



October Newsletter



First, we want to apologize for missing our September newsletter.

October is Mi'kmaw History Month, a time to celebrate and learn more about our history, culture, language and traditions. As the leaves change and fall settles in, we also look forward to Halloween and the fun that comes with the season.

We wish everyone a safe, happy and meaningful October!

Have a story to share? Submit to communications@wagmatcook.com

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www.wagmatcook.com



Wagmatcook FN

MEMBERS OF **WAGMATCOOK FIRST NATION** NEVER MISS AN UPDATE

News & Events | Documents | Job Postings

APP COMING SOON!



Want up-to-the-minute information and emergency alerts from Wagmatcook First Nation? The new mobile app will keep you connected to the community, no matter where you are.

Watch this space for download links!

CRITICAL ALERTS

Register your phone number in-app to receive critical alerts in an emergency!



You're getting a newsletter exclusive story! We're excited to share that Wagmatcook is working on something new, our very own community app!

The app will make it easier to stay connected with community news, announcements, events, programs and important updates, all in one place.

More details are coming soon, including how to download and use the app.

Stay tuned!

Exciting news!



We are pleased to share a first look at our new Elders Centre, which will be located on Beach Road. This marks an important investment in our community and a dedicated space to support and bring our Elders and families together.

Construction activity at the site is scheduled to begin on Tuesday, October 6th. Community members may notice increased traffic as construction equipment and materials arrive on site.

We ask everyone to please be patient and exercise caution around the work area as we begin this exciting project.

October 2026



SUN	MON	TUE	WED	THU	FRI	SAT
Check out the newsletter for more details on our Sports & Wellness events!				1	2	3
4	5 Closed (Funeral)	6	7 Community Preparedness Day Fall into Walk	8	9 Healthy Cooking Class	10
11	12 Closed (Thanksgiving) 	13	14 Truth and Reconciliation walk **Check Facebook page for details TBA**	15	16	17
18	19	20 Diabetes Toolbox Chat	21	22	23	24
25	26	27	28	29	30	31 HAPPY HALLOWEEN



Nepisulti'k – We Are Healing



MI'KMAW

WIKEWIKU'S 2026 HISTORY MONTH OCTOBER 2026

Nepisulti'k We Are Healing

Understanding your puzzle

Healing Journeys are like jigsaw puzzles. Each piece we add creates a fuller picture of our lives, guiding us on our journey physically, emotionally or spiritually. Often, people around us help by adding pieces. Someone who shares the same illness can answer questions we might have. Sometimes, we learn something much later in life—from a friend or family member—that is essential to our journey. Learning more about a loved one can help us make sense of confusing experiences we shared with them.

All roads are good

Acknowledging that we are on healing journeys can be overwhelming. We may feel grief, sadness and anger as well as happiness, excitement and relief. Healing takes time and looks different for everyone. Ceremony can help some people. Others may start a new hobby like boxing classes or painting. We might feel happy and sad at the same time. All of this is okay! Every path is different. Each one takes courage. All are sacred.

Healing is about understanding.

Antle

Kiju

Aliet

Kalolin

Pikto'l

An Elder's teaching

Elder Murdena Marshall encouraged us to understand healing as a process. For her, healing and health are not something a person "achieves." They are a journey people live every day. For Murdena, understanding why our bodies, minds and spirits become ill begins with understanding where sickness comes from. Finding roots of illness may mean different things. Maybe learning an illness runs in your family helps a diagnosis. Maybe a caretaker made expressing yourself difficult and now saying how you feel is hard. For many people, the causes of illness are found in the histories of our families and communities. The more we understand about how and why we feel the way we do, the healthier we can be.

Kekkunit aq klinik

In Mi'kmaw culture, kekkunit aq klinik are roles that show us how important caring for one another is. Parents choose a kekkunit for each child. Kekkunit guide, teach, and care for klinik. Elder Murdena explained that nkekunit (my kekkunit) translates to "s/he/they has me in his/her/their possession. I belong to him/her/they." Nkinik (my klinik) is "my pillar of strength, my strength lies within her/him/they, my stronghold." Put simply, each person is stronger because the other is there for them. The people we belong to and who belong to us are key to our journeys. When we help others, and let others help us, our healing becomes stronger.

