August 10, 2020

Kidodenaminan

Timiskaming First Nation
Health & Wellness Centre

Our Community

KIWETIN KIKINAMADING

8 Algonquin Avenue, Notre-Dame du Nord, QC J0Z 3B0

Tel: (819) 723-2533 - FAX: (819) 723-2578

www.kiwetinschool.ca

Progress Report: September 1, 2020 - November 20, 2020	Parent Teacher Night: November 26, 2020
First term: September 1, 2020 - February 5, 2021	Second term: February 8, 2021 - June 23, 2021

Benchmark Assessment System (BAS): November 2-26, 2020 & May 3-28, 2021

2020-2021 SCHOOL CALENDAR

August '20						
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	29
30	31					

September '20						
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	29	30			

October '20						
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	29	30	31

November '20						
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
29	30					

December '20						
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	29	30	31		

January '21						
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	29	30
31						

February '21						
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						

March '21						
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	29	30	31			

April '21						
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	29	30	

May '21						
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	29
30	31					

June '21						
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	29	30			

Calendar Codes:

- School Holidays
- Statutory Holidays
- P.D. Days

First day of school: Sept. 8/20

Last day of school: June 23/20

NEWS FROM EDUCATION

SCHOOL OPTIONS – SEPTEMBER 2020

It's that time of year again, time to get ready to go back to school. Usually this is a very exciting time! But with the Covid-19 pandemic still hovering, there are a lot of questions and concerns about whether or not to send the kids back, and what other people might think if you do...or if you don't. These are tough decisions to make, but we're hoping that the information provided below might help you in making them. Please keep in mind that this information is based on the thinking and collaboration of the best health experts in the country, so try to focus on the facts, and do what you feel is right for your family and your situation.

TDSS, TDSS-Elementary, NLPS, St. Michel:

Parents/guardians are asked to check the websites of the Ontario school boards for these schools: District School Board Ontario North East & Conseil Scolaire Catholique de District des Grandes Rivieres. You will find information regarding the re-opening of these schools, as well as requests to register your child(ren) for in-school or distance learning as soon as possible.

Riviere des Quinze, St. Joseph, St. Louis:

Parents/guardians should check the websites for these schools through the Western Quebec School Board, for information regarding the re-opening of these schools. Please contact the school administration if you require further information.

Kiwetin Kikinamading:

There is a 3-stage plan in place for the re-opening of Kiwetin, with each stage based on the local conditions during the ongoing Covid-19 pandemic, and the ability to change our delivery plans with short notice. Our first priority is the safety of our students and the protection of their childhood learning experiences. It takes into account the need for our students to interact with one another, play and learn together, as well as find a sense of 'normal' in these abnormal times. The stages are as follows:

Stage 1: Regular classroom programming which includes a range of teaching approaches and instructional groupings. Staff have taken courses to prepare them to use the iPads and Google classroom from Day 1, so that students can transition to online learning quickly, if necessary. This is the closest to 'normal' that we can provide while still taking precautions and preparing for a potential second wave. Safety precautions include the steps indicated in the chart below, and plexiglass has been installed in high-traffic areas.

Stage 2: This stage is meant to keep our youngest students safe at school, so that parents and guardians can continue to work, while cutting our daily numbers by half. Our Grades 5 to 8 students would do most of their school work online at home, while meeting with their teacher at scheduled times throughout the week. Itinerant teachers (Algonquin & Culture, French, Phys Ed) would be assigned to online support throughout the day for any students choosing to stay at home, as well as our Grades 5 to 8 students.

Stage 3: We will only enter this stage if it is determined that we can no longer provide a safe environment for our students and staff. Although this is the least beneficial stage for our students, it will work well if staff and students are able to spend time in September working on their Google classroom skills on the iPad. All school staff will be assigned a variety of tasks to best support our students and their families, including those students with identified learning needs.

The following chart provides a visual for the precautions in place at each stage.

IMPORTANT: We are asking that parents/guardians call the school, during the week of August 10 to 14, to indicate whether you intend to send your child(ren) to school in September or if you intend to provide home-schooling. This information is very important so that bussing and scheduling can take place. The school year calendar is included after the chart.

Actions	**Stage 1: Regular School**	**Stage 2: Modified Program**	**Stage 3: Online Learning**
Small groups of 16 students or less.	√		
Students will learn to use Google classroom (for possible transition to online learning).	√	√	
Lunches in two groups.	√	√	
No assemblies or groups of more than two classes.	√	√	

Focus on literacy, numeracy, online learning and well-being: reporting only on core subjects.	√	√	√
Washrooms cleaned midday and evening. Classes assigned to use specific washrooms.	√	√	
Staff/students screened daily for symptoms.	√	√	
Students/staff with symptoms not allowed on bus or in school building.	√	√	
Students exhibiting symptoms during school day will be isolated until pick up arranged.	√	√	
Hand washing and common-sense hygiene promoted.	√	√	√
Individual water bottles; no use of fountains.	√	√	
IPad for each student.	√	√	√
Visitors to school contained at front entrance and masked.	√		
No visitors to school.		√	√
Outdoor classes encouraged.	√	√	
Masks mandatory for staff during school hours.		√	√
Gr. 5-8 work from home; 1:1 with teacher for one hour scheduled weekly.		√	

TIMISKAMING FIRST NATION

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

Tel : (819) 723-2335
Fax: (819)723-2353
case.worker@atfn.ca

Income Assistance

2 DAY STANDARD FIRST AID/CPR COURSE

Income assistance clients will have priority since there will only be 9 spots available however, it is open to all community members under these requirements:
-Over the age of 18
-TFN community member living on reserve

WHERE: Timiskaming First Nation Health Center
8:30am to 4:30pm

August 28th to August 29th, 2020

If you have any questions please contact Taylor Polson or Sharon Baker at the TFN Band Office.

