

# Hello Summer

## JULY 2026 NEWSLETTER

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

As summer begins, our community has so much to celebrate! From student achievements and graduations to exciting community events, this season is a time to reflect on the accomplishments of the past year while looking ahead to new opportunities.

Throughout July, there will be many ways to come together, celebrate our culture, support one another, and enjoy everything our community has to offer. We encourage everyone to participate in the events, spend time with family and friends, and make the most of the summer months.

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

| 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,<br>Wed 9am-6pm,<br>Thurs/Friday 9am-9pm | Saturday 11am-9pm,<br>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 |                                                           |                                       |

# What's in this month's newsletter?

*July 2026*

**CBU CLASS REGISTRATION**

**CLASS OF 2026**

**HEALTH CENTRE PROGRAMMING**

**POP-UP BIKE HUB**

**BAND DESIGNATE INTRODUCTION**

**POST MAJORITY CARE SERVICES**

**POWWOW SAVE THE DATE**

**SCHOOL HIGHLIGHTS**

**WAGMATCOK JR CHEF**

**& MORE**

# July 2026

| SUN | MON      | TUE                                | WED                          | THU                                                         | FRI                                                     | SAT                     |
|-----|----------|------------------------------------|------------------------------|-------------------------------------------------------------|---------------------------------------------------------|-------------------------|
|     |          |                                    | 1<br>CLOSED                  | 2<br>AA                                                     | 3<br>CLOSED                                             | 4<br>2026 C&C Elections |
| 5   | 6<br>NA  | 7                                  | 8<br>Criminal Record Checks  | 9<br>Pop-up Bike Hub<br><br>Health Community Meal<br><br>AA | 10<br>Pop-up Bike Hub<br><br>Health Pre-Natal Self Care | 11                      |
| 12  | 13<br>NA | 14<br>Health-Kiddos in the Kitchen | 15                           | 16<br>AA                                                    | 17                                                      | 18                      |
| 19  | 20<br>NA | 21<br>Health-Diabetes Toolbox Chat | 22<br>Criminal Record Checks | 23<br>AA                                                    | 24<br>Band Membership Election                          | 25                      |
| 26  | 27<br>NA | 28                                 | 29                           | 30<br>AA                                                    | 31                                                      |                         |

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





| Summer Games Practice                                                                                   |                                                                                              |                                    |
|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------|
| Schedule                                                                                                |                                                                                              |                                    |
| <b>Monday</b><br>      | <ul style="list-style-type: none"> <li>Canoe and Kayak</li> <li>Open Gym</li> </ul>          | To be annouced<br>5:00 to 7:00 PM  |
| <b>Tuesday</b><br>     | <ul style="list-style-type: none"> <li>Lacrosse</li> <li>Soccer</li> </ul>                   | 4:00 to 5:30 PM<br>5:30 to 7:00 PM |
| <b>Wednesday</b><br> | <ul style="list-style-type: none"> <li>Canoe and Kayak</li> <li>Badminton</li> </ul>         | To be annouced<br>5:00 to 7:00 PM  |
| <b>Thursday</b><br>  | <ul style="list-style-type: none"> <li>Volleyball</li> <li>Open Gym</li> </ul>               | 4:00 to 6:00 PM<br>6:00 to 7:00 PM |
| <b>Friday</b><br>    | <ul style="list-style-type: none"> <li>Floor Hockey</li> <li>Basketball</li> </ul>           | 4:00 to 5:30 PM<br>5:30 to 7:00 PM |
| <b>Saturday</b><br>  | <ul style="list-style-type: none"> <li>Horseshoe</li> <li>Washer toss (Ballfield)</li> </ul> | 3:00 to 4:30 PM<br>4:30 to 6:00 PM |