Mait No'kmaq

The health and wellbeing of Mait No'kmaq (all my relations) are important to healing journeys. Just as all living things are related, all healing is related too. Healing is not just about each of us feeling better or finding puzzle pieces. When we care for all our relations (think Mother Earth, water, and air!), we help with healing everywhere. Often, we are strengthened through preventing others from being hurt in the ways we have been. Raising money for research, sharing with one another, or repairing habitats are examples of healing activities that acknowledge all our relations.

Who do you take care of?

Antle and friends are characters created by Mi'kmaw Kina'matnewey.

The 2026 Mi'kmaw History Month theme, Nepisulti'k – We Are Healing, invites us to reflect on healing as a lifelong journey rooted in understanding ourselves, our histories, our relationships, and our connection to one another. The theme is inspired by the teachings of the late Elder Murdena Marshall.

Poster credit: Mi'kmaw History Month website

Nepisulti'k – We Are Healing

Koqoe'l ki'l nutateki?

WIKWIKU'S 2026 HISTORY MONTH OCTOBER 2026

Nepisulti'k We Are Healing

Wen pemketnt? Wen pemketnisk?

Ankite'im ta'n wen kesalt!

Nejisimk na nestasimk.

Kiju

Antle

Pikto'l

Kalolin

Aliet

Telita'suaqn mu tale'nuk, aqk pikwelki eteki.

Wejiaq kina'matnewey Kisiku

Wen maliamt?

Arkie aqk welaq na napukastik kisik'ik Mtemaw Kina'matnewey.

Weji-tetapute'mumk nasmisko'tasik
Nepisimk na kutey nasmisko'tasik. Te's pkesin ankua'tu'k iknmask aji-wi-nemmn pemawsin, apognmuksik'ik nsiitmn mtinlin, teli-ta'simk, aqk teli-ktlamsitasimk. Kaq'isk pilue'k wenik apognmuksik'ik ankua'tu'tiji nasmisko'tasik. Na'tuen newte' telpnet kisi-kua'tuksitesnu koqoe'y ketu' kijitu'n kisa ketu' pipanikesin. Jijuaqa, kisi-kina'masin koqoe'y aji-kisikuin – weja'taj kitap kisa natuen kikmaq – ta'n keknu'e'k wjit tel-pmawsin. Me' ajeik nemmn wjit na'tuen kesalt apognmask teli-nsiitmn pilue'k koqoe'y weja'tajiq.

Msit awti'l kelu'iki
Ketlewa'tumk pemi-npisimk kisi-awsami-askaywek. Wenmajita'simk, ewlita'simk aqk wekayita'simk aqk elt weljesimk, welqatmumk aqk welkijeyimk. Nepisimk pekija'tekak aqk mu newte' teltenuk wjit msit wen. Tetpiaqewel aqk tel-wije'wumuki apognmakw'tij eykik wenik. Pilue'k ekina'masutijik pilley amal-lukutimk kutey wenju'to'timk kisa napu'kikemk. Ne'wtsinu weljesimk aqk ewlita'simk. L'pa mu tale'nuk or msit kelu'iki Etasiw awti pilu'tek. Etasiw awti nuta'q melkita'mk. Msit kepme'ki.

Kekkunit aq kinikn
Mi'kmawey telo'timk, kekkunit aq kinikn na talikitasik keknu'a'tekaki tetuji keknu'e'k malamtu'timk. Etasiw mijua'tij wunk'uk mekenmua'tiji wekkuniti. Kekkunit iluma'tijik kekina'mua'tijik aqk malama'tijik kinikn. Kisiku Murdena teluep nkekunit teluek Aklasie'wiktuk "ta'n wen kekkunati. Alsumit." Nkinikn teluek "nitoqikn, ta'n mlkiknotim wejiaq, waqlusanm." Tluenes, te's wen ajiknat mita eymlit na'tuen apognmakun. Skwjinu'k weskweyuks'ik aqk kinu weskweyukik keknuo'tijik wjit ta'n eltalik. Ta'n tuluj apognmuk'ik wenik aqk asite'imu'k wenik apognmuksinew, nepisimk melkiknewa'sik.

