



Wagmatcook



# MAY 2026 NEWSLETTER

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

May is a time of growth, renewal, and connection. As the days get longer and the weather warms up, our community comes alive with new opportunities to gather, learn, and support one another. In this month's newsletter, you'll find updates on upcoming events, programs, and important information to help you stay informed and involved.

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.

*May  
showers  
bring flowers  
and new  
growth*



# 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		

# May

2026

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1 Prevention & Wellness Manager Job closes	2
3	4 Heavy Garbage Starts  <b>NA</b>	5 Red Dress Day Walk	6	7 Journey to Healing Program begins  <b>AA</b>	8	9
10 HAPPY Mother's DAY	11  <b>NA</b>	12	13	14  <b>AA</b>	15 Band Transfer Applications Due	16 Spring Sale
17	18  <b>NA</b>	19	20 UNSM Mental Health Event	21  <b>AA</b>	22	23
24	25  <b>NA</b>	26	27 BMO in community to help open bank accounts	28  <b>AA</b>	29 Heavy Garbage Ends PSE applications close	30 Election Nomination Day
31 First Holy Communion	1	2	3	4	5	6

You'll find more information on everything featured here throughout the newsletter.



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.

# BMO– BREAKING DOWN BARRIERS TO HELP YOU OPEN YOUR BANK ACCOUNT!

We're excited to welcome BMO to the community for two days to help you get set up with your own bank account!

Whether you're planning to work this summer or just want an easier way to manage your money, this is a great opportunity—especially for youth who don't already have an account.

 Dates & Locations:

- **Wednesday May 27** at the Cultural Centre from 10 AM to 3 PM
- **Thursday May 28** at the Band Office from 10 AM to 3 PM

### What to expect:

- ✓ Easy account setup (just ONE piece of government-issued photo ID needed)
- ✓ Free accounts available for students
- ✓ Access to free withdrawals with the new ATM at the Gas Bar
- ✓ Fun games, entertainment & giveaways for kids



This is a great step toward getting ready for summer jobs and building good money habits early.

**Examples of IDs include:** Driver's license, Status Card, Passport, ID card **OR** a health card and your birth certificate



Wagmatcook

BMO  Bank of Montreal  
We're here to help.™



# WAGMATCOOKEWEY SCHOOL



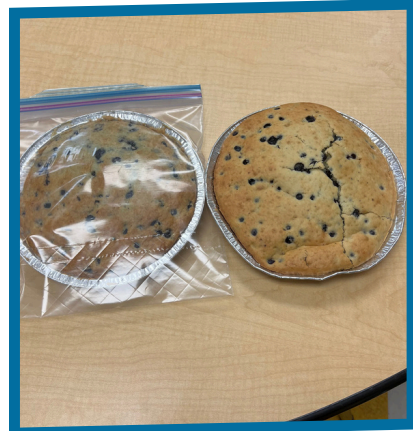
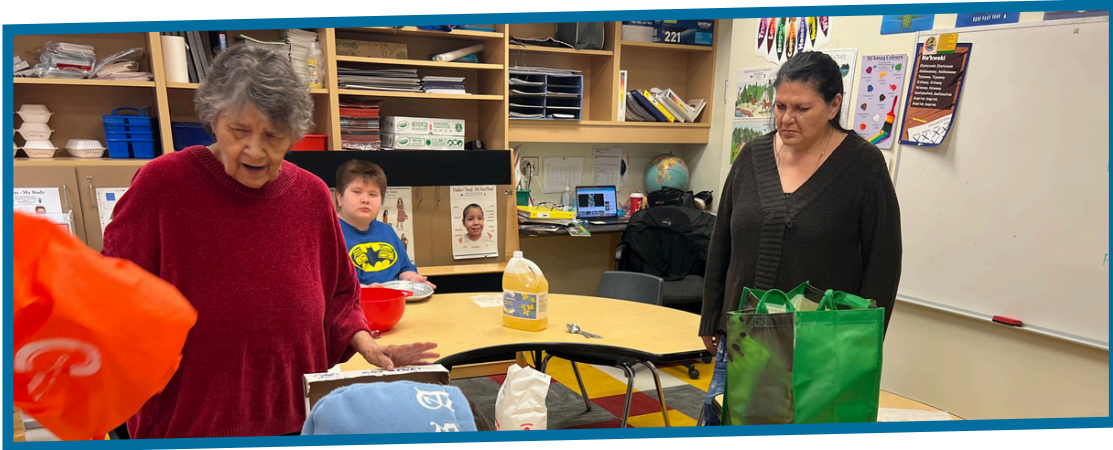
The Silent Disco Dance was a great success for students from K3 to Grade 6, bringing lots of energy, laughter, and excitement to the school. Students enjoyed a fun-filled afternoon of music and dancing, creating memorable moments together in a unique and engaging way. A heartfelt wela'lin to Ambrah and MK for organizing and hosting this special event—your efforts made it a truly enjoyable experience for everyone involved.

