

# Kuwe' We'koqma'q

Newsletter

September 2021

## Message from Chief Annie and Council

To our neighbours,

We are entering a new season, and with this comes new beginnings. Our community has developed and grown this past year considerably, and we are hopeful and optimistic for the future of We'koqma'q. We have been working hard to give community members the resources and opportunities you need to flourish and we're proud of our accomplishments to date.

We understand that we have a duty to deliver the information that is important to you. So this monthly newsletter will keep you up to date on current news within We'koqma'q. We've also become more active through our Facebook page to share events, community updates, and hear your feedback and stay engaged.

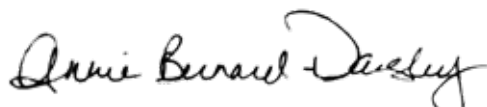
We are wishing students a wonderful year back in school. We are excited to see you get back into your classrooms to see your friends and teachers after a great summer break. Although attending school during this pandemic adds a difficult challenge, we know you will all work hard and do your best to succeed and stay safe.

We have been fortunate to have low cases throughout the province and are proud of you all for doing your part to keep everyone safe from the COVID-19 virus. Things are looking brighter for the future, and we recommend you continue to follow the safety protocols to keep our community safe and healthy.

Chief and Council are looking forward to working with you together this Fall as a community on some exciting projects and initiatives that are underway. With many projects completed and progress going well on others, we are proud of the hard work and dedication of the workers that make these advancements possible.

We are growing every day, sharing our story and letting the world know why we are We'koqma'q proud!

Sincerely,



Chief Annie Bernard-Daisley and Council



# Community Update

## SAVE THE DATE:

September 29th

Seventh-Grade  
Vaccinations



## Back-to-School

*Wishing everyone going back to school a great year ahead!*

On September 29, the Health Centre will be visiting the school to vaccinate both this year and finish last year's seventh-grade routine immunizations. Consent forms will be sent home to the students during the first week of school, so please sign and give them back to their teacher.

Any community members requiring Day School records or information, **please contact Gordon MacIver at 902-295-7275.**

## Welcome Dr. Hoffer!



## Health Clinic Update

With Fall approaching, we're heading back to school and a hopeful return to lessened public health restrictions. We want to remind individuals that all the habits we developed during the pandemic helped stop the spread of other illnesses in our world - like the common cold and influenza. So as we return to pre-pandemic days, keep up your handwashing, home cleaning, and wearing masks when needed.

We also want to remind community members to get their Covid-19 Vaccine. By getting vaccinated, you are protecting others in our community who are most vulnerable. Please visit the pharmacy to learn more.

We are excited to announce a **new doctor** is starting at our clinic, **Dr. Rebecca Hoffer**. She will be at our health clinic two days per month.

**Call the front desk to make an appointment with her at 902-756-2156.**

## Speed bumps

Over the summer, we have had various speed bumps installed on our roadways. The speed bumps will hinder speeding vehicles before crossings, entrances, and exits. In addition, this will help us slow traffic down near busy pedestrian spots to keep all our community members safe.

## Rapid Housing Update

The Rapid Housing Project now has 10 homes set on foundations that are having the exterior and interior finishes completed. The final two homes will arrive towards the end of September and will be placed on their foundations which are being completed now. The project overall is making great progress thanks to the hard work of all contractors, suppliers and Band Staff.

## Covid 19 Information

### How do I protect myself and others from COVID-19 variants of concern?

These new variants of concern can spread more easily when an infected person coughs, sneezes, sings, shouts, or talks. It is important to follow public health measures even if you have been vaccinated to prevent the spread of COVID-19:

- Wear a non-medical mask
- Frequent handwashing/sanitizing
- Physical distancing
- Keep your social bubble small
- Regular testing
- Stay home if you feel even slightly ill
- Get vaccinated when it is your turn to receive the COVID-19 vaccine
- Continue to avoid crowded spaces
- Continue to avoid poorly ventilated spaces

Thank you to our community for helping keep our community safe and healthy!

### Vaccination Proof Policy

As of October 4th – businesses can ask to see proof of vaccination prior to entry.

To acquire proof of your vaccination, please call the health centre and we can email it to you or you can pick it up here at the health centre.

#### **TIP:**

We highly recommend if you have a phone to take a picture of it and keep it in your phone to show if you are asked to avoid carrying papers around that may get lost. **If you are not vaccinated, you can still visit local pharmacies – just give them a call!**

### Looking for employment?

To stay up to date on employment opportunities and training programs, follow **We'koqma'q Employment & Training** on Facebook.