Msit No'kmaq
Jajiko'qn aqk wleyuti wjit Msit No'kmaq keknu'e'ki wjit nepisimk. Kutey msit mimajutijik wo'kmatutijik, msit nepisulti elt wije'tultik. Nepisimk mu na pasik eta'siw kinu etupkwa'tik kisa we'itu'ki nasmisko'tasik. Malamuk'ik msit ko'kmanaq (ankite'ten Kijinu Weigamu, samqwan aqk wju'sn), apogntmuk'ik nepisimk msit tami. Kaq'isk, melkiknewa'lusik'ik ika'lu'k pilue'k wenik mu ajiko'tinew kutey kinu teli-ajiko'ti'k. Mawo'tumk sulleyew wjit pipanujikemk, tepitultimk/naskwa'tatultimk, kisa ila'tumki etiqatmumki msit napekesikn nepitekemk ta'n keknuite'imu'k ko'kmanaq.

Mi'kmaw Version

Poster credit: Mi'kmaw History Month website



SOCIAL NOTICE FOR DISABILITY PAYMENTS

The October Disability payment will be issued on Thursday, November 5, 2026.

YOUTH CENTRE

HOURS

MONDAY (GR. 7-12)

2:30PM - 7:30PM

TUESDAY (GR. 3-6)

2:30PM - 4:00PM

WEDNESDAY (GR. 7-12)

2:30PM - 7:30PM

THURSDAY (GR. 3-6)

2:30PM - 4:00PM

FRIDAY (GR. 7-12)

2:30PM - 7:30PM

STARTING SEPTEMBER 8TH 2026

**YOUTH RECREATION WORKER:
REANEY MARTIN**



SPORTS & WELLNESS NIGHTS

YOU ARE INVITED TO

WALK INTO FALL

Join us for the walk and enjoy the beauty of the fall season. Take in the changing colours, fresh autumn air, and good company as we walk together.

WALK - GOOD COMPANY - HAVE FUN!

OCTOBER

WEDNESDAY

07

AT 5:00 PM

WAGMATCOOK BALLFIELD



OCTOBER

Sports & Wellness Nights

MON

Adults Open Gym



Wagmatcookewey School



5:00 - 7:00 PM

TUE

Badminton



Wagmatcookewey School



5:00 - 7:00 PM

WED

Walk into Fall



Ballfield



5:00 - 6:00 PM

THU

Youth Open Gym



Wagmatcookewey School



5:00 - 7:00 PM

A circular border of various sports equipment including a football, basketball, tennis racket, soccer ball, baseball bat, and boxing gloves.

SPORTS & WELLNESS NIGHTS

ADULTS SPORTS NIGHT

EVERY MONDAY

5.00 - 7:00 PM

WAGMATCOOKEWEY SCHOOL

EVERYONE IS WELCOME!

**Come out, get active and
enjoy some time together in
the community.**

SPORTS & WELLNESS NIGHTS

BADMINTON

**Every
Tuesday**

 **5:00 - 7:00 PM**
 **Wagmatcookewey School**



Everyone is welcome!
Come out, get active, and
enjoy some time together in
the community.



SPORTS & WELLNESS NIGHTS



YOUTH OPEN GYM

Every Thursday

5:00 - 7:00 PM

Wagmatcookewey School

EVERYONE IS WELCOME!

**Come out, get active, and
enjoy some time together in
the community.**



COMMUNITY PREPAREDNESS DAY

LEARN • CONNECT • BE PREPARED

A community event bringing together departments, emergency services and partner organizations to share information, resources and supports.

IN RECOGNITION OF



SEPTEMBER BEING
PREPAREDNESS MONTH

&

OCTOBER BEING
FIRE PREVENTION MONTH



WEDNESDAY,
OCTOBER 7



12:00 – 2:00 P.M.



CULTURAL
CENTRE



EMERGENCY
PREPAREDNESS



SAFETY &
PREVENTION



COMMUNITY
PROGRAMS &
RESOURCES



INFORMATION &
SUPPORTS

Community members will have an opportunity to visit booths and displays, meet participating organizations, ask questions, and learn more about the programs, resources, services, and supports available within the community and from our partners.

Everyone is Welcome!



Healthy Cooking Session

Eat Well, Feel Great, Live Healthy.



Cooking Class

Thanksgiving will soon be upon us...if you are planning a get together, join the community dietitian to make a dessert you may want to make for your family and friends.

