
Kidodenaminan

TFN Newsletter

Our Community

June 14th, 2021



Ode'imín gîzis
(Strawberry moon)



When it's really hot, your state of health can quickly deteriorate.

To protect yourself from the effects of heat:

③ Drink **6 to 8 glasses of water** a day or follow a doctor's recommendation



③ Spend at least 2 hours a day in an **air-conditioned or cool place** (shopping centre, library, etc.)



③ Take at least **1 cool shower or bath** a day, or cool your skin several times a day with a wet washcloth



③ Avoid alcohol

③ Reduce your physical efforts

③ Wear **light clothing**

③ **Contact your family and friends**, especially those with less autonomy or living alone




If you are not feeling well or have health-related questions, call Info-Santé **8-1-1** or speak to a health professional.

In an emergency, call **9-1-1**.

Learn more at
www.sante.gouv.qc.ca

Santé
et Services sociaux
Québec






You're Invited!
Agnico Eagle Mines invites you to an online public information session.

THURSDAY, JUNE 17TH, 2021 - 6:30PM TO 8PM

PUBLIC INFORMATION SESSION ON THE UPPER BEAVER MINE PROJECT

Agnico Eagle Mines is currently evaluating opportunities to develop the Upper Beaver deposit, located in the township of Gauthier, into a gold and copper mine. As we explore Upper Beaver's potential, we are committed to sharing information about the project and to conducting meaningful community engagement.



AGNICO EAGLE
UPPER BEAVER PROJECT

We make mining work.
INFORM. ENGAGE. ADAPT.

Ni Dakinan, The Economic and Sustainable Development department would like to inform you that Agnico Eagle is hosting an information session on their Upper Beaver Project near Kirkland Lake. We would like to mention that the information session is for the general public and that TFN is being consulted separately on this project. We will be reaching out to the community with our own information session for all development projects on the territory in the near future.

If you are interested in learning more about the project, you may attend the online platform on June 17th, at 6:30.

Call or e-mail me with your interest and I can make sure you have the link.

Lindsay McLaren Polson

Sustainable Development Manager

Timiskaming First Nation

819-723-2291

Sd.manager@atfn.ca



DURING THIS PUBLIC INFORMATION SESSION, WE WILL:

- Provide an overview of the Upper Beaver mine project.
- Share preliminary plans and estimated timelines for assessments, permitting, approvals and development activities.
- Answer questions and collect feedback.

REGISTRATION REQUIRED

TO REGISTER
relations.upperbeaver@agnicoeagle.com

INFORMATION REQUIRED
Full Name
Organization (if you represent an organization)
Email
Phone Number

www.upperbeaver.agnicoeagle.com



Following your registration, you will receive the information to join the online meeting.

AGNICO EAGLE
UPPER BEAVER PROJECT

We make mining work.
INFORM. ENGAGE. ADAPT.

NEWS IN EDUCATION

It's hard to believe, but another school year for elementary and secondary students is quickly winding down. And what a strange year it has been! We can't say enough about the tenacity and resilience of our students and staff, at all of our schools both in Quebec and Ontario. It has required extra effort, ingenuity, and quick changes in plans. Let's hope that with more and more people vaccinated every day, that the 2021-22 school year will be much more 'normal', giving everybody a big boost to their morale!

Upcoming Events:

- Shane Polson, EPP Coordinator, has coordinated pick-up locations for the Covid self-care packages prepared for all of our students by the Education Department. If you cannot arrange to pick up yours (or your child's) at the designated time/place, we will keep it at the band office and you can pick it up here between 8:00 AM to 12:00 noon or 1:00 to 4:30 from Monday to Thursday.
- Due to the pandemic, most graduations at schools are once again 'virtual' events this year. Plans are in the works for a community graduation celebration, to help our students and their families commemorate this important achievement in their educational journey. Given that there are still restrictions on outdoor gatherings, the pandemic committee has approved the following all-day event:
 - Graduating classes (for example, Senior Kindergarten at Kiwetin) will gather, with their families, at the Pow Wow grounds at a specific time allotted to them, likely near the end of June (date to be announced).
 - We will spend 1 ½ to 2 hours celebrating those children and their success in reaching this milestone, with opportunities for photographs and light refreshments.
 - We will then continue with another graduating group, until we have covered all graduating classes from all schools, as well as local graduates from adult education, college or university.
 - Beginning at 5:00 PM, each family with a graduating child/young adult, will be provided with a 'drive-thru' dinner at the Health Centre community room window, to take home and enjoy together.
- Last but not least, please contact Jane Wallace, Education Director, at 819-723-2335 if you have any interest in taking a Social Service Worker course here in the community. This is currently for an expression of interest only, but required if we plan to continue on a path to find space and resources for such a venture. It is anticipated that there will be a high need for individuals with this certification in the not-too-distant future.

I would like to take this opportunity to wish all of our students and teachers a safe, relaxing and enjoyable summer! Meegwetch!

Funding Opportunities for Post-Secondary Education

The Federal government Indigenous Skills Employment Training (ISET), previously known as ASETS, funding typically pays for:

- six month job trade skill courses e.g. construction, plumbing, electrician, welding
- two year college diploma e.g. practical nursing
- last year of a university program, bachelor, masters, doctorate
- may also cover high school upgrade GED

Current ISET funding is \$408 million per year.

The Tribal Councils ISET programs typically require the candidate to be living on the Tribal Council lands. For Metis, the candidate typically needs to be a member of the Metis Association for the specific province to access that provinces Metis ISET program. The Inuit ISET programs typically needs the candidate to be living on Inuit owned lands.



