

Kidodenaminan

TFN Newsletter

Our Community

December 14th, 2020



Minowāzon Niba Ayamiyāniwag ❄️ Merry Christmas

*TFN Chief and Council wish your family all the love and blessings of the season
We look forward to working together to accomplish even more in 2021*



COVID 19 UPDATE

from Chief & Council



Directives

- Limit non essential travel
- Maintain social bubble (family & friends)
- Maintain social distancing 2m
- Wear a mask & wash hands frequently
- Private gathering - 10 people
- Community Indoor events - 12 people
- Community Outdoor events - 50 people
- Kiwetin School no longer in modified phase II
(contact school for more information)
- ALTCC visitor hours: Monday to Friday 1-3pm & 6-7pm
No Visitors on Weekends

* Please remember to call ahead to book an appointment to access services at the Health Centre 819-723-2260 and the Band Office 819-723-2335



For more information: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/instructions-directives-covid19/>
Quebec Public Health telephone: 1 877 644-4545 (toll free)
Monday to Friday, 8 a.m. to 6 p.m

FNQLHSSC Update highlights

- Second loans available under Canada Emergency Business Account (CEBA)
- 249,000 doses of Pfizer vaccine slotted for Dec. delivery for Canada's first shipment this month
- Quebec ready to start its vaccination plan after HC approval
- the first doses will go to long term care homes in Montreal and Quebec City
- There will be 20 vaccination sites set up in the province to vaccinate up to 28,000 people by Jan. 4. Quebec is then expected to receive 1.3 million doses of Pfizer and Moderna vaccine in the first 3 months of the year (2 doses each = 650,000 people)
- Ministerial order to authorize more professionals to administer vaccine



COVID-19 preventative measures for the upcoming holidays



Holidays are just around the corner and as the number of COVID cases continues to climb, Chief and Council would like to encourage community members to consider the following directives:

Travel

- Please avoid large crowd gatherings during the holidays
- Avoid going to hot spots (red zones)
- Continue to follow public health measures including washing your hands and physical distancing
- Wear a mask as much as possible especially when not in your bubble or when your space is compromised
- Stay home and self isolate if you are experiencing symptoms.

Holiday Gatherings

We are aware that limiting gatherings to 10 is close to impossible in some of our larger families. In order to keep safe and respect all the families in our community, we kindly ask that community members stick to their own household/family bubble during the holidays.

Although we do not encourage any outside visitors, those who are coming to visit from any other region are asked to stay within one household and limit any contact outside of their family bubble.

If you feel overwhelmed, please reach out for services at:

Quebec Public Health telephone: 1 877 644-4545 (toll free)
Monday to Friday, 8 a.m. to 6 p.m



Although we continue to be in the yellow level of alertness, we must stay vigilant for our elders and our children. We need to keep our community safe and virus free. After all, no one wants COVID for Christmas.

Ontario

As of December 8, there are a total of 132,800 confirmed cases and 3,861 deaths (167 in the last week) due to COVID-19 in Ontario reported (12,983 deaths in Canada so far with 683 in the last week)

- Compared to the previous day, this represents:
- An increase of 1,890 confirmed cases (percent change of +13%)
- An increase of 28 deaths (percent change of +180%)
- An increase of 1,924 resolved cases (percent change of +24%)

Timiskaming Health Unit

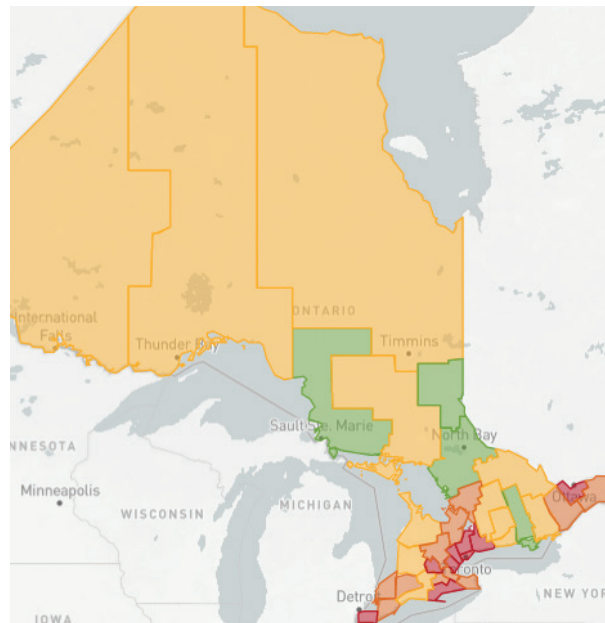
Currently 5 active case in Timiskaming region

