

## Department Highlight of the Month

The Sipekne'katik Health Department oversees our community members' medical care, mental wellness support, dental care and addiction support. They also offer programs and support for prenatal care, maternal care, parenting support and nutritional guidance.

They help provide many events for our community members throughout the year, such as the Elders Christmas Dinner, Sipekne'katik Winter Carnival, and more. They also host numerous Public Health Immunization Clinics to aid in the health of our members.

Sipekne'katik Health Centre is a member of the Tajikeimik - Mi'kmaq Health Authority. They meet every week and are a member along with the other Mi'kmaq community health directors – all with a shared vision to transform Mi'kmaq health and standard of living.

## Health



*Ensuring the health and well-being of our community is at the heart of what we do.*

## Meet the Team

Sipekne'katik Health Centre provides numerous services for our Community, these services are made possible thanks to the hard work of the Health Centre team.

**Tina Sack-Nevin** Health Director    **Micki Knockwood** Health Centre Receptionist    **Philomena Simon** Medical Receptionist    **Blanche Francis** Maintenance

**Trey Sack** Security    **Peggy O'Reilly** BScRN Community Health Nurse    **Patricia Knockwood** Acting Mental Health & Wellness Coordinator    **Megan Knockwood** Addictions Councillor

**Brian Knockwood** Acting Suboxone Coordinator    **Brendon McDonald** Addictions Councillor    **Annie Knockwood** Homecare Social Worker

**Kathy Wells** LPN    **Heather Lucas** LPN    **Sarah Paul** CCA    **Neil Howe** Medical Van Driver    **Cheryl Morris** Homecare Coordinator



The Sipekne'katik Health Centre team would like to advise community members that if you are required to have an operation and will need home care services, wound care, or continuing care services, the Sipekne'katik Health Centre can help, even if they are not your family doctor. Please contact Cheryl Morris at 902-758-2063 if you require assistance.

## Services & Groups

**TUESDAYS**  
Bloodwork Clinic  
By appointment only.





**WEDNESDAYS**  
Elders Group  
11:30am-1:00pm  
Health Centre

**THURSDAYS**  
Dental Hygiene  
By appointment only.

**FRIDAYS**  
Baby & Me  
10:00am-12:00pm  
ASHOR Building

**Month at A Glance**

\*Please be aware that events, dates, and times may be subject to change. Events may be added after the publication of this newsletter or may be cancelled due to reasons beyond our control. The best way to stay up to date on all things Sipekne'katik is downloading the Sipekne'katik Smoke Signals app.