Congress of Aboriginal Peoples (CAP) and Native Women's Association of Canada (NWAC) fund Indigenous across Canada including Status, Non-Status, Metis & Inuit. CAP focuses on people living OFF reserve (those falling through the cracks). NWAC is FOR WOMEN ONLY but doesn't have any residency requirements. There are scholarships & trusts that help pay for Indigenous education & training: Indspire, Yconic, NIB Trust & Inuit DAF.

The Federal & most Provincial, Territorial Governments have a variety of student Allowances, Grants & Loans. The Canada Child Benefit currently pays:

- \$6,639/year for each eligible child under the age of six
- \$5,602/year for each eligible child aged 6 to 17 More...



Timiskaming First Nation Police Force

June 9, 2021

For the Month of May 2021, police answered 44 calls of a wide variety. This is a breakdown of the calls received that required police intervention. With these stats it brings the total to date from January 2021, 196 files for the TFN Police Force.

20-Assistance to Public and other Organizations.

5-Alarms.

6-Intervention Reports

1-Person in distress

8-Information from Public

2-Sexual Assaults & Interference

2-Highway Infractions

A MESSAGE FROM SOPFEU

The Ministère des Forêts, de la Faune et des Parcs has decided to prohibit open fires in or near the forest, due to the current conditions. This decision, taken in collaboration with the Société de protection des forêts contre le feu (SOPFEU), results in a ban that comes into effect on June 9 at 8:00 a.m.

The sectors affected by this measure correspond to the following MRCs and territories:

- NORTHERN QUEBEC: Jamésie (991) - south of latitude 51°, Eeyou Istchee (Waswanipi, Mistissini, Oujé-Bougoumou) (993).
- NORTH COAST: Upper North Shore (95), Manicouagan (96) and Sept-Rivières (971) - south of 51° latitude.
- SAGUENAY-LAC-SAINT-JEAN: Domaine-du-Roy (91), Maria-Chapdelaine (92) - south of 51°, Lac-Saint-Jean-Est (93), Saguenay (941), Le Fjord-du-Saguenay (942) - south of 51°.
- ABITIBI-TÉMISCAMINGUE: Témiscamingue (85) - north of latitude 47°, Rouyn-Noranda (86), Abitibi-Ouest (87), Abitibi (88), La Vallée-de-l'Or (89).**
- MAURICIE: Mékinac (35) - north of latitude 47°, La Tuque (90).
- CAPITALE-NATIONALE: Charlevoix-Est (15), Charlevoix (16), and La Côte-de-Beaupré (21), La Jacques-Cartier (22), Portneuf (34) - north of latitude 47°.
- BAS-SAINT-LAURENT: La Matapédia (07), La Matanie (08), La Mitis (09), Rimouski-Neigette (10), Les Basques (11), Rivière-du-Loup (12), Témiscouata (13), Kamouraska (14).
- GASPÉSIE-ÎLES-DE-LA-MADELEINE: Le Rocher-Percé (02), La Côte-de-Gaspé (03), La Haute-Gaspésie (04), Bonaventure (05), Avignon (06).

To consult the map of the affected territory, go her : 21-06-09-IFCO-Carte.jpg (1650×1275) (sopfeu.qc.ca)

Currently, 14 fires are active in Quebec. Since the beginning of the protection season, 318 forest fires have affected 1288.3 hectares. The average of the last ten years at the same date is 186 fires for an area of 3404.4 hectares.

The cooperation of all is essential to ensure that the ban on open fires in the forest is respected. The purpose of this measure is to limit the risk of forest fires. It is important to remember that under section 239 of the Sustainable Forest Development Act (chapter A-18.1), anyone who contravenes an order prohibiting open fires in or near a forest or any other measure issued by the Minister is liable, in addition to paying the costs, to a fine.



Warm Weather Pet Safety

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

Be prepared

Talk to your veterinarian about warm weather risks for pets (and travel safety if you plan to travel with a pet).
Make sure your pets have unlimited access to fresh water, and access to shade when outside.
Keep your pet free of parasites that are more common during warm weather, such as fleas, ticks and heartworm.
Ask your veterinarian how to recognize signs of heat stress.

Keep pets at home

Leave your pets at home if possible when you need to go out and about.
Provide different temperature zones within your house for your pet’s comfort.
Never leave a pet in the car, even in the shade or with windows cracked. Cars can overheat quickly to deadly temperatures, even when the weather isn’t severe.

Keep them comfortable

If it’s hot outside for you, it’s even hotter for your pet.
Take walks, hikes or runs during the cooler hours of the day.
Avoid hot surfaces, such as asphalt, that can burn your pet’s paws. Ask your veterinarian if your pet would benefit from a warm-weather haircut or sunscreen.

Exercising with your pet

Consult your veterinarian prior to starting an exercise program for your pet. Overweight pets and short-nosed dog breeds have higher risk of problems with warm-weather exercise.
Don’t walk, run or hike with a dog during the hottest parts of the day or on particularly warm days.
Take frequent breaks.
Bring enough water for both you and your pet.