Timiskaming First Nation

24 Algonquin Avenue (TFN),
Notre Dame du Nord, QC
J0Z 3B0
Telephone: 819-723-2335 • Fax: 819-723-2353

NOTICE TO CLIENTS:
INCOME ASSISTANCE

- Declaration cards will be mailed to the address on file to be returned to the drop box at the Band Office no later than the 20th of each month. Any late or unreturned cards will have payment withheld.

- Annual Re-Evaluation forms have been mailed out, return the form fully completed and with contact information to the dropbox at the band office. If you have questions about the forms, call the office to make an appointment

- The Pre-Employment program will be running again. Personal and professional development courses will be available through staff. Please contact Taylor or Sharon to register for these courses or for more information.

- Clients must provide proper documentation during appointment as requested by staff.

- Clients will **not** be seen without an appointment, no walk-ins.

- Please contact the Income Assistance office to update contact information, staff are available through email and phone only. **Please limit contact through social media.**

- Staff are available for any questions or concerns

Sharon Baker
Income Assistance Manager
Incomeassist.manager@atfn.ca
819-723-2335 ext. 233

Taylor Polson
Caseworker
case.worker@atfn.ca
819-723-2335 ext. 266

Public Works

Composting in the community

Over the next few weeks, a member of the Public Works staff will be going to each residence in the community to update our list for all waste and recycling bins.

Furthermore, once this inventory is completed, we will be adding an additional (green) bin for composting and an updated collection calendar will be distributed to the public.
Shortly after, public works will be starting the collection of waste/ recycling/ compost for the community, following the new collection calendar.

Should you have any questions or concerns, please give us a call at (819) 723-2335.

Thank you for your cooperation.

False Alarms

In the past, there have been incidents with false alarms in the residential homes that own alarm systems. When that occurs, the Fire Department is immediately notified and dispatched which can become costly.

Public Works will no longer be paying any fees that come from false alarms in residential homes. Any charges will be invoiced to the residents responsible for the circumstances.

Should you have any questions or concerns, please give us a call at (819) 723-2335.

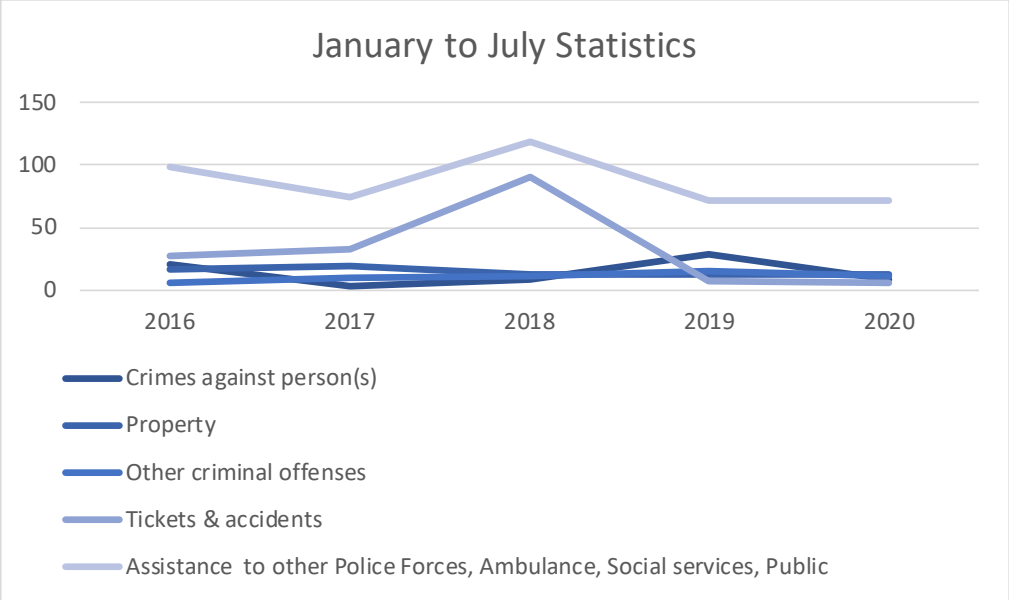
Thank you for your understanding.

Timiskaming First Nation Police

Public Security Statistics

January - July

	2016	2017	2018	2019	2020
Crimes against person(s)	20	3	9	29	8
Property	17	19	13	13	12
Other criminal offenses	6	10	11	15	11
Tickets & accidents	27	33	91	7	6
Assistance to other Police Forces, Ambulance, Social services, Public	98	74	119	72	71



Info crime is Quebec's version of Crime Stoppers, if you have any information please call it's confidential and you could get as much as $2 000. for reporting any type of crime (drugs, theft etc.)