- Change in cases since November 23 is 5
- Cumulative case count since the beginning of the pandemic is now 24
- Cumulative rate per 100,000 population – 67 per 100,000 people

• Note for all of North Eastern Ontario, there are currently 32 total active cases (9 in Public Health Sudbury District, 9 in North Bay Parry Sound District Health Unit, 1 in Algoma Public Health/Sault Ste Marie area, 8 in Porcupine Health Unit/Timmins area and 5 in Timiskaming Health Unit). Northeastern Ontario continues to experience some of the lowest COVID-19 incidence rates in the world even when population is factored into the measurements.

- Most of northeastern Ontario is currently in a green zone. Sudbury is in the yellow zone.
- A total of 12 people have died from COVID-19 in northeastern Ontario

COVID-19 CORONAVIRUS



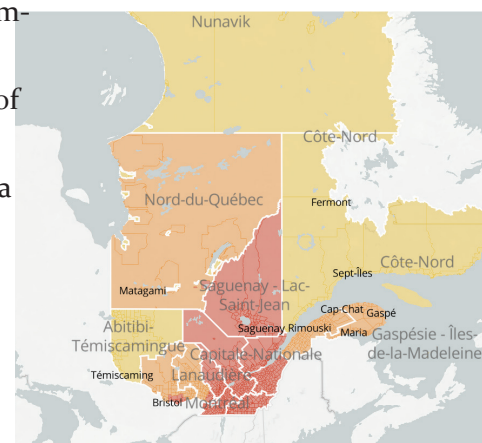
Québec

Current régions in the red zone include : Bas-Saint-Laurent, Capitale-Nationale, Chaudière-Appalaches, Estrie, Lanaudière, Laurentides, Laval, Maurice et Centre-du-Québec, Montérégie, Montréal, Outaouais, Saguenay-Lac Saint Jean and Chapais & Chibougamau in North Quebec

- In the past 24 hours, there have been 1,728 new cases, bringing the total number of people infected in the province to 156,468 since the start of the pandemic
- The data also reports 37 new deaths in the last 24 hours, for a total of 7,349
- The number of hospitalizations increased by 9 compared to the previous day, for a cumulative total of 844. Among these, the number of people in intensive care increased by 7 for a total of 121.

Abitibi-Témiscamingue

- Number of confirmed cases since the beginning of the pandemic – 293
- Total cases for the week of November 29 to December 5 is 20
- Confirmed deaths in this region since the beginning of the pandemic is 4
- -Three of the new 20 cases reported since December 3rd have been in the last 24 hours.
- -The majority is linked to a private social event with 11 of the 14 cases reported over the weekend – participants at this event were all relatives.
- -92 of the 118 cases since the start of the 2nd wave, have recovered, leaving 26 active cases with 21 of the active cases being in the RMC of Vallée-de l'Or.
- -Although 2 of the active cases are of school age. A mobile screening was deployed to the school but so far, there is no evidence of transmission within the school.
- Public health continues to monitor the situation and will keep you informed.



IMPORTANT NOTICE FOR TDSS STUDENTS

COVID-19 Preventative Measures
JANUARY 4 TO 8, 2021

It is VERY important for our students to attend school every day this week, December 14 to 18, so that they are prepared for online learning the week of January 4 to 8. Even though you will not be at school that week, you MUST participate online in order to not fall behind in your course.

The 3rd course rotation ends on Tuesday, December 15. The bus will be bringing students home at noon on that day. The 4th course rotation begins Wednesday, December 16; students will get to meet their teachers, learn about the expectations for their course, and participate in online learning simulations with the iPads, so that they can fully participate from home during the week of January 4 to 8. Students will also be allowed to bring their iPads home each day this week, in case of bus cancellations due to inclement weather, so that they are able to access their classes online if necessary and are ready for online learning after the Christmas break.

REMINDER: Shane Polson will be replacing Audrey McLaren as Education Partnerships Program Coordinator. He will be in the office on Monday, January 4th, 2021. He can be reached by email at: epp.coordinator@atfn.ca or by calling the band office at 819-723-2335 extension 234.

