



December 2019

Timiskaming First Nation



Band Office



&

Health & Wellness

Centre

Monthly Newsletter



Holiday Open House



The Band Office and
the Health & Wellness Centre are having their
annual open house on

Thursday December 12th, 2019 starting at
1:00pm to 4:00pm



Drop by & meet with the staff
Snacks & refreshments will be available.



Door prizes.

Looking forward to seeing everyone!!





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

Chronological No: 585-1

File Reference: 11102019

BAND COUNCIL RESOLUTION

The council of the Timiskaming First Nation			
District Abitibi-Temiscamingue			
Province of Quebec			
Place Timiskaming Reserve			
Date	22	10	2019
	DAY	MONTH	YEAR

SUBJECT: FIGHT AGAINST DRUGS WITHIN THE COMMUNITY

- WHEREAS:** Timiskaming First Nation has consistently and historically exercised ultimate and exclusive jurisdiction over the Territory;
- WHEREAS:** The members of Timiskaming First Nation have existing, inherent and inalienable rights which include the right of self-determination; the right to promote and control economic development; and the right to preserve peace, power and righteousness within the Territory;
- WHEREAS:** Through the community's Health Survey, 90% of the Timiskaming First Nation community members reported drugs were a problem in the community. Timiskaming First Nation members have expressed a concern with the increased number of people who are selling illegal, non-prescription and prescription drugs within the community;
- WHEREAS:** To protect the health and well-being of Timiskaming First Nation members, especially children, youth, elders and other vulnerable sectors, Timiskaming First Nation Chief and Council will remove those persons who are engaged in the sale of illegal, non-prescription and prescription drugs from the community and may further banish them from the community;
- WHEREAS:** The community is taking a stand to immediately address this problem and has created an awareness walk to provide notice that the sale of illegal, non-prescription and prescription drugs will not be tolerated and any individual participating in this activity will be immediately removed from the community;

THEREFORE BE IT RESOLVED THAT: When judicial procedures have been initiated for engaging in the sale or distribution of illegal, non-prescription and prescription drugs, resident(s), non-resident(s), member(s) or non-member(s) will be immediately removed from the community;

That the person participating in the sale or distribution of illegal, non-prescription and prescription drugs will not be allowed to re-enter or live in Timiskaming First Nation until the following:

- They seek immediate assistance and/or counselling to address their addictions or other health related concerns; and
- They provide proof to Chief and Council in person, or by way of letter that they are seeking treatment and agree not to participate in the sale or distribution of illegal, non-prescription and prescription drugs

FINALLY BE IT ALSO RESOLVED: That failure to meet the above noted requirements will make a person participating in the sale or distribution of illegal/non-prescription and prescription drugs ineligible to re-enter or reside in Timiskaming First Nation.

Pour cette Bande le quorum est constitué de fixé à	4
Council Members Membres du Conseil	

Chief-Chief
Sacha Wabie

Vice-Chief
Elijah Polson-Groulx

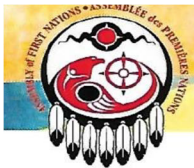
Councillor-Conseiller
Christine Chevrier

Councillor-Conseiller
Jennilee Wahsqonalkezhik

Councillor-Conseiller
Gerald Hanbury

Councillor-Conseiller
Karen McKenzie

Councillor-Conseiller
Colleen Polson



First Nations Child and Family Caring Society and Assembly of First Nations v Canada, 2019 CHRT 39 *Compensation Order / Questions and Answer*

On September 6, 2019, the Canadian Human Rights Tribunal (the Tribunal) ordered the Federal Government (Canada) to pay compensation to First Nations children who were unnecessarily removed and placed into the child welfare system or denied necessary services under Jordan's Principle, and to their families. The Tribunal found the unnecessary removal of children and denying First Nations children of essential services pursuant to Jordan's Principle warranted the maximum compensation amount of \$40,000 per individual available under the Canadian Human Rights Act. This decision is an unprecedented step towards justice for First Nations children; however this is not a guarantee that survivors will be paid compensation.

On October 4, 2019, Canada applied for an appeal (judicial review) to dismiss the order for compensation and a stay to stop the process for compensation and identifying survivors eligible for compensation. Nevertheless, the Assembly of First Nations (AFN) and First Nations Child and Family Caring Society (the Caring Society) are opposing this appeal and moving forward to establish the compensation process.

1. Who will pay survivors compensation?

Ultimately, it will be Canada who will pay survivors of Canada's discriminatory treatment of First Nations children, parents and grandparents (when they were the primary caregivers of the removed children).

2. Who is eligible for compensation?

The Tribunal ordered that the following groups are eligible for \$40,000 in compensation:

- First Nations children removed from their First Nation after January 1, 2006.
- First Nations children unnecessarily removed and placed into the child welfare system to receive services covered under Jordan's Principle from December 12, 2007, to November 2, 2017.
- First Nations children who only received services after a considerable delay, or only upon reconsideration from Jordan's Principle from December 12, 2007, to November 2, 2017.
- First Nations parents or grandparents (when they were the primary caregiver) of children unnecessarily removed and placed into the child welfare system after January 1, 2006 (the parent/grandparent are not eligible if the child was removed due to abuse).
- First Nations parents or grandparents (when they were the primary caregiver) of children removed and placed into the child welfare system to receive services covered under Jordan's Principle from December 12, 2007, to November 2, 2017.
- First Nations parents or grandparents of children who only received services after a considerable delay, or only upon reconsideration from Jordan's Principle from December 12, 2007, to November 2, 2017.

3. Why are First Nations children, parents and grandparents only compensated for \$40,000?

The compensation ordered by the Tribunal is the absolute maximum allotted by the *Canadian Human Rights Act*. Settlement for pain and suffering is capped at \$20,000 (Section 53(2) (e)) and if the actions are "wilful and reckless" then an additional \$20,000 is awarded (Section 53(3)) therefore amounting to \$40,000.

4. Is it possible to receive more compensation for my experiences?

It will not be possible to receive more compensation under the Tribunal's ruling. Individuals can file a separate claim against Canada or join the proposed XAVIER MOUSHOOM et al. v. The ATTORNEY GENERAL OF CANADA class action claim. For more information see question 10.

5. What does "wilful and reckless" mean?

A conclusion of "wilful and reckless" is reserved for the most serious situations. It means that the accused party knew its acts were discriminatory and they made no effort to address it despite the consequences. In this situation, the Tribunal found Canada knew that its actions towards First Nations children and families was unfair and would result in severe consequences but made no real effort to correct it by adequately funding the First Nations Child and Family Services program and Jordan's Principle.



First Nations Child and Family Caring Society and Assembly of First Nations v Canada, 2019 CHRT 39 Compensation Order / Questions and Answer

6. How can I apply for compensation?

The application process for identifying children, parents and grandparents eligible for compensation is not yet determined. The Tribunal ordered Canada, the Caring Society and the AFN to have a discussion on the process and report back on December 10, 2019. Canada has since applied for a stay of the Tribunal's Order to step out of discussions on identifying a compensation process that will, in the least, delay the process for compensation.