**Friday October 9,
1:30pm
Wagmatcook
Health Centre
Etli-Apoqnmasimk
(mini home)**

**Eat local and
in season**

**Balance
Every Meal**



PLEASE REGISTER EARLY for planning the amount of food to purchase for the session: 902-295-2755



DIABETES TOOLBOX CHAT

DIABETES SELF MANAGEMENT CHATS, TIPS & TOOLS

New tools in your toolbox for managing diabetes

Topic: Basic Carbohydrate Counting

Host: Debbie, Dietitian

**Carbohydrate counting is a flexible way to plan your meals.
Learn some basic steps to count carbohydrates to help
manage your blood sugar levels.**

Tuesday October 20, 2026

1:30pm

Etli-Apoqnmasimk (mini home)

Wagmatcook Health Centre



There will be a BINGO game, food and prizes to win



DIABETES JOURNEY

OCTOBER 27-29, 2026

Join us for a **three-day Diabetes Journey** at the **Membertou Trade & Convention Centre** this October!

Open to our **five Unama'ki communities**:
Eskasoni, Membertou, Potlotek, Wagmatcook & We'koqma'q

Space is limited, so be sure to register!

Scan the QR code to sign up:



Please Note: Travel, meals, and accommodations will be provided where applicable. A monetary incentive will be available for those living in Membertou.

For more information, please contact:

Katrina Paul | **Phone:** 902-919-1471 | **Email:** katrinapaul@unsm.org

WE'RE HIRING!

Wagmatcook 



Hiring Positions:

- Gaming Clerk (6-month term)
- Bingo Assistant
- Community Healing Coordinator

Visit our website for the full job description

send your resume to at: jobs@wagmatcook.com referencing the job title in the subject line

Wagmatcook 

Appointment

Hotel Accommodations

If you require a hotel room for an upcoming medical appointment or health-related travel, please provide as much advance notice as possible so arrangements can be made and accommodations can be secured.

Hotel accommodations are extremely limited and difficult to secure at the last minute.

Thank you for your understanding and cooperation

Congratulations Wagmatcook Helpers!



We are incredibly proud to celebrate our Women's Group, the Wagmatcook Helpers, on receiving a Provincial Award recognizing the meaningful work they do for families in our community.

Since 2023, these dedicated women have come together to support families during one of the most difficult times, the loss of a loved one. Through cooking, cleaning, serving meals, organizing volunteers and, most importantly, offering care and support, they have helped revive a traditional role of women in caring for families during wakes.

Their work is a true reflection of community, tradition, compassion and strength. Thank you to every woman who has given their time, energy and heart to this important work. Your commitment to our families does not go unnoticed!

Congratulations, Wagmatcook Helpers! We are proud of you!
[Pictured is Audrey Pierro who attended the ceremony to accept the award on behalf of the Wagmatcook Helpers]



WAGMATCOOKEWEY SCHOOL

Notice to Parents/Guardians- Friday, September 11, 2026

A big welcome to all our students and we are very excited to share some news that is happening in our school this year. We have created a new space in our school called “Kiju’ek”. This space was created to make students (our visitors) feel “at home”. When our visitors come there will be no reading or writing. No tests. No drills (maybe just the routine fire drill). During the visit students will learn language heard at home. Our goal is to focus on oral language. We still have a chance to save our beautiful Mi’kmaw language for the next generation. The program will start on Thursday, September 17 while we wait for our furniture to be delivered. Every month we will update you on Facebook under our school page what we have been doing and any events taking place at Kiju’s. Don’t forget to drop in on us on Parent Teacher Day! Wela’liek, Ki’juaq

September 14, 2026: We will be returning to last year’s bus schedule to better accommodate students and manage transportation.

Bus/Van Schedule: **Primary to Grade 2:** 2:00 PM and **Grade 3 to Grade 12:** 2:15 PM

Our Grade 12 students are fundraising for their upcoming Grad Trip!

50/50 tickets are \$2 each, with a draw taking place every Friday.

Tickets can be purchased from any Grade 12 student. Your support is greatly appreciated and helps our graduates get one step closer to their trip!





Wagmatcookewey School

Welcome Back, Students!

The academic school year has started, and we would like to welcome back all students.

Parents and guardians who bring their children to school are welcome to walk them to their classroom. However, once your child is inside and their teacher is aware that they have arrived, we ask that you please leave to allow them to stay with their class so that teachers can begin their lessons and daily routines.

If you have any questions or concerns, please speak directly with your child's teacher or Principal Louise Witzell.

Thank you for your cooperation and support!





**Fun new daily
specials!**

**Follow our
Facebook page to
stay up to date!**



Stop by CleanWave and see what's new! Enjoy our daily specials, grab an iced coffee or dirty soda, or come in for one of your CleanWave favourites.