## 2020-2024 We'koqma'q First Nation Chief and Council contact list:

### **Chief Annie Bernard-Daisley**

Email: anniedaisley@waycobah.ca  
Cell: (902) 295-0254

### **Brandon Poulette**

Email: brandonpoulette@waycobah.ca  
Cell: (902) 623-1236

### **Jason Bernard**

Email: jasonbernard@waycobah.ca  
Cell: (902) 302-2587

### **John L. Bernard**

Email: johnlbernard@waycobah.ca  
Cell: (902) 295-0244

### **John W. Cremo**

Email: tinycremo@waycobah.ca  
Cell: (902) 623-1850

### **Peter J. Googoo**

Email: pjgoogoo@waycobah.ca  
Cell: (902) 980-0359

### **Steve Googoo**

Email: stevegoogoo@waycobah.ca  
Cell: (902) 631-1003

### **Stewart Peters**

Email: stewartpeters@waycobah.ca  
Cell: (902) 951-0236

### **Stuart Basque**

Email: stuartbasque@waycobah.ca  
Cell: (902) 296-0143

### **Wallace Bernard**

Email: wallacebernard@waycobah.ca  
Cell: (782) 235-9271

# September Event Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>Developmental Play</b> 1:30pm-3:30pm Ages 0-4 Free Play/Making Play Dough	2	3	4
5	6 <b>Labour Day</b>	7 <b>First Day of School Pre-Natal Class</b> 1pm-4pm Board Room at Health Centre	8 <b>Developmental Play</b> 4:30pm-6:30pm Ages 0-4 Free Play/Painting & Drawing	9	10	11
12	13 <b>Baby &amp; Me</b> 5pm-7pm Mi'kma'q Class - Alphabet & Counting	14	15 <b>Developmental Play</b> 1:30pm Free Play/Arts & Crafts	16 <b>Women's Wellness</b> 6pm-9pm Board Room at Health Centre	17	18
19	20 <b>Baby &amp; Me</b> 5pm-7pm Mi'kma'q Class - Food	21 <b>Healthy Parenting Class</b> 1pm-3pm Board Room at Health Centre	22 <b>Developmental Play</b> 4:30pm-6:30pm Ages 0-4 Kitchen Play/ Baking Cookies	23	24	25
26	27 <b>Baby &amp; Me</b> 5pm-7pm Mi'kma'q Class - Animals	28	29 <b>Seventh Grade Immunizations</b>  <b>Developmental Play</b> 10am-12pm Ages 0-4 Arts & Crafts	30 <b>Every Child Matters Ball Tournament</b>  <b>National Day for Truth &amp; Reconciliation</b>		

Blue Text = Health Centre    Red Text = Holidays



**Have an upcoming event you want to add to the calendar?**  
Email Chrissy at [chrissytanner@waycobah.ca](mailto:chrissytanner@waycobah.ca) with the subject line "Calendar Event" to have it added to the next newsletter!

# Good News!

## Youth Employment

The Band employed many youth this summer. They helped elders with important tasks such as lawn care, gardening, and homecare. They also ran the 2021 Recreation camp for 5 weeks. With the summer/incentive employment program we were able to provide approximately 23 youth with summer employment. Great job, everyone!

## Community Member Feature

### KATERINA BASQUE



Katerina grew up right here in our community and has succeeded in many areas of her life.

Katerina spent three years researching for St. Francis Xavier

University on the problems biofouling causes in aquaculture and published a research article on the topic at the age of 21. She and her teammates' research found a product with great potential in being an eco-friendly solution for clean fishing nets. This research will benefit the life in the water, make the worker's jobs easier, and reduce costs.

**“I really succeeded in something people thought I couldn't, and I hope my journey helps people to pursue their dreams and to never doubt themselves.”**

Thank you, Katerina, for being such an inspiration to the members of our community.

## Preventative Maintenance Update

You may have noticed some familiar faces approaching your homes with the addition of our first two Preventative Maintenance staff members. PJ Googoo has joined the team as Preventative Maintenance Advisor, and Jordan Keeling has started a position as a Preventative Maintenance Assistant. The team is helping bring together ideas and initiatives that will help educate residents, as well as extend the life expectancy of our homes. Please keep an eye out for PJ and Jordan as they try to assess the homes in the community. If you happen to be out while the team stops by, you will be left a door hanger that indicates a number to call to reschedule a time that the team can get in the residence to get their work done



## Splash Pad

Our Splash Pad was a success this summer! Thanks to everyone for coming out to cool down!

## Certified Commercial Divers



We are proud to see We'koqma'q community members training this summer. They are now Certified Commercial Divers and are employees of the Fish Farm.

