
Kidodenaminan

TFN Newsletter

Our Community

July 12th, 2021



Miskomin gîzis
(Raspberry moon)



TIMISKAMING FIRST NATION

24 Algonquin Ave.
Notre Dame du Nord, QC J0Z 3B0



Tel: (819) 723-2370
Fax: (819) 723-2799
Email: tfncouncil@parolink.net

POSTPONEMENT OF GENERAL MEETING

Notice is hereby given to all members of Timiskaming First Nation that the TFN Council has postponed the upcoming General Meeting scheduled on July 20th, 2021 due to the Special Election of a new Chief and one Councillor. We will set a date for the next General Meeting and notify everyone once the date has been decided. We thank everyone for your understanding during these times.

Council
Timiskaming First Nation



Timiskaming First Nation (TFN)

Amended Polling Notice:

Notice is hereby given to the Electors of Timiskaming First Nation that a poll will be held to elect One Chief and One Councillor. This poll will take place on **Saturday, the 24th day of July, 2021**, from the hours of 9 a.m. until 6 p.m. (local time) at the TFN Health and Wellness Centre, located at 22 Algonquin Avenue, Notre Dame du Nord, QC.

A advance-poll will be held on Saturday, July 17th at the same time and place.

The Candidates duly nominated for the Office of Chief are:

- Charron, Allen
- McBride, Arden
- Miljour, Jean
- Polson, Clifton

The Candidates duly nominated for the Office of Councillor are:

- Chaput, Louise
- McMartin, Nathan
- Stanger, Velma
- Tebiscon, Roselyn

I will count the votes at the TFN Health and Wellness Centre, located at 22 Algonquin Avenue, Notre Dame du Nord, QC. immediately, after the close of the poll and declare the result of the election.

Given under my hand at KZA, this 5 July, 2021. Signed, Tina Dewache

NEWS IN EDUCATION

Summer is off to a good start and we hope all of our students are enjoying the time off school! This message is for our parents and guardians:

- Kiwetin Kikinamading re-registration forms were sent home with students prior to the end of the school year. Please ensure these forms are returned to the band office as soon as possible, if you have not already re-registered your children.
- Families whose children attend Kiwetin or TDSS, and are registered through Western Quebec School Board, are encouraged to send their forms back to Sabrina Crawford as soon as possible.
- The non-resident student admission form for students attending TDSS are being mailed out for all returning students (they have already been completed for Grade 8 students from Kiwetin and TDSS-E). Please complete, sign and return to the band office as soon as possible.
- The school start-up allowance (Form A) is being sent to families again this year, and cheques will be mailed to your home address, to reduce the number of people coming into the band office. Cheques will be mailed out the second week of August, but only if your children have been re-registered in whichever school they are attending this fall.
- The forms for student information (Form B) and school authorization to release/obtain information (Form C) are being mailed out to all families to whom these forms apply.

All forms for your children can be returned to the band office at the same time, to ensure they are processed in a timely manner. If you know of anyone who requires registrations forms for Junior Kindergarten, or are new registrants to Kiwetin or TDSS, these forms are available at the band office.

Please call Jane Wallace at the band office if you didn't receive a Form A (and feel you should have), as we do not have everyone's current address on file. It will be mailed to you as soon as we have your address.

Thanks, everyone, and enjoy the sunshine!

INCOME ASSISTANCE

- Food Vouchers are still available once a month from Sagway'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

July 5, 2021

For the Month of June 2021, police answered 63 calls of a wide variety. This is a breakdown of the calls received that required police intervention. With these stats it brings the total to date from January 2021, 259 files for the TFN Police Force.

22-Assistance to Public and other Organizations

7-Alarms

2-Intervention Reports

2-Person in distress

6-Information from Public

14-Highway Infractions

1-Finger prints

1-found goods

1-Attempt Suicide

2-Assaults

1-Theft

1-Criminal Harassment

1-Failure to Comply Probation

1-Fraud

1-Mischief

Warm weather pet safety

You might know that cold weather poses health risks to your pets, but so does warm weather – even on days that don't seem that hot to you. Knowing the risks and being prepared can help keep your pet safe.

Be prepared

Talk to your veterinarian about warm weather risks for pets (and travel safety if you plan to travel with a pet).

Make sure your pets have unlimited access to fresh water, and access to shade when outside.

Keep your pet free of parasites that are more common during warm weather, such as fleas, ticks and heartworm.

Ask your veterinarian how to recognize signs of heat stress.

Keep pets at home

Leave your pets at home if possible when you need to go out and about.

Provide different temperature zones within your house for your pet's comfort.

Never leave a pet in the car, even in the shade or with windows cracked. Cars can overheat quickly to deadly temperatures, even when the weather isn't severe.