<p><b>1 GED CLASSES</b>          9:00AM-12:00PM          Sipekne'katik Administrative Building</p>	<p><b>12 MI'KMAQ CLASSES</b>          6:00PM-9:00PM          Sipekne'katik Administrative Building</p>	<p><b>16 FAMILY FUN DAY</b>          4:00PM-7:00PM          Sipekne'katik Community Centre </p>
<p><b>3 DREAMCATCHER WORKSHOP</b>          12:00PM-4:00PM          Treaty Truckhouse Halifax          Pre registration required.</p>	<p><b>13 MINI VOLLEYBALL TOURN.</b>           Starting at 5:00PM          Pre-registration required.          LSK</p>	<p><b>17 QUILL FRAME ART WORKSHOP WITH CRYSTAL GLOADE</b>          9:00AM-4:00PM          Pre-registration required.          Sipekne'katik Administrative Building</p>
<p><b>5 GED CLASSES</b>          9:00AM-12:00PM          Sipekne'katik Administrative Building</p>	<p><b>13 SHROVE TUESDAY COMMUNITY MEAL</b>          4:00PM-6:00PM          Sipekne'katik Community Centre</p>	<p><b>18 QUILL FRAME ART WORKSHOP WITH CRYSTAL GLOADE</b>          9:00AM-4:00P&lt;          Pre-registration required.          Sipekne'katik Administrative Building</p>
<p><b>5 MI'KMAQ CLASSES</b>          6:00PM-9:00PM          Sipekne'katik Administrative Building</p>	<p><b>13 BEADING GROUP</b>          6:00PM-9:00PM          Sipekne'katik Administrative Building</p>	<p><b>19 GED CLASSES</b>          9:00AM-12:00PM          Sipekne'katik Administrative Building</p>
<p><b>6 BEADING GROUP</b>          6:00PM-9:00PM          Sipekne'katik Administrative Building</p>	<p><b>14 VALENTINES CAKE DECORATING KITS PICK UP</b>          2:00PM-5:00PM          For families with children.          Sipekne'katik Community Centre</p>	<p><b>19 MI'KMAQ CLASSES</b>          6:00PM-9:00PM          Sipekne'katik Administrative Building</p>
<p><b>7 MI'KMAQ CLASSES</b>          6:00PM-9:00PM          Sipekne'katik Administrative Building</p>	<p><b>14 INFLATABLE COSTUME RACE</b>          Starting at 5:00PM.          Sipekne'katik Community Centre</p>	<p><b>20 HAND DRUM WORKSHOP</b>          4:00PM-6:00PM          Pre-registration required.          Sipekne'katik Health Centre</p>
<p><b>8 GED CLASSES</b>          9:00AM-12:00PM          Sipekne'katik Administrative Building</p>	<p><b>14 MI'KMAQ CLASSES</b>          6:00PM-9:00PM          Sipekne'katik Administrative Building</p>	<p><b>20 BEADING GROUP</b>          6:00PM-9:00PM          Sipekne'katik Administrative Building</p>
<p><b>8 GED TESTING</b>          9:00AM-5:00PM          Sipekne'katik Administrative Building</p>	<p><b>15 GED CLASSES</b>          9:00AM-12:00PM          Sipekne'katik Administrative Building</p>	<p><b>21 MI'KMAQ CLASSES</b>          6:00PM-9:00PM          Sipekne'katik Administrative Building</p>
<p><b>12 GED CLASSES</b>          9:00AM-12:00PM          Sipekne'katik Administrative Building</p>	<p><b>15 COASTING PARTY</b>           5:00PM-7:00PM          Saint Kateri Church</p>	<p><b>21 YOUTH QUILL FRAME ART WORKSHOP WITH CRYSTAL GLOADE</b>          4:00PM-8:00PM          Pre-registration required.          Sipekne'katik Administrative Building</p>
<p><b>12 MUCH MUSIC VIDEO DANCE</b>           4:00PM-5:30PM Low Sensory          6:00PM-9:00PM All Ages          Sipekne'katik Community Centre</p>		

 Events featuring a Snowflake icon are Winter Carnival events.

**Contact Us** If you have any questions or concerns about the events listed above, please contact the respective Department.

<b>HEALTH</b>	<b>RESIDENTIAL SCHOOL SUPPORT</b>	<b>EDUCATION</b>	<b>EMPLOYMENT &amp; TRAINING</b>	<b>YOUTH</b>
902-758-2063	902-919-8074	902-236-3022	902-758-3372	902-817-5908

Stay Up-to-Date on all things Sipekne'katik

@sipeknekatik

Sipekne'katik First Nation

sipeknekatik.ca

**22 GED CLASSES**  
9:00AM-12:00PM  
Sipekne'katik Administrative Building

**26 GED CLASSES**  
9:00AM-12:00PM  
Sipekne'katik Health Centre

**22 YOUTH QUILL FRAME ART WORKSHOP WITH CRYSTAL GLOADE**  
4:00PM-8:00PM  
Pre-registration required.  
Sipekne'katik Administrative Building

**27 DANCE TEACHINGS**  
4:00PM-6:00PM  
Pre-registration required.  
Sipekne'katik Health Centre

**29 DANCE TEACHINGS - YOUTH**  
4:00PM-6:00PM  
Pre-registration required.  
Sipekne'katik Health Centre

**DRIVERS EDUCATION FOR STUDENTS**  
Every Sunday for the Month of February from 9:00am-3:30pm at the Sipekne'katik Education Department Office

\*For those who are pre-registered.

