
Kidodenaminan

TFN Newsletter

Our Community

July 26th, 2021



Miskomin gîzis
(Raspberry moon)





Indian Registry System Population Statistics Report

Runtime : 07/22/2021 @ 10:07

For 2021/06

Protected A

Gender				On Reserve			On Crown Land				Off Reserve
Male	Female	Unknown	Total	1-Own Band	2-Other Band	Total 1 + 2	3-Own Band	4-Other Band	5-No Band	Total 3 + 4 + 5	6-Off Reserve
064 - Timiskaming First Nation											
1,139	1,269	0	2,408	650	8	658	0	1	2	3	1,747
Grand Total											
1,139	1,269	0	2,408	650	8	658	0	1	2	3	1,747

* Please note that the on reserve number does not include non-members, potential members or residents at the ALTCC.

As of July 22, 2021 there are 2,647 members on our Band List

* Please note that the population statistics report is always a month behind.

Lands, Membership & Estates.

INCOME ASSISTANCE

- Food Vouchers are still available once a month from Saguay's or Widjikiwe Gas Bar. Contact Sharon for an appointment to pick one up.

- Declaration cards are due by the 20th of each month. If you did not receive a card or it was lost, you must contact the office before the 20th.

- There are many online courses and workshops available for clients to assist in personal and professional improvement, clients that are working toward finishing courses are granted extra benefits. Make an appointment with Sharon to discuss the 100's of courses available. Equipment can be provided to those who need it.



Timiskaming First Nation Police Force

CELLPHONES & DRIVING

Facts

Driving an automobile requires the driver's full attention and concentration. Drivers have to be constantly on the lookout for anything that might occur unexpectedly. Speaking or texting on a cell phone represents a significant source of distraction when driving a vehicle.



Risks

Using a cell phone while driving impairs the driver's performance, in particular when it comes to cognitive and visual tasks, and significantly increases the risk of accident. Using a cell phone while driving also increases the likelihood of violating the Highway Safety Code (running a red light, driving above the speed limit, failing to obey a mandatory stop, failing to yield the right of way to other road users, etc.). This increase in risk applies both to hand-held cell phones and hands-free devices.

Texting

Texting at the wheel is just as dangerous as talking on a cell phone. Both behaviours have a negative impact on visual, cognitive and coordination tasks. Texting at the wheel increases the risk of accident, because the driver's eyes are away from the road from 4 to 6 seconds. At 90 km/h, this is like travelling the length of a football field with your eyes closed.

Prohibition and Penalties

Prohibition

The use of any type of hand-held device with a telephone function is prohibited while driving. The law applies to all devices with a telephone function, activated or not, such as:

- conventional cell phones;
- smart phones;
- devices that display emails and enable a user to browse the Internet.

Penalties

Drivers who are holding a cell phone in their hand are presumed to be using it. Simply holding a cell phone while driving, regardless of how it is being used, is an offence, which is why reading and writing text messages is also prohibited.

Committing this type of offence will result in:

An \$300 to 600\$; fines are double for second offense

5 demerit points.

Other fees may be added to the fine provided under the Highway Safety Code (contribution to the IVAC crime victim's compensation program, registry fees, etc.).

The Meaning of the Expression "While Driving"

Drivers who stop their vehicle in compliance with road signs and traffic signals or due to traffic obstructions are deemed to be driving, and are prohibited from holding a device with a telephone function in their hand. This includes drivers who are waiting at a red light or stuck in a traffic jam. However, drivers who bring their vehicle to a safe and legal stop on the side of a road to use a cell phone are no longer considered to be driving, even if the vehicle's engine is still running.

ATV SAFETY

Here are some basic mandatory rules when riding a snowmobile or an atv.