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

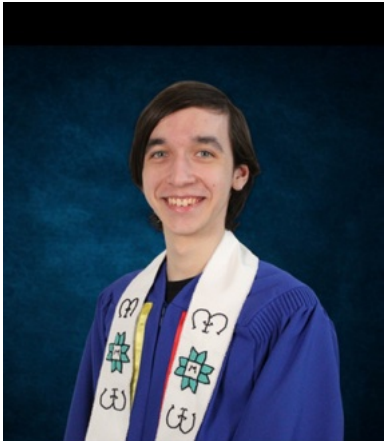




Wagmatcookewey School

CLASS  
of

2026



Ryan



Cheyanne



Dre



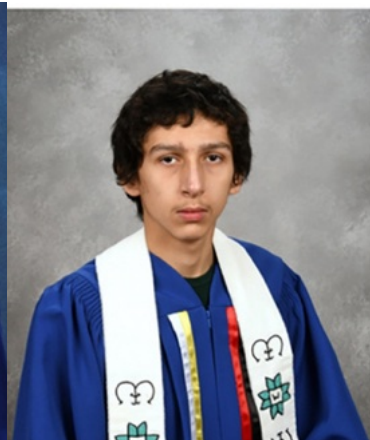
Charlie



Thiago



Kyra



Kingston



Alex



Shealynn



Monica



Mary

# CBU COURSE REGISTRATION

Unama'ki College will be in your community to provide help with course selection and registration.

COMMUNITY:

Wagmatcook

LOCATION:

Wagmatcook Learning Centre / N. CO

DATE:

Tuesday, July 7th

TIME:

1:30PM - 4PM

The CBU Recruitment team will be on site to answer questions from those interested in applying or wanting program information.

If you have any questions please contact  
Eileen Paul at [eileen\\_paul@cbu.ca](mailto:eileen_paul@cbu.ca)



# BAND MEMBERSHIP TRANSFER VOTE



Wagmatcook

## NOTICE OF VOTE DAY

DATE OF PUBLICATION: MAY 25, 2026

### PURPOSE

This notice is issued to inform the Members of Wagmatcook First Nation of a scheduled vote regarding applications for Band Membership Transfer to Wagmatcook First Nation

### APPLICANTS SEEKING TRANSFER

Below is the list of Two (2) Status Indians who have submitted a Band Membership Transfer Application and will be included in the upcoming vote:

**CHANELLE ANN ELIZABETH JULIAN**

**LESTER TROY FRANCIS (MONGA)**

The Band Membership Vote is scheduled for **July 24, 2026**, at Wagmatcook Culture and Heritage Centre from **9am to 8pm**

Mail-in ballot packages for eligible off-reserve voters will be mailed or delivered in accordance with the Membership Transfer Process

### HOW THE VOTE WORKS: The "Double Majority" Rule

**Voter Turnout:** At least 51% of all eligible Wagmatcook band voters must cast a ballot for the vote to count.

**The Result:** Of those who vote, at least 51% must agree for the transfer to be approved.

**Note:** If fewer than 51% of voters participate, the entire vote is cancelled and does not count.

**FOR MORE INFORMATION:** Copies of the WFN Band Membership Transfer Policy and the Notice of Intent (NOI) for Band Transfer Vote are available on our website. If you have any questions regarding the voting process, please contact Veronica Jeddore at the Band Office, (Monday to Friday 9am-4pm) at 902-295-2598

# HEALTH CENTRE NEWS



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





# Wagmatcook Community Meal Gathering

WAGMATCOOK HEALTH CENTRE  
THURSDAY, JULY 9, 2026  
11:30am - 1:30pm



Indian Tacos  
Pasta Salad  
Fruit Kabobs







# KIDDOS IN THE KITCHEN

If you are between the ages of  
13-15 years old  
join

Debbie the Dietitian  
to make a  
BERRY BOOST  
BREAKFAST PARFAIT



July 14, 2026

1:30pm

Etli-Apoqnmasimk

Wagmatcook Health Centre



Door Prizes to win.

Please Register at 902-295-2755 Space is limited





# Healthy Habits, Happy Babies.

## Prenatal Self Care Session

Have a healthy pregnancy to give your little one the best foundation.



Join Lesley, RN and Debbie, RD

Friday July 10, 2026

1:30pm

Etli-Apoqnmasimk

Wagmatcook Health Centre



We will have a conversation about looking after yourself and your baby during pregnancy.  
We will make a healthy recipe

Door Prizes to win.