Garden and yard safety

Make sure the plants in your garden and yard are safe for pets.
Store lawn fertilizer and insecticides out of reach of your pets.
Always follow safety instructions on lawn and garden products, particularly the instructions on how long you should keep pets out of the treated areas.
If you use a lawn service, make sure they are aware that you have pets.
Avoid using cocoa bean mulch, which contains the same pet toxin found in chocolate





ANNUAL RENT ADJUSTMENT

To all tenants:

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

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

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

INCOME ASSISTANCE

- Food vouchers are available for clients that are experiencing food insecurity from either Saguays or Widjikiwe Gas Bar. Vouchers are for food goods only and are available to all Income Assistance clients. Call the Band Office to schedule a pick up.

- Declaration cards are to be returned to the Band Office by the 20th of each month. If you did not receive one, you must call the office before the 20th.

Hi, my name is Justin Polson and I'm very excited to announce that I'm the new Culture Coordinator for the Temiskaming First Nation Health & Wellness Centre. First off all I'd like to say thank you to the people that gave me a shot in hiring me and I'm very grateful for the position. I'm here to let you all know that I'm ready to do my best and I'm looking forward to working with our youth, adults and elders. As the culture coordinator I plan on continuing the hard work of employee's that were here before me and I want to make sure that their hard work is moving forward in a good direction but at the same time I want to implement my own thoughts and ideas, I'm very excited to see what I can bring to the program. With that being said if you have any questions for me please don't hesitate to drop by or call me at

Justin Polson

Culture Coordinator

22 Algonquin Ave

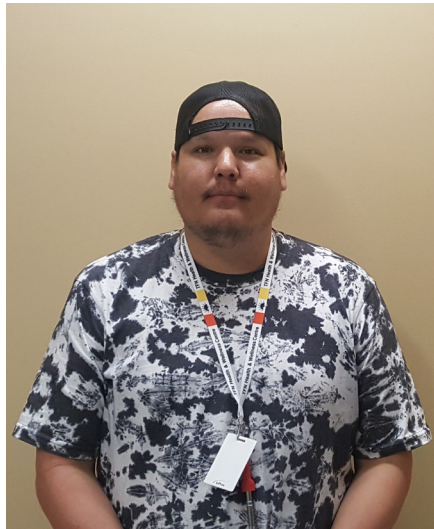
Notre Dame du Nord, QC

J0Z3B0

Phone: 819-723-2260 ext125

Fax: 819-723-2272

E-mail: Justin.Polson@tfnhwc.ca



Loic Allenbach-Bellehumeur, Hearing aid Practician

Will be coming back to: Timiskaming First Nation Health & Wellness Centre

June 18th from 9:00am to 11:00am

You can have an appointment with your hearing aid practitioner for:

- Cleaning your hearing aid
- Advice
- Adjustments
- Hearing test, etc...

