

Department Highlight of the Month

Economic Development

Economic Development acts to promote economic prosperity for Sipekne'katik First Nation and it's members.

The Economic Development team:

- Manages the Craft Contribution program.
- Review business proposals and opportunities.
- Negotiates with stakeholders on the band's behalf.
- Supports community entrepreneurs.

The Economic Development team was previously vacant but has grown to include two staff who you can learn more about below.



Meet the Team

Greg Brown Senior Economic Development Manager

Greg currently resides in Bedford, but he grew up in the Musquodoboit Valley. He obtained a Bachelor of Commerce degree from Dalhousie University in 1984 and has been a Certified Economic Developer through the Economic Developers Association of Canada since 2006. With over 30 years of experience in the Economic Development field, he has worked in various locations throughout the Maritimes and New York State. Aside from his professional pursuits, Greg is a father of two adult sons and enjoys traveling, riding motorcycles, and fishing in his free time.

Desiree Grantmyre Economic Development Manager

Desiree is a graduate of NSCC with a Diploma in Business Administration, specializing in Management. She is a member of the Sipekne'katik First Nation and has previously served as the community's Native Employment Officer. Desiree is thrilled to serve her community once again and is particularly passionate about tourism and the opportunities it presents. When she's not working, she enjoys spending time with her family, going on ATV rides, and taking care of her houseplants.

Project Updates

Greg and Desiree have spent their first month as part of the Sipekne'katik First Nation team familiarizing themselves with the many projects and opportunities that are underway or planned for the future.

This includes but is not limited to wind development projects, tourism development meetings, assessing the needs of Tidal Bore Rafting Resort, assisting with the re-opening of Sipekne'katik Entertainment Centre in Hammonds Plains, planning for retail spaces located in Sipekne'katik Entertainment Centre, meeting with community members interested in opening businesses, and processing claims for the Craft Contribution Program.



YOU'RE INVITED TO JOIN US

HIGGINS MOUNTAIN WIND FARM

Please join us at our business information session for a project update and to learn about upcoming employment and contracting opportunities.

BUSINESS INFORMATION SESSION

Presentations will start at 6 pm and representatives from the construction team will be available through the evening to meet with local businesses and people interested in opportunities.

MONDAY MAY 13, 5-7:30PM

Sipekne'katik Community Center
285 Sesame Street, Indian Brook

Visit our website for more information on the proposed Higgins Mountain Wind Farm Project and to sign up for project updates.

www.higginswind.com



FRIDAY
MAY 10TH
2024

Mother's Day Brunch

10:00AM-1:00PM

SIPEKNE'KATIK
HEALTH CENTRE

**Mothers,
Aunts,
Godmothers,
Sisters,
Grandmothers**

This day is for you!

**Please come and
get a breakfast
and get your name
in for a door prize.**

**Please note you must be present
to enter your name for a door
prize.**

SPONSORED BY SIPEKNE'KATIK MENTAL WELLNESS & ADDICTIONS



JOIN US FOR A

Mother's Day

SELF CARE SOCIAL

For mothers, grandmothers, godmothers & aunts

Featuring

Self Care Sessions, Refreshments, Door Prizes & More!



MANICURES



HAIRCUTS



FACIALS



WAXING

SUNDAY, MAY 12TH, 2024

10:00AM-1:00PM

Sipekne'katik Community Centre

We ask that this be a children-free event to allow the mothers, grandmothers, godmothers, and aunts to relax fully and treat themselves on their special day.

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.