Keep them comfortable

If it's hot outside for you, it's even hotter for your pet.

Take walks, hikes or runs during the cooler hours of the day.

Avoid hot surfaces, such as asphalt, that can burn your pet's paws. Ask your veterinarian if your pet would benefit from a warm-weather haircut or sunscreen.

Exercising with your pet

Consult your veterinarian prior to starting an exercise program for your pet. Overweight pets and short-nosed dog breeds have higher risk of problems with warm-weather exercise.

Don't walk, run or hike with a dog during the hottest parts of the day or on particularly warm days.

Take frequent breaks.

Bring enough water for both you and your pet.

Garden and yard safety

Make sure the plants in your garden and yard are safe for pets.

Store lawn fertilizer and insecticides out of reach of your pets.

Always follow safety instructions on lawn and garden products, particularly the instructions on how long you should keep pets out of the treated areas.

If you use a lawn service, make sure they are aware that you have pets.

Avoid using cocoa bean mulch, which contains the same pet toxin found in chocolate

A message from the Timiskaming Police

Important safety tips to help protect your family and friends:

- 1- Always watch your children when they're in or near a pool or spa. If multiple adults are present, designate one of them to watch the children for a designated amount of time and then rotate. This technique will prevent lapses in supervision.
- 2- Teach children basic water safety tips and enroll them in swimming lessons.
- 3- Keep children away from pool drains, pipes, and other openings to avoid entrapments.
- 4- Don't rely on fun toys such as water wings or noodles to keep your children safe. If your child can't swim, fit them with an appropriate personal floatation device (PFD).
- 5- Have these items close by at all times when you or your family are using a pool or spa: portable telephone, first aid kit, flotation device, and a pair of scissors to cut hair, clothing, or a pool cover if needed.
- 6- If a child is missing, look for him or her in the pool or spa first.
- 7- Share safety instructions with family, friends, and neighbors.
- 8- Learn how to swim and teach your child how to swim.
- 9- Learn to perform CPR on children and adults, and update those skills regularly.
- 10- Install a five-foot or taller fence around the pool and use self-closing and self-latching gates; ask your neighbors to do the same at their pools.
- 11- Install and use a lockable safety cover on your spa.
- 12- If your house serves as a fourth side of a fence around a pool, install door alarms and always use them. For added protection, install window guards on windows facing pools or spas.
- 13- Install pool and gate alarms to alert you when children go near the water.
- 14- Make sure any pool and spa you use has compliant drain covers; ask your pool service provider if you don't know.
- 15- Keep your pool or spa cover in good shape. If you notice defects have them repaired if possible or buy a new one.

If you have a pool or spa, or if you plan to spend time near one this summer, it's critical that you're prepared and knowledgeable of the dangers. Following as many of these water safety steps as possible is a good way to assure a great experience. Have a fun – and safe – summer!

A message to parents guardians, babysitters, please advise children under your care, not to go to any pool alone or with other children without an adult.



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)



Notice To All TFN Members

The week of July 12th to July 16th. I will be taking photos of the outside of every home on the reserve. These photos are going to be used for the housing database. If anyone has any questions or concerns, please call me at the band office 819-723-2335.

Brian King-Ricard
Housing Administrative Assistant
Timiskaming First Nation

COLLECTE DE SANG BLOOD DRIVE

Organisée par
Organized by

Notre-Dame-du-Nord en Santé, la municipalité, les Chevaliers de Colomb
et Timiskaming First Nation Health and Wellness Centre

Jeudi 15 juillet

Thursday, July 15th — By appointment only

LE POLYDIUM

SUR RENDEZ-VOUS SEULEMENT

→ 1 800 343-7264

→ jedonne@hema-quebec.qc.ca



HÉMA-QUÉBEC



HOUSING Department

ANNUAL RENT ADJUSTMENT

To all tenants:

It's that time of the year again! The Housing Department will be commencing the annual rent adjustments, please bring your **TAX ASSESSMENTS** (blue sheet from Revenue Québec and/or Canada) as your proof of income.

Any tenant that fails to provide the proof of income by July 1st, 2021 rent will be automatically adjusted to the max.

Dwelling type	Max
1 Bedroom home	\$260.00
2 Bedroom Duplex	\$270.00
2 Bedroom Home	\$290.00
3 Bedroom Duplex	\$300.00
3 Bedroom Home	\$330.00
4 Bedroom home	\$360.00
5 Bedroom home	\$385.00

International Self-Care Day July 24th, 2021

On July 24th, we join communities across the world in celebrating International Self-Care Day. Self-care is all about the important role you play in your own health. Whether exercising, brushing your teeth, eating well, applying sunscreen, quitting smoking, or treating fevers and headaches, self-care is what we all do to stay healthy. This day has served over the years as a great reminder for each of us to take care of ourselves and for our community to support us in doing so. Yet, self-care is now more important than ever before.