If you would like to make an appointment please call 819-723-2260

~~~~~ **JUNE 15** ~~~~~



# WORLD ELDER ABUSE

**AWARENESS DAY**

Join us in bringing awareness by  
wearing **PURPLE** on June 15th



Sometimes the only things  
visible are tears...



**Elder Mistreatment**

Helpline 1-888-489-2287

[www.aideabusaines.ca](http://www.aideabusaines.ca)

**\*\*NEW DATE\*\***



# Elders Feast



**Age 65+**  
**Seniors Unit**  
**Take-out only**  
**June 22nd, 2021**  
**5pm**

**"Honor your Elders"**  
For they have the Wisdom  
to Teach what we have not  
learned yet.





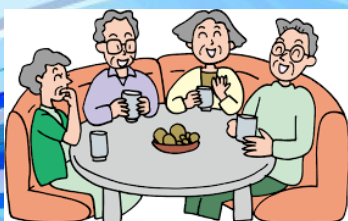
# Seniors Social Gathering

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

Its time to catch up!

**Thursdays**  
**Starting at 1:30pm**

**Location:**  
**Seniors Unit**



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

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



*Cuts with Trudy*

Friday, June 25 : Seniors 65+  
Saturday, June 26 & Sunday, June 27 : Youth 0-17

Location: Seniors Unit

To book your appointment,  
please call Trudy @  
873-998-2008

We ask that if you cannot honour  
your appointment, please call the  
day before.

Sponsored by TFN Health & Wellness Centre





**Seniors Health Walk**

Put on your comfy shoes and let's start walking

Every Monday @ 1pm  
Leaving from the Seniors Unit

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

Refreshments and a light snack will be served after the walk

Everyone is welcome to join!



# Walking Group

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



Open to everyone who wishes to come out and participate.

**Strollers available**



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

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



# Community Sweat Lodge

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

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



## Virtual Yoga Classes



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

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

Zoom link:

Meeting ID: 695 432 7604

Passcode: HP123

Anishnabe Long Term Care Center  
**FIND THE JOKER (win the painting)**

Mon, March 29, 2021

Hand Painted by  
**Wayne McKenzie**



Painting measures  
20" x 14"

**\$10/ card**  
**(Find The Joker)**

To purchase a card please call (819) 723-2225

All The proceeds are to benefit the residents activity funds

Anishnabe Long Term Care Center



**\$2 for 3 Tickets**

Draw will be held on Friday, June 18, 2021

SUMMER Fundraising BBQ

Friday, June 18th,

Starting at 12 Pm

(more details to follow)



For more info contact Karin at 819-723-2225 ext 0

**All the proceeds will benefit the residents  
activity funds.**

# THE ADVENTURERS GUILD

## TFN Youth Center BOOK CLUB

Book Club will now be held  
at the Youth Center!

Please remember social distancing and  
to wear a mask!

Next meet will be  
Monday, June 14 at 6 PM



## GYM NIGHTS

Gym Nights will continue on  
Thursdays and Saturdays for the  
month of June!

5:30 pm - 7:30 pm

Sign up is a must!

We have 11 spots open until further notice!



## TFN YOUTH CENTER FIRE NIGHT

Will continue through  
the summer every  
Tuesday beginning at  
6:30 pm

Weather Permitting

Please remember social distancing  
still applies, and please wear a  
mask!  
Thank you!







# Kids Cooking

**JULY 13th @ 11am  
Health Center**

To register please call 723-2260  
by July 9th.



Made with PosterMyWall.com

## Monthly family suppers!

**Starting in June!**



**Registration is required!  
Please call the Health  
Center to sign up!**

**819-723-2260**

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



## FAMILY PAINT NIGHT

*Tuesday July 6 @  
bpm*

Darlene will be hosting a paint night for  
parents & children.

Please msg Bonnie for sign-up

Location: Health Center



## Food Security

**If you require food support , you  
can call the Wedokowin First Line  
Services support phone**

**# 819-629-9878**



**We will get through this difficult  
time together! Please stay safe  
and remember to wear your mask  
and practice social distancing.**



**SUMMER  
DAY CAMP**  
Starting July 5th 2021  
at the Rec Centre  
Ages 5-10  
Must Pre-Register

**By June 24th at 4:30p.m.**

**Priority will be  
given to children whose parents  
are working for TFN this summer  
as we can only accept  
a small group.**

Must provide your  
own snacks,  
lunch and water bottle

Mon.-Thurs  
7:45-4:45  
Fri.-7:45-12:30

**Contact Samantha Pritchard to register**

**819-723-2260**

Sign out for Bikes are starting  
June 17th

**FREE**

# BIKE

## RENTALS

**NEW BIKES**

**ENJOY YOUR RIDE WITH THE FAMILY**

3 TRAILER STROLLERS AVAILABLE

For more info please call 723-2260

Timekeeping First Nation Health & Wellness Centre

*Give Him the Best Day Ever*

# FATHER'S Day

CONTEST  
DEADLINE IS  
SUNDAY, JUNE 20

**NOMINATE YOUR DAD BY TELLING US WHY HE IS THE BEST DAD EVER! IF YOU WIN, HE MUST CLAIM HIS PRIZE. WINNER WILL BE ANNOUNCED AFTER THE 5K RUN.**

SEND NOMINATIONS TO:  
[janice.wobie@tfnhwc.ca](mailto:janice.wobie@tfnhwc.ca)



# Timiskaming First Nation Reimbursement Fund



**The Community Mobilization Program**  
**will be reimbursing inscriptions in**  
**sports or extra curricular activities**  
**(piano lessons, dance, swimming etc.)**  
**for children and youth ages 0-18 years old.**



**Bring your receipts to Samantha Pritchard**  
**at the TFN Health and Wellness Center**



**A reimbursement of 50% (up to \$200.00) will be given!**

**Receipts from March 2020 to March 2021 will be accepted**

**\*Must be a TFN Band Member to qualify\***



**For more information call**  
**Samantha Pritchard**  
**819-723-2260**



Timiskaming First Nation  
Health Centre

# 5K



**TIMISKAMING FIRST NATION  
PRESENTS  
EVERY CHILD MATTERS**

# WALK/RUN

**JUNE 20, 2021**

**STARTS  
9:30AM**



**HONOURING RESIDENTIAL SCHOOL SURVIVORS**

**START/FINISH LINE AT POW-WOW GROUNDS**

**PRIZES FOR TOP 2 MALE/FEMALE IN EACH CATEGORY**

Categories: U10 11-13 14-17 18+ 50+

Distances: 1k 2k 5k 5k 2k

Registration Fee: \$10 for under 17, \$20 for 18+

Swag bag with each registration

**To register: Call Heather McBride at the TFN Health Center  
819-723-2260**

# Every Child Matters

## 5K Race Day Schedule

**JUNE 20, 2021**  
**TFN Pow-wow Grounds**

**9:00 AM      REGISTRATION + CHECK IN**

**9:30 AM      OPENING CEREMONY**

Prayer by Elder Phil Gliddy  