## Fitness & Recreation Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
<b>Sipekne'katik Fitness Centre Hours of Operation</b> <b>Monday-Friday</b> 6:00AM-10:00PM <b>Saturday &amp; Sunday</b> 10:00AM-5:00PM				<b>6:00AM-9:00AM</b> 1 Walking Club <b>2:00PM-4:00PM</b> After The Bell - SDE <b>6:00PM-10:00PM</b> Evening Recreation - Open Gym	<b>6:00AM-9:00AM</b> 2 Walking Club <b>5:00PM-9:00PM</b> Evening Recreation - Basketball	<b>2:00PM-3:00PM</b> 3 Family Skate					
4	<b>6:00AM-9:00AM</b> Walking Club <b>2:00PM-4:00PM</b> After The Bell - LSK <b>5:00PM-9:00PM</b> Evening Recreation - Basketball <b>10:00PM</b> Senior Ice Time	5	<b>6:00AM-9:00AM</b> Walking Club <b>2:00PM-4:00PM</b> After The Bell - SDE <b>6:00PM-10:00PM</b> Evening Recreation - Ball Hockey	6	<b>6:00AM-9:00AM</b> Walking Club <b>2:00PM-4:00PM</b> After The Bell - LSK <b>6:00PM-10:00PM</b> Evening Recreation - Volleyball	7	<b>6:00AM-9:00AM</b> 8 Walking Club <b>2:00PM-4:00PM</b> After The Bell - SDE <b>6:00PM-10:00PM</b> Evening Recreation - Open Gym	8	<b>6:00AM-9:00AM</b> 9 Walking Club <b>5:00PM-9:00PM</b> Evening Recreation - Basketball	9	<b>2:00PM-3:00PM</b> 10 Hockey Skills
11	<b>6:00AM-9:00AM</b> Walking Club <b>10:00PM</b> Senior Ice Time <i>After the Bell &amp; Evening Recreation are cancelled as the space is being used for a Much Music Video Dance. (Details on Month at A Glance) We apologize for any inconvenience.</i>	12	<i>Programming is cancelled as the space is being used for Shrove Tuesday. We apologize for any inconvenience.</i> <b>4:00PM-6:00PM</b> Shrove Tuesday Community Meal	13	<b>6:00AM-9:00AM</b> 14 Walking Club <i>After the Bell &amp; Evening Recreation are cancelled as the space is being used for a Inflatable Costume Race (Details on Page # Month at A Glance) We apologize for any inconvenience.</i>	14	<b>6:00AM-9:00AM</b> 15 Walking Club <b>6:00PM-10:00PM</b> Evening Recreation - Open Gym <i>After the Bell is cancelled to accommodate Winter Carnival. We apologize for any inconvenience.</i>	15	<b>6:00AM-9:00AM</b> 16 Walking Club <b>4:00PM-7:00PM</b> Family Fun Day <i>Evening Recreation is cancelled as the space is being used for Family Fun Day. We apologize for any inconvenience.</i>	16	<b>2:00PM-3:00PM</b> 17 Hockey Skills
18	<b>6:00AM-9:00AM</b> Walking Club <b>2:00PM-4:00PM</b> After The Bell - LSK <b>5:00PM-9:00PM</b> Evening Recreation - Basketball <b>10:00PM</b> Senior Ice Time	19	<b>6:00AM-9:00AM</b> Walking Club <b>2:00PM-4:00PM</b> After The Bell - SDE <b>6:00PM-10:00PM</b> Evening Recreation - Ball Hockey	20	<b>6:00AM-9:00AM</b> 21 Walking Club <b>2:00PM-4:00PM</b> After The Bell - LSK <b>6:00PM-10:00PM</b> Evening Recreation - Volleyball	21	<b>6:00AM-9:00AM</b> 22 Walking Club <b>2:00PM-4:00PM</b> After The Bell - SDE <i>Evening Recreation is cancelled to accommodate an event. We apologize for any inconvenience.</i>	22	<b>6:00AM-9:00AM</b> 23 Walking Club <b>5:00PM-9:00PM</b> Evening Recreation - Basketball	23	<b>2:00PM-3:00PM</b> 24 Hockey Skills
25	<b>6:00AM-9:00AM</b> Walking Club <b>2:00PM-4:00PM</b> After The Bell - LSK <b>5:00PM-9:00PM</b> Evening Recreation - Basketball <b>10:00PM</b> Senior Ice Time	26	<b>6:00AM-9:00AM</b> Walking Club <b>2:00PM-4:00PM</b> After The Bell - SDE <b>6:00PM-10:00PM</b> Evening Recreation - Ball Hockey	27	<b>6:00AM-9:00AM</b> 28 Walking Club <b>2:00PM-4:00PM</b> After The Bell - LSK <b>6:00PM-10:00PM</b> Evening Recreation - Volleyball	28	<b>6:00AM-9:00AM</b> 29 Walking Club <b>2:00PM-4:00PM</b> After The Bell - SDE <b>6:00PM-10:00PM</b> Evening Recreation - Open Gym	29	* All Ice Times, Family Skates, and Hockey Skills sessions take place at Don Henderson Memorial Sportsplex located at 55 Carter Rd, Brookfield, NS B0N 1C0.		

