November Newsletter



Contents

2/3- Monthly overview

4-Wagmatcook App!

7-Christmas Bonus

8-Christmas Market

9-Social Notice

10-Vaccine Clinic

11-Praybook recap

12-16-School

17- Solid Ground Project

18-Men's Cooking Session

19-Closed-Bid Auction

20-Casual Jobs

21-Black Ash Bracelet Making

22-Cleanwave

23-25- Diabetes

26-28-Emergency Management

November is a time for reflection and remembrance. Take time to honour the courage and sacrifices of those who served.

In this month's newsletter, you'll find important department updates, upcoming events, community news and opportunities to stay connected.

Take a few minutes to catch up on what's happening in our community, mark your calendars for upcoming activities and stay connected with what's going on in Wagmatcook.

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

November 2026

Check out further in the newsletter for more details on upcoming events!

YC stands for Youth Centre

SUN	MON	TUE	WED	THU	FRI	SAT
1 **All Souls Day Mass** 10:30am	2 **YC-** 230-730pm Grades 7-12 **Volleyball Mix-up Night** 5-7pm **All Souls Day** **NA**-8pm	3 **YC-** 230-4pm Grades 3-6 **Badminton** 5-7pm **Waltes** Elders Centre 5-7pm	4 **YC-** 230-730pm Grades 7-12 **Walk into Wellness** 4-5pm **FLU VACCINE CLINIC** 12-6pm	5 **YC-** 230-4pm Grades 3-6 **AA**-8pm	6 **YC-** 230-730pm Grades 7-12 **Multi-Sport Night** 5-7pm **Black Ash Bracelet Making Workshop** 1-4pm	7
8 Indigenous Veterans Day 	9 **YC-** 230-730pm Grades 7-12 **Girls & Women's Sports Night** 5-7pm **App contest closes** **NA**-8pm	10 **YC-** 230-4pm Grades 3-6 **Adults Open Gym** 5-7pm **Waltes** Elders Centre 5-7pm	11 **CLOSED** Rememberance Day 	12 **YC-** 230-4pm Grades 3-6 **Youth Open Gym** 5-7pm **EFT Information for Xmas Dividend due** **Waltes Info Session** Elders Centre 4-6pm **AA**-8pm	13 **YC-** 230-730pm Grades 7-12 **Employee Appreciation Mawi'omi**	14
15	16 **Early Action on Diabetes session** 1:30pm **YC-** 230-730pm Grades 7-12 **Youth Open Gym** 5-7pm **NA**-8pm	17 **YC-** 230-4pm Grades 3-6 **Badminton** 5-7pm **Waltes** Elders Centre 5-7pm	18 **YC-** 230-730pm Grades 7-12 **Walk into Wellness** 4-5pm	19 **YC-** 230-4pm Grades 3-6 **Adults Open Gym** 5-7pm **Learn Mi'kmaq Prayers** Elders Centre 5-7pm **AA**-8pm	20 **Men's Healthy Cooking Session** 11am **YC-** 230-730pm Grades 7-12 **Active Elders Afternoon** 4-5pm	21
22	23 **YC-** 230-730pm Grades 7-12 **Volleyball Mix-up Night** 5-7pm **NA**-8pm	24 **YC-** 230-4pm Grades 3-6 **Badminton** 5-7pm	25 **YC-** 230-730pm Grades 7-12 **Walk into Wellness** 4-5pm	26 **YC-** 230-4pm Grades 3-6 **Youth Capture the Flag** 5-7pm **AA**-8pm	27 **YC-** 230-730pm Grades 7-12	28  **Wagmatcook Christmas Market** 9am-5pm **Cleanwave open** 9am-5pm
29	30 **Diabetes Toolbox Chat** 1:30pm **YC**- 230-730pm Grades 7-12 **Girls & Women's Sports Night** 5-7pm **NA**-8pm					

Hosted by our

MPAL

November 2026

Wagmatcook

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Volleyball Mix-Up Night School Gym 5-7 pm 2	Badminton School Gym 5-7 PM 3	Walk into Wellness Ballfield 4-5 PM 4	5	Multi-Sport Night Hockey, Badminton, and Basketball 5-7 PM 6	7
8	Girls & Women's Sports Night School Gym 5-7 PM 9	Adult Open Gym School Gym 5-7 PM 10	Walk into Wellness Ballfield 4-5 PM 11	Youth Open Gym School Gym 5-7 PM 12	13	14
15	Youth Open Gym School Gym 5-7 PM 16	Badminton School Gym 5-7 PM 17	Walk into Wellness Ballfield 4-5 PM 18	Adult Open Gym School Gym 5-7 PM 19	Active Elders Afternoon School Gym 4-5 PM 20	21
22	Volleyball Mix-Up Night School Gym 5-7 pm 23	Badminton School Gym 5-7 PM 24	Walk into Wellness Ballfield 4-5 PM 25	Youth Capture the Flag School Gym 5-7 PM 26	27	28
29	Girls & Women's Sports Night School Gym 5-7 PM 30					

Outdoor activities are weather permitting.
Schedule subject to change.