échec au crime
ECHECAUCRIME.COM
1-800-711-1800

Submitted by Floyd McBride/ Public Security Director

IMPORTANT INFORMATION FOR GUN OWNERS
Hunters, trappers, etc
By the time the next newsletter is out we will be very close to hunting season
See below for some very basic information you should be aware of before entering the woods

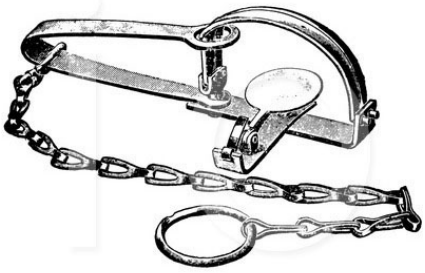
FEDERAL GOVERNMENT

You are required to have a federal firearm certificate to buy, own, lend or borrow a firearm or ammunition.
You are required to store firearms in a locked cabinet designed for this purpose, or unloaded with gun lock & gun case when transporting

PROVINCIAL GOVERNMENT

All guns are to be registered after January 28, 2018. Registration prior to this under the federal government has been destroyed and is not valid.
Police and Provincial wildlife officers are allowed to verify your firearms (even while you hunt) fines and seizures apply if not registered
This is but a very brief summary of the laws that govern firearms here in Quebec, its purpose is to keep everyone safer,
More information can be obtained on the Canada and Quebec sites. You may also contact Officer Keith McCue of the TFN Police for more information or help, in registering your guns, or obtaining a Firearm certificate

TFN Police wish all Hunters a safe hunting season …



Submitted by Floyd McBride/
Public Security Director

Lands, Membership & Estates Department

Status Card Notice:

Status Cards are available at this time.

I have a list of Member's names that I have collected during the Covid-19 outbreak, and please be patient, if l have not gotten back to you, I will at some point.
You are also more than welcome to call me as l will add your name to a list.

Cards are valid for:
- 3 years for minors under 17.
- 5 years for people ages 18 to 44.
- and 7 years for people ages 45+.

As of August 6th, 2020 there are currently 2531 members registered to Timiskaming First Nation

Lost/Stolen Status Cards:
As of January 2020, a fee of $20.00 is now required to replace a lost or stolen card.
Expired Status Cards:
There is no fee for an expired status card.

NOTICE:
PLEASE CALL TO MAKE AN APPOINTMENT, if you don't have an appointment you may need to wait to be seen.
If you have further questions l am in my office during regular working hours at 819-723-2335 ext. 231, or by e-mail lands.membership@atfn.ca

Submitted by RoseLyn Tebiscon

Notice from the nursing department

Dispills are delivered to the home care clients only, if you are not a home care client you need to pick up your dispills/prescriptions. Thanking you in advance for your understanding.

Dispills are delivered to the Health Centre every Wednesdays.

Submitted by Isabelle Beaudoin/RN

.....

Medical Transportation

- All medical forms (green slips) must be submitted and filled out with your **name, place, time & date no later than 11:30 a.m. on Wednesday mornings or your payment will be processed the following week.**
- Payments are made on a weekly basis cheques can be picked up on **Thursday at the Health Center after 4:00p.m.**
- **Direct deposit** is available for your convenience. Your green papers must be in by **Tuesday at 11:00a.m.**

It is important to call in your appointment (s) in advance to ensure transportation, if calling after 5p.m. please leave a detailed message on our answering services.

819-723-2381

Timiskaming First Nation
Health & Wellness Centre

The Regional Advisory Committee for Access to English Services invites you to take this short survey regarding your satisfaction as an English-speaking person receiving health care services in our region.

The Centre intégré de Santé et de Services Sociaux de l'Abitibi-Témiscamingue will compile all confidential data received. This information will be use to improve receiving services in the English language in our region.

Please take a moment and fill out the short survey following the provided link.

Your opinion is greatly appreciated. Thank you!

SURVEY LINK:

https://forms.office.com/Pages/ResponsePage.aspx?id=KP7hBotfdUC_bK4kvhp5kvtAtloOIB-9BvpOc3q29wf5UNVdJS1BTUTVZVkxGMk4xMFBERVJUMVFBVS4u

Timiskaming First Nation
Health & Wellness Centre

22 Algonquin Ave
Timiskaming First Nation

Hi TFN,

Back to school is just around the corner and the Jordan's Principle Coordinator needs your help! ☺

In years past, TFN had been able to provide a Lunch Program to our students via "Reinvestment Strategies," however, this year that funding is no longer available.

TFN's Jordan's Principle Coordinator is working on a "group request" in hopes to bring back the lunch program. Whether your child(ren) attend Kiwetin, TDSS, TDSS-E, NLPS, RDQ, St. Joseph, St. Louis, or St. Michel (ECCS, and ESSM have not yet been identified as having students form the community, but will certainly be included if we have students registered to attend come time).