MANDATORY EQUIPMENT WHEN RIDING AN ATV OR SNOWMOBILE

- (1) one white headlight;
- (2) one red tail-light;
- (3) one red stop light at the rear;
- (4) one rear-view mirror firmly attached to the left side of the vehicle;
- (5) an exhaust system;
- (6) a braking system;
- (7) a speedometer;



No sleigh or trailer shall be towed by an off-highway vehicle unless it is equipped with the following regulatory equipment:

- (1) one red stop light at the rear;
- (2) two red reflectors at the rear as far apart as practicable;
- (3) two red left and right side reflectors situated at an equal distance from the front and the rear;
- (4) a rigid tow bar designed to prevent overturning or swerving, which pivots 90 degrees on either side and allows pitching without compromising the overall stability;

No person may be transported in a sleigh or trailer towed by an off-highway vehicle except in a sleigh or trailer manufactured according to regulatory standards

No off-highway vehicle shall be operated on a public highway.

an off-highway vehicle may:

- (1) be operated on the roadway for a maximum distance of one kilometer provided it is operated by a worker for whom the vehicle is necessary for the purposes of the work he is performing and provided that the worker complies with the highway traffic rules;
- (2) cross a road at the place where a crossing for off-highway vehicles is indicated by a road sign or signal;
- (3) be operated off the roadway and ditch area, with or against the flow of vehicular traffic, on the conditions fixed by regulation;
- (4) be operated on the roadway, where authorized by a road sign or signal, for a maximum distance of one kilometer to reach a trail referred to in section 15, a service station or another area open to the public as a rest area, if the layout of the right-of-way does not allow operation off the roadway and ditch area, if all other access to those locations is obstructed, provided that the operator complies with the highway traffic rules, the roadway includes the shoulder.

No off-highway vehicle may be operated within such distance as is fixed by municipal by-law or, if no distance is fixed, within 30 m from a dwelling, a facility operated by a healthcare institution or an area reserved for cultural, educational, recreational or sports activities,

Every operator of an off-highway vehicle must be 16 years of age or over.

If the operator is under 18 years of age, he must hold a certificate obtained from an officer authorized by the Government and that attests that the operator has the competence and knowledge required to operate an off-highway vehicle.

To operate an off-highway vehicle on a public highway as provided in this Act, a person must hold a license authorizing him under the Highway Safety Code to drive a road vehicle on such a highway and must comply with the conditions and restrictions attached to the license.

the operator of an all-terrain vehicle modified to accommodate 2 occupants must be at least 18 years of age to transport a passenger.

The owner of any off-highway vehicle shall hold a civil liability insurance contract in an amount of not less than \$500,000 that covers bodily injury and property damage caused by the vehicle.





REMINDER...

As cited in the TFN Housing By-Law, the following are reminders:

3.3.1 Restrictions

2. *No tenant shall modify the rental unit it is occupying, except changes resulting from aging or fair wear and tear of the rental unit or superior force. In the event a tenant does so, he will be required, if the TFN Housing Representative deems it necessary, to bring the rental unit back to its original condition.*

3.3.2 Residential Purpose

1. *The tenant shall use the rental unit for residential purposes only. No trade or business shall be carried on in the rental unit or the premises without the prior written approval of the TFN Housing Representative.*

3.5.3 Maintenance of Rental Unit

2. *Every tenant is responsible for the repair of any damages to the rental unit caused by the willful or negligent conduct of the tenant or any person who is permitted on the premises by the tenant. These repairs must bring the unit to the original state of repair and be done in accordance with Industry Standards.*

3.5.5 Repair Damages

2. *No tenant shall remove from a rental unit any fixtures, sinks, bathtubs, or appliances, and shall not alter, make additions to or affix any item, fixture or thing to the floors. Exterior or interior walls, roof (satellite dishes) or ceiling of the rental unit without the prior written consent of the TFN Housing Representative.*

3.5.7 Cleanliness and Overcrowding

1. *Every tenant shall maintain the rental unit in a state of ordinary cleanliness. Every tenant shall maintain the land surrounding the rental unit in a good and clean condition and shall be responsible for yard maintenance, including cutting grass, raking leaves and proper garbage disposal. Every tenant shall maintain a healthy and safe environment; by disposing of any abandoned vehicles, any scrap metal, tires, chemical waste and any other debris around the yard.*

For more info please call
Darlene Chevrier, Director of Housing (819-723-2335 ext. 223)

If you have accessed services at the hospital and were not fully satisfied, please let me know so that improvements can be made. If the situation was such that it warrants an official complaint, then I encourage you to do so. Send your complaints to :

Mrs. Dominique Brisson
Complaints and Service Quality
CISSS de l'Abitibi-Témiscamingue
22, rue Notre-Dame Nord, room 312
Ville-Marie (Québec) J9V 1W8

If you need a family doctor, there is a new service called « Acces to a family Doctor » You can find the information and book an appointment online at www.gamf.gouv.qc.ca If you have a serious illness such as cancer, heart disease, diabetes, etc you could have access to a doctor sooner. You can also reach this service by phone, for the sector : La Sarre, Ville-Marie et Temiscaming-Kipawa : 1-819-622-2288 or 1-855-629-2288.

