
Kidodenaminan

TFN Newsletter

Our Community

April 19th, 2021



Kawaskotodj gîzis
(Glittering snow moon)





COMPOSTABLE MATERIALS • MINOKAMIGEWINAN KEGONAN

Food Waste • Midjim webinason



Green Waste

Ka nitawigag webinason



Paper Products • Mazina'iganichiganan

Unwaxed, soiled



Others • Kodagog



Refused materials • Ega odapinigadegan kegonan



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



RECYCLABLE MATERIALS • KIWE ODAPINIGADEGAN KEGONAN

Paper and cardboard

Mazina'iganish ashidj mazina'iganimakon



Metal

Piwabik



Plastic

Wenaginigan



Stretchy bags and packaging

Make a bag of bags.

Glass

Omodayabik



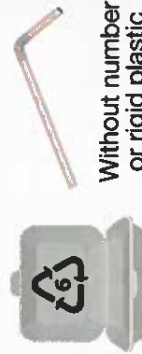
REMEMBER:

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



GARBAGE • WEBINIGANAN

Plastic • Wenaginigan



Without number or rigid plastic

Others • Kodagog



Paper and cardboard

Mazina'iganish ashidj mazina'iganimakon



Waxed, metallic, carbon or plastified paper and cardboard.

2020-2021 COLLECTION CALENDAR

AUGUST		2020		2021	
S	M	T	W	T	F
2	3	4	5	6	7
8	9	10	11	12	13
14	15	16	17	18	19
20	21	22	23	24	25
26	27	28	29	30	31

OCTOBER		2020		2021	
S	M	T	W	T	F
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		2021	
S	M	T	W	T	F
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

FEBRUARY		2021		2021	
S	M	T	W	T	F
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

APRIL		2021		2021	
S	M	T	W	T	F
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

JUNE		2021		2021	
S	M	T	W	T	F
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)



NOTICE

The Public Works Department is happy to inform the residents of the community that we will be having a spring large item clean up on April 28th and 29th, 2021 . We would like the residents of Timiskaming First Nation to put heavier items out at the road way for pick-up.

Items may include:

Box Springs
Couches
Beds
Bed frames
Tables and Chairs
Appliances (Fridge,
stove, microwave).



Items not included:

Regular garbage
Recycle items
Cans
Pop Bottles
Compost items

For more information, please contact Corey Stanger at (819) 723-2335

TIMISKAMING FIRST NATION

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



Corey Stanger
Director of Public Works
pw.director@atfn.ca

T.F.N. LAWN MOWING/ TRIMMING SERVICES CONTRACT **BIDS**

The Public Works Department is currently looking to sign two (2) contracts for lawn mowing and trimming services within the community. The services are set to begin May 17th, 2021 and end on October 15th, 2021.

Work Site Locations CONTRACT 1

- Pow Wow Grounds
 - Council Office
 - Police Station
 - Knoxville Park
 - Pump House
- Adult Education
 - HRSD
- Seniors Unit

Work Site Locations CONTRACT 2

- Cemetery
- Band Office
- Ball Field
- Natural Resources
- Health Center
- Widjikiwe Building (28 Algonquin)
- School Trail (Triangle between Algonquin and Highway)

Description of Work/ Responsibilities:

1. Each location cutting/trimming frequency is to be at least once per/week, per/location.
2. All mowing will be accomplished between the hours of 6:00 am and 8:00 pm, Monday thru Sunday.
3. All equipment and fuel shall be supplied by the Contractor at their expense.
4. Contractor shall have adequate equipment (mower, weed whacker, etc.), manpower to complete the job in the time allotted.
5. Contractor shall practice safe operating procedures to properly protect the operator, bystanders and property from injury/damage.
6. Contractor will not hold TFN responsible for any injury to person/s, or equipment.
7. Contractor is responsible for any damage caused to public or private property.

❖ Note: Bidders may bid on either or both of the two contracts, but will only be awarded one. Bidders may also bid on a specific contract if they wish to do so.

Please bring your bids to the Band Office. The last day to bid is on **May 7th, 2021(noon)**. If you have any further questions, please contact Corey Stanger at (819)723-2335.

NEWS IN EDUCATION

Just a reminder that Ontario schools have returned to online learning, province-wide, beginning Monday, April 19. We encourage all of our students at TDSS and TDSS-E to do their best, especially as the high school begins a new rotation. You can do it! Stay strong!



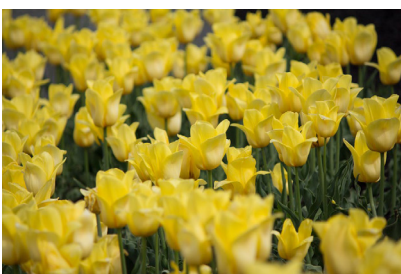
Also, all students from Grade 1 to Grade 8 at Kiwetin Kikinamading, and 1ere Annee to Secondaire 5 in the Quebec provincial schools must now wear a medical mask, both at school and on the bus, along with all staff members. Masks are being provided by all schools to meet this requirement. Please continue to stay safe and stay kind!

INCOME ASSISTANCE

SPRING CLOTHING ALLOWANCE!

Income assistance clients can submit their receipts for the annual spring clothing allowance! \$200 per client or dependent

You can submit them at the drop box in front of the band office or make an appointment with Sharon Baker at 819-723-2335.



Deadline is May 31, 2021!

Nancy McBride

Please join the Timiskaming First Nation in congratulating Nancy for her work and dedication in Human Resources over the past 39 years.

Nancy, may you enjoy your retirement with as much happiness as you did here with us. We will miss you.

Nancy will be retiring effective April 16th, 2021.

Chi Meegwetch Nancy for your years of service, support and compassion you gave our members and staff.

Happy Retirement!



