
Kidodenaminan

TFN Newsletter

Our Community

June 28th, 2021



Miskomin gîzis
(Raspberry moon)



TIMISKAMING FIRST NATION

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



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

POSTPONEMENT OF GENERAL MEETING

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

Council
Timiskaming First Nation



Timiskaming First Nation Polling

Notice is Hereby Given:

An election for one Chief and one Councilor will be held on Saturday, July 24th from 9 am until 6 pm at the Timiskaming First Nation (TFN) Health & Wellness Centre, located at 22 Algonquin Avenue, Notre-Dame du-Nord, Quebec. The count will take place immediately after the vote.

An Advance Poll will be set up on July 17th from 9 am until 6 pm located at the same location.

TFN Nominations for One Chief and One Councilor will take place on July 3rd, 2021 at the Health and Wellness Centre from 12 pm to 3 pm.

All candidates running must bring or file with the Electoral Officer (contact info. below) within two days of the nomination meeting:

- **2b) Any individual residing within the First Nation's Traditional Territory is deemed to be a resident of the Reserve**
- **An updated criminal verification check (or pardon, if applicable), as per TFN Custom Electoral Code – 2014.**

Every eligible voter is required to present their Indian status cards.

Please note that all COVID precautions will be taken during polls.

TFN Voters are required to bring and wear a mask in order to vote. If not, one will be provided. If you have any questions, please contact

Given under my hand, this 24th Day of June, 2021.

Tina Dewache, Electoral Officer at tina.dewache@kza.qc.ca or at 613-410-9802 cell. Signed.

TIMISKAMING FIRST NATION

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



Tel: (819) 723-2370
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June 23, 2021

GENERAL MEETING QUESTIONS RESPONSE

There were many questions posed during the General Meeting on May 18, 2021. Here is information in regards to the questions left unanswered.

First Cobalt Project

TFN already had an exploration agreement with First Cobalt for its exploration activities since 2017

August 2020: First Cobalt contacted TFN to present their refinery project

.

November 2020: First Cobalt sent a letter to TFN to inform them a total of 4 permit requests will be submitted to the community for consultation:

- Permit to Take Water issued by the Ministry of the Environment, Conservation and Parks;
- Air and Noise Environmental Compliance Approval issued by the Ministry of the Environment, Conservation and Parks;
- Industrial Sewage Works Environmental Compliance Approval issued by the Ministry of the Environment, Conservation and Parks; and
- Closure Plan and Financial Assurance, approved by the Ministry of Energy, Northern Development and Mines;

November 2020: First Cobalt offers to pay TFN to review the upcoming documents. TFN Accepts

December 2020 to June 2021: TFN is reviewing and analyzing the 4 permit requests

February 2021 : Negotiation of an MOU to help TFN monitor the environment surrounding the refinery. First Cobalt accepts and bonify the budget for monitoring

May 2021 : Negotiation of a benefit agreement (on-going)

Drilling on TFN territory

In Ontario, mining companies planning to drill must submit a permit request to ENDM (Energy, Northern Development and Mines). That permit is sent to First Nations for consultation. ENDM provides funding annually to help TFN deals with those consultations.

TFN starts negotiating with that mining company an exploration agreement that provides 1 to 2% of annual exploration budget to TFN on an annual basis.

TFN Financial Situation

ISC is completing the analysis of TFN's 2019-2020 audited financial statements but the contact can confirm that TFN's financial ratio, which was -3.41% as of March 31, 2019, has greatly improved to + 5.14% as of March 31, 2020

If you would like to get more information in regards to how the Band is doing financially, please refer to the audit which is available at the Band Office

Section 35 – Electoral Code

Council has consulted the lawyer in regards to this. The process for this is being looked at and Council will be presenting this to the community at a meeting once all the preparations have been made.

Jordan's Principal Designated Official BCR

The BCR is being looked at and will be updated at another date.

Teacher, ECE, and EA Qualifications

For teachers, the qualifications required at Kiwetin School are to be registered with either of the following:

- 1) Ontario College of Teachers
- 2) Quebec Teaching Diploma

All of our teachers currently hold these qualifications except for one member since we had no applicants for the position. In addition, all of our teachers are required to become Associate Members of the Elementary Teachers' Federation of Ontario, which then allows them to be rated, according to their basic and additional qualifications, by the Education Quality and Accountability Office.