1 GED TESTING 10:00AM-3:00PM Sipekne'katik Administrative Building	10 BABY & ME/TINY TOTS 10:00AM-12:00PM ASHOR Building	20 YOUTH CENTRE OPEN HOUSE For Community & Youth 11:00AM-8:00PM Sipekne'katik Community Centre
1 ELDERS GROUP 11:30PM-1:00PM Sipekne'katik Health Centre	12 MOTHER'S DAY SLEF CARE SOCIAL 10:00AM-1:00PM Sipekne'katik Community Centre	21 ESPORTS COMPETITION FOR YOUTH 9:00AM-12:00PM Sipekne'katik Youth Centre
1 MI'KMAQ CLASSES 6:00PM-9:00PM Sipekne'katik Administrative Building	13 ELEMENTAL INFORMATION SESSION 5:00PM-7:30PM Sipekne'katik Administrative Building	21 BEADING GROUP 6:00PM-9:00PM Sipekne'katik Administrative Building
2 GED TESTING 10:00AM-3:00PM Sipekne'katik Administrative Building	14 BEADING GROUP 6:00PM-9:00PM Sipekne'katik Administrative Building	22 ELDERS GROUP 11:30PM-1:00PM Sipekne'katik Health Centre
3 BABY & ME/TINY TOTS 10:00AM-12:00PM ASHOR Building	15 ELDERS GROUP 11:30PM-1:00PM Sipekne'katik Health Centre	22 MI'KMAQ CLASSES 6:00PM-9:00PM Sipekne'katik Administrative Building
4 YOUTH VOLLEYBALL DEVELOPMENT DROP IN 1:30-3:30 Sipekne'katik Community Centre	15 MI'KMAQ CLASSES 6:00PM-9:00PM Sipekne'katik Administrative Building	22 ELDERS GROUP 11:30PM-1:00PM Sipekne'katik Health Centre
6 MI'KMAQ CLASSES 6:00PM-9:00PM Sipekne'katik Administrative Building	17 BABY & ME/TINY TOTS 10:00AM-12:00PM ASHOR Building	22 ESPORTS COMPETITION FOR YOUTH 9:00AM-12:00PM Sipekne'katik Youth Centre
7 BEADING GROUP 6:00PM-9:00PM Sipekne'katik Administrative Building	17 SUMMER STUDENT APPLICATION DEADLINE Contact Employment & Training if you require more information.	23 HEALTH FAIR 10:00AM-3:00PM Sipekne'katik Community Centre
8 ELDERS GROUP 11:30PM-1:00PM Sipekne'katik Health Centre	18 VOLLEYBALL TOURNAMENT Starting at 6:00PM Sipekne'katik Community Centre	23 ESPORTS COMPETITION FOR YOUTH 4:00PM-10:00PM Sipekne'katik Youth Centre
8 MI'KMAQ CLASSES 6:00PM-9:00PM Sipekne'katik Administrative Building	18 VOLLEYBALL TOURNAMENT Starting at 10:00AM Sipekne'katik Community Centre	23 COMMUNITY ENGAGEMENT SESSION - INDIGEVISOR 6:00PM-8:00PM Sipekne'katik Administrative Building
10 MOTHER'S DAY BRUNCH 10:00AM-1:00PM Sipekne'katik Health Centre	19 VOLLEYBALL TOURNAMENT Starting at 10:00AM Sipekne'katik Community Centre	24 BABY & ME/TINY TOTS 10:00AM-12:00PM ASHOR Building

Contact Us

If you have any questions or concerns about the events listed above, please contact the respective department.