The first step in completing a "group request" and ensuring the continuation of the lunch program is providing Jordan's Principle with a completed "Jordan's Principle Intake". If you have more than one child in your household, you must complete an intake for each child.

The highlighted areas are the only areas that require information. In order for your child to benefit from this request these forms MUST be completed and handed in to TFN Health and Wellness Centre no later than August 21, 2020.

These past few months have created some uncertainty; as we get back into our routines, let's work together to ensure that the lunch program is part of that routine for the new school year.

Note: if you have completed an intake with Jordan's Principle in the past for services, you are STILL required to complete a new intake.

Thanks in advance TFN, let's make this happen! Keep an eye out for the forms in your mailboxes!

Sincerely,

Vicky Chief

Jordan's Principle Coordinator
email: vicky.chief@tfnhwc.ca
phone: 819-723-2260 ext 153

Timiskaming First Nation Health and Wellness Centre

Presents....

The Vascular Tele-Health Program

Timiskaming First Nation Health and Wellness Centre Cardiovascular Health Program is

partnering with: Dr. Morris Schweitzer PH.D., M.D., F.R.C.P.C.
Director of Lipid Research and Management
Clinic, Director of First Nations Vascular Health
Program
Associate Professor of the Faculty of Medicine at McGill University in Montreal

To bring state of the art medical therapy that will significantly reduce cardiovascular disease and greatly improve the quality of life for the people of this community.

The Goal of the Program is to:

-Improve cardiovascular health
-Treat individuals with appropriate medications
-Lower cholesterol levels to current guideline targets
-Reduce the risk of cardiovascular disease
-Provide appropriate medical and dietary therapy

If you or your immediate family member (mother, father, brother or sister) has a history of heart attack, stroke, diabetes, high cholesterol or central obesity, then your cardiovascular health should be evaluated.

Please call the Timiskaming First Nation Health and Wellness Centre to be screened for admission to the program.

The Abitibi-Témiscamingue health and social service, youth protection department, is looking for candidates to foster children. Being a foster family is a challenging but rewarding experience. The individuals must be committed, available, reliable and open hearted. They must also be willing to receive children who might possibly have certain problems such as oppositional defiance disorder, adhd, fetal alcohol spectrum disorder, mental health problems, traumas or others.

If you are up for a new challenge, and would like to know if becoming a foster parent is for you, give me a call to participate to an information session.

You can reach Francine Chevrier

819-629-2676, extension 325

And remember,
It takes a community to raise a child!

Centre intégré de santé et de services sociaux de l'Abitibi-Témiscamingue
Québec

In Témiscamingue, many of our families have been financially affected by the pandemic. GénérAction and its partners have thus decided to come together to give a helping hand to our youth!

Financial assistance

FOR SCHOOL SUPPLIES OFFERED TO FAMILIES WITH FINANCIAL DIFFICULTIES

to register your child,

please call Laura at the Health Centre

819-723-2260

easy • confidential

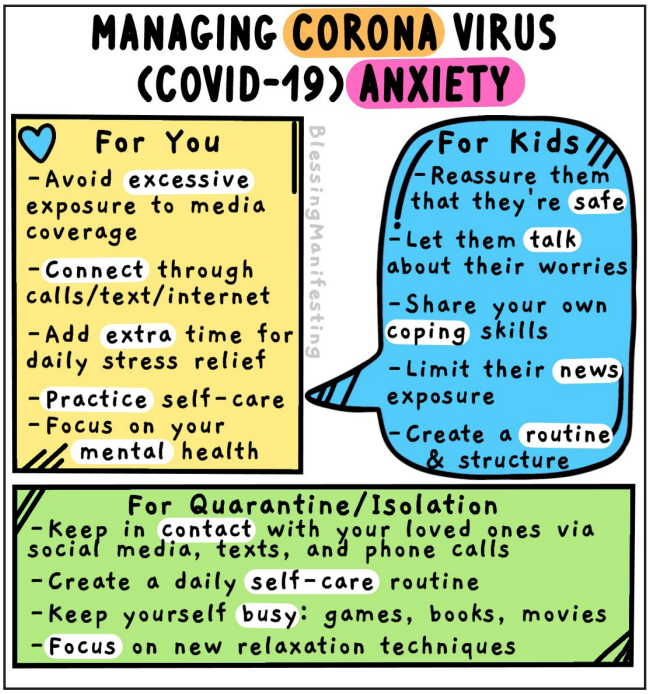
Welcome new intake worker at Wedokowin

Hi, my name is Shelby McBride I recently accepted a new position with Wedokowin First Line services.
My new position is a social service worker. I obtained my social work diploma in 2019.
I am a TFN member and resident. I was previously employed with CISSSAT as a youth protection worker.
I am excited to be a part of the First Line services but more importantly I am excited to help give back to my community.

Self-care is a daily practice of taking time and doing different things to take care and nurture ourselves.