Robert Tebiscon

The Timiskaming First Nation would like to give a big Congratulatory Welcome to Robert Tebiscon, our new Director of Public Security. Mr. Tebiscon will be in his new role effective April 12th 2021.

Thank you for your continued Service and Congratulations!



New Family Violence Prevention Worker

Hello, my name is Taylor Polson and I am the new Family Violence Prevention Worker at the Timiskaming First Nation Health and Wellness Centre. I would just like to say that I am happy to be a part of the team and look forward to working together to build a better community! I will be happy to use the education I have gained from Community and Justice Services program and the experience I have gained over the last two years to promote healthy family relationships and a healthy wellbeing for all community members!

Meegwetch,

Taylor Polson
Family Violence Prevention Worker



Thank you!

Paul Jack Chevrier
January 15, 1963 – April 5, 2021

We would like to thank everyone for their show of support during our difficult time. It was a comfort and sweet confirmation that we were in your thoughts and prayers. We are forever grateful for the loving sense from the community.

We are doing well at this time and the acts of kindness help us to work our way through the loss. Our sincere gratitude for thinking of us in our time of need.

The Chevrier Family

ATV SAFETY

Here are some basic mandatory rules when riding a snowmobile or an atv.

MANDATORY EQUIPMENT WHEN RIDING AN ATV OR SNOWMOBILE

- (1) one white headlight;
- (2) one red tail-light;
- (3) one red stop light at the rear;
- (4) one rear-view mirror firmly attached to the left side of the vehicle;

(5) an exhaust system;

(6) a braking system;

(7) a speedometer;

No sleigh or trailer shall be towed by an off-highway vehicle unless it is equipped with the following regulatory equipment:

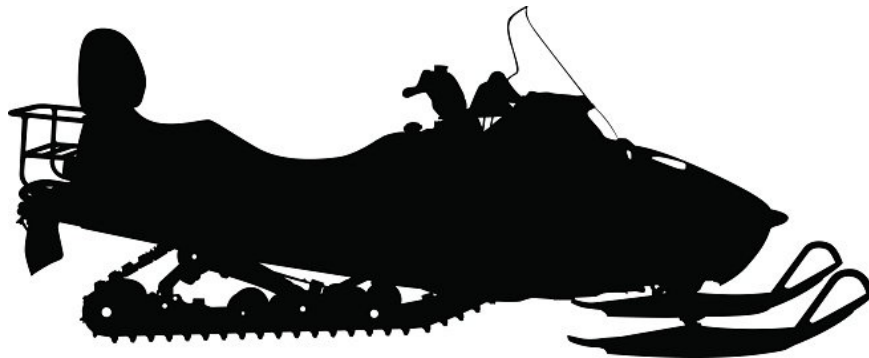
- (1) one red stop light at the rear;
- (2) two red reflectors at the rear as far apart as practicable;
- (3) two red left and right side reflectors situated at an equal distance from the front and the rear;
- (4) a rigid tow bar designed to prevent overturning or swerving, which pivots 90 degrees on either side and allows pitching without compromising the overall stability;

No person may be transported in a sleigh or trailer towed by an off-highway vehicle except in a sleigh or trailer manufactured according to regulatory standards

No off-highway vehicle shall be operated on a public highway.

an off-highway vehicle may:

- (1) be operated on the roadway for a maximum distance of one kilometer provided it is operated by a worker for whom the vehicle is necessary for the purposes of the work he is performing and provided that the worker complies with the highway traffic rules;
- (2) cross a road at the place where a crossing for off-highway vehicles is indicated by a road sign or signal;
- (3) be operated off the roadway and ditch area, with or against the flow of vehicular traffic, on the conditions fixed by regulation;
- (4) be operated on the roadway, where authorized by a road sign or signal, for a maximum distance of one ki-



lometer to reach a trail referred to in section 15, a service station or another area open to the public as a rest area, if the layout of the right-of-way does not allow operation off the roadway and ditch area, if all other access to those locations is obstructed, provided that the operator complies with the highway traffic rules, the roadway includes the shoulder.

No off-highway vehicle may be operated within such distance as is fixed by municipal by-law or, if no distance is fixed, within 30 m from a dwelling, a facility operated by a healthcare institution or an area reserved for cultural, educational, recreational or sports activities,

Every operator of an off-highway vehicle must be 16 years of age or over.

If the operator is under 18 years of age, he must hold a certificate obtained from an officer authorized by the Government and that attests that the operator has the competence and knowledge required to operate an off-highway vehicle.

To operate an off-highway vehicle on a public highway as provided in this Act, a person must hold a license authorizing him under the Highway Safety Code to drive a road vehicle on such a highway and must comply with the conditions and restrictions attached to the license.

the operator of an all-terrain vehicle modified to accommodate 2 occupants must be at least 18 years of age to transport a passenger.

The owner of any off-highway vehicle shall hold a civil liability insurance contract in an amount of not less than \$500,000 that covers bodily injury and property damage caused by the vehicle.



Home Security

If you are planning on leaving your residence for an extended period of time, please let us know when you are leaving and returning so that we can check on your residence, when you call please let us know, who will have access to your home during your absence.

Also do not to post your itinerary on social media or tell anyone your plans as this could tip off people that your home is unattended. Install automatic lights .

GLOSSARY (in alphabetical order)

Amendments to the Act, Bill C-31: on June 28, 1985, Parliament passed Bill C-31, which made significant changes to the *Indian Act*. The purpose of these changes was to:

- guarantee that men and women are treated equally;
- enable Indian bands to use a membership code and assume control of their membership;
- do away with enfranchisement.

Band: section 2 of the *Indian Act* assigns the title of band to a group of people if the group:

- owns land on a reserve
- or has funds held in trust by the federal government
- or was granted the title of band by the Governor in Council

Band list: list of all individuals who are members of one band in particular.