7. When will I receive compensation?

If you are eligible, you will not be able to receive compensation until Spring 2020 at the earliest. If Canada disagrees with the decision they can appeal, which will delay payment of compensation further.

8. What happens now that Canada has appealed?

Canada appealed the decision on compensation and applied for a stay of the Tribunal's Order to stop the process for identifying survivors and distributing compensation. This means Canada disagrees with the order for compensation and does not want to come to the table to identify a process with AFN and the Caring Society until a determination has been made whether to overturn the Tribunal order for compensation. The AFN and the Caring Society will still proceed with the process with the hope that Canada will come back to the table, or the application will be denied, to ensure survivors will receive timely compensation.

9. Can I appeal a decision if I am found not to be eligible for compensation?

It is likely but still unknown. An individual appeals process will be a topic of discussion between Canada, the Caring Society and the AFN regarding the distribution process of the compensation but will be ultimately decided upon by the Tribunal.

10. What if I was removed into the child welfare system or denied services under Jordan's Principle before January 1, 2006

You will not be eligible for compensation through this decision; however, you may qualify for compensation under the proposed **XAVIER MOUSHOOM et al. v. The ATTORNEY GENERAL OF CANADA** class action lawsuit. This class action seeks to represent all First Nations children taken in the child welfare system or denied services under Jordan's Principle between April 1, 1991 to February 20, 2019. If successful, this class action would address the gap for First Nations children removed between the Sixties Scoop action cut-off (December 31, 1991) and February 20, 2019; therefore, individuals left out of both the Sixties Scoop legal action and the Tribunal order, would be entitled to compensation.

For more information, please see the "Sotos Class Actions" Website under the "First Nation Youth" tab.

Submitted by Betty Rose Tepiskon/
Jordan's Principle coordinator



News in education- November 2019

PERFECT ATTENDANCE FOR SEPTEMBER

St-Joseph: Jaymee Cheff-Wabie, Zaynah King-Paquette, Lyv Perreault-Lavoie, Amélie Roussel, Maika Roussel, Khloe Polson, Danika Roch-McLaren, Chase Wahsquonaikeshik.

RDQ: Jaevyn Julien, Xavier King-Paquette-Miljour, Avery Polson, Jared Polson, Lydia Simpson-Tasset, Travyn Cheff-Wabie, Casey Jacques, Kelly-Ann Thivierge, Nolan Polson.

TDSS: Logan Babin, Lyle Babin, Kirstin Bourdon-Trudel, Blake Chevrier-Sigouin, Rianne McLaren, Tyra McLaren, Michael Swaine, Hunter Viau.

PERFECT ATTENDANCE FOR OCTOBER

ST-JOSEPH: Lyv Perreault-Lavoie, Aiyanna Cloutier, Sarianna Fraser, Summer King, Zaynah King-Paquette, Mia Miljour, Danika Roch-McLaren, Amélie Roussel, Maika Roussel, Emmy Kearney-Wabie.

RDQ: Jared Polson, Jeremy Chevrier-Boucher, Lydia Simpson-Tasset, Nolan Polson.

TDSS: Logan Babin, Lyle Babin, Kirstin Bourdon-Trudel, Laurent Cardinal, Blake Chevrier-Sigouin, Kashee Chief, Ethan Wabie.

Please note: Students who were absent for culture day on September 27th will not be marked as absent within the Education Department's motivational project which awards cash incentives to our high school students at the end of January and June.

Parents are to report all discrepancies in the attendance records directly to the school and to Audrey so that accurate records can be kept.

HOT LUNCHES

All TFN students attending schools within the traditional territory are now eligible for hot lunches if their school offers this service. Parents are asked to contact their child's school to see if they would be willing to bill TFN for their child's hot lunches. Billing must be done at the end of each month. Invoices are to be sent in care of Laurette Renaud at: ps.admin@atfn.ca

For more information, contact either Laurette or Audrey at the band office. **Please pass on this information to family who reside in the Ontario portion of our traditional territory so that they may apply.**

VISITS TO POST-SECONDARY INSTITUTIONS

Potential TFN grade 12 graduates along with their parents are encouraged to visit the post-secondary institution of their choice for fall 2020 registration. The Education Partnerships Program has a limited budget to be able to pay expenses for this activity. The budget does end on March 31st 2020 so we



recommend that these visits be done well in advance of that date. If we do not spend that budget, we will not get funding for this activity for the next fiscal year. The only requirement is that the student book a visit with the college or university of their choice, bring in the confirmation date and an expense claim will be submitted to finance. Please do this at least 2 weeks prior to the visit so that finance has sufficient time to process the request. For more information, contact or see Audrey McLaren at the band office. She can be reached at 819-723-2335 extension 234 or email: epp.coordinator@atfn.ca Students and parents have benefited from this program in the past and appreciated this opportunity.

Students can go online to book their visits or contact the Indigenous Student Services Center of their chosen institution.

EDUCATION ADVISORY COMMITTEE – members needed

The Education Advisory Committee (EAC) needs parent representation for its committee. There are no more than 4 meetings during the school year which are time limited. They are held at Kiwetin's library from 4:45 to 6 pm. We need two parent representatives for the Commission Scolaire du Lac-Témiscamingue (RDQ or St-Joseph), one for post-secondary, and one for TDSS. If you would like more information or wish to sit on this committee, please contact Audrey McLaren at the band office at 819-723-2335 extension 234 or email her at epp.coordinator@atfn.ca

PARENT AND COMMUNITY INVOLVEMENT GATHERING

TFN parents are invited to attend the 4th annual Parent and community involvement gathering at Manoir St-Sauveur to be held on **December 11th and 12th**. Our community is allowed 3 participants (a parent/ grandparent/guardian) and one Principal or school team member. All expenses are covered and registration is necessary. A **per diem** is being made available if parents need to take time off work to attend. Anyone interested should contact Audrey at the band office as soon as possible as registration deadline is fast approaching.

THE LODGE AT TDSS HAS MOVED

This is to inform parents and community resources that the Lodge at TDSS **has moved to room 120** down by the guidance office. The extension to reach Ms. Caitlin Campbell is now 40120.





List of graduates June 2019

ELEMENTARY:

Kiwetin

Lyle Babin
Kirsten Bourdon-Trudel
Connor Mathias-Fawcett
Patrick McKenzie
Rianne McLaren
Grace Moore
Tyler Polson
Aidan Polson
Dylan Polson
Dominique Roy-Wabie
Titian Trepanier
Hunter Viau

St-Joseph

Xavier King-Paquette-Miljour
Avery Polson
Jared Polson

TDSSE

Lily McBride



HIGH SCHOOL:

TDSS

Brandi Chief-Mathias
Cheyenne Henry-Robinson
Liam McCue
Jeremy McVittie
Andy Millette
Doreen Moore
Alexie Polson

ECSSM

Riley Polson
Samantha Roy-Wabie

RDQ

Emma Chevrier

POST-SECONDARY:

Nolan Cook
Jordan Filion
Madeline Males
Shelby McBride
Cody McKenzie-Sakaney
Jordan McVittie
Kirsten Polson-Joyal (July 2019)
Kaleigh Simpson
Vanessa Wabie

ADULT EDUCATION:

Marilyn Pelchat





Breakfast & Pjs with Santa 2019



Hey kids don't forget to come on out and have breakfast with Santa on Sunday, December 15th, starting 9:00am until noon, at the arena in town.