Song by Iron Stone

**10:00 AM      5K RACE START**

14-17, 18+, 50+, Walking Division

**11:00 AM      2K RACE START**

11-13, 50+, Walking Division

**11:30 AM      1K RACE START**

U10

**12:00 PM      TAKE OUT LUNCH + PRIZES**

**1:00 PM      CLOSING CEREMONY**



# HOW TO TALK TO OUR KIDS ABOUT RESIDENTIAL SCHOOLS?

- 1** Prepare yourself emotionally first (this is an emotional topic to talk about)
- 2** Use age appropriate information and language to share the truth (reading books is helpful for young children!)
- 3** Allow time and space for questions (all questions are allowed)
- 4** Ask how their heart is feeling. Acknowledge their feelings. All feelings are welcome (you can share your feelings too!)
- 5** Talk about the healthy things they can do to express their feelings (cry, hug, pray, art, movement, wear orange shirt, educate others, place shoes outside their doors to honor 215 children, etc.)

*The Prevention House*  
NURTURING RESILIENCE IN FAMILIES



## Nobody's Perfect



**Nobody's Perfect** is a parenting program offered in communities by facilitators to help support parents and young children.



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

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

Janice and Bonnie on FB messenger

## SATURDAY NIGHT TRIVIA

Every Saturday night on zoom

Meeting ID: 882 8585 5770

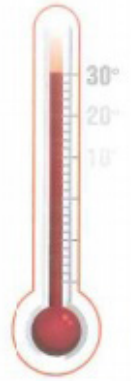
Passcode: 258336

At 8pm

Contact Samantha Pritchard



# It's really hot!



## Precautions you need to take for children

In periods of intense heat, children's state of health can quickly deteriorate.

### Be sure you:

- Give the child a glass of water every 20 minutes
- Cool the child's skin several times during the day with a wet washcloth
- Give the child a lukewarm bath or shower at least twice a day
- Plan outdoor activities before 10 a.m. and after 3 p.m.
- Dress the child with light clothing and use a wide-brimmed hat for head protection



Breastfeed babies more often or give nursing bottle babies water in between feedings.



Never leave a child or a baby alone in a car or poorly ventilated room, even for only a few minutes.

### Watch for these important symptoms:

- Less urine and/or dark urine
- Dry skin, lips or mouth
- Headache, vomiting or diarrhea
- Abnormally pale or reddish skin colour
- Sunken eyes and bags under eyes
- High rectal body temperature of 38.5 °C or more
- Unusual agitation, irritability or confusion
- Difficulty breathing
- Drowsy, excess sleep and difficulty waking up

If the child or baby shows one or more of these symptoms or if you have health-related questions, call Info-Santé **8-1-1** or speak to a health professional.

In an emergency, call **9-1-1**.

Learn more at  
[www.msss.gouv.qc.ca/chaleur](http://www.msss.gouv.qc.ca/chaleur)

# Behaviour

nobody's perfect

## Ways to Guide Your Child's Behaviour

- **Remember your child's age.** It is hard for very young children to control themselves, even when they know the rules. As children grow, they understand rules and can remember them better. When you choose how to guide your child's behaviour, think about what he is able to do at his age.
- **Offer choices.** If your child is 1½ to 2½ years old, he probably likes to say "no" a lot. Try not to ask questions that require a "yes" or "no" answer. For example, if you have to go to the store, do not say, "Do you want to go to the store now?" Instead, try, "We're going to the store now." Then right away offer a choice between two things that you can accept. "Would you like to wear your jacket or your sweater?"
- **Follow up with consequences.** Children age 3 years and older can understand the link between what they do and the results that follow. You can set consequences for their behaviour to help them learn from their mistakes. For example, if your child throws food on the floor, she must help clean it up. Be sure that any consequences are fair, realistic, safe, and right for

your child's age. Be kind and firm when your child does something she is not supposed to do. You need to follow through with the consequences you said would happen.

**i** No matter how well you teach your child, no child can behave the way you want all the time.



For more information about *Nobody's Perfect*, or to download this document, please search "Nobody's Perfect Tipsheets" on [Canada.ca](http://Canada.ca).



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

# Fun & Easy Activities

## What would happen if...

- Play a game of “What would happen if...” with your preschooler. For example, you could ask, “What would happen if we forgot your backpack?” Together, think of all the consequences of forgetting the backpack. When it is your child’s turn, he may ask, “What would happen if we met a dinosaur on the next street?!” Let your imagination run loose and have fun. Silly answers are okay.
- This game gives your preschooler practice thinking about the consequences of his actions.

## A Puppet for your Pocket

- Children’s behaviour often gets worse when they are bored. They need something interesting to do. Try using a puppet to distract your child. When you change the mood, their behaviour may improve.
- You can make a simple puppet out of a sock that fits on your hand. Open your hand so your fingers are facing your thumb. Now slide your hand into the sock. To make the puppet’s mouth, bring your thumb up to meet your fingers. To make a nose, push your middle finger forward. Ask your child where to put the puppet’s eyes. You can draw the eyes with a marker pen. If your child is old enough, let her do it.
- Your puppet can be very simple. Children have a good imagination. If you want, you can sew on coloured wool for the eyes and add more wool for hair.
- Begin moving the puppet’s mouth and talking in a different voice. How long does it take for your child to start talking to the puppet instead of to you? You can carry your puppet in your pocket and bring him out at the right moment. Is your child bored waiting in line at the grocery store? When your puppet starts telling funny stories, it could turn into a fun time.

Program providers: Please use this space to input your organization's information.

Janice and Bonnie on FB messenger





