.jobs@wagmatcook.com) by

**DEADLINE : April 3, 2026, at 4pm.**



Life is  
better  
with  
iced  
coffee

The Cleanwave is brewing up something cool at the restaurant...  
ICED COFFEE is coming — and we want to hear from YOU!

Click the link below or scan the QR code to our quick Google Form  
and help us shape the ultimate iced coffee menu.



<https://forms.gle/gdCJMJhgAFRhrHd8>

# Congratulations!



***Congratulations to our very own  
Morgan Toney for being a  
**JUNO AWARD WINNER.*****

***Morgan won Traditional Roots  
Album of the Year at the 2026 Juno  
Awards!***

# 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.



# 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.



Apply now and tell a friend  
[census.gc.ca/jobs](https://census.gc.ca/jobs)

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

Postulez dès maintenant et parlez-en à un ami ou une amie  
[recensement.gc.ca/emplois](https://recensement.gc.ca/emplois)

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



Statistics  
Canada

Statistique  
Canada

Canada 

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# WHAT IS POST MAJORITY CARE?

Those 19-25 years old

Formally in care in: Guardianship care, Customary Care, Alternative Care, Legally adopted or Traditionally adopted

## Financial Support



LIVING ALLOWANCES  
BUDGETING  
RENT  
NEEDS-BASED SUPPORT

## Education



SKILL TRADES  
UNIVERSITY  
CAREER PLANNING  
CONFERENCES

## Overall Wellbeing



COUNSELLING  
DENTAL  
ASSESSMENTS  
HEALTHY LIFE STYLE

## Cultural Supports



CULTURAL VALUES  
ACCESS TO ELDERS  
DRUM/DANCE/ART  
RETREATS

## Development



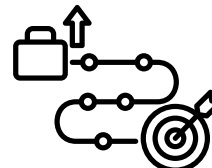
BUSINESS PLANNING  
TECHNOLOGY NEEDS  
CERTIFICATION COSTS

## Life Skills



BASIC HOUSE  
NECESSITIES  
MEAL PLANNING  
CAREER PLANNING

## Goal Planning



PERSONAL GOALS  
SMART MODEL GOALS  
POSITIVE  
REALISTIC

## Want more information?

Contact  
**Matilda Koopman**  
**902-471-1549** or

matilda.koopmann@  
wagmatcook.com