Wagmatcook MPAL | Wellness & Prevention
For questions or more information, contact:
angeline.denny@wagmatcook.com

Hosted by our

YOUTH RECREATION WORKER

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

CONTEST

DOWNLOAD OUR NEW COMMUNITY APP!

Want to get up-to-the-minute notifications from all things Wagmatcook AND enter to win 1 of 3 cash prizes of $100?

1 DOWNLOAD

Scan the QR code or visit your app store of choice and search:

'Wagmatcook First Nation'

2 REGISTER

Tap 'Register' under 'Member Login'

Fill out your info and tap register.

3 VERIFY

Check your email and verify your account.

Now you're entered!

START TIME

Wednesday, October 14th @ 11:00AM

DRAW TIME

Monday, November 9th @ 11:00AM



TIME

MEMBERS OF

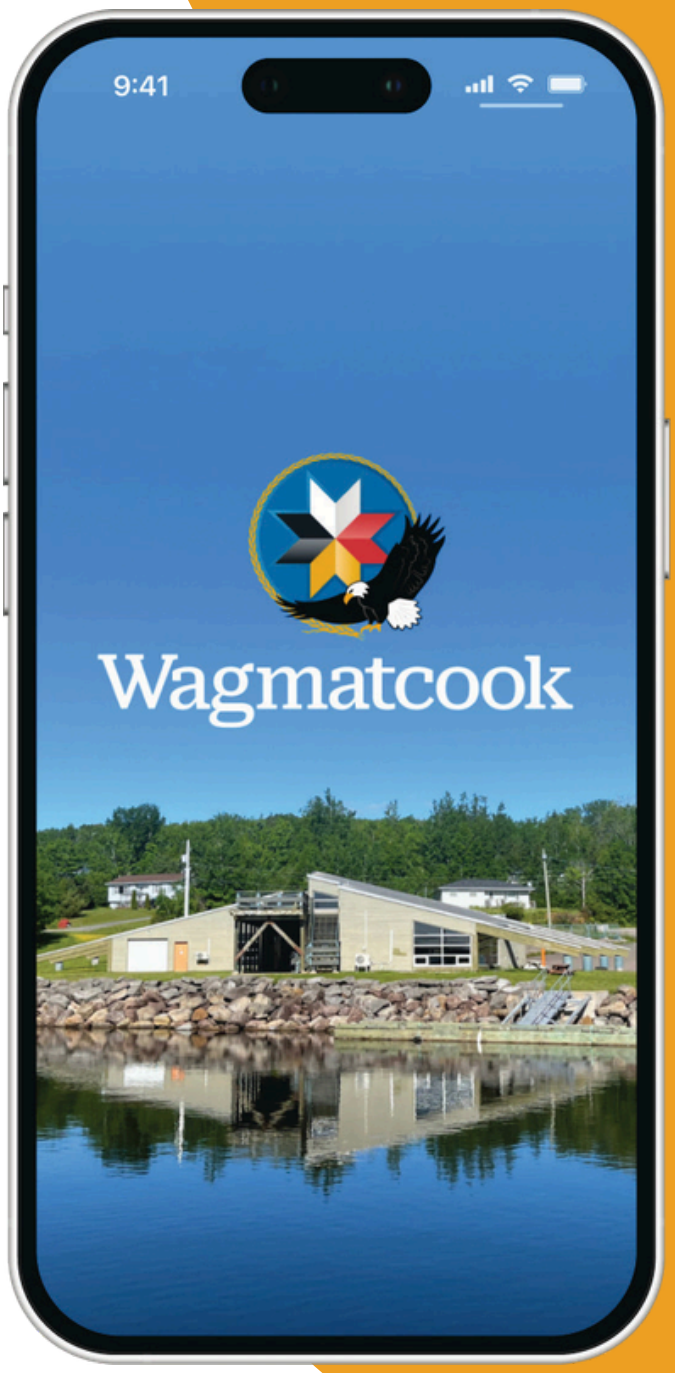
WAGMATCOOK FIRST NATION NEVER MISS ANUPDATE

GET THE APP

The app uses state-of-the-art technology to notify WFN members of breaking news, documents, videos, and events, instantly delivered via push notifications.