# WAGMATCOOKEWEY SCHOOL



Vicki Christmas proudly presented a certificate to Cheyanne Peck in recognition of her thoughtful submission to the Coming to Circle Writing Competition. This acknowledgement celebrates Cheyanne's creativity, effort, and willingness to share her voice through writing. Her contribution is a wonderful example of the talent within our community, and we commend her for taking part in such a meaningful initiative.

# WAGMATCOOKEWEY SCHOOL



Grade 4 students had a wonderful hands-on learning experience as they baked delicious blueberry cakes alongside our Elder Nano. This special activity blended learning with tradition, as students not only developed their baking skills but also enjoyed meaningful time sharing stories, laughter, and knowledge. It was a memorable experience that brought learning to life in the sweetest way.

# WAGMATCOOKEWEY SCHOOL

Students proudly took part in an Earth Day clean-up, showing their care and respect for Mother Earth. Working together, they helped pick up litter and keep the school grounds and surrounding areas clean and beautiful. It was a meaningful hands-on activity that encouraged responsibility, teamwork, and appreciation for the world around us.



# HEALTH CENTRE UPDATE



Wagmatcook

## HEALTH CHEQUES

Health/Travel expense cheques are available every Monday, Wednesday and Friday between 2-3pm the front desk of the Health Centre

## BLOODWORK

Lab days (Bloodwork) are every Tuesday from 8:45am-11am. First come first serve!

## FOOT CARE SPECIALIST

Dr. Walsh will be offering specialized foot care to help maintain healthy feet, prevent issues, and improve comfort. Services are **available on a monthly basis by appointment only.**

## DOCTOR DAYS

Great news! Doctors will be in the community on Monday, Tuesday, Thursday and Friday every week. Please call ahead to book your appointment, and remember to cancel if you're unable to attend so the spot can be offered to someone else.



902-295-2755

# Found a used needle in your community?

Follow these steps to dispose of it safely.

Treat all needles, crack pipes, and other drug equipment (cookers, blades, etc.) as contaminated.

Please teach your children that if they find a needle, not to touch it and tell an adult.

1



Find a hard plastic container with a screw on lid.

Place the container on the ground or hard flat surface next to the needle.

2



Wear gloves (e.g., Latex, rubber, leather gardening glove).

Use tongs, pliers, or tweezers to pick up the needle by the plastic end (barrel).

3



Point the needle tip away from your body.

Do not try to put the cap back on the needle.

Place the needle point down into the container.

Close the container securely.

4



Wash your hands or use hand sanitizer.

5



Find the nearest designated needle disposal location.

## Safe needle disposal

- ✓ Pharmacy
- ✓ Needle drop box
- ✗ Garbage
- ✗ Toilet
- ✗ Recycling bin



For more information about safe sharps disposal, visit:  
[www.nshealth.ca/public-health/harm-reduction](http://www.nshealth.ca/public-health/harm-reduction)

# WAGMATCOOK SUPPORT FOR ADDICTION JOURNEY TO HEALING IN OUR COMMUNITY

Take the first step on your journey toward healing in a supportive and safe space within the community



## Program details:



- 12 In-Person Sessions beginning in **May 7<sup>th</sup> at 10:30am**
  - 2 Hours Per Session
  - Meals and snacks provided
- Takes place at the Cultural Centre Board Room

**Only 12 spots available!**

Participants who complete the program will receive a Certificate of Completion and an honourarium. Prizes to be won!

Supports will be available on site. Upon completion of the program, participants will have the opportunity to take part in Cultural Programming.

**Sponsored by** Etlí-Apoqnmásimk and Nova Scotia Health



**Register now! Spots are limited**



Please call the Health Centre at 902 295 2755 and ask for one of the nurses  
Registration Hours are Monday to Friday 10:00 AM – 2:00 PM

# 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.

## 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>



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# WAGMATCOOK POST SECONDARY FUNDING NOW OPEN

DEADLINE  
TO APPLY IS  
MAY 29

The 2026-2027

Post-Secondary Funding  
Application is now available  
for Wagmatcook band  
members **pursuing or  
returning** to University or  
College. Apply NOW!