PERFECT ATTENDANCE FOR NOVEMBER

ST-JOSEPH: Jaymee Cheff-Wabie, Aiyanna Cloutier, Summer King, Sydney King, Sophie King-Paquette, Zander King-Paquette, Mia Miljour, Danika Roch-McLaren, Amélie Roussel, Liam Wahsquonaikeshik.

RDQ: Jared Polson, Casey Jacques, Nolan Polson

TDSS: Lyle Babin, Kirstin Bourdon-Trudel, Kaelan Chief, Keirah King-Tebiscon, Lily McBride, Owen McBride, Aaliyah Polson, Hunter Viau

CONTEST FOR OUR YOUTH – PUAMUN MESHKANU

The Great Collective Collection. Contest open until March 1st. 2021

As part of the campaign to promote academic perseverance and educational success, we are issuing an invitation to participate in the creation of a collective work, for and by Indigenous students. We want to know what makes them proud or proud of going to school or what inspires them to be persistent. Express yourself through drawings, writing and comics. This book will be made available free on our website at the end of the school year. For more information visit: www.Puanum.com/campagne

COMMUNITY INVOLVEMENT GRADUATION REQUIREMENT

For the **2020-21 school year**, the ministry is revising the 40-hour community involvement graduation requirement so that students will not be adversely impacted by the ongoing challenges related to COVID-19. For students **graduating in the 2020-21 school year**, the community involvement graduation requirement will be reduced to a **minimum of 20 hours** of community involvement activities.

Students may wish to consider virtual volunteering, such as connecting with seniors, organizing virtual fundraising events and facilitating discussions with newcomer youth. Outdoor volunteer opportunities could include, for example, picking up litter.

In addition, the ministry is providing increased flexibility in how **all secondary students can earn hours in 2020-21**, as follows:

1. At the **principal's discretion**, schools may waive the restrictions that do not allow students to earn hours during the time allotted for the instructional program on a school day, or duties normally performed in the home (e.g., walking a younger child to and from school, helping younger siblings with school work).
2. **Students aged 14 years and older can count up to a maximum of 10 hours from paid employment** towards their earned hours at the discretion of the principal. Students counting paid employment towards their graduation requirement will be required to complete a reflection exercise indicating how their work contributed to the service for others. **Students must also get these opportunities pre-approved by administration and signed off by their employers.**

PLEASE REMEMBER TO GET ALL COMMUNITY SERVICE HOURS PRE-APPROVED BY ADMINISTRATION AND TO SUBMIT YOUR COMPLETED COMMUNITY SERVICE CARDS TO GUIDANCE AS SOON AS POSSIBLE.



Timiskaming First Nation
Public Works Department
24 Algonquin Avenue, QC
J0Z 3B0



TIMISKAMING FIRST NATION SNOW REMOVAL

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

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

In order to have a fair system, the criteria are and will be followed as such:
To qualify for this service, you must:

Senior

- Person must be a TFN band member and make request. (As of November 30th)
- Must be the main home owner and reside there.
- Sign an annual agreement with the TFN administration.
- Be 65 years of age or over. (By December 31st of the current year)

Disabled/Handicapped

- A certificate from your doctor. (Stating reason and duration of disability that would prevent physical activity)
- Have no other person physically capable of clearing snow residing with them.
- The service will be offered at a discount rate of \$90.00. (Winter season)

Optional

Sanding of cleaned driveway will be added for additional \$20.00.

Amount/Snow Removal \$ _____

Amount/Sanding \$ _____

Address: _____

Total \$ _____

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

SIGN _____ **DATE:** _____





Timiskaming First Nation

24 Algonquin Avenue (TFN),
Notre Dame du Nord, QC
J0Z 3B0

Telephone: 819-723-2335 • Fax: 819-723-2353

Notice to Income Assistance Clients

January Payments will be sent on the following dates: 1/3 of the payment the week of December 14 with the remainder of the January payment on December 31

Declaration cards for February will be mailed out with a return date of January 20

We would like to wish all our clients a happy and safe holiday season and all the best for 2021!

Contact Sharon Baker or Taylor Polson for questions or concerns at 819 -723-2335



Timiskaming First Nation Police

The TFN Police have started roadside safety operations for alcohol/drugs, winter tires, speeding, and distracted driving we will continue during the festive season to help keep our roads safer. Thank you.