HEALTH
902-758-2063

RESIDENTIAL SCHOOL SUPPORT
902-919-8074

EMPLOYMENT & TRAINING
902-758-3372

FAMILY WELL BEING
902-758-4316

RECREATION
902-236-3020

Month at A Glance

<p>24 YOUTH CENTRE GRAND OPENING 4:00PM-6:00PM Community Meal 6:00PM-11:00PM Youth Centre Open Sipekne'katik Youth Centre</p>	<p>26 LIFE MANAGEMENT SKILL SESSIONS - GRADUATION INITIATIVE 10:00AM- 2:00PM</p>	<p>28 BEADING GROUP 6:00PM-9:00PM Sipekne'katik Administrative Building</p>
<p>25 LIFE MANAGEMENT SKILL SESSIONS - GRADUATION INITIATIVE 10:00AM- 2:00PM</p>	<p>27 MI'KMAQ CLASSES 6:00PM-9:00PM Sipekne'katik Administrative Building</p>	<p>29 ELDERS GROUP 11:30PM-1:00PM Sipekne'katik Health Centre</p>
<p>25 YOUTH VOLLEYBALL DEVELOPMENT DROP IN 1:30-3:30 Sipekne'katik Community Centre</p>	<p>28 SIN CLINIC 10:00AM-3:00PM Sipekne'katik Administrative Building</p>	<p>29 MI'KMAQ CLASSES 6:00PM-9:00PM Sipekne'katik Administrative Building</p>

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Curbside Spring Clean-up!

May 13-17, 2024

ITEMS ARE TO BE PLACED CURBSIDE THE WEEKEND PRIOR TO COLLECTION WEEK.

DO NOT place items curbside after May 13, 2024.

Items must be placed within 6 ft. of the road. The total amount to be set out should not exceed 650lbs (picture the amount that would fit onto the back of a half-tonne truck).

Smaller items must be placed in **BAGS** or **BOXED** for collection. More than one truck will pass by your house collecting various materials.

PLEASE BE PATIENT as this collection takes place.

What's in?

- Bagged garbage
- Appliances (one of each type)
- Box Springs and Mattresses
- Lawn Furniture
- Tools
- Broken Glass (**safely packaged**)
- Furniture
- Hot water Tanks
- Toys
- **Small Amount** of home improvement material (ie: Carpet cut at three foot lengths, a sink, a toilet or a door)

What's out?

- Construction, Renovation, Demolition waste
- Commercial Waste*
- Electronics- T.V's, Computers, Printers, Stereos, DVD players, VCR's Etc...
- Car Parts and Batteries
- Liquids
- Tires
- Hazardous Waste, Propane Tanks, Paint.
- Leaf & Yard Waste
- Recyclables and Organics
- **NOTE:** *Commercial waste includes farms, businesses and institutions.

Fitness & Recreation Schedule

May 2024



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sipekne'katik Fitness Centre Hours of Operation Monday-Friday 6:00AM-10:00PM Saturday & Sunday 10:00AM-5:00PM							
6:00AM-9:00AM Walking Club 5:00PM-10:00PM Pickleball	6:00AM-8:00AM Walking Club 2:00PM-4:00PM After The Bell - LSK 6:00PM-10:00PM Evening Recreation - Basketball	6:00AM-8:00AM Walking Club 2:00PM-4:00PM After The Bell - SDE 6:00PM-10:00PM 3 on 3 Basketball & Basketball Skills	6:00AM-8:00AM Walking Club 2:00PM-4:00PM After The Bell - LSK 6:00PM-10:00PM Evening Recreation - Volleyball	6:00AM-8:00AM Walking Club 2:00PM-4:00PM After The Bell - SDE 6:00PM-10:00PM Evening Recreation - Badminton	6:00AM-9:00AM Walking Club 2:00PM-4:00PM After The Bell - LSK 6:00PM-10:00PM Evening Recreation - Volleyball	6:00AM-9:00AM Walking Club 2:00PM-4:00PM After The Bell - SDE 6:00PM-10:00PM Evening Recreation - Badminton	6:00AM-9:00AM Walking Club 5:00PM-10:00PM Evening Recreation - Volleyball
6:00AM-9:00AM Walking Club 10:00AM-1:00PM Mother's Day Self Care Social 5:00PM-10:00PM Pickleball	6:00AM-8:00AM Walking Club 2:00PM-4:00PM After The Bell - LSK Please note that there is no Evening Recreation due to an event booking. We apologize for any inconvenience.	6:00AM-8:00AM Walking Club 2:00PM-4:00PM After The Bell - SDE 6:00PM-10:00PM 3 on 3 Basketball & Basketball Skills	6:00AM-9:00AM Walking Club 2:00PM-4:00PM After The Bell - LSK 6:00PM-10:00PM Evening Recreation - Volleyball	6:00AM-8:00AM Walking Club 2:00PM-4:00PM After The Bell - SDE 6:00PM-10:00PM Badminton	6:00AM-8:00AM Walking Club 6:00PM-10:00PM Volleyball Tournament	10:00AM Volleyball Tournament	1:30PM-3:30PM Youth Volleyball Development DROP IN 4:00PM Community Volleyball League
6:00AM-9:00AM Walking Club 10:00AM Volleyball Tournament	Victoria Day No Programming Fitness Centre Open 6:00AM-10:00PM	6:00AM-9:00AM Walking Club 2:00PM-4:00PM After The Bell - SDE 6:00PM-10:00PM 3 on 3 Basketball & Basketball Skills	6:00AM-9:00AM Walking Club 2:00PM-4:00PM After The Bell - LSK 6:00PM-10:00PM Evening Recreation - Volleyball	6:00AM-9:00AM Walking Club 2:00PM-4:00PM After The Bell - SDE 6:00PM-10:00PM Evening Recreation - Badminton	6:00AM-9:00AM Walking Club 2:00PM-4:00PM After The Bell - LSK 6:00PM-10:00PM Evening Recreation - Volleyball	6:00AM-9:00AM Walking Club 2:00PM-4:00PM After The Bell - SDE 6:00PM-10:00PM Evening Recreation - Badminton	6:00AM-9:00AM Walking Club 6:00PM-10:00PM Evening Recreation - Volleyball
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Notes