With present physical constraints we can rediscover the self-care activities in our own houses. Our community shared simple yet meaningful self-care ideas during the International self-care day event which are as following:

- Essential oil baths with candles/ Hot bubble bath,
- Music / playing guitar,
- Cuddles/ playing with pet,
- Reading,
- Watching comforting movies,
- Cooking/ preparing healthy meals,
- Using weighted blanket,
- Tea in bed, hot chocolate, tea on deck with a loved one,
- Gardening,
- Hair, nail, facial skincare routines,
- Evening walks with friends or loved ones,
- Bike rides, long drives, hiking,
- Calling a loved one,
- Exercise/ deep tissue massages.



HEALT CENTRE

FREEZER MEALS

July-August 2020

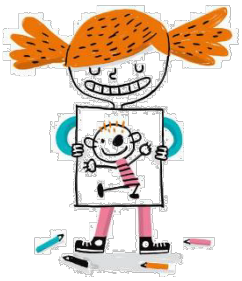
Timiskaming First Nation
Health & Wellness Centre

Wednesday July 22nd	10am & 2pm
Wednesday July 29th	10am & 2pm
Wednesday, August 5th	10am & 2pm
Wednesday, August 12th	10am & 2pm
Wednesday, August 19th	10am & 2pm
Wednesday, August 26th	10am & 2pm

Join us at the Health & Wellness Centre to prepare delicious meals to take home, **please enter by the front door,** you will be screened upon entering.

Each class will hold a maximum of 10 people, social distancing will be put in place during workshop.

REGISTRATION is required, please call 819-723-2260



CONTEST CONTEST CONTEST

Hello everyone, we are organizing a drawing and / or photo contest, to create a calendar in the image of the families of the community.

We invite you to submit your photos and/or drawing by email.

A photo or drawing will be chosen to represent each month of the year
We are looking for photos or drawing who represent family, culture, community values, etc.

The deadline to submit your photo is August 24.

Prizes will be drawn among the participants.

Send your photo or drawing to the following address:

caroline.camirand@tfnhwc.ca or cindy.champoux@tfnhwc.ca

Please note that by submitting your photo and / or drawing, you authorize the Health and Wellness Center to use it as part of the contest (publication in the calendar and sharing on the Health and Wellness Center facebook page)

Timiskaming First Nation
Health & Wellness Centre

First Aid Information Session

First Aid information session given by the Red Cross (Steve Beaton) for parents and caregivers with young children including infants.
Note - this is not a certification, just an interactive information session.

First Aid dates are going to be done on 2 days (2 separate groups)
9 people only. July 29th and August 12th

Please register with Janice Wabie

819-723-2260

Timiskaming First Nation
Health & Wellness Centre

More Facts about Cannabis (pot, weed, or marijuana)

Key Points

There are risks and harms associated with cannabis use, regardless of whether it is used for medicinal or non-medicinal purposes.

Among the general population, cannabis use continues to increase compared to past years.

Cannabis was the most common substance associated with substance-related hospitalizations for youth aged 10 to 24 years in 2017 -2018.

The number of individuals who report using cannabis for medical purposes without documentation is more than double those who report using with documentation.

Students (grades 7-12):According to the Canadian Student Tobacco,Alcohol and Drug Survey 2018-2019 (CSTADS), 18.1% of students from across Canada reported past-year use of cannabis, an increase from rates reported in 2016-2017 (16.7%). Of those in grades 7 to 9, 7.0% reported past year use while 29.4% of those in grades 10 to 12 reported past year use. The average age of initiation was 14.3 years, with males on average initiating at age 14.2 and females at age 14.4. Cannabis use also increased with grade level. For instance, in 2018-2019, 2.4% of Canadian youth in grade 7 reported past year use of cannabis compared to 21.2% of those in grade 10 and 37.7% of those in grade 12.

Effects of Cannabis Use

Short- term:Cannabis produces euphoria and relaxation, changes in perception, time distortion and deficits in attention span. It also negatively impacts the ability to divide attention and results in deficits in memory, body tremors and impaired motor functioning. Cannabis also impairs coordination and balance. Other physical effects of recent cannabis use include increased heart rate and appetite, increased blood pressure, dilated pupils, red eyes, dry mouth and throat, and bronchodilation (expansion of breathing passages).

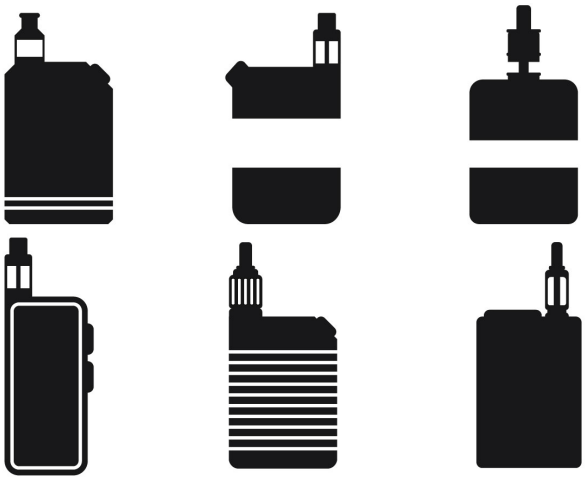
Long-term: Regular Cannabis use is associated with deficits in memory, attention, psychomotor speed and executive functioning, particularly among those who started using cannabis during early adolescence. Regular use of this drug can also increase the risk of psychosis, depression and anxiety, and breathing prolblems and respiratory conditions (e,g.,aggravation of asthma). Use of cannabis during pregnancy - particularly heavy use - can affect children's birthweight, cognitive functioning, behaviour, future substance use behaviour and mental heath