# WHAT WOULD YOU LIKE SIPEKNE'KATIK ELECTION CODE TO LOOK LIKE?

**DOOR  
PRIZES**



**REFRESHMENTS**

## LET US KNOW!

**JOIN US FOR A COMMUNITY SESSION WITH  
ELECTORAL OFFICERS FROM  
THE CONFEDERACY OF MAINLAND MI'KMAQ**

**SIPEKNE'KATIK  
COMMUNITY  
CENTRE**

**THURSDAY  
FEBRUARY  
22ND**

**6:00PM  
UNTIL  
8:30PM**



Sipekne'katik  
First Nation



NOVA SCOTIA  
**MI'KMAW**  
SUMMER GAMES

Team Sipekne'katik

# PIN DESIGN CONTEST

for Nova Scotia Mi'kmaq  
Summer Games

PRIZES

**FIRST PLACE**  
\$750

**SECOND PLACE**  
\$500

**THIRD PLACE**  
\$250

**\$25 Gift Card for each Submission**  
**One Submission per Person**

We are looking for a design to be used on the Team Sipekne'katik Pins for the 2024 Nova Scotia Mi'kmaq Summer Games.

Please submit your design/logo to

[vpaul@sipeknekatik.ca](mailto:vpaul@sipeknekatik.ca)

**Submission Deadline: Friday, March 1st, 2024**

If your design is selected we reserve the right to use the design in creation and distribution of the pins, as well as in Sipekne'katik First Nation communications. (Print & Online)



## Holidays in Sipekne'katik

Wela'in to all departments and individuals who helped create another year of wonderful holiday festivities for our community members. We hope all who attended enjoyed themselves and that they all had a happy holiday season.



## Family Well Being

Six staff members, including Chief Michelle Glasgow and Councillor Eldon Paul, had the opportunity to meet with the Saskatoon Tribal Council and Thunder Child First Nation in regards to their prevention and child services programs in their communities.

This visit has given our community invaluable information and steps to move forward with our Sipekne'katik Family Well-Being program.



## Children's Winter Fun Day

On Saturday, January 27th, the Family Well-Being program hosted a Children's Winter Fun Day at Sipekne'katik Community Centre. Thank you to those who made this event possible, and thank you to all who attended.



## Good Game

On January 18th, the Indian Brook Volunteer Fire Department challenged Sipekne'katik youth to a ball hockey game. Sport and laughter are good for all. Thank you to the Indian Brook Volunteer Fire Department for bringing the fun!



## Congratulations

Congratulations to Councillor Keith Julian on receiving the Traditional Fish Harvester Award at the 13th Annual Atlantic Policy Congress of First Nations Chiefs Secretariat Fisheries Awards.





