

National Aboriginal Day at Lake Mulgrave

Saturday June 21, 2025

We ask that you please join us for the afternoon at Lake Mulgrave (also known as Big Lake) to celebrate the culture of our Indigenous people and our ancestors.

Please follow signage for directions that have been posted.

We will start with the Opening Prayer & Smudge by Christine Harlow. Drumming will take place with Honour Song & Gathering Song, and dancing with Jenna.

After the opening ceremony, there will be games such as egg toss, feed bag races, canoe races (single & double), horseshoes, swimming, fishing rod casting competition and potluck supper & BBQ at 4pm. Shalan will be hosting a language session onsite.

The schedule is tentative and may change. See the reverse side of this page for the schedule.

If you would like to fish, please bring your own rod and gear. We kindly ask that you keep reasonable distance from others to avoid any mishaps.

Bring your own lawn chairs, beach umbrellas & beach blankets for extra comfort!

Nurse Ashley will be available with the first aid kit if needed.

We will be following the Nova Scotia provincial fire ban rules and regulations.

A wheelchair accessible porta potty will be onsite.

Sunscreen and bug spray will not be provided.

Shade shelters will be set up.

Carpooling is always encouraged!

If you have a hand drum and would like to bring it, please do!

We ask that you be respectful of turtles laying their eggs. This is their home too.

This is a drug and alcohol-free event.

There will be a designated smoking area that is away from the event.

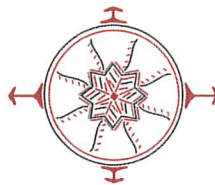
Please, no smoking around community members or children.

*** NO SEAFOOD / SHELLFISH IS ALLOWED AT THIS EVENT! ***

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Saturday June 21, 2025
Tentative Schedule

1:00 pm	Opening Prayer & Smudge by Christine Harlow
1:30 pm	Honour Song & Gathering Song and Dancing with Jenna
2:00 pm	Egg toss (Categories: Elders, adults, youth under 16)
2:15 pm	Feed bag races (Categories: Elders, adults, youth under 16)
2:30 pm	Canoe races (single & doubles) MUST wear life jackets provided
3:00 pm	Fishing rod casting competition
4:00 pm	Potluck & BBQ
Ongoing	Swimming Horseshoes Flag football
TBA	Language Session with Shalan

There will be a door prize for those who wear their traditional regalia.



**If you would like to help with National Aboriginal Day, please contact Samara at
902-467-4197 or ceic@brfnhc.ca**