GET IT ON Android

Download on the App Store



HOW TO GET THE APP

1. **DOWNLOAD**
   Scan the QR code above or visit the App Store or Google Play Store and search 'Wagmatcook First Nation'
2. **REGISTER**
   Fill out your info and check your email to verify your account.
3. **LOG IN**
   Get the latest news, events, jobs, & more right at your fingertips!

- NEWS
- EVENTS
- SURVEYS
- JOB OPENINGS

Download the free app today

Wagmatcook

MASS FOR

ALL SOULS' DAY

REMEMBERING OUR LOVED ONES

All Souls Day Mass will be held on Sunday, November 1, 2026 at 10:30 a.m. during regular Mass at the church.

Memorial candles will be provided for those who have passed away since last November. We ask that a family member come forward to light and receive a candle in memory of their loved one.

The names of those being remembered are as follows:

Felix Smith (Nov 2025)
Judy Googoo (Dec 2025)
Martha Isadore (Feb 2026)
Brandon Peck (March 2026)
Patty Young (June 2026)
Mary Margaret Peck (July 2026)
Morgan Hart-Isadore (Aug 2026)
Alexander Joseph Bernard (Sept 2026)
Preston Bernard (Sept 2026)
Sophie Pierro (Sept 2026)

We welcome all families to join us as we honour and remember our loved ones.



CHRISTMAS *Dividends*

Christmas (tobacco) dividend cheques of $300 for each band member will be **avaliable on Decmeber 3rd!**

Direct deposit is available this year!
Band members are asked to **provide a VOID CHEQUE** (with their name/banking information) by dropping it off at the Band Office or emailing it to **communitypayment@wagmatcook.com** by **no later than Thursday, November 12, 2026.**

Please note that direct deposit is only available to those with a Canadian bank account.

For those who will receive a cheque, **pick-up** will be available at the Band Office on December 3 from 9-4pm, and the remainder will be **mailed** out on December 4, unless other arrangements have been made.

If someone else is picking up your cheque for you, you will have to call the Band Office (902-295-2598) to give that person permission. *No cheques will be released without permission given.*

*For **NEW PARENTS**: Please contact Veronica Jeddore to start (or finish) registering your child(ren) ASAP.*

***Turkeys will also be available** for pick up at the Band Office parking lot for the head of household (date TBD). Available to on and off reserve. No delivery except to Elders within the community.*

You're invited to

Wagmatcook's Christmas Market

Calling all vendors, crafters & small businesses! We want YOU to join our annual Christmas Market!

Canteen services will be available throughout the day at the Cleanwave Restaurant.

Come shop local, support small businesses, and find some unique Christmas gifts while enjoying a fun-filled day of holiday cheer!

November 28, 2026 • 9AM to 5PM • Free Admission

📍 Wagmatcook Cultural & Heritage Centre
10765 Highway 105, Wagmatcook

Book your table for just $20 by calling 902-295-2999 or emailing info@wagmatcook.com

Advance booking required. Vendors can set up from 9-10am

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SOCIAL NOTICE FOR DISABILITY PAYMENTS

The November Disability payment will be issued on December 3, 2026

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Upcoming Flu Vaccine Clinic



November 4, 2026

12pm-6pm

Cultural Centre (Great Hall)

Walk in! No appointment needed

All ages (6months and up)

Contact the Health Centre for more information

Welcoming a piece of our history back home!






Thursday, October 15, 2026 was a deeply meaningful day for Wagmatcook First Nation. In partnership with Mount Saint Vincent University (MSVU), we celebrated the rematriation of the Mi'kmaw Prayer Book, a sacred manuscript containing handwritten Mi'kmaw petroglyphs and hieroglyphs.

Dating back to the 1800s, this historic volume contains the handwritten 1901 inscription of community member Pierro Googoo. After being held in external collections for nearly 70 years, the Prayer Book has finally returned to its rightful stewards.

During the ceremony at the Cultural Centre, Chief Norman Bernard alongside of Pierro Googoo's granddaughter, MaryAnn Googoo, placed the book into its new display case, where it will remain protected and accessible to community members, Elders, and future generations.