**Above:** Evan Toney, Anthony Phillips, Kyle Julian, Tyler Toney, and John Googoo

# Community Events



## We'koqma'q Community Summer Events

We had a wonderful event in **Celebration of We'koqma'q** and all of our achievements. With a BBQ and Indian Tacos by Joan B, Live Music from The Relatives, Kojui Dance and Waltes Competition, and more, the event was a great success!



### We also hosted many other events in August, including:

- **Outdoor Volleyball** - Hosted by the Red Road Project, our outdoor volleyball was a fun way to bring everyone together
- **Tea Sampling and Medicinal Display** - We gathered at the Skye River Trail for tea sampling and a medicinal plant display
- **Mi'kmaq Dance & Music** - A fun event of dancing and music was held at the Skye River Trail
- **Crafting Dreamcatchers** - The Dreamcatcher Crafting event supplied materials for everyone to create dreamcatchers to take home or to leave in our garden
- **Grandmother Moon Evening** - We hosted a lovely event to gain new energy and honour and seek guidance from Grandmother Moon
- **Painting by the River** - Community members painted beautiful artwork at the Tree of a Thousand Faces
- **Street Hockey** - We had a great turn out and lots of fun at the Red Road Street Hockey event



## 2021 Bernie Denny Memorial Fastpitch Tournament

The We'koqma'q Warriors won the 2021 Bernie Denny Memorial Fastpitch Tournament! Congratulations to the team. What a proud moment for our whole community.

**Go Warriors, Go!**



**Top row:** Von Paul, Isiah Bernard, Robert Bernard, Desmond Bernard, Victor Googoo, Hobie Dennis  
**Bottom row:** Gavin Cremo, Frank Googoo, Jacob Gould, Jason Bernard, and Wally Bernard  
**Not shown:** Harrison Paul and Quinton Googoo

## Moderate Livelihood Information Session

We are proud to have hosted our very first Moderate Livelihood Information Session over the summer, and we are thrilled to have hired Brennan Peters as our coordinator. The purpose of these information sessions is for the community to better understand what a moderate livelihood fishery is and what we are trying to accomplish during these information sessions.

We hosted a second Moderate Livelihood Information Session on September 7! Stay tuned for more information.

### DO YOU HAVE AN UPCOMING EVENT?

Let us know, and we can share it with our friends and neighbours!

# Colour Me!

**WE'KOQMA'Q**  
**PROUD**



# TOQWA'Q WORD SEARCH

TOQWAQ      GINAMUOGUOM  
 NIPI         UGGWATAQ  
 TEGIG       JIGGPUTAQAN  
 EJGUJG      MIMGWAQAN

B E A L S I S C O Y J C G P S  
 D M I M G W A Q A N B J V H J  
 P R E J G U J G C K P I W X T  
 B G J V Y X S F K M L G B P E  
 M J Q W G S Z U I B Y G A R G  
 L N I P I K X S G C K P F A I  
 R U V L N Y X T H G F U H D G  
 G A V S A I Q Z B M W T E K I  
 G D G L M I F J E N T A Z M U  
 B F X R U Z N E M T O Q T I H  
 O F N S O Y U G B Q Q A A A T  
 Y M T W G H N J G D W N Q I Q  
 C G H X U A K F U R A Q F B L  
 V H L O O T A W M P Q X E S R  
 W J B P M D S I E S P N J G S

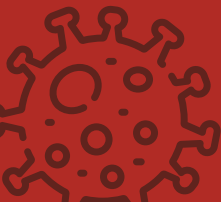


## One Stop Delivery Service!

Delivery is now available for Elders 60+ and persons with disabilities from the One Stop.

### To place your order:

Call 902-756-3088. Cash payment accepted.  
 Hours: 10:00am – 6:00pm



## COVID UPDATES

For current Nova Scotia Covid information: [novascotia.ca/coronavirus/](https://novascotia.ca/coronavirus/)  
 Call the Health Centre for any community information you require.

## IMPORTANT CONTACTS

### We'koqma'q Band Office

P.O. Box 149, 150 Reservation Road  
 We'koqma'q, NS, B0E 3M0  
 Phone: 902-756-2337  
 Fax: 902-756-2393

### Housing Department

Linda Bernard 902-631-1562  
 lindabernard@waycobah.ca  
 Matt Sampson - Housing Director 902-295-7107  
 mattsampson@waycobah.ca  
 Marcus Poulette 902-302-9783

### Emergency NHIB vouches

Betty Gould 902-295-0887  
 betty.gould@waycobah.ca  
 Emma Lewis 902-295-0384  
 emmalewis@waycobah.ca

### Social Assistance

Tillie Googoo 902-295-0883  
 tilliegoogoo@waycobah.ca