Most of the EAs have either their ECE or EA certification. However, there is one EA who does not have a certification but was hired due to the lack of applicants. That being said, she is a top-notch EA and is being encouraged to get her qualifications. Not to mention, she was hired previously as an EA by the previous administration. Also, another EA is completing her second year of studies. The person is not fully qualified as of yet but she has additional skills due to the work she does with one of our students with high needs.

If there are any further questions, please do not hesitate to contact us or visit us at the Council Office at 6A Kateri Street.

TFN Council



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

Chronological No: 682

File Reference: 16062021

BAND COUNCIL RESOLUTION

The council of the Timiskaming First Nation			
District Abitibi-Temiscamingue			
Province of Quebec			
Place Timiskaming Reserve			
Date	16	06	2021
	DAY	MONTH	YEAR

SUBJECT: APPLICATION FOR FUNDING FROM THE IMPACT ASSESSMENT AGENCY OF CANADA

WHEREAS: Timiskaming First Nation wants to protect the community wellbeing for present and future generations;

WHEREAS: The Timiskaming First Nation promotes traditional activities on its traditional territory;

WHEREAS: The Timiskaming First Nation is concerned by the consultation processes for the forestry work on the territory;

WHEREAS: A contribution agreement with the Canadian Environmental Assessment Agency would help Timiskaming First Nation to be more actively involved in the consultation process and that the process requires a signatory from TFN;

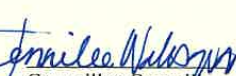
THEREFORE, BE IT RESOLVED THAT: The Timiskaming First Nation Chief and Council Authorize the Timiskaming First Nation to enter into a Contribution Agreement with the Impact Assessment Agency of Canada

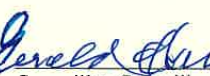
THEREFORE, BE IT RESOLVED THAT: The Timiskaming First Nation Chief and Council designate the duly authorized signatory to be Cherie Stanger, Director of Economic & Sustainable Development, on behalf of TFN for the purpose of signing the application for funding from the Canadian Environmental Assessment Agency.

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 Wahsqunaikhezik


Councillor-Conseiller
Gerald Hanbury


Councillor-Conseiller
Karen Polson


Councillor-Conseiller
Colleen Polson

Councillor-Conseiller



Anishnabe Long-Term Care Centre

26 Algonquin Avenue

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

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

June 23, 2021

The Anishnabe Long-Term Care Centre would like to send a heartfelt thank you to the Timiskaming First Nation Health and Wellness Centre for organizing the 5 K Walk/Run on June 20, 2021 to honor Residential School Survivors. The ALTCC was very happy and touched by the organizer's generous donation of all registration fees in the amount of \$2015.00. This kind donation will go toward activities for our residents.

A huge congratulations to all the organizers on such a successful event, thank you to all the walkers and runners who registered and participated in the event and thank you to Doris King McBride, a resident at the ALTCC, for accepting the cheque on behalf of the home.

Thank you for honoring all children who survived as well as all of the little souls who died at residential schools across this country!

In the words of Senator Murray Sinclair:

"...this nation must never forget what it once did to its most vulnerable people"

Chee Meegwetch from,

Anishnabe Long-Term Care Centre Board of Directors, Operations Manager, Staff and Residents

INCOME ASSISTANCE

- Food vouchers are available once a month 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.

NEWS IN EDUCATION

It gives me great pleasure to announce the following graduates from our community and the surrounding traditional territory. Please take the time to acknowledge their efforts thus far, and to wish them well on the next stage of their journey. Congratulations to all of you!

Senior Kindergarten – Kiwetin Kikinamading

Alyssa Byrnes-Polson	Violet Chief
Leeland Wabie	Nicolas Telfer
Olivia Verhaeghe	Reid Wabie
Kaleb McMartin	Rory Chief
Atticus Polson	Destiny Bedard

Grade 6 – Ecole St. Joseph

Andrea Matteau	Mia Miljour
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Grade 8 – Kiwetin Kikinamading

Jalen Chief-Jamieson	Andrew Wabie-Dagelman
Cedrik Kearney	Jayden Wabie-Delorme
Chase King	Ryleigh Wahsquonaikeshik
Logan Polson	Tessa-Lee Polson
Mathius Polson	Camron Snider

Adult Education

Pamela Chief	Jacob McLaren	Monica Thivierge
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Post-Secondary

Nathan McMartin	Eddy Wabie	Jeremy McVittie
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Grade 8 – TDSS-Elementary

Kadence Polson	Shanoa Polson
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Secondaire 5 – Ecole Riviere-des-Quinze