If you have any questions, please do not hesitate to contact me at 819-629-2420, extension 4120 or via email at debra_stanger@ssss.gouv.qc.ca My hours are Monday to Friday, from 9 am to 5 pm.

Friday - 8.30 To 11.30

One day per month is spent at the Timiskaming First Nation Health Centre and one day per month at Winneway Health and Wellness Centre.

Miigwetch

Tank you and I wish you all good health and be safe.

Debra Stanger
Hospital Liaison Worker
CISSSAT/ANPSS

**Régie de
l'assurance maladie**
Québec 

www.ramq.gouv.qc.ca

TÉLÉPHONE	
Québec.....	418 646-4636
Montréal.....	514 864-3411
Ailleurs au Québec (sans frais)	1 800 561-9749

12-11

Just a friendly reminder...

Due to the pandemic, Hydro-Québec had stopped doing any interruption (disconnect) to service. Now, beginning in August, Hydro-Québec will resume doing interruptions if necessary.


DON'T WAIT TO BE SEVERAL PAYMENTS BEHIND

If you're having trouble paying your electricity bills by the due date for whatever reason, contact a Hydro-Québec representative without delay. We can come to an arrangement that suits your financial circumstances.

Don't hesitate to call!

You can reach us toll free at **1 866 268-9484**.

Diane King
Hydro-Québec Liaison Worker
819 -723-2234



Biggest Loser

Winners

Congratulations to our Biggest loser winners.

1st place Sharlene Chief

2nd place Jodie McKenzie

3rd place Vanessa Wabie

I would like to say thank you to everyone who join in this challenge and that in my books you are all winners. Enjoy the rest of your summer.

Meegwetch Cathy

Free Library Book Exchange



In the upcoming weeks you will notice a few of these library boxes and benches around the community. There will be one located at the Playground on Angus, one at the Health Center near the Head Start room and another will eventually be put near the school when the construction is finished. This little library belongs to the whole community of TFN, in hopes to inspire a love of reading. Enjoy ☺

Here's how it works!

- We initially stock the Library with a variety of books
- You stop by and take whatever catches your eye
- You bring books to contribute when you can



Diabetic Breakfast



On Friday, July 30th at 9:00am we will be having a Diabetic breakfast.

Due to Covid restrictions you will need to call to register for the breakfast.

12 participates is the limit for the room.

If you require further information please do not hesitate to call Cathy at

819-723-2260

TFN Seniors

UFO UNFINISHED OBJECTS!

Do you have a craft project that you never got around to finishing? Come join us and chat with others while you finish with whatever you have! Whether its just sitting around chatting, finishing your moccasins, beading, sewing or something else! Its all about socializing and finishing your projects!

July 28, 29 & 30, 2021

1pm—7pm

Seniors Unit

Supper and snacks will be provided



Space is limited.

Registration is REQUIRED

Before/on July 21

please contact Marsha Wabie

819-723-5223/705-676-6369



Meals on Wheels Reminder

For those registered for this program,
you will need to be home for the meal deliveries on
Mondays and Thursdays after 4:30pm.

If you know you will not be home,
please contact Marsha @ 705-676-6369 or
Rendez-Vous Des Quinze @ 819-723-2270

Thank you and Bon Appetit!!

With the contribution of :

Québec 

Seniors Social Gathering

Come join us for games, food,
beverages and laughs.

Its time to catch up!

**Thursdays
Starting at 1:30 pm**

**Location:
Seniors Unit**



**Due to COVID regulations,
a limit of 10 people will be accepted per gathering.**

To reserve your spot,
please contact Marsha at 819-723-5223/705-676-6369

One-time \$500 benefit for seniors aged 75 and over

The Government of Canada announced in the 2021 federal budget a one-time taxable payment of \$500 directly to Old Age Security pensioners aged 75 and over. This amount will not affect the calculation of the Guaranteed Income Supplement.