More information on each of the seven pillars of self-care, recognized as a holistic approach to health worldwide, can be found at www.selfcare.ca. Share your tips and stories of self-care with #iselfcare across social media!



Virtual Yoga Classes



**Every Wednesday at 8 p.m.
with yoga instructor Leanna DeCicco**

Materials needed: yoga mat, pillows, blanket, yoga blocks (if you have any)

Zoom link:

Meeting ID: 695 432 7604

Passcode: HP123

Walking Group

Every Tuesday

Walk will start at 6:00pm
from the
Health & Wellness Centre.



Open to everyone who wishes to
come out and participate.

Strollers available



No registration needed for more information call Cathy at 819-723-2260

Covid restrictions do apply....Let's stay safe!



Seniors Health Walk

Put on your comfy shoes and
let's start walking

Every Monday @ 1pm
Leaving from the Seniors Unit

We will start off with short distances and
work our way to longer distances.
Participants will receive walking poles.

Refreshments and a light snack will be
served after the walk

Everyone is welcome to join!



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 participants is the limit for the room.

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

819-723-2260

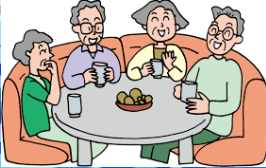


Seniors Social Gathering

Come join us for games, food,
beverages and laughs.
Its time to catch up!

Thursdays
Starting at 1:30pm

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



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

Community Sweat Lodge

Elder Philip Sr. Gliddy
will be offering family
sweats for the community
(date to be determined)

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



Full Moon Ceremony with grandmother Marilyn

Friday July 23rd at
8 p.m. at the Pow Wow
grounds

Please bring your chair, skirt & to-
bacco

Cloth & berries will be provided



Please respect social distancing



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 activities, games and prizes, attendance draw and much more!!

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

Limited spots available



TFN YOUTH CENTER SUNDAE TUESDAYS

July 20
5:30 PM!

Drop by for a
yummy Sundae!

Please wait at the front door where we will take your order and bring it out to you!



TFN Youth Center
18 Algonquin Ave
819 723 2255



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.



JUMBO
FREEZE
DAY!



WEDNESDAY, JULY 14
STARTING AT 5 PM

FREE JUMBO FREEZES! (WHILE SUPPLIES LAST)

TFN Youth Center
18 Algonquin Avenue
819 723 2255



JULY 8, 2021

Youth Center Updates

TEN Youth Center



EVENTS

Sailor Moon Eternal
Super Smash Tourney

Other Info:

Gym Nights are postponed until the school has opened once again. We are sorry for this but hope to have your patience during this process

-Trinity King

Changes for Summer

Sonnie Debassige- Youth Center Supervisor

It is with heavy hearts that we tell you we are no longer open on weekends. Instead we will be open Monday to Friday only. This will change during the school year. With little to no youth showing up for our various events, we will be focusing our efforts for August events. Schedules for programs are listed on the Calendar.

In good news, we are going to be doing events every Friday in August. We will be going swimming, trips to Val-d'Or, etc. It will be exciting and I hope youth will be eager to join in.

We will also be going Fishing in August so, if you wish to have first dibs for a seat we urge you to fill out our Outdoor Ed. Registration. Youth who have already signed up will be notified first to reserve their spot.

As for Youth Council, we will no longer be going ahead this this program as no one has registered. We are saddened but we will try again next fiscal year.

Urgency to Parents

Sonnie Debassige-TFN Youth Center

We at the Youth Center have been having a hard time reaching out to your youth. We know it was a hard for youth to get used to the new norm regarding Covid-19. We are trying to get back on track. We urge parents and youth to fill out our survey provided in the newsletter so we may create programming to youths specific interests and needs. We care deeply about the youth in the community and wish to continue to offer the best programming possible. The TFN Youth Center will be hosting a draw for the surveys once completed:

- \$100 amazon gift card
- 2 bugout bags
- outdoor ed. books regarding wildlife, medicine, shelter building, and emergency,
- also TFN Merch.

So please fill our the survey for your chance to win the big items!



We will also be creating a new website for the TFN Youth Center. Along with that we are creating a Selfie Center at the Youth Center for youth who wish to do YouTube and TikTok videos. We are hoping to have this space set up by the end of September. Along with the new Selfie Center, we are working on new furniture to bring new energy. A coffee and tea station with table and chairs, and a few other modifications. We look forward to you seeing the new place once completed. Thank you.

**Youth look to us for guidance,
we look to them for new wisdom;
for we all hold knowledge and
together we grow.**

TFN YOUTH CENTER SURVEY



By providing input on your experiences with youth programs you give us the opportunity to improve the services that we offer to all families on Timiskaming First Nations. We greatly appreciate your participation.