Get Fit Challenge Weigh In Dates This is the final month of Get Fit Challenge Weigh Ins. Weigh Ins take place bi-weekly. These weigh ins are encouraged but not mandatory. For every Weigh In attended you will be entered into a draw for a chance to win a 1 Month Membership credit for Sipekne'katik Fitness Centre. *Membership credits are non-transferable.

Thursday, May 23rd, 2024 Please note that After the Bell will take place at LSK on Thursday, April 23rd, 2024 to accommodate the Health Fair.

Please note that this schedule is subject to change. If changes take place we will notify the community via our Sipekne'katik Rec Facebook page.

SIPEKNE'KATIK
FOOD ✨
PANTRY

OPEN
EVERY
FRIDAY

12:00PM-1:00PM ELDERS
1:00PM-3:00PM GENERAL PUBLIC

FOR MORE INFORMATION AND UPDATES
SEARCH FOR THEIR FACEBOOK GROUP
'SIPEKNE'KATIK FOOD PANTRY'



SIPEKNE'KATIK
WALKING CLUB

10,000 STEPS = ONE BALLOT

DAILY
7 DAYS A WEEK

MONDAY - FRIDAY
6:00AM-9:00AM

SATURDAY & SUNDAY
10:00AM-12:00PM

WIN!
MONTHLY DRAW
OF GIFTCARDS

EVERY 10,000 STEPS EARNS YOU A BALLOT TO BE
ENTERED INTO THE MONTHLY DRAW. SCREEN
SHOTS/PHOTOS CAN BE SENT TO RITA SACK
VIA EMAIL

ritasack@sipeknekatik.ca



Monthly Teachings

THE CIRCLE OF SUPPORT

How we live together as a family has changed over time. In the past, Indigenous peoples were rich with relationships and defined, not by wealth, but by size of kinship. Today, there might only be two people living in a household – a parent and a child. Families may have moved away from their traditional lands, grandparents, and other family members but staying connected to family and community will help our children learn and develop a strong sense of belonging.

CONNECTING TO A FAMILY

There are many different types of families, large and small. There are single-parent and two-parent families, blended families, and foster families. Parents may be biological or adoptive, extended relatives, young or old, single or married or 2SLGBTQIA+. Each family is different, and each child has different needs within the family. Families can provide a strong circle of support for you and your children.