Please Register at 902-295-2755 Space is limited





# DIABETES TOOLBOX CHAT

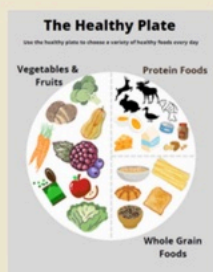
## DIABETES SELF MANAGEMENT CHATS, TIPS & TOOLS

New tools in your toolbox for managing diabetes

Topic: Balanced Meals & Meal Planning

Host: Debbie, Dietitian

We will have a casual conversation, build a balanced meal with food models and enjoy some snacks and win some prizes



Tuesday July 21, 2026

1:30pm

Etli-Apoqnmasimk (mini home)

Wagmatcook Health Centre





# Dietitian Corner

July 2026

Strawberries are a favorite summer fruit. They appear in everything from yogurt to desserts and salads. They're delicious raw or cooked in recipes ranging from sweet to savory.

## RECIPE



### Strawberry Spinach Salad with Maple Balsamic Dressing

#### Maple Balsamic Dressing

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons of aged balsamic vinegar
- 2 tablespoons of maple syrup
- 1 tablespoon of red wine vinegar
- 1 tablespoon of Dijon mustard

#### Strawberry Spinach Salad

- ½ pound (227 g / 8 packed cups) fresh spinach
- 2 cups (250g) of fresh strawberries, sliced
- ½ cup (53 g) sliced almonds, sauteed in
- 2 teaspoons of butter
- ¼ of a red onion (about 1 cup), sliced very thinly by hand or using a mandolin at the 1mm setting
- 1 tablespoon toasted sesame seeds
- Salt and freshly ground black pepper to taste

#### Instructions

1. Toast the almonds: Melt the butter in a small saucepan over medium-high heat and sprinkle in the almonds. Toast until they are golden brown and smell warm and nutty, about 5-7 minutes. Once golden, they burn quickly, so keep an eye on them to avoid this tragedy. Let cool while you make the dressing.
2. Make the dressing: Pile all your ingredients into a small jar, tightly secure the lid, and shake or vigorously whisk the ingredients together in a small dish. You'll see it emulsify, thicken and become smooth.
3. Make the salad: Grab a large salad bowl and fluff in your spinach. Plop the strawberries and onions on top.
4. Pour the dressing evenly over the spinach and toss it all together so every piece of spinach is well coated.
5. Sprinkle on the toasted almonds and sesame seeds and toss again. The nuts and seeds will stick to the dressing coated spinach so do this step last, so they don't all end up at the bottom of the bowl.
6. Taste a leaf and add a sprinkling of salt and a few twists of black pepper to make the flavors pop.

Revised from: <https://carolsvegankitchen.com/blog/strawberry-spinach-salad-with-maple-balsamic-dressing#strawberry-spinach-salad-with-maple-balsamic-dressing>



### Strawberries

- ✓ Cholesterol-Free
- ✓ Low-Fat
- ✓ Sodium-Free
- ✓ Gluten-Free
- ✓ Low in Saturated Fat
- ✓ Good Source of Fiber

Rich in fiber, vitamin C, potassium, and antioxidants

0.5g  
FAT

49  
CALORIES

1g  
PROTEIN

3g  
FIBER

11.7g  
CARBS

(per cup, raw halves)

<https://www.verywellfit.com/strawberries-carb-counts-and-health-benefits-1087572of-body-text>

#### Tips

- Strawberries are packed with vitamin C
- Strawberries may improve heart
- They're a low-glycemic food, meaning they have little effect on blood sugar.
- Strawberries contain fiber.
- They may lower risk of cardiovascular disease
- Provide better gut health
- May help brain health protection
- Strawberries can reduce inflammation.

• Sourced: <https://www.webmd.com/diet/health-benefits-strawberry>

Strawberries are a sweet fruit low in sugar and calories but high in fiber, vitamin C, and other antioxidants that support your health. As part of a nutritious diet, strawberries may lessen your odds of getting several chronic diseases. Add fresh or frozen strawberries to salads, smoothies, and desserts to enjoy their health benefits.