Santa will be giving out presents after breakfast!

Please make sure your child is registered.





JORDAN'S PRINCIPLE

IMPORTANT MESSAGE

Due to the high volume of requests in demand beginning **November 25th, 2019** I will be **seeing clients by appointment only unless it is an urgent situation**. Please contact our Social Services worker Laura Moore who can assist you with the required documentation: a written letter to Indigenous Services Canada, to fill out the Intake Form and to sign the Consent Form so the file can be opened. To help speed up the process please make sure you have all documentation on hand for your appointment. For example: receipts, invoices, a referral letter by a professional, a school teacher, a social worker, etc. depending on the nature of services being requested.

The file on your request must be completed before it is forwarded to Indigenous Services Canada. **No request will be forward without all of the proper documentation first.** It is **your responsibility** to assure that all documentation is provided with your request.

Thank you for your understanding & Cooperation.

Betty Rose Tepiskon
Jordan's Principle Coordinator

For more information please contact Laura Moore
at the Health & Wellness Centre, 819-723-2260





The process of the request to Jordan's Principle Indigenous Service Canada

In order to speed up the evaluation process of the requests you submit under Jordan's Principle, here's a reminder of the **3 essential documents** I need:

1- The **Jordan Principle intake form** must include the following information, as indicated below:

- **Child's information** (name, date of birth, name of both parents, community of origin and postal address)

- **Services requested:**

- type of product or service 1, 2, 3 ... (ex: 1-speech therapy, 2-transport, 3-specialized equipment)

- frequency (ex: 10 sessions, 10 return trips, 1 time)

- detailed cost (ex: 10 x 100 \$ per session = 1000 \$, 10 x 50km round trip x 0.225 / km = 112.50 \$, 499.99 \$ + 75 \$ taxes + 50 \$ shipping fees = 625 \$)

- **The Jordan's Principle Coordinator verifies the history of the application:**

- Check if an existing program covers the products / services you request.

- Which program refused your request?

- Why?

- **Which professional recommends the product / service requested for the child (point 5 of the form)?**

ex. 1- The teacher recommends that the child be assessed in speech therapy

ex. 2- The pediatrician recommends that the child is evaluated in neuropsychology for ADHD

ex. 3- The occupational therapist recommends that the child have specialized equipment to help him develop his fine motor skills

ex. 4- The social worker recommends that the mother have access to a respite service (for X reason)

**** You must have a written recommendation for each product / service request ****

- **The Coordinator calculates the payment (point 6 of the form)**

- Final total cost (you must add the total cost of each product / service requested)

Ex. (\$ 1000 + \$ 112.50 + \$ 625) **\$ 1734.50**

- **Your remarks are very important (point 7 of the form)**

- You must summarise / explain the situation of the child, why he/she needs the requested service, how the service will be organised, any information that allows us to better understand the situation and the request for service.

- In this section, you can enter information about Substantive Equality. Substantive Equality can be given when the product / service is above normative standard, ie when it is not available to all children in the province:

Ex. - Socio-economic and family environment of the child

- Would the child be at a disadvantage if he does not have access to the service? How?

- What would be the consequences if the child does not have access to the product / service?

- How does the request for the product / service meet his/her needs? Etc...

2- A written recommendation from a health, education or social services professional

3- A quote for the cost of the product / service from the service provider

4- A support letter, or a letter from the parents is necessary, depending on the product / service requested.

5- A consent to follow up with services requested. Ex: by a professional, service provider, Medical transportation, etc...

Please send your requests to Jordan's Principle once you have ALL THE DOCUMENTS in hand to submit a complete application. The delay of 48 hours (individual request) and 7 days (group request) begins when we have all the documentation on file.

For more information please call Betty Rose Tepiskon at 819-723-2260 ext. 153



November 21, 2019

FOR IMMEDIATE RELEASE

Standing with First Nations children should be the first thing on the list for the Minister of Justice and Attorney General today

Ottawa, ON – In a few days, the Federal Government of Canada will take First Nations children back to court in an effort to dismiss a compensation order by the Canadian Human Rights Tribunal (CHRT). On his first day as Canada's Minister of Justice and Attorney General, the Honourable David Lametti should drop its application for judicial review and stay of the ruling and work with the Assembly of First Nations and the First Nations Child and Family Caring Society to develop a plan for children, youth, and families to access compensation.

As organizations committed to the well-being of all children and to the respect of children's rights, we have been witnesses to the CHRT case of First Nations child welfare and Jordan's Principle.

We witnessed as Canada's conduct was found to be wilful and reckless in discriminating against First Nations children in care.

We witnessed when Canada was ordered to pay compensation for those who were wrongly removed from their families or denied essential services.

And we witnessed Canada file for judicial review, opting to continue to fight First Nations children in court.

In our work, we have witnessed the effects of the harm of Canada's discrimination in child and family services.

We are prepared to be a witness again on November 25th and 26th, when children head back to court to ask that the government to respect their right to safety, family, and culture.

But we would rather witness justice.

Today, on your first day as Minister of Justice and Attorney General, we ask that you act in the best interest of children. Please honour the CHRT ruling, drop Canada's judicial review, and act without delay to compensate the First Nations children, youth and families Canada has harmed.

Signed by,



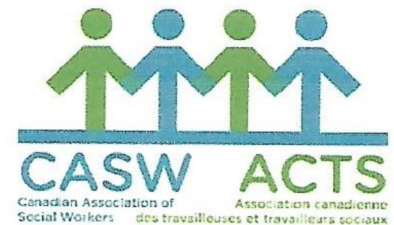
Amnesty International

CAMPAIGN 2000
END CHILD & FAMILY
POVERTY

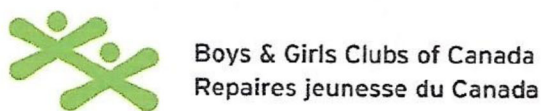
Campaign 2000



A Way Home Canada



Canadian Association of Social Workers



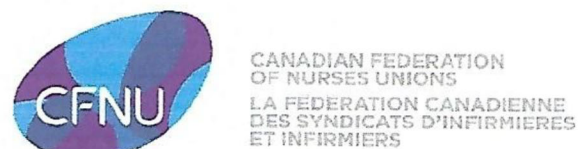
Boys & Girls Clubs of Canada



Canadian Coalition for the Rights of Children



Broadbent Institute



Canadian Federation of Nurses Unions



Canadian Observatory on Homelessness

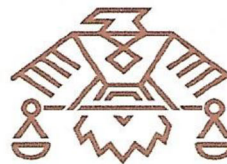


First Nations Child and Family Caring Society



Child Welfare League of Canada
Ligue pour le bien-être de l'enfance du Canada

Child Welfare League of Canada



INDIGENOUS BAR
ASSOCIATION

ASSOCIATION DU
BARREAU AUTOCHTONE

Indigenous Bar Association



Children First Canada

Native Child and
Family Services
of Toronto



Native Child and Family Services of Toronto



Children's Aid Society of Toronto



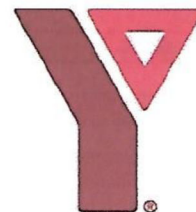
Elizabeth Fry Society of Greater Vancouver