CONNECTING TO A COMMUNITY

Connecting to community and family helps our children to learn and to develop a sense of belonging. By connecting our children to their community, they will learn to take pride in their cultural identity. Their identity is a symbol or story of who they are, where they come from, who their family is, and where they belong to ensure they reach their full potential. It is helpful to get to know the people and services in our community such as, other parents, family centres in schools, health centres, and the Family Well-Being Program. We all can play a role in the healthy development of our children.

ELDERS SAY

- Every child is a gift.
- Every child needs to be treated with care and respect.
- Every child needs someone to tell them that they are loved.
 - Every child needs someone to be good to them.
- As a parent, you are part of a larger circle of support.



Introducing... THE NEW SIPEKNE'KATIK FAMILY WELL BEING PROGRAM LOGO

DURING THE RECENT FAMILY WELL BEING PROGRAM MEET & GREET ATTENDEES CASTED THEIR VOTES TO SELECT A WINNER OF THE SIPEKNE'KATIK FAMILY WELL BEING PROGRAM LOGO DESIGN CONTEST THAT WAS OPEN FOR SUBMISSIONS DURING THE MONTH OF MARCH.

**THE WINNING LOGO WAS DESIGNED
BY PETER JAMES SYLIBOY
RIGHT DEADLY CARVINGS & DESIGNS
FOR INQUIRIES CONTACT PJSYLIBOY@GMAIL.COM**

CONGRATULATIONS TO THE WINNER AND WELA'LIOQ TO ALL WHO TOOK THE TIME TO SUBMIT AN ENTRY WE ENJOYED VIEWING EVERYONES WORK. AND HOPE YOU ALL ENJOYED THE TIME SPENT CREATING THEM.

CULTURAL TEACHING MEDICINE WHEEL HIGHLIGHTS



**East - Wjipnuk (oo-jee-ben-ook)
Spring - Siwkw (see-uke)**

**East - Animal Teachings of
sacrifice, sharing, and
nurturing.**

TEACHINGS OF THE EAST

The East represents love and new beginnings. As winter end, spring brings birth and rebirth. It is a connection to babies and children.

The East melds the sense of spirit with the physical world. Connectedness and belief in the unseen and illumination are centered in the East, yet are grounded in responsibility for the Earth. Gifts of the East include guidance, leadership, and service, as well as joy, truthfulness, and acceptance of others.

Animals teach of parent's protection, their nurturing behaviours, and providing for others. Mothers may pretend to be wounded to lure away a predator, putting themselves at risk for their children. Predators, after eating their fill, still leave some of the kill behind. This allows them to share their bounty with others.

**So with these teachings in
mind, we encourage you to
share your tobacco teachings
and make an offering with
your children, give thanks to
spring after a hard winter.
Honour your inner child and
Get outdoors to enjoy some
physical activity with your
family and friends.**



EMBLEMS OF THE EAST

Medicine: Tobacco
Animal: Eagle
Life Stage: Infant
Season: Spring
Element: Earth

TOBACCO Tmaqan

Tobacco is always first. It is used as an offering for everything and in every ceremony. "Always through tobacco," the saying goes. Tobacco was given to us so that we can communicate with the spirit world. It opens up the door to allow that communication to take place. When we make an offering of tobacco, we communicate our thoughts and feelings through the tobacco as we pray for ourselves, our family, relatives and others.

SIPEKNE'KATIK



GRAND OPENING

YOUTH CENTRE

SCHEDULE OF EVENTS

SIPEKNE'KATIK YOUTH CENTRE IS LOCATED WITHIN
SIPEKNE'KATIK COMMUNITY CENTRE (185 SESAME STREET) AND
SERVES COMMUNITY YOUTH AGES 13-18

**MAY
20**

COMMUNITY OPEN HOUSE

TOURS · MEET THE STAFF · PROGRAM INFORMATION BOOTHS ·
INTERACTIVE WORKSHOPS

2PM-6PM

**MAY
21**

GAMES NIGHT

MARIO KART & FORTNITE TOURNAMENTS · BOARD GAMES ·
INTERACTIVE VR EXPERIENCES · PRIZES FOR WINNERS!