# SAFE PLACE

Timiskaming First Nation Health and Wellness Centre

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

For more information or details about the SAFE PLACE, please call (819) 723-2080

## AA & NA Meetings

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

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

COVID safety measures will be in place.  
For more information, call:  
Donna or Aaron at 819-723-2260 ext 154 or 105







# 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](mailto:MyRecordsMyChoice@irsad-sapi.gc.ca)  
Online: [www.MyRecordsMyChoice.ca](http://www.MyRecordsMyChoice.ca)

#### ASSEMBLY OF FIRST NATIONS

Phone: 1-833-212-2688 (toll free)  
Email: [iapdesk@afn.ca](mailto:iapdesk@afn.ca)  
Online: [www.afn.ca](http://www.afn.ca)

#### INUIT REPRESENTATIVES


Contact for the Inuvialuit:  
Phone: 1-867-777-7018  
Email: [ggruben@inuvaluit.com](mailto:ggruben@inuvaluit.com)  
Online: <http://www.irc.inuvaluit.com/>

#### Contact for Makivik:

Phone: 1-800-369-7052  
Electronic communications can be submitted at:  
<http://www.makivik.org/contact/>  
Online: <http://www.makivik.org>

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

Phone: 1-855-415-4534 (toll free)  
Email: [NCTRrecords@umanitoba.ca](mailto:NCTRrecords@umanitoba.ca)  
Online: [www.NCTR.ca](http://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**

## ***Flossing your teeth is more important to your well-being than even brushing. So why do so many of us find reasons not to do it?***

We have excuses, but dentists and dental hygienists have simple answers for them all.

### **Excuse No. 1: Food Never Gets Stuck In My Teeth**

- The main purpose of flossing isn't to remove food from the teeth. It's to get rid of plaque. Busting out the floss every day prevents gum disease and tooth loss. Everybody gets plaque, and it can only be removed by flossing or a deep cleaning from your dentist



### **Excuse No. 2: I Don't Know How to Floss**

- Use these tips to floss correctly:
  - Use 18 inches of floss. Wrap most of it around the middle finger of one hand, the rest around your other middle finger
  - Grasp the string tightly between your thumb and forefinger, and use a rubbing motion to guide it between teeth
  - When the floss reaches the gum line, form a C to follow the shape of the tooth
  - Hold the strand firmly against the tooth, and move it gently up and down
  - Repeat with the other tooth, and then repeat the entire process with the rest of your teeth
  - Use fresh sections of floss as you go
  - Don't forget the back of your last molars as most gum disease and most decay occurs in the back teeth

### **Excuse No. 3: I'm Not Coordinated Enough to Floss**

- If you have trouble reaching the back of your mouth, ask your dentist about:
  - Plastic, disposable, Y-shaped flossers that allow for extra reach
  - Small, round brushes
  - Pointed, rubber tips
  - Wooden or plastic pics (called interdental cleaners)
- A child will need your help to floss until he's about 11 years old. **Kids should start to floss as soon as they have two teeth that touch**



### **Excuse No. 4: I Don't Have Time**

- Find a time of day that works for you. You should floss at least once a day. Two times is best
- Make it a part of your routine, morning and night. If you find you forget, store your floss with your toothbrush and toothpaste to remind yourself
- You don't have to do it in front of your bathroom mirror. Keep some floss in your car to use while you're in traffic. Stash some in your desk and use it after lunch. The key is to fit in flossing when it works for you

### **Excuse No. 5: It Hurts**

- If your gums bleed or hurt, you may have gingivitis or gum disease. That's an even bigger reason to floss
- If you brush and floss daily, the bleeding and pain should stop in less than 2 weeks. If it doesn't, see your dentist


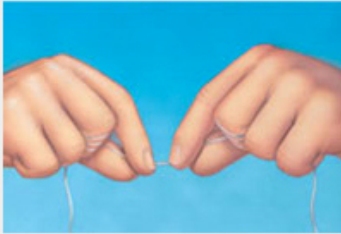


## Excuse No. 6: I'm Pregnant

- It may be hard to floss if you're tired or nauseated. But it's important to keep up with your brushing and flossing routine. Pregnancy can cause a wide range of dental issues, from gum disease to enamel wear

## Excuse No. 7: My Teeth Are Too Close Together

- Try waxed or glide floss for an easier fit. If you have recessed gums, varied gaps between teeth, or braces, you can also try a threader or loop to find an easier entry point. If your floss shreds, you may have a cavity or a problem with dental work, like a broken crown or loose filling. Ask your dentist or dental hygienist to take a look

### STEPS FOR PROPER FLOSSING TECHNIQUE:

|                                                                                     |                                                                                                                                                                                           |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | 1. Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving 1" - 2" length in between. Use thumbs to direct floss between upper teeth. |
|  | 2. Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.                                                             |
|  | 3. Gently guide floss between the teeth by using a zig-zag motion. DO NOT SNAP FLOSS BETWEEN YOUR TEETH. Contour floss around the side of the tooth.                                      |
|  | 4. Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.                                                    |





## **The First Peoples Innovation Center is looking for new talents to complete the next cohort of Onaki FabLab in Gatineau.**

At the Onaki FabLab, you will be able to learn how to use highly specialized machines such as 3D printers, laser cutting, digital milling, and many more. Many of your instructors are Indigenous youth who have completed this training. With them, you will learn the use of machines one step at a time and put what you know into practice.

The Onaki FabLab is the first Indigenous FabLab in Canada. It is an open space with an array of computer-driven machine tools as well as traditional Indigenous tools. This equipment allows participants to design various projects that bridge technology with Indigenous culture. The participants all have different fields of interest, but all find projects to carry out at the FabLab. FPIC has seen many realized projects, such as prosthetics for animals, personalized sweater prints, personalized stickers, jewelry, and more.