Fill out the form by visiting:  
[https://forms.gle/zKyXhh7  
CATR2caX39](https://forms.gle/zKyXhh7CATR2caX39) or scan the  
QR code below.

If you have any questions, please  
contact the PSE Coordinator  
Christina Pierro at  
[christina.pierro@wagmatcook.com](mailto:christina.pierro@wagmatcook.com)





# 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



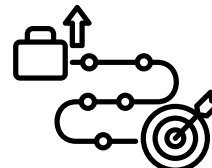
BUSINESS PLANNING  
TECHNOLOGY NEEDS  
CERTIFICATION COSTS

## 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

IN HONOUR OF MMIWG RED DRESS DAY



**JOIN US**

Did you know that **May 5<sup>th</sup>** marks the National Day of Awareness for MMIWG or “Red Dress Day”?

# RED DRESS WALK

hosted by NSNWA Wagmatcook Chapter



Tuesday  
**MAY 5**  
1:00PM  
Firehall to  
Cultural Centre



wear **red**, your  
**ribbon skirts**,  
**ribbon shirts**,  
and bring your  
drums or ji'kmaqns



**AFTER THE WALK:**

- BBQ & Refreshments
- Activity tables  
*(medicine pouch, red dress, jean jacket, and dolls)*



Information on  
MMIWG, human  
trafficking  
& other  
resources



**OPEN TO EVERYONE**



PLEASE NOTE, THE RCMP AND WAGMATCOOK FIRE DEPT WILL  
ESCORT THE WALKERS ON THE HIGHWAY



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# SPRING FLEA MARKET & SALE

Join us at the Culture Centre from 10:00 AM – 1:00 PM on May 16, 2026 for a fun-filled morning of shopping, great finds, and community vibes!

Tables are available to rent for \$20 each – perfect for clearing out your gently used items or showcasing your creations.

Deadline to reserve a table is  
Wednesday, May 13 at 4:00 PM

**DOOR PRIZES  
TO BE WON**

To book a  
table please  
call 902-295-2999



# Union of Nova Scotia Mi'kmaq Wellness Team

Join us as the UNSM Wellness Team honours **Mental Health Awareness Month** with Community Wellness Days! The team visits communities to promote **mental, emotional, and spiritual wellness** and offers supportive services.

## EVENT HIGHLIGHTS

FREE HAIRCUTS

FOOD + REFRESHMENTS

GAMES + ACTIVITIES FOR ALL AGES

MENTAL HEALTH RESOURCES



**ALL AGES WELCOME • FREE ADMISSION • DRUG & ALCOHOL FREE EVENT**

# MAY 20, 2026

## WAGMATCOOK, FIRST NATION

WAGMATCOOK CULTURAL & HERITAGE CENTRE  
(10765 NS-105, WAGMATCOOK)

12:00 PM - 6:00 PM



Wagmatcook



[www.unsm.org](http://www.unsm.org)

# WAGMATCOOK POWWOW COMMITTEE CALL OUT

We are looking for volunteers to join this year's Powwow Committee!

This is an important opportunity to help support and organize a meaningful community event that brings people together in celebration of culture, tradition, and connection.

At this time, a final date for the Powwow has not yet been confirmed but we are currently beginning the planning process and would greatly appreciate anyone interested in being part of the committee.

If you are interested in volunteering or would like more information, please reach out to Loretta Isadore at 902-295-2999 or [loretta.isadore@wagmatcook.com](mailto:loretta.isadore@wagmatcook.com)



**Wagmatcook**

# FIRST HOLY COMMUNION



FIRST HOLY  
COMMUNION  
FOR GRADE 2  
STUDENTS  
WILL TAKE  
PLACE ON MAY  
31ST AT 10:00  
AM.



# Community Notice:

## ATV DISTURBANCES AT NIGHT

We kindly ask all community members to be mindful of ATV use at night.

**Late-night riding is causing disturbances to elders, fishermen who require early mornings, and families with young children. Everyone deserves a peaceful and restful night.**

We are not asking you to stop enjoying your ATVs—but we strongly encourage limiting use during late hours out of respect for your neighbours.

Let's work together to keep our community safe, respectful, and considerate for all.

Thank you for your cooperation.