There are two types of band lists:

- a band that assumes and maintains control of its membership through its membership code (section 10)
- a band whose list is maintained by the Department (section 11)

Band member: a person whose name appears on a band list or who is entitled to having his/her name appear on a band list (for more details, see sections 8 and 10 of the *Indian Act*).

Bill C-3: on January 31, 2011, Parliament passed Bill C-3, which made significant changes to the *Indian Act*. The changes introduced by Bill C-3 allow eligible grandchildren of women who lost Indian Status as a result of marrying non-Indian men to become entitled to registration (Indian Status) in accordance with the *Indian Act*.

Child: the definition of child, after April 17, 1985, includes:

- children born during or outside of a marriage
- legally adopted children and those adopted in accordance with Indian custom

Double mother clause: An Indian born of a marriage entered into on or after September 4, 1951, is no longer entitled to be registered at age 21 if his/her mother and paternal grandmother had not been recognized as Indians before their marriages. The clause appeared in the 1951 Act and was removed from the 1985 Act.

Enfranchisement: process whereby an Indian gave up his/her Indian status and right to membership in a band (for example, to obtain the right to vote or to join the Armed Forces), provided he/she was capable of taking on his/her duties and responsibilities as a citizen and providing for him/herself and his/her family.

It should be clarified that, when speaking of enfranchisement, it refers to an enfranchisement order made by the Governor in Council.

Event: a change in the life of a person registered in the Indian Register, such as the birth of a child, a marriage, a divorce, a transfer to another band, a death, etc.

General list: the list containing the names of people recognized as entitled to having Indian status and who are not affiliated with one band in particular.

This expression was used in the wording of the 1951 *Indian Act*. From a legal perspective, the general list principle has not existed since April 17, 1985. However, the general list still exists for administrative purposes in the Indian Register.

Also, before 1951, Indians who were stricken from the band list because they had lived outside Canada for more than five (5) years were re-entered on the general list upon their return and at their request.

Indian: a person who, under the *Indian Act*, is registered in the Indian Register or is entitled to be.

Indian Act: a federal statute that contains, among other things, sections on Indian registration and membership in a band.

Indian register: a confidential register of all people who are registered as an Indian (for more details, see sections 5, 6 and 7 of the *Indian Act*).

Indian Registration System (IRS): a system that contains all the information in the Indian Register and band lists pertaining to Registered Indians.

Legitimate and illegitimate: terms related solely to events that occurred before April 17, 1985:

- legitimate: child born of parents married to each other
- illegitimate: child born of parents not married to each other

Métis: a term referring to people of mixed ancestry (who have European and First Nations ancestors), distinct from First Nations, Inuit and non-Indigenous people. Métis populations are found in western Canada, mainly Manitoba and Alberta.

Note that:

Today, some people use the term "Métis" to indicate that they are Indians born of an Indian parent and a non-Indian parent, and they are not entitled to be registered in the Indian Register. The Department has no statutory obligation towards Métis people.

Registered Indian: a person registered as an Indian under the *Indian Act* (the synonym is "Status Indian").

Registrar: an officer of Indigenous and Northern Affairs Canada who is in charge of the Indian Register and the band lists kept by the Department.

Treaty Indian: a person affiliated with a band covered by a treaty.

NEW PROVISION AS OF AUGUST 2019

Bill S-3, An Act to amend the Indian Act in response to the Superior Court of Quebec decision in *Descheneaux c. Canada* (Procureur général), was introduced in direct response to the *Descheneaux* decision. The legislative amendments brought forward by Bill S-3 eliminate the sex-based inequities identified by the court in the *Descheneaux* case as well as other sex-based inequities in registration.

Bill S-3 addresses sex-based inequities in the Indian registration provisions of the *Indian Act* for the following situations:

- the cousins issue: differential treatment of first cousins whose grandmother lost her entitlement to registration due to marriage with a non-entitled man before April 17, 1985
- the siblings issue: differential treatment of women who were born outside of marriage to entitled fathers between September 4, 1951 and April 17, 1985
- the issue of omitted minor children: differential treatment of minor children who were born of entitled parents or of an entitled mother, but could lose entitlement to registration, between September 4, 1951 and April 17, 1985, if they were still unmarried minors at the time of their mother's marriage
- the unstated or unknown parent issue: in response to the Ontario Court of Appeal's *Gehl* decision, which deals with unstated/unknown parent issue, Bill S-3 provides flexibility for the Indian Registrar to consider various forms of evidence in determining eligibility for registration in situations of an unstated or unknown parent, grand-parent or other ancestor.

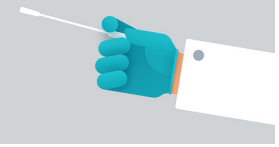
Bill S-3 also includes the requirement for the Minister of Crown-Indigenous Relations and Northern Affairs to report to Parliament on the collaborative process on broader issues related to Indian registration, band membership and First Nations citizenship, and on the implementation of the bill.

The Minister was required to report to Parliament on the:

- design of the consultations within five months of royal assent
- on the status of the consultations within twelve months of royal assent
- on the implementation of the bill within three years of royal assent

The bill also includes provisions to remove the 1951 cut-off. These provisions were to come into force once consultations with First Nations were completed. Once in force, all descendants born prior to April 17, 1985 (or of a marriage prior to that date) of women who were removed from band lists or not considered Indians because of their marriage to a non-Indian man will be entitled to 6(1) status. This will include circumstances prior to 1951 and will remedy inequities back to the 1869 *Gradual Enfranchisement Act*.

The whole of Bill S-3 is now in force. Provisions to remove the 1951 cut-off came into effect on August 15, 2019.