With funding from Employment and Social Development Canada (ESDC), FPIC adapted the Massachusetts Institute of Technology models to make it culturally meaningful for Indigenous youth. The program bridges cultural and technological activities. During the program, you will explore the possibilities offered by the different machines in a culturally safe environment.

The FPIC developed this five-month training program to meet the needs and aspirations of Indigenous youth. Note that this will be a francophone cohort.

Our Onaki FabLab paid program is structured as follows:

- Four intensive months of training
- Five days/week
- Thirty hours of programming/training per week
- Four weeks of on-the-job training
- Indigenous learning methods inspire the approach applied to the transmission of knowledge
- Learn by observation, segmentation of knowledge in phases, and continuous practice.

Although you will be working with 21st-century equipment, you will introduce the materials of your project and a vision rooted in your culture to bring out completely new designs.

To register, write to [slevesque@cipp-fpic.com](mailto:slevesque@cipp-fpic.com)



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

Chronological No: 679

File Reference: 08062021

## BAND COUNCIL RESOLUTION

The council of the **Timiskaming First Nation**

District **Abitibi-Temiscamingue**

Province of **Quebec**

Place **Timiskaming Reserve**

Date      08          06          2021  
            **DAY      MONTH      YEAR**

### **SUBJECT: PAYMENT TO HARDY CONSTRUCTION FOR WORK EXECUTED TO DATE INVOICE #F-001966**

**WHEREAS:** Timiskaming First Nation supports the public works and education departments in and for the community;

**WHEREAS:** Hardy Construction has been selected by Timiskaming First Nation for the construction of the school extension and renovation;

**WHEREAS:** Hardy Construction has started work on the project and work is progressing on schedule;

**WHEREAS:** Hardy Construction has submitted invoicing for work executed to date (Request for payment #4);

**THEREFORE BE IT RESOLVED THAT:** Timiskaming First Nation Chief and Council authorize the payment of the invoice F-001966 as approved by TRAME certificate for payment #04, in the amount of 425 535.33\$ \$ to Hardy Construction.

Pour cette Bande le quorum est

consists of  
fixé à

4

Council Members  
Membres du Conseil

\_\_\_\_\_  
Chief-Chef

  
Vice-Chief  
Christine Chevrier

  
Councillor-Conseiller  
Jennilee Wahsquaiakezhik

  
Councillor-Conseiller  
Gerald Hanbury

  
Councillor-Conseiller  
Karen McKenzie

  
Councillor-Conseiller  
Colleen Polson

\_\_\_\_\_  
Councillor-Conseiller



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

Chronological No: 679

File Reference: 15062021-01

## BAND COUNCIL RESOLUTION

The council of the **Timiskaming First Nation**

District **Abitibi-Temiscamingue**

Province of **Quebec**

Place **Timiskaming Reserve**

Date      15          06          2021  
            **DAY      MONTH      YEAR**

### SUBJECT: NATIVE BENEFITS PLAN PAYMENT

**WHEREAS:** The Timiskaming First Nation supports the Finance Department in and for the community;

**WHEREAS:** A cheque over \$49,999.99 is required to be made out to Native Benefits Plan for the amount of \$53,174.31.

**WHEREAS:** This amount is the employer and employee portion of Timiskaming First Nation's employee plan for period 8 and period 9;

**THEREFORE BE IT RESOLVED THAT:** Timiskaming First Nation Chief and Council authorize the payment to Native Benefits Plan in the amount of \$53,174.31.

Pour cette Bande le quorum est

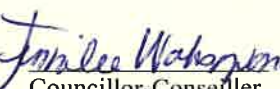
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Council Members  
Membres du Conseil


\_\_\_\_\_  
Chief-Chef

  
Vice-Chief  
Christine Chevrier

  
Councillor-Conseiller  
Jennilee Wahsquaikhezihik

  
Councillor-Conseiller  
Gerald Hanbury

  
Councillor-Conseiller  
Karen McKenzie

  
Councillor-Conseiller  
Colleen Polson

\_\_\_\_\_  
Councillor-Conseiller





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

Chronological No: 680

File Reference: 15062021-02

## BAND COUNCIL RESOLUTION

The council of the **Timiskaming First Nation**

District **Abitibi-Temiscamingue**

Province of **Quebec**

Place **Timiskaming Reserve**

Date        15        06        2021  
              DAY       MONTH       YEAR

### SUBJECT: FNEC REIMBURSEMENT

**WHEREAS:** The Timiskaming First Nation supports the Finance Department in and for the community;

**WHEREAS:** A cheque over \$49,999.99 is required to be made out to FNEC for the amount of \$62,803.00.

**WHEREAS:** This amount is to reimburse FNEC for Consitunous School Involment (CSI) during 2019-2020.

**THEREFORE BE IT RESOLVED THAT:** Timiskaming First Nation Chief and Council authorize the payment to FNEC in the amount of \$62,803.00.

Pour cette Bande le quorum est


consists of  
fixé à

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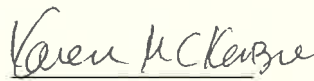
Council Members  
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Councillor-Conseiller  
Gerald Hanbury

  
Councillor-Conseiller  
Karen McKenzie

  
Councillor-Conseiller  
Colleen Polson

Councillor-Conseiller



## Anishnabe Long-Term Care Centre

26 Algonquin Avenue

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

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

### Employment Opportunity

**Title: Maintenance Worker (Permanent, Full-Time)**

**Supervisor: Operations Manager**

**Salary: Competitive salary based on education and experience**

**Posting Date: 2021-06-10**

**Closing Date: Open until filled**

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

#### **JOB SUMMARY:**

The maintenance worker carries out all maintenance and related duties to the required standard to buildings, equipment, fixtures as required. Performs general cleaning duties in the facility. Keeps outdoor furniture's and grounds in good conditions.

#### **SPECIFIC DUTIES AND RESPONSIBILITIES**

- Responsible for carrying out all necessary inspections, operational adjustments and normal maintenance to all machinery and equipment, throughout the facility.