Newfoundland and Labrador Foster Family
Association



Students Commission of Canada



YMCA Canada



UFCW



Women's Shelters Canada



Youth in Care Canada

Media contact

Rachel Gouin, Executive Director, Child Welfare League of Canada

Ashley Bach, President, Youth in Care Canada

Rachel.gouin@cwlc.ca

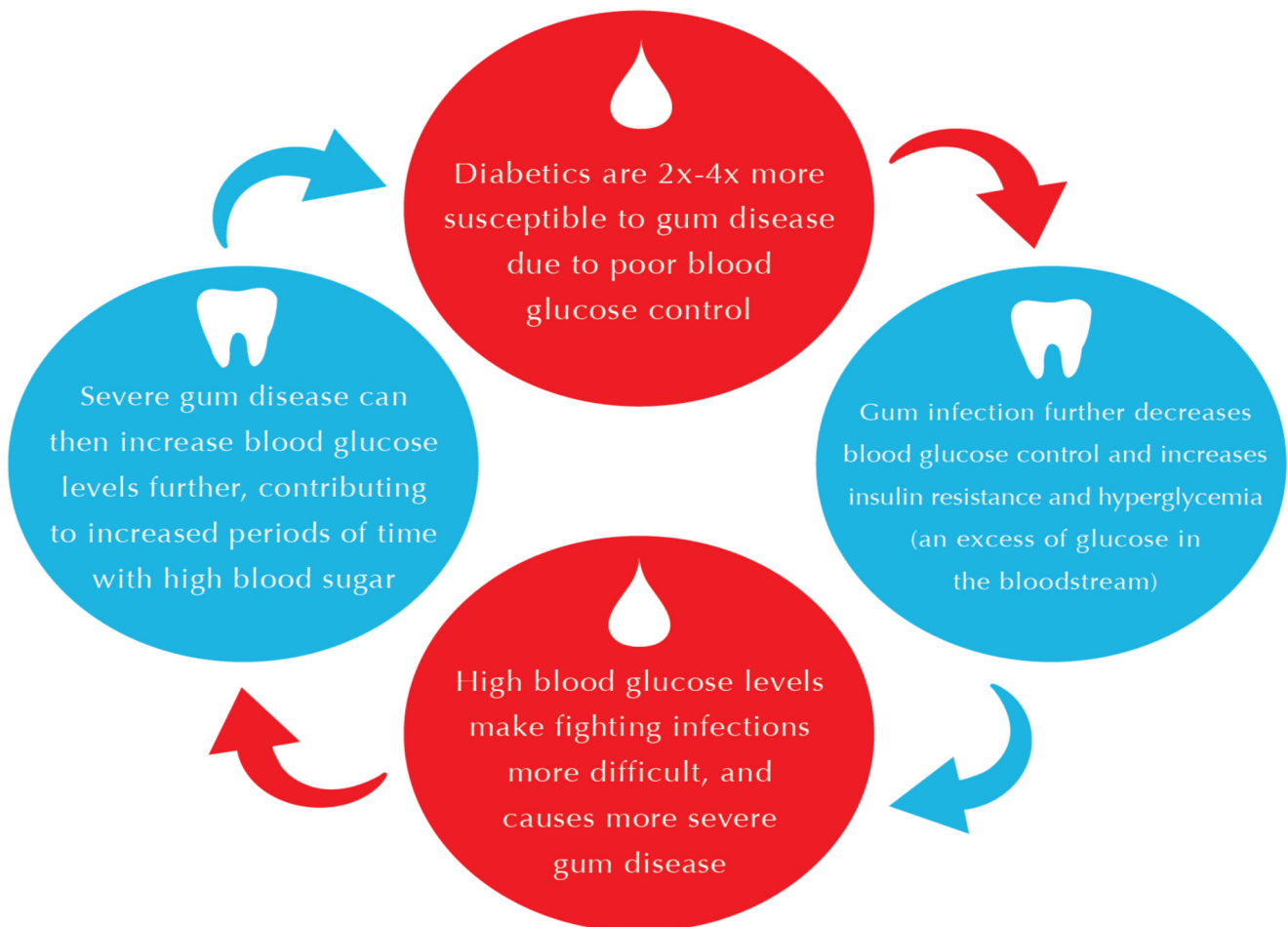
ashley@youthincare.ca

613-791-0361 (cell)



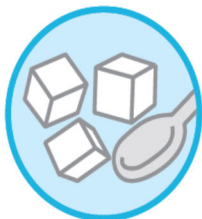
Research has shown that serious gum disease and diabetes is a circular relationship.

Not only are people with diabetes more susceptible to serious gum disease, but serious gum disease may make diabetes worse by affecting blood glucose control.

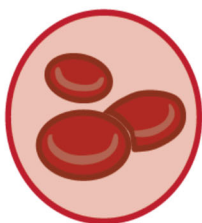




What is the link between **GUM DISEASE** & **DIABETES**?



Diabetic Control: Gum disease is linked to blood glucose control. People with poor blood sugar control get gum disease more often, more severely, and they lose more teeth.



Blood Vessel Changes: Blood vessels deliver oxygen and nourishment to body tissues, including the mouth, and carry away the tissues' waste products. Diabetes causes blood vessels to thicken, which slows the flow of nutrients and the removal of harmful wastes, increasing the risk of gum infection.



Bacteria: Many kinds of bacteria thrive on sugars, including glucose – the sugar linked to diabetes. When diabetes is poorly controlled, high glucose levels in saliva enable germs to grow and set the stage for gum disease.



Smoking: A smoker with diabetes, age 45 or older, is 20x more likely to get severe gum disease.



For more information about Gum Disease
visit **www.FightGumDisease.com**

Resources

(1) <https://www.perio.org/consumer/diabetes.htm>

(2) <http://www.webmd.com/diabetes/periodontal-disease>

(3) <http://www.diabetes.org/living-with-diabetes/treatment-and-care/oral-health-and-hygiene/diabetes-and-oral-health.html>

Submitted by Denise Chief/COHI



Community Paint Night

Express yourself! Getting creative is good for the soul !

No experience required unleash your creative side,
please register with Bonnie.

Tuesday, December 17th from 6-8pm Artist Darlene Skani



Register with Bonnie

A MESSAGE FROM PUBLIC WORKS

The operating hours for the eco-Centre will be
9 (AM) to 3 (PM) every Saturday.