COVID-19 Viral Testing

The viral testing instrument at the HWC is a specialized diagnostic test to confirm that a person has an active coronavirus infection. The nurse takes a swab from the back of your nose and throat. The sample is then checked for the virus's genetic material (PCR test). We would like to remind you about a few things regarding COVID-19 viral testing:

DO get tested after a possible exposure

- COVID-19 is spread through direct or indirect respiratory droplet spread. If you have had exposure where you didn't take precautions, such as physical distancing, wearing a mask or you were part of a social or crowd gathering or had close contact with a suspect or confirmed case, you should consider getting tested
- Remember some people infected with the virus have no symptoms and people may actually be most likely to spread the virus to others during the 48 hours before they start to experience symptoms

DO get tested if you were recently travelling from another region

- After travelling you should always self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms. Quebec and Ontario recommend to avoid inter-regional travel if not essential. Although it will be safer to travel when fully vaccinated, you may consider getting tested 3-6 days later while staying home and self-isolating for 14 days after travel especially if possible exposure is a factor.

DO get tested if you have symptoms

- The most common symptoms of COVID-19 are fever, dry cough and fatigue. There are fewer common symptoms and more severe complications. If you have any of the symptoms, you should consider getting tested especially if combined with possible earlier exposure

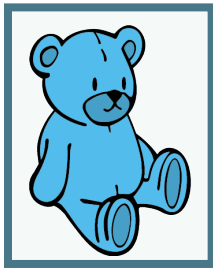
DON'T get tested if it is too early after exposure

- Our testing machine is meant to read antibodies to tell if someone has been infected with COVID-19. But the infected person doesn't begin producing antibodies immediately. Blood antibody levels may not be present to turn the test positive if exposure was less than a day earlier. Therefore, testing immediately after a correct type of exposure, will not be a useful result

NOTE – WE WILL HAVE NO TESTING OR NURSING SERVICES ON APRIL 20 & 21 DUE TO TRAINING

STAY SAFE





JORDAN'S PRINCIPLE LUNCH PROGRAM

Hi TFN. I just wanted to update the parents/caregivers that are receiving food deliveries from Provigo. I received a call from Provigo asking that you wash the green bins with soap & hot water before the exchanges that happen on Sundays. This will help to ensure that the next delivery of the food is placed in a clean basket. here are a total of 73 baskets that need to be delivered each Sunday so if they were returned clean it would allow for better service of the delivery.

Please keep in mind with the warm weather that there is non perishable foods (lunch meat, vegetables, fruit, cheese, etc.) should be refrigerated as soon as possible after it has been delivered and you need to assure someone is home to receive the food basket at the delivery time to prevent the food from going to waste.

Meegwetch! Thank you! & Merci!

From your Jordan's Principle Coordinators.

Walking Group



**Starting on
Tuesday, April 27-2021
Walk will start at 6:00pm
from the
Health & Wellness Centre.**

**Open to everyone
who wishes to
come out and get in
some exercise.**



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

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



Spring Clean Up!

April 12th - 22nd



EARTH DAY BBQ

For all participants April 22, 2021

Take pictures of you and your family doing spring clean up, send them in to Tara.Dantouze@atfn.ca or to our Facebook page for your **chance to win a prize!**

For information, call Ni Dakinan: 819-723-2291
www.facebook.com/NiDakinanTFN



ZOOM SESSION



Kids Cooking

SUNDAY APRIL 25th @ 11AM

Parents will be given zoom link the day of the workshop. Deadline to register April 22.

For more info contact: Bonnie on Messenger



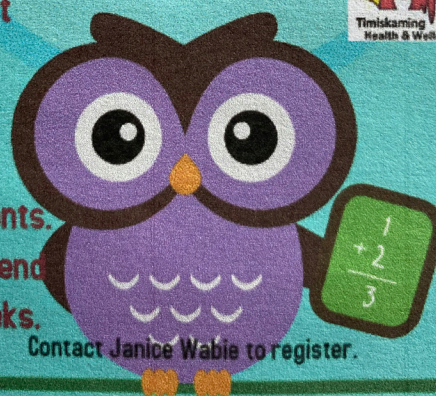
**FAMILY MATH
FOR CHILDREN
4-6 YEARS OLD**

Where: Zoom, until we can
gather in small groups

Beginning Thursday
April 15th - May 13th
5:15pm - 7pm

Fun activities and
games reinforce
skills and develop
math concepts.

**FREE PIZZA
supper at
the 5th
session
for all
participants.
Must attend
all 5 weeks.**



Contact Janice Wabie to register.



TFN Youth Center

FIRE NIGHTS

Beginning Tuesday April 20, at 7pm
(and every Tuesday following)

We will be having Fire Nights behind
the center!

S'mores, Hot Dogs!
Stories, Sharing Circles!

See you all there!!

Note - Social Distancing is still in place!
Please wear a mask!

SATURDAY NIGHT TRIVIA

Every Saturday night on zoom

Meeting ID: 882 8585 5770

Passcode: 258336

At 8pm

Contact Samantha Pritchard



Meals on Wheels

Reminder

For those registered for this program,
you will need to be home for the meal deliveries on
Tuesdays and Fridays after 4pm.

If you know you will not be home,
please contact Marsha @ 705-676-6369
the day before delivery.

Thank you and Bon Appetit!!