# WAGMATCOOK HEAVY GARBAGE

## STARTS MONDAY MAY 4, 2026

Heavy garbage pick up will begin in Wagmatcook on Monday, May 4, 2026.

Items for pick up must be brought to the end of your driveway and put off to the side.

**Please do not block the road or your driveway.**

Please separate your heavy garbage items into piles of WOOD, STEEL and HOUSEHOLD GARBAGE. Collection will end on Thursday May 28, 2026.

Items **not accepted** are: paint and tires





**Memo**

**April 24, 2026**

**To: Social Development Administrators**

**CC: Chiefs, Chief Financial Officers, Band Managers and Case Managers**

**From: Dale Sylliboy, Executive Director**

**Subject: Disability Supplement Benefit Update**

Please note the following updates are for eligible social assistance recipients aged 18-64 applying for the disability supplement benefit:

**1) Retroactive Payments**

For social recipients who apply after **June 30, 2026**, they are not eligible for retroactive payments from (2025-2026) the first year of the program. Recipients who apply in 2026-2027 are only eligible from the month they submit their application and medical information form.

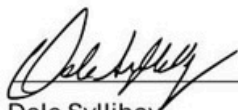
**2) Prorated Disability Payments**

Eligibility depends on the date the required medical documentation is provided confirming a disability or chronic illness expected to prevent employment for at least 12 consecutive months. If eligibility applies for only part of the month, SDAs and Case Managers should prorate the supplement.

**3) Full Time and Part Time Employees**

Persons who are considered full time and part time employees are not eligible for the disability supplement. Applicants must be receiving **basic needs** without earned income.

This program is intended to support our disabled Social Assistance recipients who are in receipt of basic needs living in our communities.

  
\_\_\_\_\_  
Dale Sylliboy

Executive Director of Ta'n Etli-tpi'tmk

# ICED COFFEE



Ask about our  
special of the  
week

Try our signature  
Maple Blueberry  
Iced Coffee

## Iced Coffee Menu:

### Classic Iced Coffee — \$3.00

Cold coffee + simple syrup

### Flavoured Iced Coffee — \$4.00

Cold coffee + simple syrup + flavour shot

### Iced Coffee with Cold Foam — \$4.50

Cold coffee + simple syrup + flavour shot  
Topped with cold foam

\*Each comes with milk of choice

## Flavour Shots Available:

Brown Sugar

Vanilla

Blueberry

Coconut

Mint

Lavender

Maple

Hazelnut

Salted Caramel

Caramel

Mocha

Chocolate Caramel

Cookie Dough

## Notice of Nomination Meeting

Notice is hereby given that a meeting of the electors of the Wagmatcook First Nation will be held at the Wagmatcook Cultural and Heritage Centre on Saturday the 30<sup>th</sup> day of May, 2026, beginning at 5 o'clock p.m. and lasting for at least three hours, for the purpose of nominating candidates for the position of chief and 8 councillor positions.

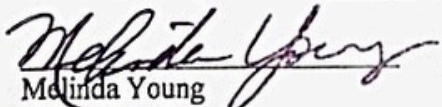
### IMPORTANT INFORMATION ABOUT THE NOMINATION OF CANDIDATES:

1. Any elector may nominate candidates by delivering or sending by mail, email or fax to the Electoral Officer a completed, signed and witnessed nomination and voter declaration form before the time set for the nomination meeting.
2. Under the First Nations Elections Act, an elector must not nominate more than one candidate for the position of chief and no more candidates for the position of councillor as there are 8 councillor positions available for the election.
3. The Council of the Wagmatcook First Nation has set out a candidate fee in the amount of \$250.00 for the position of chief and \$150.00 for the position of councillor.
4. Under the First Nation Elections Act, a nominee does not become a candidate until they deliver to the Electoral Officer or Deputy Electoral Officer, by 6 p.m. on Tuesday, June 2, 2026, a signed Candidate Declaration form, which can be obtained from the Electoral Officer. The candidate fee for the relevant position fee for the relevant position must be received by this time as well, in the form of cash, certified cheque, money order or electronic transfer payable to the Wagmatcook First Nation.

