

MALISEET LANGUAGE

IMMERSION CLASS

SCHEDULE

INSTRUCTOR: MARJORIE POLCHIES

ADULTS: MONDAYS @ 6 P.M.

PARENTS AND
CHILDREN: FRIDAYS @ 5 P.M.

CLASSES WILL TAKE PLACE AT THE BAND
OFFICE BOARDROOM. THE CUTOFF DATE
FOR JOINING THE CLASSES WILL BE APRIL
27TH.



ON-LINE ACCESS

On-line accessibility available daily from Monday to Thursday
**(9:00-4:00) for the community at the Health Centre in
the Community Health Room.**



BEADING CLASS



Any adults interested in beading, we still have our classes at the Health Centre on Tuesday nights from 6:30-8:30. Come check us out!! You may even bring your knitting or crochet and teach us a thing or two. For more information, contact Annie Nicholas at 325-2958.



PUPPY FOR SALE

If anyone is interested in owning a white poodle puppy, please contact Gloria Alain. The puppy was born March 23, 2007 and has not had any shots.

HOT LUNCH MENU FOR THE WEEK OF April 23rd-26th

Monday	Spaghetti/tossed salad/garlic bread/fruit salad
Tuesday	Shake & bake haddock/baked potato/veggies/roll/jello
Wednesday	Hamburg gravy/potatoes/veggies/roll/square
Thursday	Baked beans/potato & macaroni salad/roll/cake

HOT LUNCH MENU FOR THE WEEK OF April 30th-May 3rd

Monday	Chili/baked potato/corn muffins/fruit salad
Tuesday	Boiled ham dinner/roll/jell-o
Wednesday	Baked chicken w/gravy/potatoes/veggies/roll/square
Thursday	Hot dogs/lagaugie/legaulied/cake

MEETING FOR OUR SECOND ANNUAL

BUDGIE TOMAH

ATV RALLEY

APRIL 26, 2007 AT 7:00 PM

IN THE COMMUNITY HEALTH ROOM

AT THE HEALTH CENTRE

FOR MORE INFORMATION, PLEASE

CONTACT

KIM @ 325-3215 (WORK)

OR

325-9241 (HOME)



**NOTICE OF CHANGE
FOR
YOUTH PREVENTION/ACCESS CENTER**

Starting next week, April 25, 2007, the Access Center will be open on Wednesdays from 6-9pm.

6:00-6:30 Meet and Greet

6:30-7:00 Information Session

7:00-7:30 Discussion/Feedback

7:30-9:00 Snacks/Free Time

Any questions, please contact Karen 325-1124 or Terri 328-8670.



MILK COUPONS

Please remember to pick up your milk coupons for the 0-6 youth milk program from Melissa at the Health Centre the first of every month.

WFN FASD MENTOR PROGRAM: Tanya Anderson, Charlene Tomah



HANDLING PREGNANCY HEADACHES

Pregnancy related headaches are caused by the hormonal and circulatory changes that occur when you're pregnant. Pain relief medications are not recommended during pregnancy, however, Tylenol is considered safe when taken occasionally. Before reaching for any medications, try the following tips:

- Take frequent relaxing breaks, breathe and stretch. Consider taking a prenatal yoga class.
- Wean yourself gradually from caffeinated beverages. Don't try quitting all at once because this may cause serious migranes.
- If you have a sinus headache, apply a warm towel to your forehead, eyes and nose. If you have a tension headache, apply a cold compress or ice pack at the base of your neck.
- Ask your partner to massage your neck and shoulders, as well as your face, temples, and the bridge of your nose.
- Maintain your blood sugar by eating smaller more frequent meals.
- If you wear glasses, check to see if they fit properly.

ACTIVITIES FOR CHILDREN SPEAKING TWO LANGUAGES AT HOME

Include books in both languages as part of a child's bedtime routine. Both parents can enjoy this relaxing time with their child, reading favourite stories that enrich their child's experience of speaking, listening to and reading in different languages.

When reciting familiar rhymes or doing fingerplays in either of the two languages, leave out words from time to time and encourage your child to fill in the blanks. Your child will love demonstrating how well he/she remembers the words while gaining important practice in using both languages in a way that is fun.

Whether you are cooking, doing laundry, shopping or repairing something, take turns talking to your child in your native language about what is happening. Describing different things about the activity will build your child's vocabulary, while asking questions about what you are doing will encourage your child to use these new words and talk about his or her experience.

**Just a reminder about the
Moms and Babes Group every
Thursday morning starting @
9:00 in the gym.**