Rematriation is about restoring connections to our ancestors, language, and culture. Wela'lioq /Thank you to MSVU, the Nova Scotia Museum, Elders, drummers, and everyone who helped guide this journey home.

Visit the Mi'kmaw Prayer Book at the Wagmatcook Culture and Heritage Centre and check out the digital access version at https://wagmatcookculturecentre.ca/prayer-book/



WAGMATCOOKEWEY SCHOOL

Introducing Ami'ek!

We are very excited to share something new happening at our school this year!
We have created a new space called Ami'ek, designed to make students (our visitors) feel right at home.

When students visit Ami'ek, there will be no reading or writing, no tests and no drills (other than the occasional routine fire drill!). Instead, the focus will be on learning the language they hear at home through conversation, listening and speaking.

Our goal is to strengthen oral language and create a welcoming space where students can connect with their language in a natural and meaningful way. We still have an opportunity to save and strengthen our beautiful Mi'kmaw language for the next generation. We have the tools, and we still have the language!

Let's do this!
Wela'liek,
Ami'aq

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!



902-295-3491 https://wagmatcookeweyschool.ca/



WAGMATCOOKEWEY SCHOOL

Wagmatcookewey School Student Council is back!

We're excited to welcome back our Student Council!

The council will include a class representative from each grade (Grades 7–12), along with a President and Vice President elected from Grade 12. Elementary students will also have a representative from each class to ensure our younger students have a voice.

This year's Grade 12 students running for President are:

- Karla Googoo
- Navayah Googoo
- Connor Mac Aulay
- Blake Pierro





WAGMATCOOKEWEY SCHOOL

Halloween Fun!

A week full of costumes, creativity, laughter and Halloween fun! Our students and staff had a great time getting into the Halloween spirit with a week of spooky activities, themed days and plenty of smiles. Thanks to everyone who helped make it a fun week at school! 🎃👻



















CONGRATULATIONS ON YOUR RETIREMENT, CORINNE!

We celebrate and congratulate Corinne on her well-deserved retirement. As we reflect on her years of dedication and service, we are reminded of the incredible impact she has made on our students, staff, and parents at Wagmatcookewey School.

Corinne has dedicated her career to supporting our students and helping them reach their fullest potential. Throughout her journey as a teacher, Learning Centre Teacher, and Autism Programming Coordinator, she has consistently demonstrated compassion, enthusiasm, patience, and an unwavering commitment to the well-being and success of every student.

Her continuous support for fellow teachers and parents has been truly appreciated. Corinne has always been someone others could turn to for guidance, encouragement, and understanding. Her caring nature, positive spirit, and willingness to go above and beyond have made her an invaluable member of our school community.

Corinne, your charm, kindness, enthusiasm, and dedication have touched so many lives. You have made a difference that will be remembered for years to come. You are truly irreplaceable, and while we are happy for you as you begin this exciting new chapter, we know that your absence will be deeply felt.

You are not simply a colleague who is retiring; you are a special person who has become someone we have grown to love as part of our Wagmatcookewey School family. The memories, laughter, support, and care you have shared with us will always hold a special place in our hearts.
As you begin this next chapter of your life, may your days be filled with happiness, good health, relaxation, new adventures, and precious moments with the people you love. You have given so much of yourself to others, and now it is time to enjoy the rewards of your many years of hard work and dedication.

Congratulations on your retirement, Corinne! Thank you for everything you have done for our students, our staff, our parents, and our entire Wagmatcookewey School family.
You will be greatly missed, but you will always be a part of our family. We wish you nothing but the very best in this well-deserved retirement.

With love, gratitude, and heartfelt appreciation,
Your Wagmatcookewey School Family



CONGRATULATIONS ON YOUR RETIREMENT, CORINNE!







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THE SOLID *Ground* PROJECT

What started as a conversation has quickly turned into a night full of ideas, laughter, and excitement about what could be!
The Solid Ground Project is about bringing men together to connect, learn new skills, share experiences, get out of the house, and try something different.



It's about learning from one another, lending a hand, sharing a few laughs, and building something meaningful together. And we're just getting started!

A big thank-you to Dakota & Jeff for bringing everyone together and helping get the ball rolling!

Our second gathering is coming up Wednesday, November 4, 2026 at the Elders Centre beginning at 7pm!



We'd love to see even more men join us. Whether you were part of the first night or are just hearing about it now, you're welcome! No experience needed. No pressure. Just good company, new ideas, and a chance to be part of something taking shape.

Come out, grab a coffee, and see what The Solid Ground Project is all about!