### IMPORTANT INFORMATION ABOUT THE ELECTION:

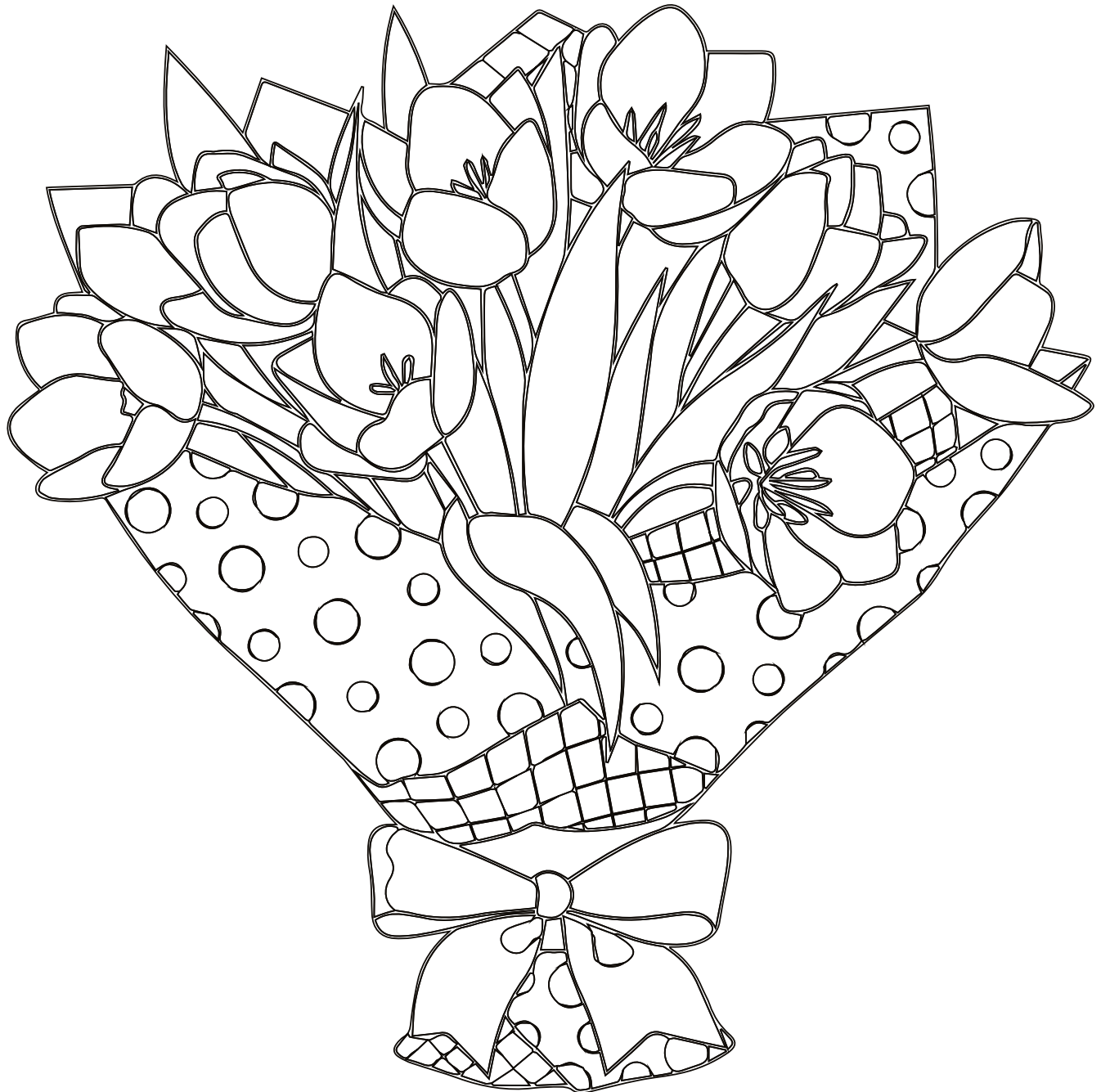
1. The election will be held on Saturday, July 04, 2026 at the Wagmatcook Cultural and Heritage Centre from 9 a.m. to 8 p.m.
2. Any elector may vote by mail-in ballot by submitting a Request for Mail-in Ballot form which can be obtained from the electoral officer, along with a copy of identification, by Sunday, June 28, 2026.
3. Any elector may permit the electoral officer to release their name to the candidates.

Given under my hand this 27 day of April 2026

  
Melinda Young  
Electoral Officer  
E-mail: melindayoung@eskasoni.ca

PO Box 30058 Telephone: 902-577-4144  
Wagmatcook, NS., B0E 3N0 Fax: 902-379-2172 or 902-295-3398

# HAPPY MOTHER'S DAY



**TO:**

**FROM:**