We hope this change will not be of an inconvenience to our patrons and
thank you for your understanding.

Youth Centre

Hours:

Wednesday - Thursday 4 PM - 10 PM

Friday 3 PM - 11 PM

Saturday 1 PM - 9 PM

Sunday 1 PM - 8 PM



Mass Schedule

Please Join us....

Every Tuesday 10:00am at the
Anishnabe Long Term Care Centre.

ALTCC.

Freezer Meals Prepping



Freezer meals prepping!

Month of November, 2019

December 4th 1pm to 3pm

December 5th 6pm to 8pm

December 11th 1pm to 3pm

December 18th 1pm to 3pm

Come and join us at the Health Center and don't forget to sign-up

Call for sealed bids

Purpose: TFN Health & Wellness Centre will be accepting bids for "Breakfast with Santa"

All BIDS must be on a supplied Bid Form; in a sealed envelope & returned to the Health Centre:

Monday December 9, 2019 at 4:00pm.

Scope of work:

1. Prepare a breakfasts.
2. Shop for groceries.
3. Must provide appropriate personnel.
4. Ensure cleanliness.
5. Access to a vehicle.
6. Access to own cooking equipment & accessories.
7. Food course would be an asset, but not a requirement.
8. Served at the Arena in town
9. Approximately 200 people supper & 50 people for breakfast.

Menu

1. Pancakes
2. Scrambled eggs
3. Toast
4. Bacon
5. ham
6. Sausage
7. Chocolate milk
8. Coffee
9. Fruit (cut & whole)
10. Water

BID FORM / INVOICE

TO: TFN Health & Wellness Centre **BID:** 1 breakfasts **BID DUE:** December 9-2019

_____(Company / Contractor name, quotes a firm price, to furnish scope of work as seen on Bid invitation.

TOTAL BID \$ _____

Payment terms:

_____, agrees to payment schedule of:

Thursday December 12th, 2019.

I certify that this bid is made without prior understanding, agreement, or connection with any person submitting a bid for the same equipment/materials/service and is in all respects fair and without collusion or fraud.

Signature: _____

Date:

Nurses Corner



Merry Christmas

Our Team:

Kassy – Registered Dietitian
 Diane – Home Care
 Isabelle – Nurse in Charge
 Chantal – Maternal and Child Health
 Brenda – Home Care PSW
 Colleen – Community Health Rep
 Cindy – Chronic Disease Management
 Shelly – Medical Records
 Denise Chief – Dental Hygienist

	Monday	Tuesday	Wednesday	Thursday	Friday
Program hours	8-430pm	8-430pm	8-430pm	8-430pm	8-430
Walk in	930am-1130am	930am-1130am	930am-1130am	930am-1130am	930-1130
Lab collection		8am-930am			
Exercise with Brenda and Cindy		130-3pm Youth Centre		130-3pm Youth Centre	
Dispill Delivered			After lunch		
STI testing	930am-1130am		930am-1130am		
Immunizations		1pm – 4pm			

Other appointments such as foot care, home care, chronic disease management and other services are preferably booked by appointment.

What you need to bring when you come to the clinic:

*Your Quebec **health insurance card** (if it has expired, please contact the Régie de l'assurance-maladie du*

Québec at 1 (800) 561-9749); or contact Deb Stanger at Ville Marie hospital for assistance

*The complete list of **medications** you take, including over-the-counter medications, vitamins, supplements and natural products;*

*The list of your **allergies** ;*

Canadian Health Awareness for **December**

[World AIDS Day](#) - December 1*

[National Day of Remembrance and Action on Violence Against Women](#) - December 6*

[Human Rights Day](#) - December 10*



Seniors Corner

Seniors exercise group

At the Youth Centre every Tuesdays & Thursday

From 1:30pm to 3:30pm with Brenda (PSW)



If you require a ride or more information please call 819-723-2260

Seniors Committee meeting



shutterstock.com • 794450854

Thursday
December 5th, 2019 at
1:30pm



Job Opportunity - Homecare worker

Do you take pride in helping your elderly by doing home care work, such as; housekeeping (cleaning kitchen, living room, bathroom, maintaining the house clean), moping & washing floors, dusting, changing beds/laundry, meal preparation etc... Do you desire a job with flexible hours part-time hours while spending some time with our Elders that will allow you to balance work and family? If so, we can offer you a part-time job with some flexibility.

Call Lisa King @ 819-629-2676



SOPHIE MORIN
Group Fitness
TFN CLASSES

MONDAYS	POUND FITNESS (NAVIGATEURS) 7:15PM - 8:00PM - Drop-ins welcomed
TUESDAYS	ZUMBA (ECCS) 7:00PM-8:00PM - Drop-ins welcomed
WEDNESDAYS	POUND FITNESS (NAVIGATEURS) 7:15PM - 8:00PM - Drop-ins welcomed
THURSDAYS	ZUMBA (ECCS) 7:00PM-8:00PM - Drop-ins welcomed

Made with PosterMyWall.com

HO! HO! HO!

Families are invited to a
Ginger bread house making!

Date: Tuesday, Dec. 10th
 Time: 6:00pm to 8:00pm
 At the Health Centre,
 (Use 1st side door)

RSVP with Cathy @
 819-723-2260 by Dec 2

©gettyimages.com



Shopping bus



*** **Everyone is welcome** ***

The TFN Health and Wellness Center will have a bus going to New Lisheard once a month, starting in November:

Trip 2: December 13th (Christmas shopping)

Departure time: 9:30am

*** **Call the Health and Wellness Center at 819-723-2260**

1st stop: Giant Tiger

to sign up !

2nd stop: WalMart



Timiskaming First Nation
Publics work Department
24 Algonquin Avenue, Qc
J0Z 3B0

TIMSKAMING FIRST NATION SNOW REMOVAL

The TFN is pleased to offer our on-reserve senior member of the community a snow removal service, free of charge to their main residence. This service is also offered to TFN handicapped members at a reduced rate. Furthermore, the service will be provided to all community service buildings.

Please remember that this is a service we are providing, it is not an obligation on our part, TFN will not be held responsible in any way for accidents or injuries resulting from lack of sand or slippery yards or any damage to properties. The service of snow removal only applies to driveways – driveways will be plowed to allow adequate access to the residence. Additional snow removal (ex. Clearing of large driveways) will be at the home owners' expense.

In order to have a fair system, the criteria are and will be followed as such:

To qualify for this service you must:

Senior

Person must be a TFN band member and make request. (As of November 30th)

Must be the main home owner and reside there

Sign and annual agreement with the TFN administration

Be 65 years of age or over. (By December 31st of the current year)

Disabled/Handicapped

A certificate from your doctor. (Stating reason and duration of disability)

Have no other person physically capable of clearing snow residing with them.

The service will be offered at a discount rate of \$84.00. (Winter Season)

Optional

Sanding of cleaned driveway will be added for an additional \$15.00.