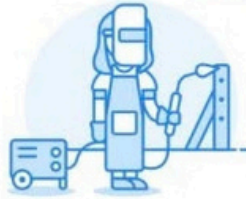
Whether you're trying something new or sticking with an old favourite, there's always a reason to stop by!

INTRODUCTION TO ARCHITECTURAL CLADDING



READY TO START A NEW CAREER?

This may be the opportunity
you've been waiting for!



Do you have an eye for detail? Do you enjoy working with your hands and taking pride in your work? Are you comfortable at heights and working in all types of weather conditions? If you answer "yes" to these questions, then we have an opportunity for you.



DELIVERY DETAILS

November 23, 2026 – March 12, 2027
(14 weeks + 2-week holiday break)
Apply by: November 6, 2026



PROGRAM DESCRIPTION

Introduction to Architectural Cladding is a 14-week job readiness program that includes:

- An introduction to the Architectural Cladding trade
- Industry-relevant safety training (WHMIS, OH&S, First Aid, Fall Protection, Aerial Lift)
- In-class theory and hands-on training in architectural cladding tasks
- Trades Math and Job Readiness workshops
- 2 weeks of monitored work placement with a local employer



TRAINING LOCATION

Sheet Metal Workers and Roofers International
Association, Local 56 Training Centre
470 Gateway Ave., Edmondsville, NS

WHAT IS AN ARCHITECTURAL CLADDER?

Architectural Cladders focus on the design, fabrication, installation, and repair of architectural components of buildings, including various types of sheeting for roofs and walls, louvers, soffits, flashings, skylights, and more. They can read plans and specifications, operate specialized tools and metalworking machines, fabricate products of desired dimensions and properties, use specialized welding techniques for various metal alloys, inspect work for quality, layout and fabricate components, and repair materials. Architectural Cladders work primarily outdoors and are able to meet the physical demands of lifting, climbing, bending, kneeling, and working on high sloped surfaces.

WHO CAN APPLY

Open to residents of Nova Scotia, with a focus on attracting individuals from equity-deserving groups including Indigenous Peoples, African Nova Scotians, Racially Visible Individuals, Persons with Disabilities, Newcomers, and Women.

There are also supports available for veterans, reservists, senior cadets, and family members.

*Individuals must be Canadian citizens or permanent residents, and residents of Nova Scotia.

*Applicants to this program may also qualify for financial supports. Please discuss at time of application.

NOVA SCOTIA

NOVA SCOTIA
APPRENTICESHIP
AGENCY



Nova Scotia
Construction Sector Council
Industrial – Commercial – Institutional



nscc



MAINLAND
NOVA SCOTIA
BUILDING TRADES



MERIT
NOVA SCOTIA



LEARN MORE

To learn more or to apply, please contact:
Shauna Graham, Training Coordinator
sgraham@nscsc.ca or call 902-565-2012
or visit www.nscsc.ca/training/ac-cb



SCAN ME

COMMUNITY NOTICE



Maw-lukutijik **Saqmaq**
Assembly of Nova Scotia
Mi'kmaq Chiefs

September 18, 2026

Moose Population and Harvesting Time

In July, we issued a newsletter announcing the decision to **close the moose hunt again this year**. As the weather cools down, and moose harvesting comes to mind for many, we are issuing this Community Notice as a reminder of that decision. This decision was made by community members and the Moose Management Committee and is supported by the Assembly.

The Mi'kmaq do have a Treaty Right to harvest but, more importantly, we have a responsibility to Msit No'kmaq. As a Nation we know, "with Rights comes responsibilities."

The hard truth is that the moose population is still not high enough for a sustainable harvest. Yes, the population number is going up, but it is not yet where we need it to be.

We know that not being able to harvest moose impacts many families in our communities. We understand how deeply that is felt. But, we have a responsibility for this very important species. We lost the moose in the Cape Breton Highlands once and we don't want to see that happen again.

In the webinar we hosted for community feedback in June, there was a suggestion to have a limited harvest this year. When talking it out with many others, we heard more voices against the idea, than supporting it. It became clear that the Nation felt the moose needed more time to heal and we must work together to respect that position. We ask, once again, that everyone does their part to help ensure a healthy moose population for the next seven generations.

Wela'liek aqq Msit No'kmaq.