Service
Canada



Waiting to receive the one-time benefit payment?

If you are 75 years of age or older and already receiving Old Age Security, no action is required on your part. The money will be paid automatically in the same way as the regular benefit in **August 2021**.

Are you 75 years of age or older and not receiving Old Age Security, but would like to take advantage of the one-time \$500 payment?

Eligible seniors who have not yet completed their Old Age Security application form must do so by May 31, 2022. This will ensure that they receive the benefits they are entitled to as soon as possible.

By phone: 1-800-277-9915

Online: On the [Old Age Security pension page](#)



For more information, contact our call center toll-free at **1-800-277-9915**.
For an overview of all the resources available to seniors, visit [the Programs and Services Portal](#).

THE MORGAN CENTRE

Welcome to

THE MORGAN CENTRE

ABOUT US

The Morgan Centre has a comprehensive approach to the treatment of PTSD, anxiety, depression and other mental health conditions.

YOU CAN BOOK YOUR APPOINTMENT AT (705) 472-9090
IF YOU QUALIFY ALL EXPENSES WILL BE PAYED THROUGH NIHB

<http://www.themorgancentre.com/>



THE STRUGGLE IS REAL

THERE IS NO WAY AROUND GRIEF, YOU ONLY
LEARN TO INCORPORATE IT IN YOUR LIFE AND
COPE.

GRIEF SUPPORT OFFERS A SAFE CONFIDENTIAL SPACE TO GRIEVE.

The greatest gift you can
give is a healthy you.

The pot that heals the heart



2 1/2 HOUR WORKSHOP

EVERYONE'S
GRIEF MATTERS

- When: 2:30 August 8th
- Where: TFN Community room at the health center
- Ages: 16-up. Max 10 per class

Whether you are grieving past or present loss,
this workshop is designed to help heal the
heart through art and expression.

What does a shattered bowl have to do with grief? Imagine that the shattered bowl represents your shattered heart or your shattered life. How will you put yourself back together after experiencing grief and loss? When you try to piece your life together after a loss, art can help heal. Art gives these bits and pieces the attention they deserve and need. For a moment, you can sink into yourself. Memories, thoughts, and feelings get an opportunity to speak, to be heard, and to be felt. This is especially important for feelings you desperately struggle with.

Guiding Hand Inc.
www.guidinghand.ca
guidinghandnorth@gmail.com
705-622-5108

Naming Ceremony

Traditional Healer Jake Agoneh

Tuesday July 27th 2021 & Wednesday 28th 2021

If you are interested in receiving your name, clan, and colors

To be held at Health and Wellness Center

Please call Justin Polson

at the Health Center 819-723-2260 ext 125, Limited spots available.

You are asked to bring a gift for give away and food for the pot luck fest that will be on the last day of the naming ceremony.



Community sweat lodge



Our next community sweat will be taking place Sunday August 15th, 2021 at 6pm

If you are interested in attending please contact
Justin Polson at 819-723-2260 extension 125



Join Us For "Girls Night"

Please Join us for a night
filled with activities for
girls ages 12-17!

July 29th, 2021
6-8pm in Health Center
community room!

Guest Speaker, Self Care ac-
tivities, games and prizes,
attendance draw and much
more!!

To register please contact Taylor
Polson at 819 723 2260 or tay-
lor.polson@tmhwc.ca

Limited spots available



Young Rider Day will introduce young chil-
dren to school buses in a fun & safe way be-
fore the first day of school and remind all chil-
dren and their families of the safety proce-
dures involved with getting to and from
school safely, whether it's by **BUS**, **BIKE** or
FOOT.

**Wednesday August 25th from
4:00—6:00pm at the
TFN Health & Wellness Center**

Brought to you by Brighter Futures, for more information contact Janice
at the Health Centre 819-723-2260 Thank You

Monthly family suppers!

Monday July 26th at 5 p.m.



**Registration is required
before July 20th!**

**Please call the Health
Center to sign up!
819-723-2260**

WE BUILD DEEP AND LOVING
FAMILY RELATIONSHIPS
BY DOING SIMPLE THINGS
TOGETHER, LIKE FAMILY DINNER...
AND JUST BY HAVING FUN
TOGETHER.