4PM-10PM

**MAY
22**

MOVIE NIGHT

MOVIE SCREENINGS · POPCORN & SNACKS

4PM-10PM

**MAY
23**

CULTURAL WORKSHOPS

TRADITIONAL WORKSHOPS /CRAFT TEACHINGS

4PM-10PM

**MAY
24**

GRAND OPENING CEREMONY

4PM-6PM

OFFICIAL RIBBON-CUTTING · SPEECHES · COMMUNITY FEAST

6PM-11PM

YOUTH CENTRE OPEN

Put a stop to Grass Fires.



Every Spring, as soon as the snow is gone, grass fires begin. We are asking all community members to stop lighting grass fires.

Grass fires DO NOT control weeds.

The weeds deposited their seeds into the surrounding soil last fall. Burning creates an ideal bare soil bed for the seeds to germinate.

Grass fires DO NOT improve your yard.

Burning actually reduces grass yield 50 to 70 per cent. The new grass will be the same colour whether burning took place or not. It just appears greener due to the contrast against the bare, blackened ground.

Grass fires DO cause harm.

- Grass fires can cause harm to those around them. When fires spread they endanger small animals and their habitats.
- Grass Fires can spread to nearby properties and cause damage.
- Grass Fires cause poor air quality and can affect community members living with breathing problems, and other health issues.

We are very fortunate to have our volunteers at Indian Brook Volunteer Fire Department. These Grass Fires can put a strain on our Fire Department and it's resources.

Please help us put a stop to Grass Fires.



In case of fire, always call 911.





SIPEKNE'KATIK FAMILY WELL BEING PROGRAM & SIPEKNE'KATIK COMMUNICATIONS PRESENT THE COLOUR & CREATIVITY INITIATIVE

PROVIDING ART SUPPLIES FOR SIPEKNE'KATIK YOUTH AGES 18 AND UNDER.

AGES 3 AND UNDER



AGES 4 - 10



AGES 11 - 18



TO WIN AN ART SUPPLY PRIZE BUNDLE

Colour the colouring sheet found on the final page of this newsletter.

Be sure to fill out your name and age on the top of the colouring sheet.

Return the colouring sheet to the front desk of Sipekne'katik Band Office before the end of each month.

Community members who reside off community can print paper copies of the newsletter from our website, and send a clear photo to communications@sipeknekatik.ca before month end to enter.

Each month one winner for each age category will be selected to receive an art supply bundle.

Check back each month to find a new colouring sheet, and to see who our lucky winner was.

At the end of 2024 all submissions will be digitized and used to create calendars to be given to Sipekne'katik community members, as well as pole banner flags where the participants and their friends and family can view the youth's work on display throughout the community.

We hope this initiative can help provide artistic inspiration for the youth of Sipekne'katik.



Autism Acceptance Month

April was National Autism Acceptance Month. Sipekne'katik Education Department provided T-Shirts to all of our students share the importance of acceptance, understanding, and inclusion.



Elders Pumpkin Patch

On April 18th, the Elder's Group started pumpkin seeds in the hopes of growing their very own Pumpkin Patch. We will be documenting the growth journey of their pumpkins each month so be sure to read the Nipniku's/June Issue of the Sipekne'katik Spotlight.



Congratulations!

Congratulations to Jaici Syliboy who has been officially signed to the Conestoga Condors Women's Softball team! Jaici will be attending Conestoga College in Ontario this fall. We applaud your hard work and are excited to see where the future takes you.



IF YOU HAVE AN EVENT OR MILESTONE YOU WOULD LIKE HIGHLIGHTED IN THE JUNE ISSUE OF THE SIPEKNE'KATIK SPOTLIGHT PLEASE CONTACT SIPEKNE'KATIK COMMUNICATIONS

communications@sipeknekatik.ca

NAME: _____

AGE CATEGORY: 0-3 4-10 11-18

PHONE: _____