Amount / Snow Removal \$ _____

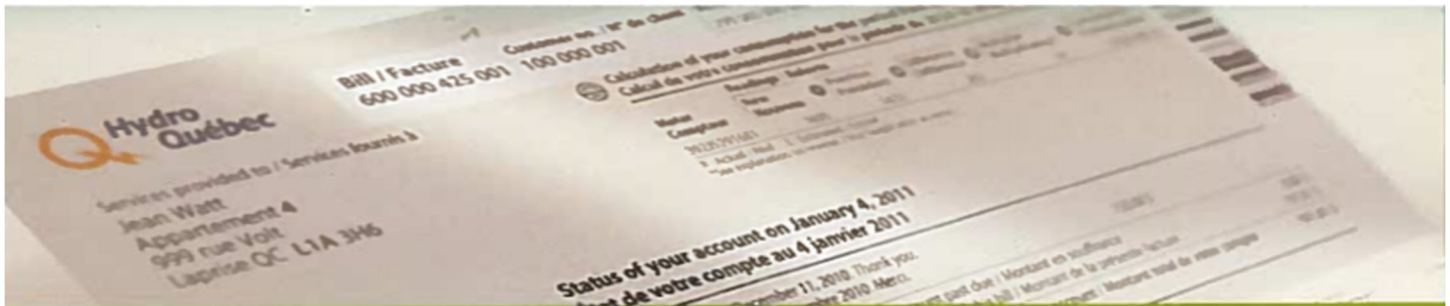
Amount / Sanding \$ _____

Address: _____

Total \$ _____

I have read the above and agree: (print name) _____

SIGN _____ DATE: _____



DON'T LET THE SITUATION GET WORSE...

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



2014G1116A

A friendly reminder

from the Timiskaming First Nation Police and O and M

Would like to advise all motorists of the Timiskaming First Nation, that there are new stops signs on Stanger's Road at the intersection of Makwa street (New development), making this intersection a 3 way stop. Please be mindful of this when traveling on Stangers road. The purpose of this is to make this area safer, thank you for your cooperation.

If you see a crime or have information about a crime please contact info crime at 1-800-711-1800, you may be able to upon request to receive up to 2000\$ in cash when the information you provide results in an arrest, criminal charges, or the seizure of goods from a suspect. You will receive the reward safely and anonymously.

WHAT IS *Échec au crime*

Échec au crime has been affiliated with *Crime Stoppers* since 1997. They are a non-profit organization that offers citizens a proven and effective method to help police prevent and solve crimes. It is independent of police forces and staffed by volunteers who are active and dedicated to community well-being and security. *Échec au crime* plays a major role in preventing crime. It acts as an intermediary between the public and the police in gathering and sharing information while preserving your anonymity.

***Échec au crime* ACTS
AS AN INTERMEDIARY
BETWEEN THE PUBLIC
AND THE POLICE.**



www.echecaucrime.com

Échec au crime
guarantees anonymity
and protects your identity.
You will not have
to testify.

Échec au crime plays a major role in crime prevention in the community. We also help other organizations dedicated to crime prevention, and we offer programs and activities to raise public awareness, particularly among youth and the elderly, of civic responsibilities and the right to their dignity:

- United against violence, Speak out!
- "Réveille-toi" Arthur stage play

HOW TO REPORT A CRIME?

Have you just witnessed a crime? Are you suffering and need help? Call 911 right away to talk to the police.

If you have information for us regarding a crime, you have two choices on how to report it:

☎ By telephone
1 800 711-1800

Speak directly with *Échec au crime* by dialing the toll-free number
1 800 711-1800

**NO CALLS ARE TRACED
OR RECORDED.**

Our personnel are there to listen to you **24/7**, regardless of the type of crime you are reporting. When you contact us, a case number is automatically given to you. No calls are traced or recorded.

🌐 By Internet
www.echecaucrime.com

You can report it directly on our secure Internet site. A reporting form on the home page will guide you concerning the information to be given to our personnel.

The site is designed to process your information and ensure the source remains anonymous.

Hi to all the snowmobilers

Just a few reminders



All snowmobilers must have a valid driving permit

All snowmobiles require valid registration & Insurance

Refrain from driving on public roads

Drivers and passengers should wear proper helmets



Wishing everyone a safe & fun filled snowmobile season from
the TFN Police department!



GHB

(Gamma Hydroxybutyrate)

INFORMATION



GHB

GHB (gamma hydroxybutyrate) is a substance naturally present in the body. It acts as a depressant, slowing down the activity of the nervous system. It also calms the nervous system.

GHB can be prescribed in Canada for the treatment of narcolepsy (a serious sleep disorder). However, it can also be made in illegal labs and sold illegal.

GHB (known as liquid ecstasy, G, grievous bodily harm, scoop and easy lay) is often called a date-rape drug. This is because its sedative effects prevent victims from resisting sexual assault.

In liquid form, GHB is odourless, colourless and tasteless. It can easily be slipped into other people's drinks without their noticing.

GHB can also come in the form of a powder or capsules.

The chemicals and processes used to make illegal GHB

vary, so the drug's purity and strength are not predictable.

The effects of GHB are typically felt within 10 to 20 minutes following consumption and may last for up to 5 hours.

Mental effects

The main mental effects when consumed may include feeling:

- happy, with a sense of well-being (euphoria)
- dizzy (this may last for several days)
- uninhibited (willing to do things they would not normally do)
- unable to remember things (loss of short-term memory)

Physical effects

The main physical effects of GHB use may include:

- jerky muscle movements and loss of coordination
- lowered body temperature (users feel cold)
- loss of consciousness
- slowed breathing (in high enough doses, the drug can even stop people breathing)
- At high doses, GHB's sedative effects may result in a coma or death.

Overdose

It is also relatively easy to overdose on GHB, which may lead to death.

Long-term effects of GHB

Little is known about the long-term use of GHB on people's health.

If you suspect you came in contact with GBH, see a physician and report the incident to Police.

Message from the TFN Police & NNADAP





TIMISKAMING FIRST NATION

24, Algonquin Ave.
Notre Dame-du-Nord
Quebec, J0Z 3B0
pw.director@atfn.ca

Tel: (819)-7232335
Fax: (819) -723-2353

PUBLIC WORKS DEPARTMENT

PUBLIC NOTICE

We would like to give notice of the **holiday schedule** for the **Eco Centre of operations** during Christmas and New Year's.

The schedule will be as followed:

Eco Centre Open—Friday December 27th 2019

10:00 am—3:00 p.m.

Eco Centre Open—Friday January 3rd 2020

10:00 a.m.—3:00 p.m.

Regular hours of operation will resume on Tuesday January 7th 2020. If you have any questions or concerns, please do not hesitate to contact Corey Stanger or Elijah Polson-Groulx at the Band Office.

We would like to thank you in advance for your cooperation and wish you a safe Christmas Holiday.

Sincerely,

Corey Stanger

Public Works Director

ZUMBA AND DRUMFIT CLASSES WITH JANICE



HEY KIDS!

You want to get active?