Every Wednesday

Beginning Wednesday July 21st– August 18th at 5-8p.m

We will be opening the Head Start room to anyone wanting to
sew. We have 10 sewing machines available, so **space is lim-**
ited. Materials for new projects can be provided if needed, or
bring your ongoing projects and we can learn and complete
them together. Children under the age of 12 must be accom-
panied by a parent/caregiver.

For more info contact Janice at the Health Centre 819-723-2260



TFN Youth Center BOOK CLUB



Monday, July 26
6:00 pm

Please have the next 4 chapters read!
See you there!



JUMBO FREEZE DAY!



July 28th
Starting at 3:00 pm!

Free Jumbo Freezes (while supplies last)

TFN Youth Center
18 Algonquin Avenue
819 723 2255



TFN Youth Center TACO TUESDAY

July 27th
7:00 PM

Take-Out Only!!

**** FREE ****

Timiskaming First Nation
Youth Center
18 Algonquin Avenue
819 723 2255



CULTURE NIGHT

July 27, 2021
5pm
Pow Wow Grounds



Drumming
&
Dancing



BBQ food



Archery



Inflatables





YOU'RE INVITED



SEPTEMBER 4TH 2021

TO

CELEBRATE
YOUR SOBRIETY



Registration deadline August 10, 2021

Email donna.daae@tfnhwc.ca or call 819-723-2137 ext. 154

Location and time to be announced



Feast and gift to be awarded to honour your strength!



Presented by the NNADAP Team



AA & NA Meetings

Weekly AA and NA meetings are being held by Theresa Wabie at the Health and Wellness Centre with COVID-19 precautions

AA meetings every Monday from 7:30-8:30 p.m.

NA meetings every Thursday from 7:30-8:30p.m.

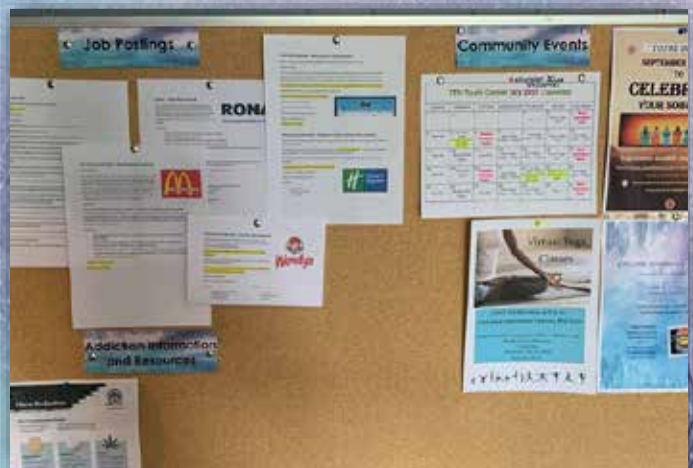
COVID safety measures will be in place.

For more information, call:

Donna or Aaron at 819-723-2260 ext 154 or 105



Safe Place



Created for those living with substance abuse issues and mental illness, who are on the journey to wellness. For more information, please contact Makayla or David at (819) 723-2260

Safety

nobody's perfect

Everyday Safety Outdoors

Playground Safety

- Play structures are designed for different ages. A child under 5 years of age should play on the low structures. Watch out for sharp objects or spaces where your child's head could get stuck.
- Check the surface under swings, slides and climbing structures. It should be a deep and soft surface, not dirt or grass.
- Stay close to your child. This means staying right beside her as she comes down a slide or when she is on a swing.
- Be sure your child is not wearing helmet, scarves or drawstrings when using playground equipment.

Tricycle and Bicycle Safety

- Be sure your child wears an approved bicycle helmet every time he rides a tricycle or bike. Remove his helmet before he moves onto play equipment.
- Be a good example. Wear a helmet when you ride a bike. You are your child's best teacher.



Road Safety

- Make sure your child plays in a park or a fenced yard and not near the street or driveway. Make sure someone is watching him at all times.
- You can start to teach your 3 or 4 year old safety rules for crossing the street but you must always hold her hand when crossing the street.
- Be a good example. Follow safety rules yourself.