With the contribution of:

Québec



\$5.00/Ticket

Weekly Draw until the Queen of Spades is found

Weekly prize

Progressive Jackpot

Draw will take place every Wednesday @ 7pm

Seniors Unit 21 Algonquin Avenue

Live on Facebook—TFN Queen of Spades

ALL PROCEEDS GO TOWARDS

Timiskaming First Nation SENIORS/ELDERS



Mon, March 29, 2021

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

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.**

Algonquin Nation Programs and Services Secretariat

23 Algonquin Avenue
Timiskaming Reserve
Notre Dame du Nord, QC J0Z 3B0



Tel: 819-723-2019
Fax: 819-723-2345
Email: anpss@algonquinnation.ca

NOTICE

Community members the Algonquin Nation Programs & Services Secretariat will be hosting a Capacity Building Workshop

List of the Capacity Building training

Training	Date	Limit
Organizational Behavior and Capacity Building Development	April 26, 2021	10 participants

To register: Call Annie Presseault at 819-723-2019 or
Email: finance@algonquinnation.ca

No Covid testing

Tuesday April, 20th & Wednesday April 21st, 2021 sorry for the inconvenience.

If you have any questions or concerns please call the COVID/vaccine phone number 819-629-9900.

TFN Youth Center

May

2021

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1
2	3 ART CLUB 6 - 8:30	4 FIRE NIGHT 7 - 8:30	5 BEADING NIGHT 5:30 - 6:30	6 GYM NIGHT OUTDOORS 5:30 - 7:30	7	8 GYM NIGHT OUTDOORS 5:30 - 7:30
9	10 BOOK CLUB 5:30 - 6:30	11 FIRE NIGHT 7 - 8:30	12 BEADING NIGHT 5:30 - 6:30	13 GYM NIGHT OUTDOORS 5:30 - 7:30	14	15 GYM NIGHT OUTDOORS 5:30 - 7:30
16	17 ART CLUB 6 - 8:30	18 FIRE NIGHT 7 - 8:30	19 BEADING NIGHT 5:30 - 6:30	20 GYM NIGHT OUTDOORS 5:30 - 7:30	21	22 GYM NIGHT OUTDOORS 5:30 - 7:30
23	24 HOLIDAY	25 FIRE NIGHT 7 - 8:30	26 BEADING NIGHT 5:30 - 6:30	27 GYM NIGHT OUTDOORS 5:30 - 7:30	28	29 GYM NIGHT OUTDOORS 5:30 - 7:30
30	31 BOOK CLUB 5:30 - 6:30					

The Open Area project in Abitibi-Témiscamingue!

Are you between the age of 12 and 25 or the parent of someone between the age of 12 and 25?


If so, would you like to express your opinion or share your experiences from the services offered for our young people from Quebec's Health and Social Services (CISSSAT)?

By sharing your experiences about any access challenges, benefits received, or developments you would like to see, you can help make changes

CISSAT will be having a draw on April 30th for all survey respondents for a prize.

Also, if you print screen the last page of the survey to prove that you completed it, and bring it to the youth centre, the staff will give you a prize.

A Survey of Youth Aged 12 to 25 and their Parents in Abitibi-Témiscamingue



Help us serve you better, by expressing your opinion on your experience and by sharing your ideas on the services to improve or implement in Abitibi-Témiscamingue for youth aged 12 to 25!

This data collection is part of the implementation of Aire ouverte, a project by the ministère de la Santé et des Services sociaux (MSSS). With this survey, the Centre intégré de santé et de services sociaux de l'Abitibi-Témiscamingue (CISSSAT) wishes to paint a better picture of the reality of local youth in terms of overall health and to identify their needs.

A chance to win one of four gift cards valued at \$100 each!

The english version

For youth ([click here](#))
For parents ([click here](#))

Sondage en français

Pour les jeunes ([cliquez ici](#))
Pour les parents ([cliquez ici](#))

Want to learn more about the Aire ouverte project?

Visit the website: Aire ouverte : services pour les jeunes de 12 à 25 ans | Gouvernement du Québec (quebec.ca)

Call

Peggie Courtemanche at 819 856-6774

Tania Fortin at 819 354-0953

Or email: 08.ciassat.aire.ouverte@ssss.gouv.qc.ca

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

Québec



9 HELPFUL PARENTING TIPS

There are 9 helpful tips when it comes to parenting. I will include one in every newsletter until we get to 9. They will also be posted in the TFN Parents Group on FB. Message me if you'd like to be added to the group.

Meegwetch
Janice Wabie

6. Make Communication a Priority

You can't expect kids to do everything simply because you, as a parent, "say so." They want and deserve explanations as much as adults do. If we don't take time to explain, kids will begin to wonder about our values and motives and whether they have any basis. Parents who reason with their kids allow them to understand and learn in a nonjudgmental way.

Make your expectations clear. If there is a problem, describe it, express your feelings, and invite your child to work on a solution with you. Be sure to include consequences. Make suggestions and offer choices. Be open to your child's suggestions as well. Negotiate. Kids who participate in decisions are more motivated to carry them out.



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:

Bonnie on FB messenger

Elder support

Community members have the opportunity to meet with an elder (virtually) who can listen, guide and share teachings.

To sign up please call the First Line Services social support line 819-629-9878



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DOMESTIC VIOLENCE

What is Domestic Violence?

Domestic violence — occurs between people in an intimate relationship. Domestic violence can take many forms, including emotional, sexual and physical abuse and threats of abuse. Anyone can experience domestic violence, regardless of age, race, economic status, religion, sexual orientation or education.

Abusive relationships always involve an imbalance of power and control. An abuser uses intimidating, hurtful words and behaviors to control his or her partner.

It might not be easy to identify domestic violence at first. While some relationships are clearly abusive from the outset, abuse often starts subtly and gets worse over time.

Break the cycle

If you're in an abusive situation, you might recognize this pattern:

- Your abuser threatens violence.
- Your abuser strikes.
- Your abuser apologizes, promises to change and offers gifts.
- The cycle repeats itself.

Typically, the violence becomes more frequent and severe over time.