Please circle yes or no and use the lines provided for feedback.

1. I participate in the TFN Youth Center programs currently being offered

Yes

No

2. The TFN Youth Center meets my needs.

Yes

No

If not, what else can be offered to meet your needs and interests?

3. At the TFN Youth Center I am adequately supervised and safe. I have not experienced negative or unsafe peer interactions such as teasing, bullying, harassment, or aggression, or if I have, a staff member has intervened on my behalf and stopped the behavior.

Yes

No

If no, do you have any suggestions for the program to improve in this area?

4. At the TFN Youth Center program communication is adequate. I know what is going on in the program and I am aware of special events that I am invited to participate in. I am aware of what clubs are offered to me and the choices I have in activities daily.

Yes

No

If no, do you have any suggestions for the program to improve in this area?

5. I am welcomed at the TFN Youth Center and the staff greets me by name.

Yes

No

If no, do you have any suggestions for the program to improve in this area?

6. At the TFN Youth Center I am encouraged to establish and achieve personal goals and develop competencies by participating in daily program activities. My individual needs matter to staff and I am assisted in pursuing my interests and improving my skills.

Yes

No

If no, do you have any suggestions for the program to improve in this area?

7. I can be involved in the planning, creation, design, and decoration of the TFN Youth Center space if I choose to participate. I can be involved in planning activities which are diverse, engaging, and appealing to youth of all ages and backgrounds.

Yes

No

If no, do you have any suggestions for the program to improve in this area?

8. The TFN Youth Center space reflects our current work and interests.

Yes

No

If no, do you have any suggestions for the program to improve this area?

9. I participate in the TFN Youth Center Gym Nights.

Yes

No

10. The TFN Youth Center Gym Nights meets my needs and interests.

Yes

No

If no, what else can be offered to meet your needs and interests?

11. I enjoy participating in the TFN Youth Center Gym Nights. I am encouraged to do my best regardless of my athletic ability. When I make a mistake, I am still accepted by my team and coached in a positive manner.

Yes

No

If no, do you have any suggestions for the program to improve in this area?

Additional Comments :

Thank you for taking the time to participate in this survey to help us improve our programs. Please drop this survey off at the TFN Youth Center to be entered into a draw!



TFN Youth Center

**TACO
TUESDAY**

July 13
7:00 PM

Take-Out Only!!

**** FREE ****

Timiskaming First Nation
Youth Center
18 Algonquin Avenue
819 723 2255





Youth Center Outdoor Education Registration

Child/Children's Information

Childs Name: _____

Date of Birth: _____

Sex: _____

Childs Name: _____

Date of Birth: _____

Sex: _____

Childs Name: _____

Date of Birth: _____

Sex: _____

Childs Name: _____

Date of Birth: _____

Sex: _____

Childs Name: _____

Date of Birth: _____

Sex: _____

Medical Information

Describe any medical conditions or allergies we should be aware of incl. insulin/ medications we may need to know about on excursions:

Parent/Guardian Information

Name: _____

Address:

Phone: _____

Cell: _____

Relationship: _____

Designated Emergency Contact

Name: _____

Address:

Phone: _____

Cell: _____

Relationship: _____

If you would like to receive updates on the program/activities/ events taking place at the youth center regarding the Outdoor Ed. Program please list your phone for text and email below.

Phone: _____

Email: _____

Consent to Photography/Video

On occasion throughout the duration of this program, photographs or videos may be taken for the purpose of media or advertising of the youth program. By initialing and checking below, it is acknowledged that pictures of my child may be used for this purpose.

I consent that my child's picture/video may be used for this purpose.

Initials: _____

Parent/Guardian Signature

Signature: _____

Date: _____

Note

We are excited to have your youth apart of our program. Through this program you will not need to re-register for every outing. If consented to the updates program we will call you prior to our events to ask if you would like to pre-register your child.

With every event, an itinerary will be sent to you regarding the event along with our information for regular check ins.

Thank you for your registration!

Youth Center Staff.