For more information about *Nobody's Perfect*, or to download this document, please search "Nobody's Perfect Tipsheets" on Canada.ca.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

Fun & Easy Activities

Games to Teach Safety Rules

Safety Rule Rhymes

You can make up songs about traffic safety and sing them to a familiar tune. This is an easy and fun way to help your child remember the rules. Here are two examples you can sing to the tune of “Frère Jacques.”

*Yellow light means wait.
Yellow light means wait.
Red means stop.
Red means stop.
When the light is green,
Then we can cross,
Holding hands, holding hands.*

*At the corner.
At the corner.
We look left.
Then we look right.
We look left again,
Then we can cross,
Holding hands, holding hands.*

For more information about **Nobody’s Perfect** sessions in your community, contact:

Janice and Bonnie on FB messenger

Freeze and Unfreeze

Sometimes it is hard for a child to stop moving when you want him to. Make a game out of stopping and starting when you say the special words. Practise first at home by walking around the room together. When you say “freeze!” you and your child stop and pretend to be frozen statues. When you say “unfreeze” you can both start moving again.

In the game, your child will learn to react quickly. Then you can use the word “freeze” to tell him to stop when you are walking outside. It is easier to obey the rules when your child feels he is playing a game.





My Records, My Choice

The Indian Residential Schools Settlement Agreement lets claimants preserve their IAP or ADR records at the National Centre for Truth and Reconciliation (NCTR).

INDIAN RESIDENTIAL SCHOOL CLAIMANTS MAY CHOOSE TO SHARE THEIR RECORDS OR KEEP THEM CONFIDENTIAL

If you made a claim in the Indian Residential Schools Independent Assessment Process (IAP) or Alternate Dispute Resolution Process (ADR), you have choices:

- Do nothing: your records will remain confidential and then will be destroyed on September 19, 2027
- Get a copy for yourself to keep or share with others
- Preserve your records at the NCTR for history, education and research
- Get a copy for yourself and also preserve your records at the NCTR for history, education and research

THE CHOICE IS YOURS AND YOURS ALONE

TO LEARN MORE ABOUT YOUR CHOICES, CONTACT:

IAP INFORMATION

Phone: 1-877-635-2648 (toll free)

Email: MyRecordsMyChoice@irsad-sapi.gc.ca

Online: www.MyRecordsMyChoice.ca

ASSEMBLY OF FIRST NATIONS

Phone: 1-833-212-2688 (toll free)

Email: iapdesk@afn.ca

Online: www.afn.ca

INUIT REPRESENTATIVES

Contact for the Inuvialuit:

Phone: 1-867-777-7018

Email: ggruben@inuvialuit.com

Online: <http://www.irc.inuvialuit.com/>

Contact for Makivik:

Phone: 1-800-369-7052

Electronic communications can be submitted at:

<http://www.makivik.org/contact/>


Online: <http://www.makivik.org>

To learn more about the National Centre for Truth and Reconciliation (NCTR), contact:

Phone: 1-855-415-4534 (toll free)

Email: NCTRrecords@umanitoba.ca

Online: www.NCTR.ca



If you are feeling pain or distress because of your residential school experiences please call the free 24-hour crisis line:

Residential Schools Crisis Line: 1-866-925-4419

EMPLOYMENT OPPORTUNITIES

If you are interested in any of these opportunities, you can download the full job description at our website:

www.atfn.ca



Executive Assistant

IMMEDIATE SUPERVISOR: Director of Health and Social Services

DEPARTMENT: Administration

SALARY: \$17.80 – \$24.42 per hour (qualifications(s) and/or experience will be considered)

Deadline for application: Friday, August 6th 2021 at 12:00 pm (noon)

Starting date: As soon as possible Tentative start date: As soon as possible

By-Law Coordinator (1 Year Contract)

SUPERVISOR: Public Works Director

DEPARTMENT: Public Works

SALARY: \$21.00 - \$27.00 (range according to experience and qualifications)

Deadline for application: August 4th 2021, at 4:30 pm EST

Starting Date: As soon as possible

Lands and Membership Assistant

IMMEDIATE SUPERVISOR: Lands and Membership Manager

DEPARTMENT: Administration

Deadline for application: Friday, July 29th 2021 at 12:00 pm (noon)

Estimated Start date: August 5th 2021

First Line Services Intervention Supervisor

IMMEDIATE SUPERVISOR: Director of Health and Social Services

DEPARTMENT: First Line Services – Intervention: Health

SALARY: \$25 – \$45 per hour (qualifications(s) and/or experience will be considered)