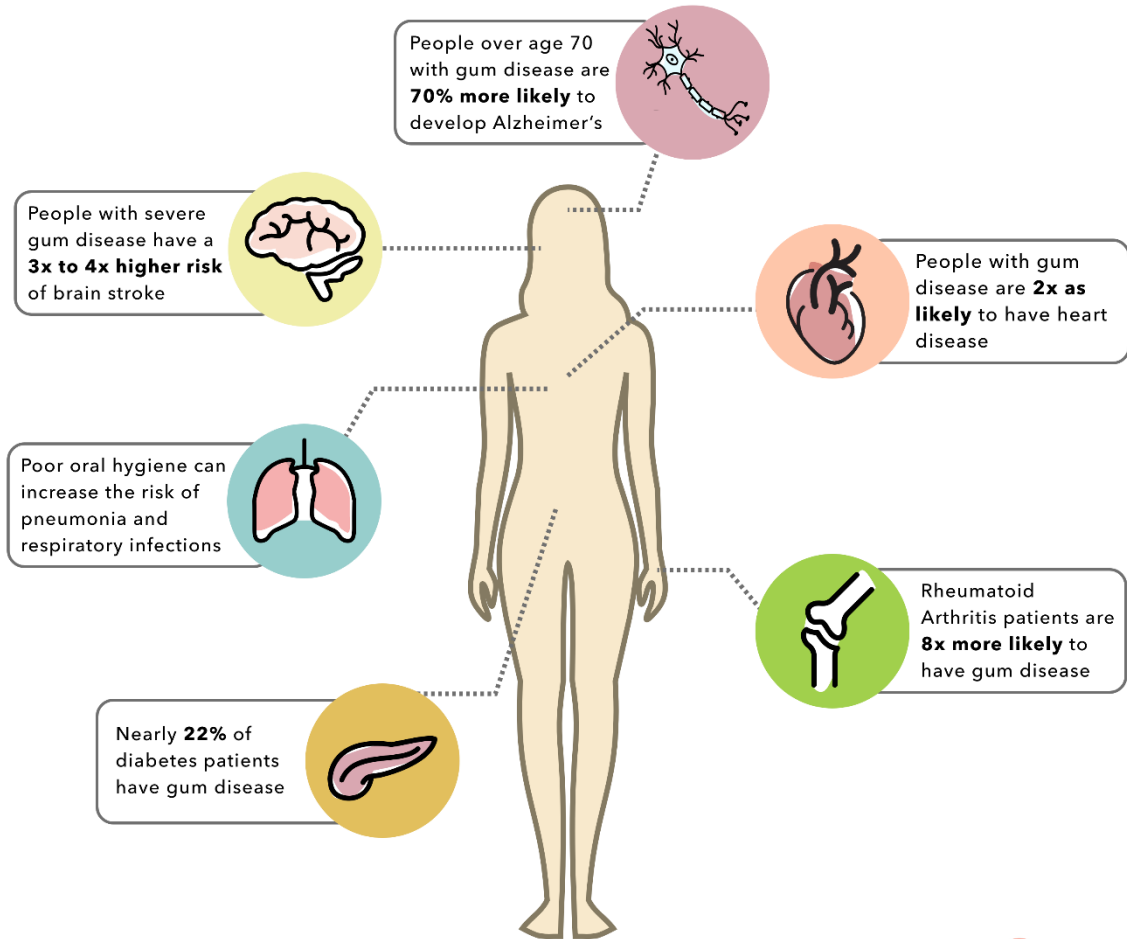


If you feel isolated, disconnected, or you don't know where to turn, it can be so hard to ask for help. Especially when you feel like no one understands. It's best to talk to someone or an advocate right away if your partner does any of these things, or you:

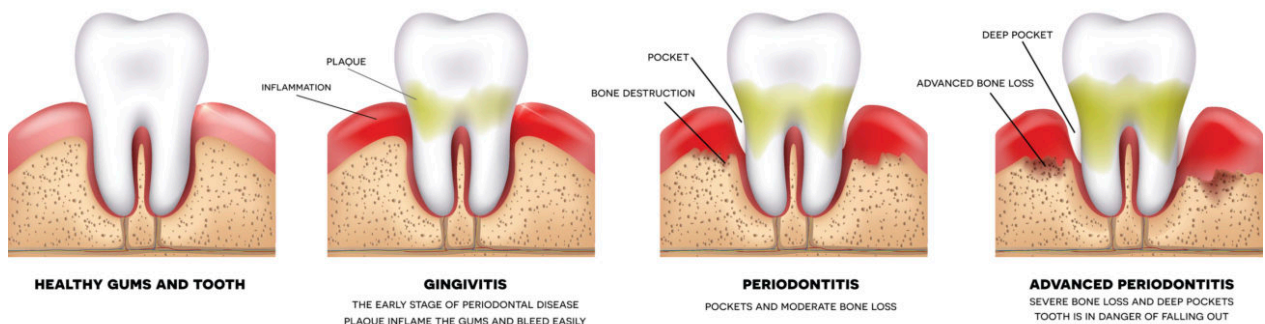
- feel generally uneasy and unsafe
- find yourself altering your behavior to keep them happy
- believe they might hurt you if you don't do what they ask

FAMILY VIOLENCE PREVENTION WORKER IS AVAILABLE AT 819-723-2260 OR YOU CAN CALL OR TEXT 24/7 INDIGENOUS WOMEN HOTLINE at 1-855-554-

The Connection Between Oral Health and Overall Health



PERIODONTITIS INFLAMMATION OF THE GUMS





DRY MOUTH

Dry mouth (xerostomia) is a serious condition that can arise when there is a decrease in saliva flow in the mouth. Dry mouth is an important problem to address because it can put you at greater risk for cavities and oral infections, and lead to pain, discomfort, and difficulty swallowing.

WHAT CAUSES DRY MOUTH?