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MEN'S Healthy Cooking Session

Eat Well, Feel Great, Live Healthy.

LUNCH & LEARN



Men of Wagmatcook, come
join your community
Dietitian and Social Worker
to make an easy soup recipe and share a meal.







Friday November 20
11am
Wagmatcook Health Centre
Etli-Apoqnmasimk
(mini home)

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

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CLOSED BID AUCTION








Wagmatcook has purchased a new Public Works truck and would like to give Wagmatcook Band members the opportunity to purchase the old one via a closed-bid auction.

Opening bid starting at $2500

- 2017 GMC 3500
- Dump box included
- 4-wheel drive
- 112,287 Kms
- MVI – March, 2027

Known Issues (to be addressed at the bidder's expense)

- Emission/fuel injector issue
- Loses power when driving

OPENS MONDAY NOVEMBER 2ND AT 8AM UNTIL MONDAY NOVEMBER 16TH AT 2PM

HOW DOES IT WORK?

Band members can pick up a bid form and envelope from the Wagmatcook Housing & Public Works office during business hours (8am-4pm, Monday-Friday), fill it out and return it SEALED to Fred Turnbull. All bids will be kept sealed and stored until all bids are opened on November 17th 2026. Appointments to view during business hours can be made by calling the Public Works office at 902-295-1281.

The person who has submitted the highest bid will have the ownership papers signed over to them (as is, where is) after payment in full has been made.

Open to Wagmatcook Band members only.
If payment in full is not received within 5 business days, it will go to the next highest bidder.

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Join Our

CASUAL LABOUR POOL



NOW ACCEPTING APPLICATIONS!

We are looking to build a pool of casual workers who may be called upon to fill in for last-minute coverage, short-term assignments, or temporary staffing needs as they arise.

WE ARE ACCEPTING APPLICATIONS FOR:

ADMINISTRATIVE ROLES

SALES ROLES

GENERAL LABOURER ROLES

HOW TO APPLY:

Submit your application and/or resume to:
jobs@wagmatcook.com

Whether you have experience or are looking to gain valuable workplace skills, we encourage you to apply.

Don't miss this opportunity to join our casual workforce and gain valuable experience.

Apply by NOVEMBER 18



BLACK ASH BRACELET MAKING WORKSHOP

Wagmatcook

Photos courtesy of Daphne Googoo & Cynthia Googoo's Facebook pages



FRIDAY
NOVEMBER
6 2026

1:00PM to 4:00PM

NSCC/Wagmatcook Learning Centre

We're excited to announce a Black Ash Bracelet-Making Workshop led by Cynthia Googoo from We'koqma'q First Nation!

Space is limited to 10 participants, and a registration list is already underway. To express your interest or reserve your spot, please contact: Daphne Googoo, Mi'kmaw Language Coordinator at 782 235 7993 or by email at daphne.googoo@wagmatcook.com. Supper provided!

Clean Wave

MI'KMAW CULINARY KITCHEN



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, check out what's stocked in the grab-and-go fridge, grab an iced coffee or dirty soda, or just come in for one of your CleanWave favourites.

There's always a reason to stop by the CleanWave!

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DIABETES TOOLBOX CHAT

DIABETES SELF MANAGEMENT CHATS, TIPS & TOOLS

New tools in your toolbox for managing diabetes
Topic: Food Swapping
Host: Debbie, Dietitian

Food swapping means choosing a similar food that's lower in fat, carbs, or calories. It can be something you do at home while cooking or when ordering at a restaurant. These swaps help you make informed choices without giving up the foods you enjoy.









Monday November 30, 2026
1:30pm
Etli-Apoqnmasimk (mini home)
Wagmatcook Health Centre

There will be food and door prizes to win

Early Action on Diabetes

improves lives



Keeping your diabetes knowledge up to date supports timely diagnosis and quality care for people living with diabetes.

Access diabetes training for healthcare professionals at **idfdiabeteschool.org**

#ActEarlyOnDiabetes

A campaign led by the International Diabetes Federation

world diabetes day
14 November

Wagmatcook

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03

World Diabetes Day

Global diabetes landscape

More than 800 million adults globally live with diabetes, a number that has **more than quadrupled since 1990**.

Diabetes damages blood vessels over time, which can lead to complications affecting multiple organ systems including the heart, eyes, nerves and kidneys. Early diagnosis and quality treatment can reduce this risk, but complications may still occur.

Since 2000, mortality rates from diabetes have been increasing.



World Diabetes Day

Since 1991, people across the world have come together on 14 November to acknowledge World Diabetes Day.

