

Never a Dull Moment



Heritage/Family Day February 20th, 2017

Celebrated the third Monday in February, Nova Scotia Heritage Day is an annual reminder of our storied past and an opportunity to honour the remarkable people, places and events that have contributed to this province's unique heritage.

As part of the celebration of Canada's 150th birthday, Heritage Day 2017 will recognize the Mi'kmaq culture and the many accomplishments of the Mi'kmaq people.

For details about the February Holiday's legislation and application, please visit Labour and Advanced Education's [Nova Scotia Heritage Day information page](#).

Also, stay tuned for lots of upcoming information on the Canada 150 Celebration happening in August.

For Canada Day Challenge 2017 Contest visit our facebook page, "Annapolis Valley First Nation Health Centre"

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HEALTH-TAJIGE'Q

Feb 1 - Dental Clinic

Feb 1 & 2- Nurses out of Office to attend Diabetes Training.

Feb 7- CMM Dietician Kayla Thomas will be at Health Centre to give out new meters and make granola bars

Feb 14- Lunch and Learn with Jacinta Harvey NP regarding women's health issues and pap clinic.

Massage Therapy with Ann

Blood Collection with Cheryl

Feb 15 - Foot Care Clinic

Acupuncture with Duncan

Feb 16 - Pap Clinic for women, call to book appointments.

Feb 21 - Greeting lunch and presentation from Lorise Simon regarding reconciliation support with CMM.

Feb 28 - Massage Therapy with Ann

We would like to welcome our new Health Nurse Raya Delaney to the Health Center, if you haven't met her please take the time to go introduce yourself.



EDUCATION-GINA'MASUTI

We are happy to have our Calming Room now at the Learning Center. You are more than welcome to come explore it during the Learning Centre hours.

As you may know there is a new Hot Lunch ordering system at the Elementary School so please make sure you give them your email address so they can send you the daily form to order online and make sure you check off the AVFN so it gets billed to the band

office.

Stay tuned for March Break activities that will be posted in our March Newsletter and on our facebook page.

**You only get one heart
take good care of it!**

COMMUNITY-INU'GATI AWARENESS

Feb 8th- Community feast with Glooscap First Nation

Feb 7th, 14th & 21st sessions for Girl Power.

Feb 9th- Valentines Bingo - Special prizes

Feb 14th- Valentines Day Supper—

Kia Wing on the menu

Feb 20th- Band Office, Health Centre and Daycare closed for Family Day

Feb 23rd- First Aid Course, please register with Sharon





Afterschool Program 2017



Need something for your kids to do after-school? Send them to the Learning Cen-

ter so they can make some crafts or play games with Matilda, 3:30-5:00 pm every Monday, Wednesday and Friday.

African Youth Talent Show 2017

Come see some of our AVFN students participate with their Native Dance in the African Youth Talent Show February 9th at Horton High.



FEATURING AVFSB STUDENTS
IN THE STUDENT SUPPORT WORKER &
NATIVE STUDENT ADVISOR PROGRAM
FEBRUARY 9 | 6PM
HORTON HIGH
SPECIAL GUEST
SHOULDER TO SHOULDER
FREEWILL OFFERING @ THE DOOR
STORM DATE FEBRUARY 15



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If your child has any achievements academically or through sports please email me with information and I will happily submit it in our newsletter.

Recipe of the Month- Cabbage Rolls

INGREDIENTS:

- 12 leaves of cabbage
- 1 cup cooked rice
- 1 egg, beaten
- 1/4 cup milk
- 1/4 cup minced onion
- 1 pound extra lean ground beef
- 1 1/4 teaspoon salt
- 1 1/4 teaspoons ground black pepper
- 1 (8 ounce) can tomato sauce
- 1 tablespoon brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon Worcestershire sauce

DIRECTIONS:

1. Bring a large pot of water to a boil. Boil cabbage leaves 2 mins: drain.
2. In large bowl, combine 1 cup cooked rice, egg, milk, onion, ground beef, salt, and pepper. Place about 1/4 cup of meat mixture in center of each cabbage leaf, and roll up, tucking in ends. Place rolls in slow cooker.
3. In a small bowl, mix tomato sauce, brown sugar, lemon juice and Worcestershire sauce. Pour over cabbage rolls.

4. Cover and cook on low 8 to 9 hrs.