TFN Youth Center July 2021 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1 HOLIDAY	2 Movie Night 6 pm	3 Taco Saturdays 6 pm
4 Open Rec	5 Art Club 6 pm Batting Depression Workshop 6pm - 9pm	6 Sundae Tuesdays 7 pm	7 Bead Night 5:30pm - 6:30pm	8 Gym Night 5:30 pm - 7:30 pm	9 Movie Night 8 pm	10 Gym Night 5:30pm - 7:30pm
11 Open Rec	12 Book Club 6 pm	13 Open Rec	14 Bead Night 5:30pm - 6:30pm	15 Gym Night 5:30pm - 7:30pm	16 Movie Night 8 pm	17 Taco Saturdays 6 pm
18 Open Rec	19 Art Club 6 pm	20 Sundae Tuesdays 7 pm	21 Bead Night 5:30pm - 6:30pm	22 Gym Night 5:30pm - 7:30pm Sailor Moon Eternal Marathon 6pm - 10pm	23 Super Smash Bros Tourney 5 pm	24 Gym Night 5:30pm - 7:30pm
25 Open Rec	26 Book Club 6 pm	27 Open Rec	28 Bead Night 5:30pm - 6:30pm	29 Gym Night 5:30pm - 7:30pm	30 Closed	31 Taco Saturdays 6 pm

YOUTH SAFETY COURSES...



Safety Training Plus is bringing Our Youth Safety Courses to Instructor-Led Interactive Zoom Classes!!!!



Our Courses are aimed at Keeping Our Youth Safe... no matter what they are doing!!!



All students will receive a certificate upon completion of the course!!!

The Babysitting Course & Sibling Care with First Aid and CPR: AGES 10 and up... Learn how to care for younger Siblings or other children in a The Babysitting Course with Infant and Child CPR. This course prepares our youth to be safe and make good safety decisions while they are caring for a sibling or another child.

The Babysitting Course with First Aid and CPR: Learn how to care for younger Siblings or other children in a The Babysitting Course with Infant and Child CPR is designed to educate our youth to make good decisions and will help build their confidence in their skills and ability to be a successful Babysitter while learning skills such as:

- ✦ How to build a Babysitting Business – How to safely advertise yourself as a babysitter
- ✦ How to interview for a babysitting job
- ✦ Handling multiple children
- ✦ How to handle children's behaviours
- ✦ How to babysit babies, toddlers and youth
- ✦ How to talk to both the kids and the parents

First Aid Content:

- ✦ Calling EMS/911
- ✦ A non breathing child/baby: Learn how to do CPR
- ✦ Choking- For yourself, a child and a baby
- ✦ Anaphylactic -including how to use an EpiPen
- ✦ Seizures
- ✦ Poisoning
- ✦ Insect Stings
- ✦ How to care for wounds: Cuts, scrapes, falls, bruises
- ✦ Nose bleeds
- ✦ How to handle major bleeding
- ✦ Broken Bones
- ✦ Seizures
- ✦ Sibling rivalry- How to babysit a Sibling
- ✦ Kitchen safety and meal prep

Training Date:

Tues July 20th 10 am to 4 pm

To learn more information about these courses and their dates and to register your child please contact:

Bonnie Chief at: bonnie.chief@tfnhwc.ca

Behaviour

nobody's perfect

Stay Calm and Connected

- **Help your child calm down.** Children can choose better behaviour when they are calm. Sometimes they need help to calm down. Babies are often calmed by cuddling, rocking and singing. Sometimes you need to take a child away from the difficult situation. You may find it helps to take a few deep breaths with your child and let your muscles relax.
- **Listen to feelings.** Empathy means being able to understand what other people are feeling. When you try to understand your child's feelings, you show him that his feelings matter. He knows that you respect them. By understanding better the reasons for his behaviour, you build the connections between you. He feels that you care.
- **Help your child put her feelings into words.** Talk about common feelings, like happiness, sadness, fear and anger. Give your child's feelings a name. For example, you might say, "I see that you are sad." Or "I'm glad you're happy today! Did something really good happen?" Children learn how other people feel by talking about feelings. They learn empathy when their own feelings are respected and understood.
- **Accept your child's feelings.** Let your child know it is okay to be upset and angry. Other people have those feelings too. You can accept her negative feelings without accepting negative behaviour. It is okay to be angry, but it is not okay to hit other people.
- **Stay calm.** When your child breaks the rules, losing your temper will not help. Children can think more clearly when you speak calmly. Sometimes it can be very hard for a parent to be calm and reasonable. Be a good example. If you are so angry that you think you might say or do something you will be sorry for, take a moment for yourself. Be sure your child is in a safe place. Spend a few minutes alone until you feel calmer.



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

Blowing Bubbles

- One of the best ways to calm down is to take slow deep breaths. This works for both adults and children. To make deep breathing fun, try blowing bubbles. Here is a recipe to make a bubble mix at home.
 1. Put about 1/2 inch (1 cm) of water in a pot or bowl.
 2. Add about 3 or 4 squirts of dishwashing detergent.
 3. Mix gently so you do not get a lot of suds.
 4. If you have it, add 1 teaspoon (5 ml) of glycerine, which can be bought at drug stores. This will make the bubbles even better.
- Bubbles can be blown through almost anything with a hole in it. You can buy a plastic bubble wand. You can also use a small funnel or a plastic cookie cutter. You can even cut a hole in the centre of a margarine lid.
- Bubble blowing takes practice. Most children can control their breath enough to blow bubbles around age 2 years. Every child is different though. It may be easier for your child to blow bubbles if you hold the wand.