<https://www.webmd.com/diet/health-benefits-strawberry>



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



# **POP-UP BIKE HUB**

**A COMMUNITY DO-IT-YOURSELF BIKE REPAIR SPACE**

**NSCC Building**

**July 9<sup>th</sup> 2-6pm  
July 10<sup>th</sup> 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/POPUPIKEHUB](http://WWW.ECOLOGYACTION.CA/POPUPIKEHUB)**





# ANNIE GOULD BAND DESIGNATE

THE BAND DESIGNATE ADVOCATES FOR THE RIGHTS, CULTURE, AND BEST INTERESTS OF FIRST NATIONS CHILDREN AND FAMILIES INVOLVED WITH CHILD WELFARE.

## HOW WE HELP

- Advocate for families during child welfare and court processes.
- Ensure families are involved in planning for children.
- Promote placement with family, community members, or other First Nations families whenever possible.
- Connect families to culturally relevant supports and community resources.
- Participate in Family Group Conferences and Court Case Conferences to ensure your voice is heard.

## WHO CAN ACCESS THE PROGRAM?

Support is available for:

- Families involved with child welfare
- Families at risk of losing custody
- Kinship and foster caregivers

Applicants must be registered Band members (on- or off-reserve).

## COMMUNITY SUPPORTS

Referrals are available for:

- Medical, dental, nursing, and home care services
- Children's clinical therapy
- Public Health, Early Intervention & Jordan's Principle
- Adult mental health and wellness services
- Addiction and prevention programs
- Prenatal and Maternal Child Health supports



The Band Designate Program works alongside the Wagmatcook Prevention Program to provide coordinated support for families without duplication.

Annie Gould is a Mik'maw Social Worker from We'komaq First Nation, also a member of NSCSW. Annie has an understanding of community and families within the Child Welfare Court System.

Want to learn more? Need to connect with Annie?

Contact via phone at 902-295-0983 or by emailing at [Annie.gould@wagmatcook.com](mailto:Annie.gould@wagmatcook.com)



# Prevention & Wellness Services



- |                                                                                                       |                                                                                                           |                                                                                                         |
|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
|  Food Security     |  Child/Youth Support   |  Parenting Program |
|  Cultural Teaching |  Employment Assessment |  Land Based        |
|  Healthy Living    |  Men & Women Wellness  |  Budgeting         |

# 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



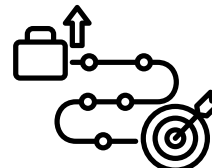
BUSINESS PLANNING  
TECHNOLOGY NEEDS  
CERTIFICATION COSTS

## 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





Wagmatcook

**SAVE THE DATE**

**Wagmatcook's Powwow  
will take place on  
September  
12<sup>th</sup> & 13<sup>th</sup>  
2026**

**See you there!**





# Waltes Tournament Results



What a great turnout at the Waltes Tournament held in June!

Congratulations to our champion, Joe Levi Isadore, who will proudly represent Wagmatcook at the Mi'kmaw World Waltes Championship in Millbrook this July!

We'd also like to congratulate our second-place finisher, Henrietta Peck, and third-place finisher, Molly Pierro, on their outstanding performances.

Wela'liog to everyone who participated, volunteered, organized, and helped make our tournament such a success!





# WAGMATCOOKEWEY SCHOOL

## Celebrating 35 Years of Service

Congratulations to Corinne on receiving her 35 Years of Service plaque in recognition of her remarkable dedication and commitment to education.

For the past 35 years, Corinne has made a lasting impact on the lives of countless students, families, and colleagues through her passion, kindness, and unwavering support. Her dedication has helped shape generations of learners here in Wagmatcook, and her contributions to our school community will be remembered for years to come.

We extend our heartfelt gratitude for her years of service! Congratulations on this well-deserved milestone, and thank you for 35 incredible years!



902-295-3491



<https://wagmatcookeweyschool.ca/>





# WAGMATCOOKEWEY SCHOOL

## **Congratulations Taylor!**

Congratulations to Taylor Bernard on winning the Highland Region Supports Athletes Junior Girls Championship in Track & Field!