- Assist in developing and carries out specified preventative maintenance programs for equipment and systems in all plant buildings and grounds.
- Carries out repairs and fabrications of equipment, furnishings, plumbing and electrical fixtures and appliances as required.
- Maintains a painting program for the facility; paints and recovers surfaces as required.
- Carries out minor carpentry repairs to furniture and buildings as required. Sees to the general upkeep of building and grounds.
- Ensures the building security systems are followed as required.
- Checks, orders, and receives supplies as required.
- Transports and moves heavy equipment, furniture, and supplies as required. Maybe required to operate a motor vehicle.
- Ensure maintenance equipment and supplies are used and stored in a safe and efficient manner. Reports and attends to unsafe or faulty equipment as required.
- Ensure residents' rights of privacy and confidential maintained.
- Ensure that property security procedures are followed in the handling and storage of any confidential material.
- Performs other related duties as required.

#### **JOB QUALIFICATIONS**

##### **Education/Knowledge:**

- Minimum Grade 12 education or equivalent, with some technical training in relevant areas.
- Must have a general knowledge of electricity, plumbing, and building repairs.
- Should have a class IV – B driver's license if possible.

##### **Additional qualifications include:**

- Knowledge of Indigenous culture would be an asset
- Bilingual, English and French, written and verbal would be an asset
- Previous experience in general maintenance in a health care setting is preferred.
- Ability to provide clean Criminal Record Check

Please send your resume, cover letter along with 2 references to:

**Jessie Bond, Operations Manager,  
administration@anishnabe-ltcc.ca**

# EMPLOYMENT OPPORTUNITIES

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

[www.atfn.ca](http://www.atfn.ca)



## **Maintenance Worker** (Full-time - One-year contract)

Department: Public Works

Salary: \$17.04 – \$22.53 (to be negotiated based on qualifications and/or experience)

Applications will be accepted up to: 4:00 pm on June 15th 2021

Start date: as soon as possible

## **Assistant Cook (Long-term Occasional Position)**

Supervisor: Education Director

Pay Scale: \$15.28 – 18.78 (to be negotiated based on qualifications and experience)

Deadline for application: 4:00 pm Thursday, June 15, 2021

Starting date: September 8, 2021

## **Case Worker**

IMMEDIATE SUPERVISOR: Income Assistance Manager

DEPARTMENT: Income Assistance

SALARY: \$18.89 – 25.92 / Hour

(qualifications(s) and/or experience will be considered)

Deadline for application: Friday, June 25th at 12:00 pm (Noon)

Estimated Start date: July 5th 2021

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

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

## **Community Garden Helper- (Student)** – One (1) Position Available

IMMEDIATE SUPERVISOR: Shelly Rahme – Community Garden Program Contractor

Salary: \$13.50/hr x 35hrs/week

DEADLINE FOR APPLICATION: June 22nd, 2021 at 4:30 PM

Start Date: July 5th – August 27th (8weeks)



# Emergency Numbers

## First Line Services:

Social Service Worker: 819-629-9878

Youth Services: 819-629-5359

Drug Strategy Coordinator: 819-629-5996

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

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

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

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

## EMERGENCY ONLY

### HOUSING

Darlene Chevrier: 819-747-2770

### PUBLIC WORKS


Corey Stanger: 819-629-5182

# TFN Youth Center Calendar – June 2021

| Sun                                                       | Mon                                 | Tue                                                   | Wed                                   | Thu                                  | Fri                                     | Sat                                  |
|-----------------------------------------------------------|-------------------------------------|-------------------------------------------------------|---------------------------------------|--------------------------------------|-----------------------------------------|--------------------------------------|
|                                                           |                                     | Youth Council Applications<br>1<br>Fire Night 6:30 pm | Bead Night<br>2<br>5:30 pm - 8:00 pm  | Gym Night<br>3<br>5:30 pm - 7:30 pm  | 4                                       | Gym Night<br>5<br>5:30 pm - 7:30 pm  |
| 6                                                         | Art Club<br>7<br>6:00 pm - 8:00 pm  | 8<br>Fire Night 6:30 pm                               | 9<br>Bead Night<br>5:30 pm - 8:00 pm  | 10<br>Gym Night<br>5:30 pm - 7:30 pm | 11<br>Youth Council Applications Closed | 12<br>Gym Night<br>5:30 pm - 7:30 pm |
| 13                                                        | 14<br>Book Club<br>6:00 pm          | 15<br>Fire Night 6:30 pm                              | 16<br>Bead Night<br>5:30 pm - 8:00 pm | 17<br>Gym Night<br>5:30 pm - 7:30 pm | 18                                      | 19<br>Gym Night<br>5:30 pm - 7:30 pm |
| 20<br>Obstacle Course<br>Every Child<br>Matters<br>5k Run | 21<br>HOLIDAY<br>Center Closed      | 22<br>Fire Night 6:30 pm                              | 23<br>Bead Night<br>5:30 pm - 8:00 pm | 24<br>HOLIDAY<br>Center Closed       | 25<br>Anti-Drug<br>Camp Bullrock        | 26<br>Gym Night<br>5:30 pm - 7:30 pm |
| 27<br>→                                                   | 28<br>Art Club<br>6:00 pm - 8:00 pm | 29<br>Fire Night 6:30 pm                              | 30<br>Bead Night<br>5:30 pm - 8:00 pm |                                      |                                         |                                      |

# Ode'imín gîzîs

2021

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

## TFN ECO CENTRE

Hours of Operation

*Closed during lunch from 12:15—1 p.m.*

Monday—

CLOSED

Tuesday—

8 a.m.—5:00 p.m.

Wednesday—

8 a.m.—5:00 p.m.

Thursday—

8 a.m.—5:00 p.m.

Friday—

8 a.m.—1:00 p.m.

Saturday—

9 a.m.—3:00 p.m.

Sunday—

CLOSED

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

Should you require further information please contact

Corey Stanger at (819) 723-2335.