Dance to the Music

- Sometimes your child needs to move to calm down. Put on some music and dance around the kitchen. Change the music to suit your mood. Do you need fast music to burn off energy? Or do you need some slow music to calm down to? Give your child a dish towel to hold. A piece of wide ribbon would work too. She can wave it around in time to the music. Join in with your child. Maybe you need to move too!

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

Janice and Bonnie on FB messenger



SAFE PLACE

Timiskaming First Nation Health and Wellness Centre



The SAFE PLACE is a welcoming environment for those experiencing substance abuse issues. Grab a coffee, play a board game or have a chat with the non-judgemental and compassionate staff who will listen, share and provide aid when possible, no matter what point you're at with your addiction.

For more information,
please call (819) 723-2080

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



Date	Time	Visitor	Home	Field
14-Jun-21	7:00 PM	Lady Warriors	Coyotes	TFN
15-Jun-21	7:00 PM	Const. F.Roy	North Stars	TFN
16-Jun-21	7:00 PM	Renovation H Gaudet	TFN Mikinaks	TFN
16-Jun-21	7:30 PM	North Stars	Bucks	Guigues
21-Jun-21	7:00 PM	Walaxers	North Stars	TFN
22-Jun-21	7:00 PM	Babies	Coyotes	TFN
23-Jun-21	7:30 PM	TFN Mikinaks	Walaxers	Guigues
24-Jun-21	7:00 PM	SC Navins	TFN Mikinaks	TFN
24-Jun-21	7:30 PM	North Stars	Warriors	Winneway
28-Jun-21	7:30 PM	Coyotes	Sharp's	Guigues
28-Jun-21	7:30 PM	Centre rénovation FLD	TFN Mikinaks	TFN
29-Jun-21	7:00 PM	Desjardins	Coyotes	TFN
29-Jun-21	8:00 PM	North Stars	SC Navins	Bearn
30-Jun-21	7:30 PM	North Stars	Const. F.Roy	Lorrainville
1-Jul-21	7:30 PM	TFN Mikinaks	North Stars	TFN
5-Jul-21	7:30 PM	TFN Mikinaks	Const. F.Roy	Lorrainville
6-Jul-21	7:30 PM	Bucks	North Stars	TFN
7-Jul-21	7:30 PM	Walaxers	TFN Mikinaks	TFN
8-Jul-21	7:30 PM	Coyotes	SoftGirls	Lorrainville
13-Jul-21	7:00 PM	T Miss	Coyotes	TFN
14-Jul-21	7:30 PM	TFN Mikinaks	Centre rénovation FLD	Temiscaming
14-Jul-21	7:30 PM	SC Navins	North Stars	TFN
15-Jul-21	7:30 PM	Warriors	TFN Mikinaks	TFN
15-Jul-21	7:30 PM	North Stars	Walaxers	Guigues
19-Jul-21	7:30 PM	Expos	North Stars	TFN
20-Jul-21	7:00 PM	Sharp's	Coyotes	TFN
21-Jul-21	7:30 PM	TFN Mikinaks	Warriors	Winneway
21-Jul-21	7:30 PM	North Stars	Renovation H Gaudet	Lorrainville
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



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@inuvaluit.com

Online: <http://www.irc.inuvaluit.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



Timiskaming First Nation
24 Algonquin Avenue,
Notre-Dame-du-Nord, Que
J0Z 3B0

Chronological No: 685

File Reference: 23062021

BAND COUNCIL RESOLUTION

The council of the Timiskaming First Nation		
District Abitibi-Temiscamingue		
Province of Quebec		
Place Timiskaming Reserve		
Date	23	06
	DAY	MONTH
		2021
		YEAR

SUBJECT: APPOINTMENT OF AN ELECTORAL OFFICER

WHEREAS: the Timiskaming First Nation has the right to govern itself in accordance with its own customs and traditions and its own freely chosen system of government.

WHEREAS: the Timiskaming First Nation is selected by election to be held in accordance with the Timiskaming First Nation electoral Code-2014; where one (1) Chief and six (six) Councillors shall be composed.

WHEREAS: Chief Sacha Wabie and Vice-Chief Elijah Polson-Groulx have ceased to hold office according to Section 10 (a) which has created vacancies within the Council for a Chief and one Councillor;

WHEREAS: there is more than six months remaining to the term, the TFN Council has called for a special election which will be held on Saturday, July 24, 2021 for one (1) Chief and one (1) Councillor;

WHEREAS: Timiskaming First Nation reserves the right to appoint an Electoral Officer in accordance with Section 19 of the Timiskaming First Nation Electoral Code – 2014, with respect to the up-coming Special Election.