This outstanding achievement is a testament to your hard work, dedication, and athletic excellence. We are incredibly proud of your accomplishment



## **Congratulations Kingston!**

Congratulations to Wagmatcookewey graduate Kingston on his high school graduation! Over the past month, Kingston has been balancing his final school assignments while preparing for his role as a camp counsellor. His dedication and hard work have truly paid off, and we couldn't be prouder of this accomplishment.

Wishing Kingston all the best as he begins this exciting new chapter. Great things are ahead—we can't wait to see all that you'll achieve!  
Kelu'k tela'tekn, Kingston!







# WAGMATCOOKEWEY SCHOOL

## Staff Appreciation Giveaway

To celebrate the end of another successful school year, the Board of Education held a staff appreciation gift giveaway to recognize the hard work, dedication, and commitment of our employees. Thank you to all of our staff for everything you do to support our students and school community. Wishing everyone a safe, relaxing, and well-deserved summer break!







# WAGMATCOOKEWEY SCHOOL



## Grad Dinner Set-Up

A heartfelt thank you to the teachers, EA's, Dana, and Kelly for their time and hard work in setting up the Grad Dinner. Your efforts helped create a beautiful and welcoming space for our graduates and their families to celebrate this special milestone. Congratulations again to all the graduates!



902-295-3491



<https://wagmatcookeweyschool.ca/>



# 2026 Wagmatcook Junior Chef Winner

Clean Wave  
MI'KMAW CULINARY KITCHEN



Congratulations to our 2026 Wagmatcook Junior Chef winner, Jaxson Doucette!

Pictured with Head Chef Jeff Fitzgerald, Jaxson was presented with his very own embroidered chef's coat, personalized with his new Junior Chef credentials, along with a \$100 CleanWave gift card in recognition of his winning culinary creation.

Jaxson's winning idea, the Pepperoni Pizza Taco, was brought to life by our kitchen team and proudly featured as a special on our menu. This delicious creation quickly became a customer favourite, giving our community the opportunity to enjoy the creativity and talent of one of our young chefs.

Congratulations once again, Jaxson, on an outstanding achievement. We look forward to seeing where your passion for cooking takes you next!

If you haven't followed us on Facebook, give us a follow to stay up to date on the daily specials and fun creations coming out of our kitchen!



# 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



**WE'RE  
HIRING!**



**WAGMATCOOK  
HEALTH CENTRE  
IS HIRING A  
SOCIAL  
WORKER**



Learn more and apply today by visiting  
<https://wagmatcook.com/jobs/socialworker/>

***send your resume to us to: [callison@wagmatcookhealth.ca](mailto:callison@wagmatcookhealth.ca)  
referencing "Social Worker" in the subject line***

# CRIMINAL RECORD CHECK ASSISTANCE AT WAGMATCOOK DETACHMENT

Community members needing a Criminal Record Check for employment, volunteering, or other purposes can visit the Wagmatcook RCMP Detachment on the following dates while the detachment assistant is available:



July 8, 2026



July 22, 2026



Time: 8:00 AM – 3:30 PM

 Wagmatcook RCMP Detachment (Cultural Centre)

Please bring two pieces of valid, government-issued identification (at least one with a photo)



Wagmatcook





# MLKIKNEWAWTI

## Camp Rankin

### July 15 - 24, 2025

MLkiknewawti (mel-gig-new-oh-di), meaning road of strength in Mi'kmaw, invites Indigenous youth to learn together on the land.

Hosted by SuperNOVA and working with Indigenous partners, Elders and Knowledge Keepers, MLkiknewawti centres community priorities and educational goals through land-based activities that provide students with opportunities to explore STEM (science, technology, engineering, and mathematics) through a lens that integrates Western science with Traditional Knowledge. This approach, termed Etuaptmumk (Two-Eyed Seeing), encourages land-based learning and understanding as participants explore STEM concepts through a hands-on, experiential methodology while fostering real-world connections between themselves and STEM.

MLkiknewawti is accredited by the Nova Scotia Department of Education. Students who wish to earn a course credit must complete both the 6-day summer and 3-day fall programs, and participate in a series of virtual meetings in the fall.