Dry mouth has been associated with:

- medication use (see below)
- radiation and chemotherapy
- dehydration
- diseases, such as Sjögren's syndrome and diabetes, and other chronic conditions
- salivary gland dysfunction
- smoking

WHICH MEDICATIONS MAY CAUSE DRY MOUTH?

The following is a list of medications that may produce dry mouth:

- blood pressure medication
- antidepressants and anti-anxiety medications
- decongestants and antihistamines
- pain relievers and sedatives
- Parkinson's disease medications
- certain medications delivered through inhalers (e.g., bronchodilators)

WHAT CAN I DO ABOUT MY DRY MOUTH?

- Visit your oral health professional, such as your dental hygienist, for preventive oral care and to discuss ways to reduce the impact of dry mouth.
- Brush your teeth and mouth daily, and clean in between your teeth.
- Sip water frequently.
- Use sugar-free chewing gum and/or lozenges.
- Avoid foods and drinks that cause your mouth to dry (e.g., caffeine or spicy, acidic, and cinnamon-flavoured items).
- Use lip lubricants and salivary replacements.
- Schedule routine visits with your health care provider to closely monitor your health condition.
- Reduce or discontinue tobacco use.





**DENTAL
HYGIENE
CANADA**



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIENISTES DENTAIRE

DENTURE CARE

DAILY DENTURE AND MOUTH CARE

Many people do not realize the importance of maintaining the health of their mouth after they lose all or even some of their natural teeth. Food debris and bacteria continue to accumulate throughout the mouth, including on the tongue, remaining teeth, and dentures, forming plaque, which has the potential to cause cavities, odours, sores, and irritation. If you wear dentures, it is important to take them out daily for appropriate cleaning (see Helpful Hints) and visit your oral health care provider, including your dental hygienist, regularly to ensure the overall health of your mouth.

DID YOU KNOW?

DENTURES REQUIRE JUST
AS MUCH CARE AS YOUR
NATURAL TEETH.

HELPFUL HINTS

- Place a towel or face cloth on the bottom of a sink half-full of water to reduce the impact if you accidentally drop your dentures during cleaning.
- Rinse and brush dentures after each meal and before going to bed, using a soft-bristled denture brush with a non-abrasive denture cleanser or mild liquid soap. If you have an implant-supported denture, discuss its specific care needs with your oral health professional.
- Check for any broken, cracked or weakened areas of your dentures. Leave dentures out overnight or for a few hours to allow your gums to rest and to maintain healthy tissues.
- Talk to your oral health professional about the most effective way to store your dentures.
- Brush natural teeth, gums, tongue, and roof of the mouth using a soft-bristled toothbrush.
- Remove plaque in between natural teeth using interdental devices, such as floss or interdental brushes.
- See your oral health professional regularly to maintain oral and overall health and denture integrity.

Dental hygienists can help you to improve and maintain your oral health. In addition, dental hygienists can professionally remove debris from dentures using an ultrasonic cleaner and label your dentures to avoid misplacement if you live with other denture-wearing adults. **Visit your dental hygienist today!**

Call for Board of Directors (4 seats)
Widjikiwe Holdings Corp.

WIDJIKIWE HOLDINGS CORP. The Role of Widjikiwe Holdings Corp. is to improve the overall well-being and self-sufficiency of the community through the creation of new economic development opportunities that will provide long lasting, well remunerated and challenging jobs for community members. **The mission of Widjikiwe can be summarized as follows:**

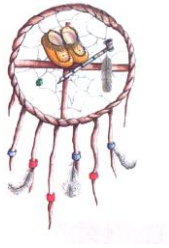
- A. Oversee businesses under Widjikiwe Holdings Corp.; such as TFN Construction LP and Widjikiwe Gas Bar LP
- B. Create and invest, in partnerships with members and non-members of the TFN community, in the start-up and management of new businesses;
- C. Create in collaboration with TFN Economic Development Director and enabling environment to develop local entrepreneurship.

The mandate is wide but could be shortened by the following sentence “establish new business investments (wholly owned, joint ventures and minority equity investments) that meet the investment criteria and maximize both quality employment opportunities and return on investment”

The Board of Directors main tasks are:

- A. Attend and participate, whenever required, to Board meetings, planning, training sessions, seminars, conferences, general assemblies, and any other functions related to governance of the Corporation;
- B. Revise and approve the limited partnership’s annual work-plans, budgets and financial statements;
- C. Approve the minutes of previous meetings and shareholders meetings;
- D. Appoint the officer of the company (President, a secretary and a treasurer)
- E. Participate in defining corporate priorities and objectives;
- F. Approve the Corporation policies and regulations;
- G. Review and approve contractual and financial engagement;
- H. Review business proposals and approve recommendations in respect to investments, joint venture, etc.;

Please submit your letter of application outlining your interest to Charmaine Johnson, Council Secretary at 6 Kateri Street or by e-mail at tfncouncil@parolink.net. Board members must have knowledge and experience in Business and Finance. Deadline April 30th, 2021



Anishnabe Long-Term Care Centre

Volunteering is a great way to learn new skills, help where there is a real need and is a great way to get involved in your community!

The Anishnabe Long-Term Care Centre is looking for volunteers, your support will help residents maintain as active, independent and as high a quality of life as possible by augmenting and complementing services provided by staff of the home. All volunteers will be provided with orientation, training, staff support.

The following lists the volunteer opportunities that are currently available.

We are in urgent need of volunteers for the following:

ONCALL BASIS WITH NOTICE PROVIDED

Medical Escort: Volunteers provide companionship and support when they accompany residents to medical appointments. Transportation is provided by TFN Health and Wellness Centre's Medical Transportation Program for all eligible clients. Volunteers do not use their own vehicle.