**REMEMBER DON'T LET A
FRIEND DRINK AND DRIVE!**



NEW YEARS AND FIREARMS..... **NOT SAFE!!!!**

The Timiskaming Police Force would like to give the public the following message concerning celebratory gun firing on New Years.

When fired into the air, bullets can return to the ground at speeds greater than 200 ft./sec., a sufficient force to penetrate the human skull and cause serious injury or death.

What goes up — the old saying — must come down, So that round in the air will come down somewhere, and if something bad happens, the person can be held responsible for their actions..just firing a gun can result in charges of careless use of a firearm or discharging it too close to people or places.



It's just not necessary to take a firearm out and shoot it up into the sky for no reason

This practice is not a First Nation tradition, firearms are a European invention, there are surely better ways to ring in the new year than with a loaded gun in your hand.



The TFN police have found a small trap suitable for muskrats, marten, and weasels. Call in with a description and we can return it to the owner.

MESSAGE FROM THE HEALTH AND SOCIAL SERVICES DIRECTOR

For some reason, we seem to be at an advantage here in the Abitibi-Temiscamingue and Northeastern Ontario bubble...so far. Whether it's because of our low population density or the dearth of crowded public transport, crowded apartments, elevators and institutions or just how cautious we have been with wearing masks, keeping our distance and availing ourselves of sanitizer, we seem to have kept the virus in check.

In the upcoming weeks, visitors may be arriving here. Without demonizing outsiders, we can follow the guidelines for self-isolation and social gathering restrictions and, with the advent of our rapid testing system hopefully by the new year, we can also screen people that travel from high risk areas. Mitigating the spread of the virus can be done with cooperation and kindness as we attempt to protect our seniors and vulnerable community members without adding to the stress and anxiety of these times. A unified response with an engaged population, as we work together to protect the elderly population is all about being diligent, careful and community-minded.

The recent AFNQL Assessment Report for the first wave of the pandemic reported that with only 35 cases and 2 deaths between March 13 and July 31, 2020 Quebec had the lowest number of COVID-19 cases in Indigenous communities in the country and a total absence of the virus in their long-term care homes for seniors. This is perhaps due to the fact that many community leaders like our Chief and Council, implemented their own measures quickly with an effective transition to remote work. At our Pandemic Committee updates, we continue to monitor Quebec measures while reframing it with our own planning and directives from Chief and Council.

Meanwhile, this same report also highlighted how young people have been directly impacted by public health measures that have been put in place, from interrupted studies to job losses to suspension of professional support services and these conditions add to various obstacles to education and employment that many First Nations youth must already contend with. Here at the Health and Wellness Centre, we hope to explore that issue further with outreach and activities here and our research and partnerships in an upcoming project with the psychology department at McGill University, Cultural knowledge keepers and staff.

Also, the report noted there has been an increase in psychological distress among women in communities especially those with lockdown measures; it has been difficult for many women to take time for themselves. Here in this community we have not experienced the current housing crisis as much as others which makes First Nations particularly vulnerable during a pandemic due to the lack of infrastructure, overcrowding and few options for isolating people who are sick or awaiting test results.

There is an ease here knowing that we have been doing well at containing COVID-19 and I hope this comfort extends itself to your holiday enjoyment. Nonetheless, we are not free of concern; we all have a sense of anxiety as we look south and west at the rising case numbers and hospitalizations. There is still risk and therefore, we go forward with masking, avoiding large gatherings and our temperature checks here at the workplaces and the manageable contact tracing being done by Quebec and Ontario public health to diligently stop any spread from the travel-related cases that are uncovered.

Therefore, let's turn COVID-19 fear into COVID-19 precautions as we all help each other feel safe and comfortable this holiday season. Let's not be careless travellers. Let's all do our part to help reduce the anxiety that might weigh on us during the holidays. It's important to recognize that these are traumatic times. We will continue to work together as we thoroughly try to test and direct self-monitoring and social restrictions amongst everyone who visits the community. Our COVID-19 anxiety is lessened when our response is driven by health data and not fear.

Nursing department



Flu vaccine clinics



Will be available Monday, November 2nd, 2020.

The flu vaccine will be offered Monday to Thursday from 3:00pm to 4:15pm.