Cannabis use disorder: The Government of Canada estimates that among those who use cannabis, about one in 11 will develop a cannabis use disorder and this estimate increases to one in six for those who initiate cannabis use as a teenager. Risk of cannabis use disorder also increases to between 25% and 50% for those who smoke cannabis daily. Studies also reveal links to increased risk of psychosis and schizophrenia that can be affected by genetics, frequency of use, age of initiation and dosage amount, among other factors. For instance, one study found that individuals who consume cannabis are at increased risk of between 2.5 and 10 times higher over non-consumers of developing psychosis and schizophrenia if they have a family history of these disorders, and another study found a 40% increase in risk. However, there are limited studies examining these effects and more research investigating health-related issues is needed.

N.N.A.D.A.P. Intervention Program

Electronic Nicotine Delivery Systems (ENDS)

- ENDS are electronic devices that heat a liquid (containing nicotine) to create an aerosol.
- ENDS come in different size and shapes.
- The popular types of ENDS are e-cigarettes, vapes, vape-pens. They look like pens, USB memory sticks or basic cylinders.
- E-cigarettes contains nicotine which harms the developing adolescent brain.
- It's also called vaping or Juuling
- Addition of flavours makes it more addictive.
- The aerosol from ENDS contain harmful chemicals and ultrafine particles that can go deep into your lungs.
- The research shows that vaping increases the risk of developing chronic lung diseases such as asthma, bronchitis, and emphysema. The risks double for those who use both e-cigarettes and tobacco cigarettes.



PREVENTION TEAM ACTIVITIES
AUGUST 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Youth Center open 2pm - 9pm
2 Youth Center open 1pm - 8pm	3 Full Moon Ceremony 9pm TFN PowWow Grounds	4 Morning walk w Bonnie 11 am, Health Center Archery with Mike Beaupre 6pm to 8pm TFN powwow grounds Old School Games night 5pm TFN Youth Center	5 Teddy Bear Picnic 11am - 2pm TFN PowWow Grounds Beading w Maria Wabie 6pm, TFN youth center Zumba Kids 7pm Health Center Freezer Meals 10am and 2pm Health Center	6 Archery with Mike Beaupre 6pm to 8pm TFN PowWow Grounds Taco Night 5pm TFN Youth Center Youth Paddle Club 1pm - 3pm Hamelin's Beach	7	8 Youth Center open 2pm - 9pm
9 Youth Center open 1pm - 8pm	10	11 Morning walk w Bonnie 11am, health center drum night w Wayne McKenzie 7pm - 9pm archery w Mike Beaupre 6pm - 8pm TFN powwow grounds Super soaker night 5pm, TFN youth center	12 An evening of essential oils with Bonnie Chief 6pm to 8pm Health Center Zumba Kids 7pm Health Center Freezer Meals 10am and 2pm Health Center	13 Archery with Mike Beaupre 6pm to 8pm TFN PowWow Grounds Professional Night Officer Trevor Polson 6pm, TFN Youth Center Culture Night 6pm - 8pm TFN powwow grounds Youth Paddle 1pm - 3pm Hamelin's Beach	14 Fire Night 7:30 pm TFN Youth Center	15 Youth Center open 2pm - 9pm
16 Youth Center open 1pm - 8pm	17	18 Morning walk w Bonnie 11 am, health center Archery with Mike Beaupre 6pm to 8pm TFN powwow grounds Bob Ross Paint Night 5pm TFN Youth Center	19 Freezer Meals 10am and 2pm Health Center Zumba Kids 7pm Health Center	20 Archery with Mike Beaupre 6pm to 8pm TFN PowWow Grounds Bannock Night 5pm TFN Youth Center Youth Paddle Club 1pm - 3pm Hamelin's Beach	21	22 Youth Center open 2pm - 9pm
23 Youth Center open 1pm - 8pm	24	25 Morning walk w Bonnie 11 am, heath center drum night w Wayne McKenzie 7pm - 9pm archery w Mike Beaupre 6pm - 8pm TFN powwow grounds Sundae's 5pm, TFN Youth Center	26 Picnic with Grandma Marilyn 11am to 2pm TFN PowWow Grounds Zumba Kids 7pm Health Center Freezer Meals 10am and 2pm Health Center	27 Archery with Mike Beaupre 6pm to 8pm TFN PowWow Grounds Professional Night Teacher, TBD 6pm, TFN Youth Center Youth Paddle Club 1pm - 3pm Hamelin's Beach	28 Fire Night 7:30 pm TFN Youth Center	29 Youth Center open 2pm - 9pm
30 Youth Center open 1pm - 8pm	31					© BlankCalendarPages.com

TOP 10 HEALTH BENEFITS OF WALKING 30 MINUTES A DAY

SUPER SOAKER BATTLE

When - Tuesday, August 11, 2020
5 pm
Where - TFN Youth Center

Come on out for a fun time Super Soaker Brawl!
The fun begins at 5 pm and will continue until whenever! We advise you to bring an extra shirt!