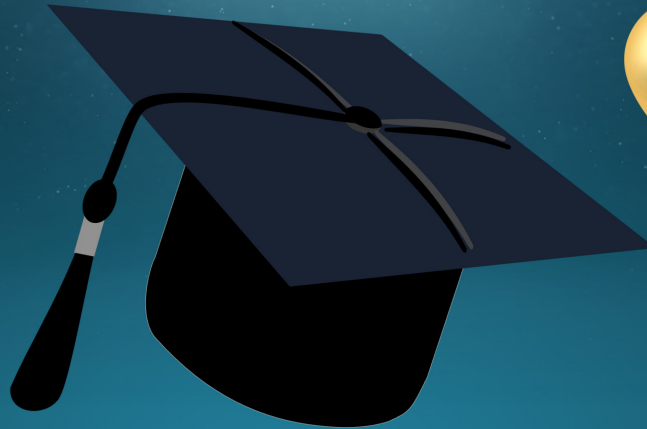
Nolan Polson	Alex Kearney
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Grade 12 – Timiskaming District Secondary School

Owen McBride	Logan Babin
Aaliyah Polson	Jamie De Keyser
Johan McLaren	Marissa Moore
Madison Polson	

A big shout out as well to Faith McBride and Brandy Chief, who made the honour roll and dean's list in their respective post-secondary programs, and to Danielle Hamilton, who has completed her Master's degree in Nursing. That is awesome! Let's hear it for all of the students who have managed to hang in there during these pandemic years – it hasn't been easy, but you're doing it! Hats off to all of you! P.S. If anyone would like a particular student and their efforts acknowledged in future newsletters, please let me know. Meegwetch!

THE TFN EDUCATION DEPARTMENT
PRESENTS



HONOURING OUR GRADS CEREMONY

TUESDAY, JUNE 29TH
STARTING AT 10:00AM
TFN POW-WOW GROUNDS

DRIVE-THRU SUPPER FOR
GRAD FAMILIES WILL
BEGIN AT 5:00 PM AT THE
HEALTH CENTRE

Order of Ceremonies:

Kiwetin Kindergarten Grads - 10 am to 11:30 am

Kiwetin Grade 8 and Ecole St. Joseph Grads - 1 pm to 2:30 pm

Adult Ed, RDQ, TDSS, Post Secondary Grads - 3 pm to 4:30 pm

LIGHT REFRESHMENTS AND SNACKS WILL BE PROVIDED
PLEASE BRING YOUR OWN CHAIRS TO THE EVENT



REMINDER...

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

3.3.1 Restrictions

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

3.3.2 Residential Purpose

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

3.5.3 Maintenance of Rental Unit

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

3.5.5 Repair Damages

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

3.5.7 Cleanliness and Overcrowding

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

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

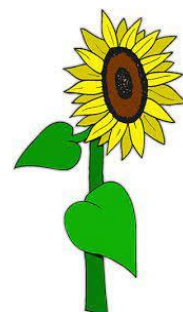
TFN COMMUNITY GARDEN SUMMER YOUTH PROGRAMS

Join us this summer for snacks and lunches, garden projects and special farm animal guests, Tuesday's, Thursday's and Saturday's at the Community Garden.



GROW YOUR HALLOWEEN
PUMPKIN IN OUR NEW PUMPKIN
PATCH
WATCH YOUR PUMPKIN GROW ALL
SUMMER FOR CARVING IN THE FALL

sign up for your pumpkin plant today!



PLANT A SUNFLOWER, BUILD A BEE FOUNTAIN
SIGN UP FOR A SPECIAL POTATO
GROWING BAG. OPEN THE WINDOW
AND SEE YOUR POTATOES GROWING!!



MESSAGE OR CALL SAMANTHA AT THE HEALTH CENTRE TO SIGN UP FOR YOUR
PUMPKIN PLANT OR GROW BAG TODAY! **Tel: 819-723-2260 – ext. 127**



"At Bat Wednesday's"

Starting July 7th 2021

10:00-11:30a.m. - Ages 5-10 years old

1:30p.m.-3:00p.m. - Ages 11+

**A skills building
summer camp
sponsored by:**



**Fun for all ages
and skill levels!**

Contact

See you at the ballfield!

Samantha Pritchard

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



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!



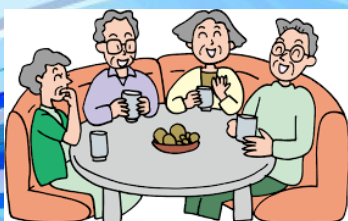
Seniors Social Gathering

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**

Diabetic Breakfast



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

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

12 participants is the limit for the room.