Applications will be accepted up to: Friday, August 6th 2021 at 12:00 pm (noon)

Starting date: As soon as possible

For more information or if you would like a physical copy of any of the job descriptions, please contact:

Timiskaming First Nation
Attention: Yvonne Haddad
24 Algonquin Avenue (TFN)
Notre-Dame du Nord, J0Z 3B0
Or Email to: Human.Resources@atfn.ca

Emergency Numbers

First Line Services:

Social Service Worker: 819-629-9878

NNADAP: 873-374-0179

Drug Strategy and Mental Health Counsellor: 819-510-1420

Youth Services: 819-629-5359

Drug Strategy Coordinator: 819-629-5996

Safe Place: 819-723-2080

COVID Testing Ville-Marie (voice message): 1-833-525-5858

*If you get tested, the people in your household **ALSO** need to self isolate until the results are negative. The person doing the screening can stop self isolating once symptoms improve for 24 hrs with a negative test result.

Medical Transportation	819-629-9415
Suicide prevention	1-866-277-3553
Kids help phone	1-800-668-6868
Elder Mistreatment Hotline	1-888-489-2287
SOS domestic violence	1-800-363-9010
Youth Protection Emergency Hotline	1-800-567-6405
First Nations psychosocial support	1-855-242-3310
Emergency	911
Public Health	811
TFN Police	819-723-2323

EMERGENCY ONLY

HOUSING


Darlene Chevrier: 819-747-2770

PUBLIC WORKS

Corey Stanger: 819-629-5182

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2021

SUN	MON	TUES	WED	THURS	FRI	SAT
25	26 Newsletter	27 Recycle 	28	29	30	31

Date	Time	Visitor	Home	Field
26-Jul-21	7:30 PM	Bucks	TFN Mikinaks	TFN
28-Jul-21	7:30 PM	Warriors	North Stars	TFN
29-Jul-21	7:30 PM	Coyotes	Babies	Guigues
29-Jul-21	7:30 PM	TFN Mikinaks	Expos	Bearn
2-Aug-21	7:00 PM	Coyotes	Lady Warriors	Winneway
3-Aug-21	7:30 PM	North Stars	TFN Mikinaks	TFN
5-Aug-21	7:30 PM	Coyotes	Desjardins	Guigues
5-Aug-21	8:00 PM	TFN Mikinaks	SC Navins	Bearn
9-Aug-21	7:30 PM	Centre rénovation FLD	North Stars	TFN
11-Aug-21	7:30 PM	Renovation H Gaudet	North Stars	TFN
12-Aug-21	7:00 PM	SoftGirls	Coyotes	TFN
12-Aug-21	7:30 PM	North Stars	Expos	Bearn
16-Aug-21	7:30 PM	Coyotes	T Miss	Bearn
16-Aug-21	7:30 PM	Expos	TFN Mikinaks	TFN
16-Aug-21	7:30 PM	North Stars	Centre rénovation FLD	Temiscaming
17-Aug-21	7:30 PM	TFN Mikinaks	Bucks	Guigues
19-Aug-21	7:30 PM	Const. F.Roy	TFN Mikinaks	TFN
23-Aug-21	7:30 PM	TFN Mikinaks	Renovation H Gaudet	Lorrainville

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2021

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3 Compost  Garbage 	4	5 Newsletter Deadline	6	7
8	9 Newsletter	10 Recycle 	11	12	13	14
15	16	17 Compost 	18	19 Newsletter Deadline	20	21
22	23 Newsletter	24 Recycle  Garbage 	25	26	27	28
29	30	31 Compost 				

TFN ECO CENTRE

Hours of Operation

Closed during lunch from 12:15—1 p.m.

Monday—	CLOSED
Tuesday—	8 a.m.—5:00 p.m.
Wednesday—	8 a.m.—5:00 p.m.
Thursday—	8 a.m.—5:00 p.m.
Friday—	8 a.m.—1:00 p.m.
Saturday—	9 a.m.—3:00 p.m.
Sunday—	CLOSED

*Eco centre Attendant does not have access to the eco centre outside of operating hours.

Should you require further information please contact

Corey Stanger at (819) 723 -2335.