TFN Youth Center
18 Algonquin Avenue
819-723-2255

BOB ROSS PAINT NIGHT

Tuesday, August 18, 2020
5 pm

We will be painting along with Bob Ross!
All material will be provided!
Bring along your inner artist and let's make art!
See you there!!

TFN Youth Center
18 Algonquin Avenue
819-723-2255

BANNOCK Night

Thursday, August 20th, 2020
5 pm

Join us at the Youth Center where we will be making Bannock! You can even make your own Bannock if you wish!
All ingredients will be provided!

For more info - 819-723-2255

TFN Youth Center
18 Algonquin Avenue

SUNDAES

Come on out to the TFN Youth Center
Tuesday, August 25th, 2020
5 pm

We will be making SUNDAES!
All ingredients will be provided.

For more info – 819-723-2255

$5.00/Ticket

EMT and CASH accepted

Send EMT to tfn.seniors.committee@gmail.com

Password "queenofspades"

Weekly Draw

Sales will close Tuesdays @ 8pm

Draws will take place every Wednesday @ 7pm

Seniors Unit 21 Algonquin Avenue

Live on Facebook—TFN Queen of Spades page

ALL PROCEEDS GO TOWARDS

Timiskaming First Nation SENIORS/ELDERS

Pedlar Exerciser

Loan Out

Available at the Senior's Unit

Contact Marsha
819 723 5223

Use at own risk

COOKING WITH DAD

Prepare a healthy meal together with your child/children!

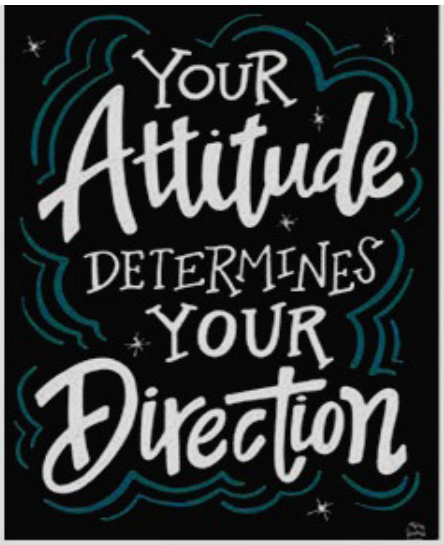
August 24th, 2020
Starting at 1 pm
at the Health Center!

Please register with Bonnie

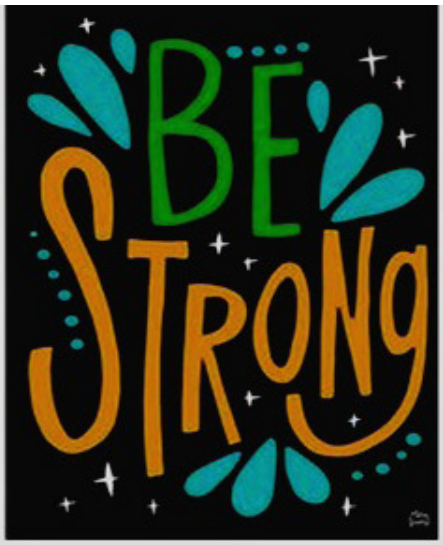
819 723 2260

DISCIPLINE
VERSUS
PUNISHMENT

Helps children learn by teaching them how to make good choices and about the results of their behavior.	Relies on fear and suffering to get kids to comply and learn a lesson.
Reassures child that he remains lovable, even when he makes poor choices or mistakes.	Emphasis is on the child being "bad" rather than the behavior. This becomes a self-fulfilling prophecy and misbehavior continues.
Encourages good behavior, which keeps the lines of communication open between parent and child and fosters connection.	Fosters rebellion, revenge, dishonesty and disconnection between parent and child.
Focuses on the child controlling his/her own behavior.	Focuses on the parent being responsible for controlling a child's behavior.


YOUR
Attitude
DETERMINES
YOUR
Direction

BE
AWESOME
TODAY


BE
STRONG

12
INTERNATIONAL
YOUTH
DAY
AUGUST

BE the CHANGE
you wish to see
in the WORLD

BE THE
HERO
OF YOUR OWN
LIFE STORY

BE THE
RAINBOW
IN
SOMEONE ELSE'S
CLOUD

TEDDY BEAR PICNIC

WHEN - TUESDAY, AUGUST 11, 2020
WHERE - POW WOW GROUNDS
11:45 AM
FOLLOWING THE MORNING WALK

SNACKS ! PRIZES !

BRING YOUR OWN CHAIRS

PLEASE CALL THE HEALTH CENTER TO REGISTER

819 723 2260

Timiskaming First Nation
Health & Wellness Centre

OUR HERITAGE

A treasure to be preserved and passed on!

Participate in the large collective inventory of traditional Anicinabe objects

With respect for knowledge and in partnership with the communities, Minwashin* wishes to photograph and identify traditional objects. This identification process will help preserve the Anicinabe cultural heritage and ensure its transmission to future generations.

WHY?