If you require further information please
do not hesitate to call Cathy at
819-723-2260

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

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

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



TFN YOUTH CENTER **SUNDAE** **TUESDAYS**

Join us on
Tuesday, July 6
&
Tuesday, July 20
at 7 pm
for a yummy sundae!

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



TFN Youth Center
18 Algonquin Ave
819 723 2255



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



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



YOUTH CENTER PRESENTS:

Battling Depression

July 5th 6-9pm

*Learn coping methods, signs, symptoms, and
what you can do to overcome!*

Refreshments will be provided.

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.**

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

Must provide your
own snacks,
lunch and water bottle

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

Time Learning First Nations Health & Wellness Centre



Let's talk about waste management!

Zoom trivia night on composting!

June 30th, at 6 pm

Test your knowledge to ensure better sorting of all waste materials !

To join the event : <https://cepn-fnec.zoom.us/j/81369423556>

For more information : mbonneau@iddpnql.ca



FNQLSDI
FIRST NATIONS OF QUEBEC AND LABRADOR
SUSTAINABLE DEVELOPMENT INSTITUTE

SAFE PLACE

Timiskaming First Nation Health and Wellness Centre



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

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

AA & NA Meetings

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

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

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



TFN Youth Center July 2021 Calendar

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

Registration forms due
July 9th at 10:00pm!

Registration forms
available at the Youth
Center!



Outdoor Ed.

Timiskaming First Nation
Youth Council
Applications

Application deadline
extended to July 9th at
10 pm

TFN Youth Center
Summer Hours

Monday - Friday
5 pm - 11 pm
Saturday
2 pm - 9 pm
Sunday
1 pm - 8 pm

Youth Center Presents:

Youth Survey

Bring your completed survey to be entered
into a draw!

Possible prizes: bug out bags, shirts, sweaters,
and more!

Last day to enter with your
survey is July 9th!

TFN YOUTH CENTER
FIRE NIGHT

Fire Nights
Will be postponed
until further notice



Behaviour

nobody's perfect

Make Reasonable Rules

- **Know what to expect at each age.** Children behave and think in different ways as they grow. Learn what to expect at each age. This will give you a realistic idea of what your child is able to do. It can be frustrating for you and your child if you expect too much too soon.
- **Give clear instructions.** Tell your child what she can do instead of what she cannot do. For example, instead of “Don’t run!” say “Walk!”. Instead of “Don’t hit the baby!” say “Touch the baby gently.” Both you and your child will be happier if you don’t have to keep saying “No!”
- **Remind often.** Young children may not always think of the rules when you want them to. They make a lot of mistakes. Be patient and calmly firm.
- **Set clear rules and limits.** When your rules are clear, your child is able to understand what you expect. Tell him the reasons for your rules. Your rules need to be the same every day.
- **Limits grow with your child.** Your rules will change as your child gets older. For example, he may have a later bedtime, based on his age. As your child grows, involve him in setting limits.

i Your child needs your guidance.
He needs you to be consistent and patient.



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



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

Fun & Easy Activities

Simon says...

- This game helps children practice listening carefully and following instructions. It works best with children who are aged 4 years and older. Some 3 year olds may also enjoy it. You can play with just two people or with a whole group.
- The person who is “Simon” stands facing the others. When Simon says, “Simon says touch your cheek,” the others touch their cheek. Simon continues giving orders to do different movements. As long as he begins with “Simon says,” the others obey him. But when Simon just says, “Touch your toes,” for example, no one moves.
- With young children, it is better to play without winners and losers. If someone follows an order when they were not supposed to, just laugh and go on. Take turns being the leader.

A Soundtrack for Your Routines

- Songs are an easy way to remind children of the behaviour that you expect. Children would rather do what the song tells them to do than take orders from you. You can make up new words to a familiar tune. For example, try calling them to lunch with “If you’re hungry and you know it, come and eat.” Sing it to the tune of “If you’re happy and you know it.”
- Some children find it very stressful to move from one activity to another. A made-up song like this can help. It changes the mood and gives the signal for what will happen next. Your child will quickly learn to recognize the song. The first two notes are enough for him to understand what you expect. He may even start singing with you. Then he has the whole rest of the song to decide to do what you want him to.