You are welcome to come join us every Wednesday at 6pm to 7pm in the Kiwetin gym. Starting date is October 9th, 2019. We will alternate from Zumba and Drumfit classes every week. All you need is to come dressed in comfortable clothing that's easy to move in and wear sneakers. No registration needed, drop ins are welcome

If you need more information you can call Martine at the Health Center.

Bring your water bottle





New service at TFN Health & Wellness Cen-

Experiencing stress, anxiety, depression ?

Need support as a parent ?

Questioning yourself about your drinking habits and/or other substances use ?

Breavement ?

First pregnancy ?

Just separated ?

Loneliness ?

Victim of bullying ?

Domestic abuse ?

Financial problems ?

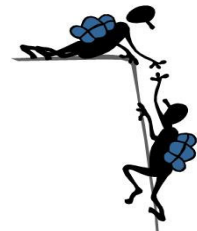
Just need to talk ? ... If in doubt, give us a call !



First Line Services Intervention Team created an Intake Program*
to better meet your needs. The support is just a phone call away !! **



(819-723-2260 ext. 145).

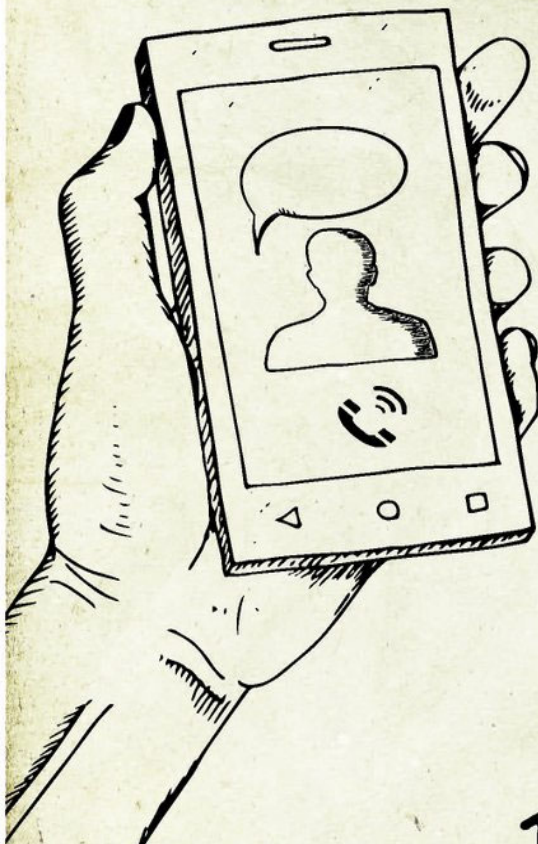


* the Intake worker is bound by confidentiality and will respect your boundaries.

** Accessible for the entire community !



NEED TO TALK?



Support is a
phone call away.



Call the **First Nations and Inuit
Hope for Wellness Help Line**

1-855-242-3310

Pub. 170025



Health
Canada

Santé
Canada

Canada

CHRISTMAS FOOD DRIVE

Please help us by donating non-perishable food items
to help benefit those in need this holiday season!



Feeding the
Community

Drop off locations:

Health & Wellness Centre

Band Office

Council Office



Pick-up can also be arranged!

**For pick up or more information,
please contact Marsha @ 819-723-5223**

Breakfast items

Canned meats

Canned veggies

Peanut butter

Jams

Kids snacks



CHRISTMAS TURKEY OR HAM



If you're a senior living in TFN and would like to
receive a turkey or ham this year

please call Marsha @ 819-723-5223

before Thursday, December 5th, 2019 @ 4:30pm

Delivery will be Tuesday, December 17th, 2019

Christmas Hampers

This years Christmas Hampers will be prioritized to single people and families with children based on their living situation.

Please complete the attached form and bring it to the Health & Wellness Center to the attention of Marsha Wabie.

Deadline for applications is December 5th, 2019

Applications handed in after deadline **will not** be accepted.

Delivery of hampers will be December 17th, 2019

If you have any questions feel free to contact:

Marsha Wabie at the Health Center

819-723-2260 or
819-723-5223



Complete the form and bring it to the Health & Wellness Center on/before **December 5th**

Note that all applications for Christmas Hampers are kept confidential

PLEASE PRINT

Name: _____

Number of adults living in household: _____

Address: _____

Names of adults: _____

Phone #: _____

Number of children living in household: _____

Source of income: _____

Children names: (0-17)

Reason for applying: _____

1. _____ age: _____

2. _____ age: _____

3. _____ age: _____

4. _____ age: _____

5. _____ age: _____



*Merry Christmas
and
Happy New Year*

*May your home be filled with the magic and joy of Christmas,
and may your hearts be filled with love and warmth.*

From the TFN Housing Department;

Don Chitt Simon Chief
Phonch Quid J. North



BOWLING

FOR TFN SENIORS

Thursday, December 12th, 2019

Thursday, January 9th & 23rd, 2020

1:30 pm

Tri-Town Bowling Alley

Haileybury, Ontario

Bus will not be provided.

Carpooling can be arranged.

Please contact

Marsha at 819-723-5223

if you require further information



December 2019

November '19							January '20						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2			1	2	3	4	
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Homework Club Open House	2 Gym Trivia Night	3 Gym Youth Book planning activity	4 Homework Club Board Games Youth Council	5 Homework Club Art Night (Snow Village)	6 Film Club Acting Class	7 Movie Night
8 Homework Club	9 Gym Trivia Night	10 Gym Youth Book planning activity	11 Homework Club Board Games Cooking/Life Skills	12 Homework Club Art Night (Snow Village)	13 Film Club Acting Class	14 Movie Night
15 Homework Club	16 Gym Trivia Night	17 Gym Youth Book planning activity	18 Homework Club Board Games Youth Council	19 Homework Club Art Night (Christmas Gifts)	20 CHRISTMAS DINNER	21 Movie Night
22 Homework Club	23 Centre Closed	24 Centre Closed	25 Centre Closed	26 Centre Closed	27 Centre Closed	28 Centre Closed
29 Centre Closed	30 Centre Closed	31 Centre Closed	1 Centre Closed	2 Centre Closed	3 Centre Closed	4 Centre Closed
5 Centre Closed	6 Switch Party	Notes				

Schedule for the Youth Centre

Calendar Templates by Vertex42
<https://www.vertex42.com/calendars/>



Holiday Wreath Workshop

using natural materials

*December 12, 2019
5:30pm-9:00pm
TFN Adult
Education Centre
Dinner & Door Prizes*



LIMITED SPOTS AVAILABLE

Call Tara for more info: 819-723-2291



THE WILDBASKET



November 12, 2019

Dear Parents, Guardians, and Grandparents

Hello, Kwe Kwe Everyone,

We would like to take this time to introduce ourselves, we are the new Parent Committee for Kiwetin Kikinamading. Below is a list of our members and the grade we each represent.