# VALENTINES DAY CAKE DECORATING KITS

FOR FAMILIES WITH CHILDREN

SPONSORED BY SIPEKNE'KATIK  
FAMILY WELL BEING PROGRAM

AVAILABLE FOR PICK UP  
AT  
SIPEKNE'KATIK COMMUNITY CENTRE  
FROM  
2:00PM-5:00PM  
ON  
WEDNESDAY, FEBRUARY 14TH, 2024

## Career Opportunities

Now Hiring:

**BAND DESIGNATE  
WUTANM SUPPORT WORKER  
NIKMAQ SUPPORT WORKER**

**JOB POSTINGS  
CAN BE FOUND AT**  
[sipeknekatik.ca/job-postings](https://sipeknekatik.ca/job-postings)

THE CLOSING DATE FOR THESE POSITIONS IS FEBRUARY 8TH, 2024

MEMBERS OF

# SIPEKNE'KATIK FIRST NATION

## NEVER MISS AN UPDATE

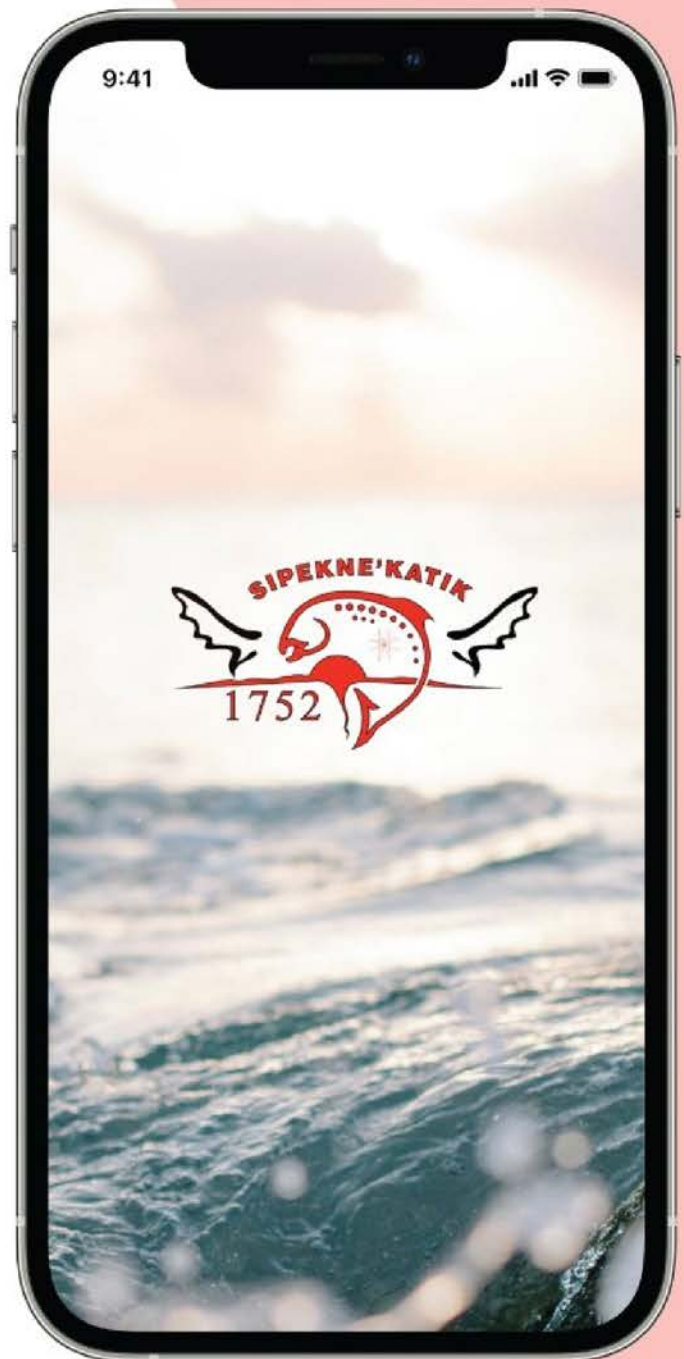
### GET THE APP

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



### HOW TO GET THE APP

- 1 Scan the QR code above or visit the App Store or Google Play Store and Search 'Sipekne'katik Smoke Signals'
- 2 Tap 'Register' under 'Member Login'
- 3 Fill out your information and press 'Register'
- 4 Click the verification link in your email address



- NEWS
- EVENTS
- SURVEYS
- JOB OPENINGS

Download the free app today