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

Janice and Bonnie on FB messenger





My Records, My Choice

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

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

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

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

THE CHOICE IS YOURS AND YOURS ALONE

TO LEARN MORE ABOUT YOUR CHOICES, CONTACT:

IAP INFORMATION

Phone: 1-877-635-2648 (toll free)
Email: MyRecordsMyChoice@irsad-sapi.gc.ca
Online: www.MyRecordsMyChoice.ca

ASSEMBLY OF FIRST NATIONS

Phone: 1-833-212-2688 (toll free)
Email: iapdesk@afn.ca
Online: www.afn.ca

INUIT REPRESENTATIVES

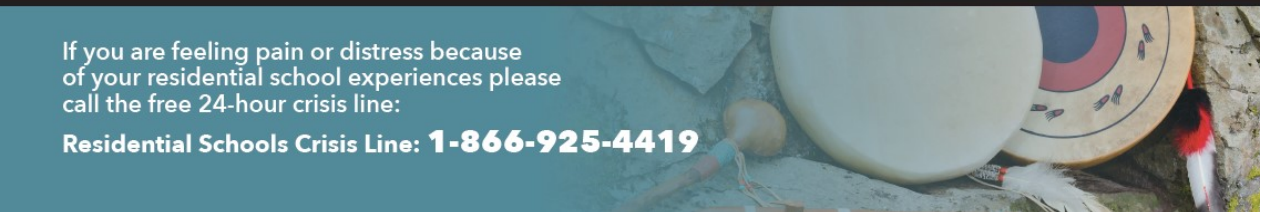
Contact for the Inuvialuit:
Phone: 1-867-777-7018
Email: ggruben@inuvialuit.com
Online: <http://www.irc.inuvialuit.com/>

Contact for Makivik:

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

To learn more about the National Centre for Truth and

Reconciliation (NCTR), contact:
Phone: 1-855-415-4534 (toll free)
Email: NCTRrecords@umanitoba.ca
Online: www.NCTR.ca



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

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

EMPLOYMENT OPPORTUNITIES

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

www.atfn.ca



General Director

Supervisor: Timiskaming First Nation Chief and Council

Salary: \$ 69, 196 – 93, 202 Annual (based on qualifications and experience)

Deadline for application: Friday, June 25th , 2021 at 12:00 pm EST

Tentative start date: As soon as possible

Kiwetin School Counselor

Under the direction of : Principal – Kiwetin School

Terms of Employment: Full Time (35-hour work week) – 1-year contract

Salary \$26.85 - \$36.83/ hour (To be negotiated according to qualifications and experience)

Deadline for application: Monday, June 28, 2021 at 4:30 pm

Possible interview date: week of July 5th 2021

Start date: September 1, 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

First Line Services Intervention Supervisor

IMMEDIATE SUPERVISOR: Director of Health and Social Services

DEPARTMENT: First Line Services – Intervention: Health

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

Applications will be accepted up to: Friday, July 2nd 2021 at 12:00 pm (noon)

Starting date: As soon as possible

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

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

Emergency Numbers

First Line Services:

Social Service Worker: 819-629-9878

Youth Services: 819-629-5359

Drug Strategy Coordinator: 819-629-5996

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

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

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

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

EMERGENCY ONLY

HOUSING

Darlene Chevrier: 819-747-2770

PUBLIC WORKS

Corey Stanger: 819-629-5182



COMPOSTABLE MATERIALS • MINOKAMIGEWINAN KEGONAN

Food Waste • Mfidjim webinason



Green Waste Ka nitawigag webinason



Paper Products • Mazina'iganichiganan



Others • Kodagag



Refused materials • Ega odapinagadegan kegonan



Plastic bag and packaging, even biodegradable and/or oxobiodegradable bags



RECYCLABLE MATERIALS KIWE ODAPINIGADEGAN KEGONAN

Paper and cardboard Mazina'iganish ashidj mazina'iganimakakon



Metal Piwabik



Plastic Wenaganigan



Glass Omodayabik



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

Stretchy bags and packaging

Make a bag of bags.



GARBAGE WEBINIGANAN

Plastic • Wenaganigan



Without number or rigid plastic

Others • Kodagag



Paper and cardboard Mazina'iganish ashidj mazina'iganimakakon



Waxed, metallic, carbon or plastified paper and cardboard.

2020-2021 COLLECTION CALENDAR

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

SEPTEMBER 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY 2021						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2021						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

GREEN BIN :
COMPOST


BLUE BIN :
RECYCLING

BLACK BIN :
NON-RECOVERABLE
WASTE (GARBAGE)



Miskomin gîzis

2021

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

TFN ECO CENTRE

Hours of Operation

Closed during lunch from 12:15—1 p.m.

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

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

Should you require further information please contact

Corey Stanger at (819) 723 -2335.