World Diabetes Day is the world's largest global diabetes awareness initiative, bringing people together to raise awareness about diabetes, inspire action and promote accountability.

The 2026 World Diabetes Day theme is:
"Early action on diabetes".

Join the Community Nurse and Dietitian to talk about

Early Action on Diabetes

Have your blood sugars, blood pressure etc checked
Play Diabetes Jeopardy
There will be snacks and door prizes



Monday November 16
@1:30
Etli-Apoqnmasimk (mini home)
Wagmatcook Health Centre

Emergency Management Program Update:

January - October 2026

Over the past few months, several initiatives have been underway to help strengthen Wagmatcook's emergency preparedness and response capabilities.

From improving emergency plans and equipment to securing funding, organizing training, and hearing directly from community members, these efforts are helping make Wagmatcook better prepared for emergencies.

Here's a quick update on what's been accomplished so far, what's currently being worked on, and what's planned moving forward.

Community Emergency Management Survey

The survey helped us better understand community concerns, how prepared households feel for emergencies, and where additional information and support may be needed.

The feedback received is helping guide future emergency planning, programs, and preparedness intiatives.

Emergency Planning and Coordination

Updates are being made to Wagmatcook's All-Hazards Emergency and Continuity Management Plan, which outlines how the community prepares for, responds to, and recovers from emergencies.

A School Emergnecy Response Plan has also been developed to help keep students and staff safe during emergencies. The plan outlines emergency procedures, staff roles and responsibilties, evacuation, lockdown procedures, shelter in place and hold and secure procedures, communication, and how the school coordinates with emergency responders when needed.

These improvements will help strenghten communication, clarify responsibilities, and support a more organized response when emergencies occur.

Vulnerable Persons Generator Support Program

Funding has been secured for 60 emergency generators to support vulnerable community members during extended power outages.

The program is intended to help identified vulnerable households, including Elders and individuals with medical or mobility needs, maintain temporary backup power during prolonged outages.

A written program plan is currently being developed in coordination with the Health Department and Public Works to establish how the generators will be managed, maintained, and provided to those identified as vulnerable households.

Emergency Management Program Update:

Wildfire Response Equipment

Funding has been secured for a wildfire response trailer and additional firefighting and maintenance equipment to strenghten the community's ability to respond to brush fires.

The new wildfire response trailer was delivered on October 15, 2026. The trailer is designed to carry the wildfire suppression skid donated by GlobalMedic, allowing for quicker deployment to potential brush and improve access to areas that larger fire trucks cannot easily reach.

Community Building Safety

Community Buildings have been equipped with updated first aid kits and eyewash stations to improve workplace safety and ensure essential first aid supplies are available when needed.

Community Preparedness Day

Wagmatcook recently hosted a Community Preparedness Day, bringing together community departments, emergency services, and partner organizations.

The event gave community members an opportunity to learn more about emergency preparedness, safety, prevention, and the different resources and supports available before, during, and after emergencies.

What's Next?

As Wagmatcook's Emergency Management Program continues to develop, upcoming priorities include:

- Continuing improvements to emergency plans and procedures.
- Moving forward with the Vulnerable Persons Generator Support Program.
- Coordinating additional emergency response training.
- Supporting the Fire Department to strenghten response capabilities.
- Improving emergency communications and community awareness.
- Building on feedback recieved through the Community Emergency Management Survey.
- Continuing to strenghten emergency equipment, resources, and response readiness.

The focus moving forward is to keep building on this progress and making sure Wagmatcook is as prepared as possible to keep community members safe when emergencies happen.

Wela'lin to everyone who has participated, provided feedback, and supported these initiatives so far!

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OUR EMERGENCY MANAGEMENT COORDINATOR HAS THE RESULTS OF WAGMATCOOK'S COMMUNITY EMERGENCY MANAGEMENT SURVEY.

THANK YOU TO EVERYONE WHO TOOK THE TIME TO PARTICIPATE. YOUR FEEDBACK HELPS US BETTER UNDERSTAND OUR COMMUNITY'S NEEDS AND PRIORITIES WHEN IT COMES TO EMERGENCY PREPAREDNESS.

THE SURVEY RESULTS ARE NOW AVAILABLE ON OUR COMMUNITY APP AND WEBSITE. CHECK THEM OUT TO SEE WHAT WE LEARNED!

HTTPS://WAGMATCOOK.COM/.../COMMUNITY-EMERGENCY-MANAGEMENT...