Program Dates: July 19-24, 2026

Program Location: Camp Rankin near St. Peter's, Unama'ki (Cape Breton)

Cost: This program is free of charge

Eligibility: Indigenous high school students entering grades 9-12 in Fall 2026

Visit <https://supernova.dal.ca/mlkiknewawti/> to learn more or to register!

# How to protect yourself from ticks



## The Government of Nova Scotia and Public Health Agency of Canada recommend:

The Government of Nova Scotia and Public Health Agency of Canada recommend:

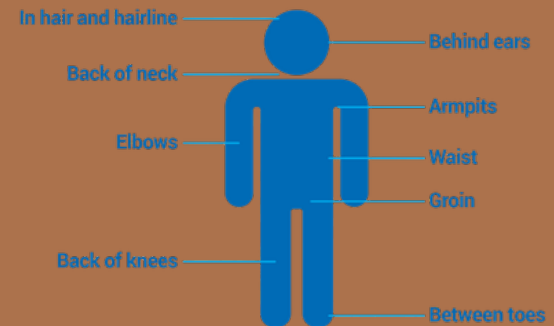
- Wear long sleeves and long pants in wooded, grassy, or brushy areas.
- Wear light-coloured clothing so ticks are easier to spot.
- Tuck pants into socks and wear closed shoes.
- Use an insect repellent containing DEET or icaridin and follow label instructions.
- Stay on cleared trails and avoid tall grass and leaf litter when possible.
- Check yourself, children, and pets carefully after being outdoors.
- Shower soon after outdoor activity to help find ticks early.
- Put outdoor clothing in a dryer on high heat to kill ticks that may be attached.

Ticks can be active anytime temperatures are consistently above freezing, not just in summer.

## Where to check for ticks

Ticks often attach in warm or hidden areas, including:

- scalp and hairline
- behind ears
- armpits
- groin
- behind knees
- waistbands
- between toes
- Children commonly get bites around the head and neck.



## What to do if you find a tick attached

Remove it as soon as possible. Prompt removal lowers the risk of Lyme disease.

- Save the tick in a sealed container or bag if possible.
- Note the date of the bite and where you may have been exposed.
- Watch for symptoms over the next days to weeks.

Symptoms can include:

- expanding rash or "bullseye" rash
- fever
- headache
- fatigue
- muscle or joint pain
- Not everyone gets the classic bullseye rash.

## When to seek medical care

Contact a healthcare provider, pharmacist, or call 811 if:

- the tick may have been attached for more than 24–36 hours
- you develop fever, rash, or flu-like symptoms
- you cannot fully remove the tick
- the bite area becomes increasingly red or swollen

Nova Scotia pharmacists may assess some tick bites and prescribe preventive antibiotics in appropriate cases.

### Useful official resources:

- [Nova Scotia Tick Safety](#)
- [Nova Scotia 811 Tick Safety Information](#)
- [Public Health Agency of Canada – Lyme Disease Prevention](#)





# 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.



# 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.



# UPCOMING RATIFICATION INFORMATION SESSION



**Ta'n Etli-tpi'tmk**  
Where we gather and give out

**Are you on Social Assistance  
(Welfare/Ration) on reserve in Nova Scotia?  
Get ready to join the conversation!**

Mi'kmaq of Nova Scotia Self-Government  
Agreement on Social Assistance is near  
completion!

Get ready to join us for an open discussion  
where every voice matters. Learn about the  
**new Social Assistance program**. Together,  
we'll share updates, address community  
concerns, and work hand in hand toward  
positive change.



## WHAT ARE THE TOPICS?

- ✓ How the new Social Assistance program will work,  
including rates and program supports (Case Management, Disability)
- ✓ Public Feedback & Future Plans



## DATE TO BE DETERMINED

DATES WILL BE POSTED TO YOUR COMMUNITY SOCIAL MEDIA AND  
BULLETIN BOARDS, ALONG WITH THE TA'N ETLI-TPI'TMK WEBSITE

**DOOR  
PRIZES TO  
BE WON**



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