To reappropriate our heritage in order to affirm, preserve and better transmit our Anicinabe culture and identity through objects that bear witness to the history of our nation.

WHEN?

August 10 to 14, 2020
September 7 to 11, 2020

Bring your traditional objects. We will take pictures of them and include them in the inventory.

Examples of heritage objects:

- **Transportation means** (snowshoes, canoes, paddles, etc.)
- **Everyday objects, utensils and storage items** (ladles, crooked knife, baskets, backpacks, etc.)
- **Children's objects, tikinagan and toys** (rattles, wooden toys, etc.)
- **Clothing** (moccasins, mittens, furs, etc.)
- **Subsistence items** (tents, objects for hunting, fishing, gathering, etc.)
- **Ceremonial objects** (drum, pipe, etc.)
- **Art objects** (decorative crafts, jewellery, paintings, etc.)

Anicinabe, Lac Simon
Musée Canadien de l'histoire, Gatineau

Anicinabe, Lac Témiscamingue
Musée Canadien de l'Histoire, Gatineau

Anicinabe, Kitigan Zibi - Musée Royal de l'Ontario, Toronto

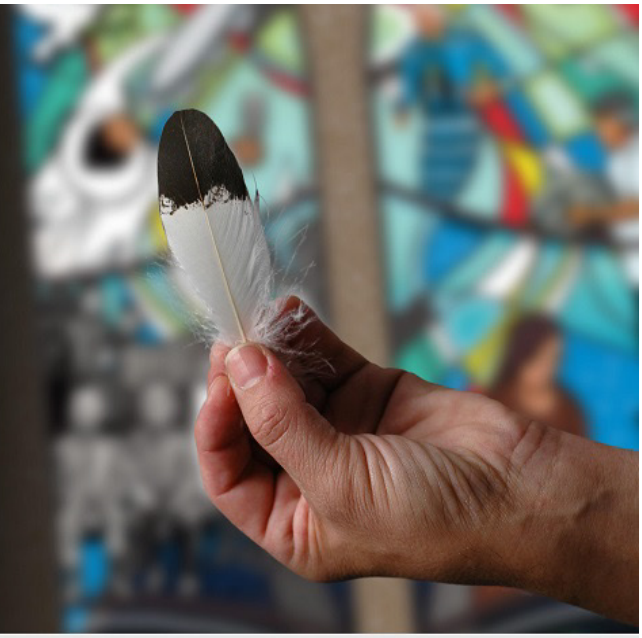
MINWASHIN

Canada Council for the Arts | Conseil des arts du Canada

* Minwashin is a non-profit Anicinabe cultural organization whose mission is to support, develop and celebrate our arts, language and culture.
** Note that the consultation will be conducted in accordance with public health guidelines. *** The results of this inventory will be distributed to the communities once completed. The data will be shared with all Anicinabe communities and will be accessible to anyone wishing to consult them.

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

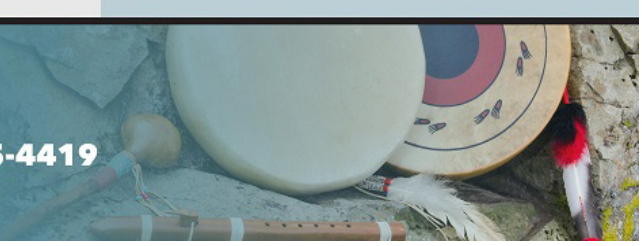
INUIT REPRESENTATIVES
Contact for the Inuvialuit:
Phone: 1-867-777-7018
Email: ggruben@inuvialuit.com
Online: http://www.irc.inuvialuit.com/

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



Draw Post Pone To

Thursday, August 13, 2020

DRAW TIME

Extra Large, Hand made, Wooden clock

Clock measures 2 feet in diameter and valued at $90.

Draw Date: Monday, June 22, 2020

$2 for 3 Tickets

You can purchase tickets at Anishnabe Long Term Care Center
for more information call Karin at (819)723-2225 ext 0

ALGONQUIN VARIETY

Pictured Left to Right: Leslie Moonie, DJ Wabie and Gwen King-Moonie

I would like to take this time to acknowledge the generosity from the owners of Algonquin Variety. Earlier this year the owners sponsored the youth Midget hockey team by purchasing new hockey jerseys and matching socks.

The jerseys were worn at the Annual Mush Cup in Timmins on February 14-16, 2020. Unfortunately, due to COVID-19, the youth were unable to represent the Algonquin Variety in any other hockey tournaments. It is with great hope that the youth will be able to wear these jerseys in future hockey tournaments.

The owners take great pride in sponsoring the youth and it shows in their continuous support.

On behalf of the youth that have worn any of the Algonquin Variety Hockey jerseys, I say “Thank You”.

Timiskaming First Nation

August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 **Garbage**	5 **Freezer meals** **10am & 2pm**	6	7	8
9	10	11 **Recycle**	12 **Freezer meals** **10am & 2pm**	13	14	15
16	17	18 **Garbage**	19 **Freezer meals** **10am & 2pm**	20	21	22
23 / 30	24 / 31	25 **Recycle**	26 **Freezer meals** **10am & 2pm**	27	28	29