WHEREAS: Timiskaming First Nation is required to designate an Electoral officer, therefore the designated Electoral Officer is Tina Dewache to conduct the Post Nomination Meeting Notice on June 25th, 2021, to hold a nomination meeting at the Health and Wellness Centre July 3rd, 2021, to have the Advance poll on July 17th, 2021 at the Health and Wellness Centre and to hold the election day vote on July 24th, 2021 at the Health and Wellness Centre. The process described is also accepted.

THEREFORE IT BE RESOLVED: Timiskaming First Nation supports the Timiskaming First Nation Electoral Code 2014 and supports the designated Electoral Officer Tina Dewache along with her chosen Election team.

Pour cette Bande le quorum est
consists of
fixé à
4
Council Members
Membres du Conseil

Vacant
Chief-Chief

Christine Chevrier
Vice-Chief
Christine Chevrier

Jennilee Wahsuonaikzhik
Councillor-Conseiller
Jennilee Wahsuonaikzhik

Gerald Hanbury
Councillor-Conseiller
Gerald Hanbury

Karen Polson
Councillor-Conseiller
Karen Polson

Colleen Polson
Councillor-Conseiller
Colleen Polson

Vacant
Councillor-Conseiller



Anishnabe Long-Term Care Centre

26 Algonquin Avenue

Timiskaming First Nation • Notre Dame du Nord (PQ) • J0Z 3B0

Tel: (819) 723-2225 • Fax: (819) 723-2112 •

Employment Opportunity

Title: Activities Coordinator (Permanent, Full-Time)

Supervisor: Operations Manager

Salary: Competitive salary based on education and experience

Posting Date: 2021-07-06

Closing Date: Open until filled

Candidates are invited to apply for the above position to work at Anishnabe Long Term Care Centre, a small-scale long term care facility, located in Timiskaming First Nation, Quebec. We strive to provide the highest quality of care to our Indigenous and non indigenous residents in keeping with our values, culture and traditions.

JOB SUMMARY

The Activities Coordinator develops and implements cognitive and physical social stimulation with daily activities for the residents. They facilitate their social integration in collaboration with management, nursing and social worker and strives to create a positive and pleasant environment of all the residents of our Centre.

DUTIES & RESPONSIBILITIES

1. Plans, organizes, directs and supervises the Centre's social activities.
2. Implements and evaluates the activities programs relating to the physical, emotional, social, intellectual and spiritual needs of the residents.
3. Participates in initial assessment of residents and in Interdisciplinary Team meetings to determine activity needs.
4. Maintains awareness of changes in the condition or behavior of residents in order to modify programs; notifies nursing staff of observed changes.
5. Coordinates the volunteer program for the facility
6. Participates in budget preparation and is accountable for maintaining departmental budgets.
7. Integrates cultural activities
8. Maintains all required records, reports, statistics, etc., in accordance with policies & procedures.

JOB QUALIFICATION

Education / Knowledge:

- Minimum grade 12 education or equivalent.
- Recreation and Leisure Certificate and/or Personal Support Worker Certificate would be considered an asset.
- Strong knowledge and awareness of Indigenous culture, spirituality, and history
- Standard First Aid-Level C Certificate and Food Handling Certificate.

Experience:

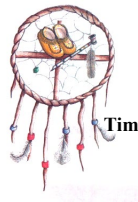
- Previous experience in the field of recreation and leisure would be an asset

Please send your resume, cover letter and 2 references to:

Jessie Bond, Operations Manager-

administration@anishnabe-ltcc.ca

Please note, employment with Anishnabe Long-term Care Centre will be contingent on receipt of a current Criminal Reference Check, including Vulnerable Sector Screening.



Anishnabe Long-Term Care Centre

26 Algonquin Avenue

Timiskaming First Nation • Notre Dame du Nord (PQ) • J0Z 3B0

Tel: (819) 723-2225 • Fax: (819) 723-2112 •

Employment Opportunity Executive Assistant (Permanent, Full-Time)

Annual Salary: \$40 000-\$44 000

Are you a highly organized problem solver? Do you thrive off a busy and challenging work environment? Are you passionate about teamwork and helping others? If you have 5 + years of experience working as an Executive Assistant, we invite you to apply for the above full-time position to work at Anishnabe Long Term Care Centre, a family oriented 27-bed Long-Term Care facility, located in the Anishnabe Community of Timiskaming First Nation, Quebec. Anishnabe Long-Term Care Centre is proud to offer a benefit package and pension plan. We offer a culture of teamwork, sharing knowledge, kindness, positive energy, people first, fair dealings with residences, employees, vendors, and all partners.