NEEDED IN EARLY SPRING TO LATE FALL

GARDEN PLANTING, PLANT CARE: Volunteers are needed to assist our residents in planting and caring for gardens in raised planter boxes. Offer opportunities for residents to socialize, be outdoors and assisting with watering and weeding plants.

WEEKLY FROM FALL TO SPRING

TV BINGO NIGHT

Provide assistance to residents who want to participate in weekly TV Bingo.

To become a volunteer at the ALTCC, please contact:

Jessie Bond, Operations Manager

Phone: 819-723-2225 extension 234

E-mail: administration@anishnabe-ltcc.ca

"Volunteers do not necessarily have the time; they just have the heart." — Elizabeth Andrew

Anishnabe Long-Term Care Centre

26 Algonquin Avenue Timiskaming First Nation



Anishnabe Long-Term Care Centre

26 Algonquin Avenue • P.O. Box 220
Timiskaming First Nation • Notre Dame du Nord (PQ) • J0Z 3B0
Tel: (819) 723-2225 • Fax: (819) 723-2112
E-Mail: administration@anishnabe-ltcc.ca

Job Offer-Anishnabe Long-Term Care Centre Cook (Casual, Part-time)

JOB SUMMARY:

Preparing meals, which contribute to a balanced, nutritious and appealing diet. Responsible for inventory control and maintenance of an orderly and sanitary work area. Works as a team member with other departments to ensure the wellbeing of the residents. Must follow the Canadian Food Guide to prepare menus.

DUTIES & RESPONSIBILITIES

- Prepares and serves daily and special meals according to menus, recipes, diets and schedules.
- Ensures special dietary requirements of residents are met.
- Ensures work areas and equipment are cleaned after every use.
- Every two weeks do a thorough cleaning of the appliances and work area
- Provides assistance, understanding and encouragement to all residents.
- Ensures residents' rights or privacy and confidentiality are maintained.
- Ensures proper security procedures are followed in the handling and storage of any confidential material.
- Assist in the development of monthly menu
- Responsible for direction of staff engaged in food preparation and overall cleanliness and operation of the kitchen.
- Ensures dietary and cooking supplies are stored in a safe and efficient manner. Following health directives per Residents' needs.
- Reports repair and maintenance requirements to Operations Manager and any other issues important to the operation of the department.
- Responsible for inventory control and the adequate storage and rotation of food and supplies order.
- Signs for deliveries when necessary and ensures food items are received in good condition and are stored properly.
- Participates in Quality Assurance/Risk Management activities through input into dietary standards, evaluation of service, problem identification and problem solving.
- Maintains a current knowledge of and complies with facility policies and departmental standards.
- Contributes to departmental and facility operation through participation in staff meetings as assigned.
- Attends staff in-service and continuing education programs as scheduled.
- Performs other related duties as assigned.

WORKING CONDITIONS

Constant standing and walking; frequent squatting, reaching, lifting and moving equipment and supplies; regular exposure to temperature extremes; exposure to hazards from use of kitchen utensils and equipment; regular use of senses such as sight, taste and smell during cooking; regular pressure of deadlines to cook and serve meals on time; careful concentration required while serving food; exposure to biochemical agents and wet floors.

Must possess the personal qualities and attitudes that respect and maintain the spirit, dignity of the residents

Must have the ability to communicate effectively and organize departmental relations by displaying tact, courtesy and patience with residents, staff, visitors and volunteers.

Must have the ability to operate safely and efficiently all equipment associated with the duties of the position.

JOB QUALIFICATION

Education / Knowledge:

- Minimum grade 12 education or equivalent.
- Formal training in quantity food preparation from a recognized institution
- Must be able to speak English
- Basic First Aid Certificate is preferred.
- Food Handling Certificate is required.

Experience:

- Minimum two years' experience in institutional cooking preferred
- Please note, employment with Anishnabe Long-Term Care Centre will be contingent on receipt of a current Criminal Record Check, including a Vulnerable Sector Screening.

Please send your application to administratrion@anishnabe-ltcc.ca by April 23rd, 2021
ATT: Jessie Bond, Operations Manager

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: \$ 54,255. To \$ 81,373. Annual (based on qualifications and experience)

Deadline for application: Friday, April 9, 2021 at 12 pm

Possible date of interview: Week of April 12, 2021

Tentative start date: As soon as possible

Cultural Coordinator

Department: Health

Supervisor: Prevention & Culture Supervisor

Deadline for application: Friday, April 23rd, 2021 at 12 pm

Possible date of interview: Week of April 26th, 2021

Tentative start date: As soon as possible

Janitor (Fixed Term Contract) – 35 hours / week

Department: Health

Location 22 Algonquin Avenue (Health Centre)

Deadline for application: Tuesday April 27th at 4: 30 pm

Possible date of interview: Week of April 26th, 2021

Tentative start date: As soon as possible

Human Resource Manager

Department: Administration

Salary Range: As per TFN pay scale (qualifications(s) and/or experience will be considered)

Deadline for application: Tuesday April 27th at 4: 30 pm

Possible date of interview: Week of May 3rd

Tentative start 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: Nancy McBride
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

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

Kawaskotodj gîzis

2021

SUN	MON	TUES	WED	THURS	FRI	SAT
COVID-19 TESTING at Health Centre call Nursing Phone 819-629-9900 to book an appointment Hours: 8am-4:30pm Mon-Thurs 8am-12pm Fri				1 Newsletter Deadline	2	3
4	5 Newsletter	6 Recycle  Garbage 	7	8 Biggest Loser 1st Weigh-in Deadline	9	10
11	12	13 Garbage 	14	15 Newsletter Deadline	16	17
18	19 Newsletter	20 Recycle  No COVID Testing	21 No COVID Testing	22	23	24
25	26	27 Compost 	28 Large Item Pick Up	29 Newsletter Deadline Large Item Pick Up	30	

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.