Junior Kindergarten and Senior Kindergarten- Trista Polson

Grade 1 and 2- Tamara Chevrier (Chairperson)

Grade 3 and 4- Christy Jamieson

Grade 5 and 6- Samantha Chevrier (Education Advisory Committee Representative)

Grade 7 and 8- Rebecca Chevrier

In past years the Parent Committee has not had a big part in the school, due to lack of parents interested in participating. This year we are happy to announce that we have a Parent representative for each grade. Also, this year we have decided to become more involved throughout the school year, we would like to take it upon ourselves, to help fundraise for our school and all the students that attend.

We would also like to be sure that all parents/guardians/ grandparents know that all Parent Committee Meetings are open for anyone to come get information, share information and ideas to help Kiwetin Kikinamading. Our next meetings are scheduled for January 14th, 2020, March 10, 2020, and May 12, 2020. If ever you have any questions or concerns please feel free to voice them to your child's parent representative, to ensure that your voice is heard. Please join us to help our school and all of the students in it.

Thank You

A handwritten signature in blue ink that reads "Polson".

Trista Polson

A handwritten signature in blue ink that reads "Tamara Chevrier".

Tamara Chevrier

A handwritten signature in blue ink that reads "Jamieson".

Christy Jamieson

A handwritten signature in blue ink that reads "Samantha Chevrier".

Samantha Chevrier

A handwritten signature in blue ink that reads "Rebecca Chevrier".

Rebecca Chevrier



Dibadjiymo Masina'gan

[illegible]

50/50 Tickets

TO BE DRAWN December 20th, 2019
Profits go towards Kiwetin Kikinamading activities
TICKETS ARE 3 FOR \$2.00
See the Parent Committee or Kiwetin to purchase your tickets.
Thanking you in advance for your continuous support!!

Raffle Tickets for Sale

Tickets are 1 for \$2.00
...OR...
3 tickets for \$5.00

Stop by the school for tickets or see any of the Parent Committee members.

Draw will be held on December 18th, 2019 at Kiwetin's Christmas Bazaar.

****All profits go towards the Gr. 7 & 8 year-end trip****

Upcoming Events

- The Kiwetin Christmas Concert will be on December 18th 2019 at 1:15 PM.
- Last day for students is December 20th 2019 and the first day back will be January 6th, 2020.

Happy Holidays From the Staff at Kiwetin Kikīnamading

Strive for progress not perfection.

.....

Flu shots are now available at the health Centre during walk-ins or call to make an appointment



Fight the flu wash your hands



See if you meet the criteria to get a
free flu vaccine



INFORMATION SHEET

| September 2019 |

Regarding free influenza and pneumococcal vaccines

This sheet gives indications on free vaccination, financed by the MSSS, for the influenza vaccine (flu shot) from the age of 6 months, Pneumococcal Conjugate vaccine (Pneu-C) as of 2 months and the Pneumococcal Polysaccharide vaccine (Pneu-P) starting at 2 years of age. For more detailed information, consult the appropriate sections in the PIQ (*Protocole d'immunisation du Québec*).

POPULATIONS / CONDITIONS		INFLUENZA INDICATED AND FREE	PNEUMOCOCCAL INDICATED AND FREE		
			PNEU-C <18 YRS	PNEU-C ≥18 YRS	PNEU-P ≥2 YRS
MEDICAL OR LIFE CONDITIONS	Healthy pregnant women in the 2 nd or 3 rd trimester (13 + weeks)	Yes	No		
	Ages 6 months to 74 years, including pregnant women (in all stages of pregnancy), with the following conditions:				
	Functional or anatomic asplenia	Yes	Yes	Yes	Yes
	Conditions leading to immunodepression (i.e.: immunodeficiency, leukemia, immunosuppressive treatment, organ or bone marrow transplant, cancer, HIV infection)	Yes	Yes	Yes	Yes
	Chronic renal failure or nephrotic syndrome	Yes	Yes	No	Yes
	Cardiac or chronic pulmonary disease requiring regular medical follow-up or hospital care	Yes	Yes	No	Yes
	Asthma requiring regular medical follow-up or hospital care, for people at and over the age of 50	Yes	No	No	Yes
	Asthma requiring regular medical follow-up or hospital care, for people under the age of 50	Yes	No		
	Conditions leading to a decrease in respiratory secretion evacuation or risk of aspiration (I.e.: cognitive impairment, spinal cord injury, seizure disorders, neuromuscular disorders)	Yes	Yes	No	Yes
	Diabetes	Yes	Yes	No	Yes
	Chronic liver disease	Yes	Yes	No	Yes
	Chronic loss of cerebrospinal fluid	No	Yes	No	Yes
	Homelessness and/or current and regular hard drug use (by inhalation or injection) with health deterioration or precarious living conditions	No	Yes	No	Yes
	Presence of cochlear implant	No	Yes	No	Yes
	Anemia (except in the case of sickle cell anemia or other hemoglobinopathies – see asplenia)	Yes	No		
	Hemophilia	Yes	No		
	Inherited disorders of metabolism (type I hereditary tyrosinemia)	Yes	No		
	obesity BMI >40	Yes	No		
	Long-term acetylsalicylic acid treatment (for youth under the age of 18)	Yes	No		
AGE OR ENVIRONMENT	Residents of retirement homes, long-term care facilities or intermediate resources	Yes	No		
	Children from 2 to 59 months	No	Yes	-	No
	Healthy people between the ages of 65 and 74 years	No	-	No	Yes*
	People 75 years and more	Yes	-	No	Yes*
CONTACTS	Health care workers	Yes	No		
	People living under the same roof and caregivers of people in at-risk groups, including immediate households of children younger than 6 months	Yes	No		

*Only if no dose has been received after the age of 65.
msss.gouv.qc.ca/professionnels/vaccination

Québec



*be good to
yourself*

SELF-CARE IS FOR EVERYONE



**Treat yourself to a nice relaxing
massage by the hands of a true
professional.**

Men and women are welcome to benefit this FREE of charge Self-care!!

Annie Parent from **MassaJannie** will be coming to the Health Center to offer her services to the community.

- December 16th to 20th, 2019 daytime and evenings sessions.

**To make an appointment please call Cathy at 819-723-2260
Spots are limited!**



Do you still have Christmas shopping to do?



The TFN Health Centre will have a bus going to North Bay's Northgate Mall.

- Saturday, December 14th, 2019
- Departing from the Health Centre at 8:45 am
- Leaving North Bay at 4:00 pm to be back in the Community for approximately 6:00 pm.

Please call the Health Centre at 819-723-2260 to sign up.

.....

Timiskaming First Nation

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Recycle	4 Freezer meals 1pm	5 Seniors Meeting 1:30pm Freezer meal 6 to 8pm	6	7
8	9	10 Garbage	11 Freezer meals 1pm Hospital liaison	12	13	14
15 Breakfast with Santa 9am to 12	16	17 Recycle	18 Freezer meals 1pm	19	20	21
22	23	24 Garbage Christmas Eve	25 Christmas Day	26 Boxing Day	27	28
29	30	31 Recycle New Year's eve				