The Executive Assistant will provide a wide variety of administrative supports to both our Operations Manager and our Financial Administrator on a fulltime basis, Monday to Friday 8:00 am to 4:00 pm.

JOB SUMMARY:

Reporting to the Operations Manager, the Executive Assistant is responsible for providing administrative support to the Operations and Finance Management team, and the Board of Directors. The ideal candidate will develop and cultivate collaborative relationships with governments and external partners; provide confidential administrative support; proactively assist to develop and improve administrative processes. As an integral member of the team, the Executive Assistant participates in ensuring positive and successful interactions with residents, family members, employees and visitors to the Anishnabe Long-Term Care Centre.

The Executive Assistant has overall responsibility to assist the Operations and Finance Administrator with the day-to-day management and operation of Anishnabe Long-Term Care Centre.

SPECIFIC DUTIES AND RESPONSIBILITIES

1. Maintains all required records, reports, statistics, etc., for both residents and department personnel in accordance with policies, procedures and legislative requirements.
2. Collaborate with auditors to ensure accurate and timely annual audits.
3. At the request of the managers, liaises and consults with the Board of Directors, families/residents, government officials, company resources and professionals in relation to resident care needs and department activities.
4. Greeting Clients, answering phones, and screening calls
5. Customer Service – residents rent – invoicing for residents' subsidies
6. Ordering supplies
7. Assist with logistics for staff trainings

ESSENTIAL SKILLS AND ABILITIES:

- Exceptional skills in software applications with an understanding of Excel, Word, Outlook, PowerPoint, calendar management, and Internet tools.
- Basic Knowledge of QuickBooks in order to provide remote assistance to Finance Administrator
- Highly motivated, energetic, proactive and resourceful with a high degree of initiative
- Strong interpersonal and communication skills
- Superb organizational, time management and multi-tasking skills
- Customer-focused attitude, with emphasis on building and maintaining relationships with clients
- Ability to generate creative solutions and new approaches to daily challenges

QUALIFICATIONS:

- Post-Secondary Certificate or Diploma in Office Administration or equivalent experience
- Professional experience in an administrative role supporting managers and/or Board of Directors
- Well-developed and effective communication skills to interact with senior executives, residents, family members and visitors in a manner of utmost professionalism
- Excellent writing and grammar skills; capable of composing professional correspondence with consistent accuracy and attention to detail

Please note, employment with Anishnabe Long-term Care Centre will be contingent on receipt of a current Criminal Reference Check, including Vulnerable Sector Screening.

Please send your application to Jessie Bond, Operations Manager at: administration@anishnabe-ltcc.ca by July 20th, 2021.

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: Monday July 19th 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: July 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

Youth Services: 819-629-5359

Drug Strategy Coordinator: 819-629-5996

NURSING PHONE (TFN COVID Screening/Testing.): 819-629-9900

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



COMPOSTABLE MATERIALS • MINOKAMIGEWINAN KEGONAN

Food Waste • Mīdijm webinason



Green Waste Ka nitawigag webinason



Paper Products • Mazina'iganichiganan



Others • Kodagag



Refused materials • Ega odapinagadegan kegonan



RECYCLABLE MATERIALS KIWE ODAPINIGADEGAN KEGONAN

Paper and cardboard

Mazina'iganish ashidj mazina'iganimakakon



Metal

Piwabik



Plastic

Wenāginanigan



Stretchy bags and packaging

Make a bag of bags.

Glass

Omodayābik



REMEMBER:

Beer and soft drink containers made of aluminum, plastic or glass can be refundable.

GARBAGE WEBINIGANAN

Plastic • Wenāginanigan



Without number or rigid plastic

Others • Kodagag



Paper and cardboard

Mazina'iganish ashidj mazina'iganimakakon

Waxed, metallic, carbon or plastified paper and cardboard.

2020-2021 COLLECTION CALENDAR

AUGUST 2020						
S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

OCTOBER 2020						
S	M	T	W	T	F	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

DECEMBER 2020						
S	M	T	W	T	F	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY 2021						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

APRIL 2021						
S	M	T	W	T	F	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE 2021						
S	M	T	W	T	F	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

GREEN BIN : COMPOST

BLUE BIN : RECYCLING





BLACK BIN : NON-RECOVERABLE WASTE (GARBAGE)





Miskomin gîzis

2021

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
	NO COVID TESTING at HEALTH CENTRE					
4	5	6 Compost 	7	8 Newsletter Deadline	9	10
11	12 Newsletter	13 Recycle  Garbage 	14	15	16	17
18	19	20 Compost 	21	22 Newsletter Deadline	23	24
25	26 Newsletter	27 Recycle 	28	29	30	31

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.