Available until December 17-2020 -Flumist intranasal (by the nose) will be offered to children 2 to 17 years old.

If you are only available in the evenings, please call and notify us and if there are enough demand we will open an evening clinic.

By appointments only.

Clinique L.A.B

Loic Allenback will be returning soon to TFN, but in the meantime you can make an appointment at the clinic in Ville-Marie 819-622-0894 or in Rouyn-Noranda 819 762-0894 for a hearing test or for your hearing aids.

Meegwetch, Thank you and Merci.



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Reminder: no walk ins at the Health Centre.

Due to COVID 19 we cannot accommodate walk-ins. Please call ahead of time to make an appointment to see one of the nurses.

Thanking you in advance for your cooperation

A friendly reminder from the TFN Health and Wellness Centre

Please make sure you have a valid health card when you enter the Health Centre. For an appointment. Lab requires a valid health card for all blood samples we draw. Any physician that see's you for medical purposes requires the card number to be paid for their service. If you are seen by a physician and require a referral to a specialist, it cannot happen without your valid health card. You will not be able to be seen in the retinopathy or vascular health clinics at the health centre without a valid health card

Call 1-800-561-9749

Provide your current address and they will send you the forms required which will take approximately 10 days

If you require assistance obtaining your health card, please call
Debra Stanger 919-629-2420 ext 4120



Notice:

To all patients of Dr. Duchesneau & Dr. Valet. They will be seeing their patients by tele Health at the Health Centre with the help of the nursing staff. So, if you need an appointment with your doctor please call the Health Centre at 819-723-2260. and your name will be put on a list for your doctor.

Meegwetch



NOTICE:

Shelby McBride, the First Line Intake worker will now be taking all TFN resident's appointments for psychologist Arlene Laliberté. Numerous mental health services and assessments can be offered. The availabilities to meet with Arlene are Tuesdays and alternating to Thursdays every second week from 9 AM to 3 PM. You can reach Shelby to schedule an appointment or have more information on the services at 819-723-2260 ext 145.



Kwe, kwe TFN members,

We will be starting the Biggest Loser on Monday, January 18th, 2021 until Friday April 9th, 2021, at noon will be the last day of weigh-ins.

Weigh-ins will start on Monday, January 18th. It will be a bit different you are required to come in at least once a month to weigh-in and do measurements. Also we have exercise classes every Thursday at 6:00pm with Brenda at the Health Centre or Samantha at the Kiwetin school at 6:00pm every Monday & Wednesday.

Grand prizes will be determined near the end of this 12 week program.

**For more information please call Cathy @
the Health Centre 819-723-2260.**



FREEZER MEALS

December 2020

Wednesday, Dec 2nd	10am & 2pm
Wednesday, Dec 9th	10am & 2pm
Wednesday, Dec 16th th	10am & 2pm

(Closed during Christmas break)



Join us at the Health & Wellness Centre to prepare delicious meals to take home, please enter by the front door,

you will be screened upon entering.

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

REGISTRATION is required, please call 819-723-2260

**The First Line Services Prevention Team
want to wish you a Merry Christmas and a Happy New Year!
We are looking forward to seeing you at upcoming events
& activities in 2021!**



Nate, Marsha, Bonnie, Heather, Samantha, Janice & Mike



Some pictures from our 2020 programs!



Christmas Countdown

MOVIE NIGHT!

Pick your favorite Christmas movie, pop some corn, grab a couple goodies and a blanket and snuggle up on the couch.

Snowman Bowling!

It's game on! Stack water bottles or empty cans and use a small ball to play bowling. Create a "lane" with blankets. Remember to roll the ball!

Snowball Fight!

Bundle up and go play in the snow! No snow at your house? Gather up some socks or paper and roll them into balls and take cover!

Read a Story

Choose your favorite Christmas story and we will snuggle up and read together.

Tree Ornament

Let's make an ornament for our Christmas tree! Use felt, glue, or a needle & thread, salt dough or decorate a ball ornament with permanent markers.

Give to Others

Let's go through all our toys and choose five to give to someone who might not get much for Christmas this year. Help make someone else happy.

Picnic by the Tree!

Let's have dinner in front of the tree tonight! Spread out a blanket and we'll have a picnic.

Letter to Santa

Write a letter to Santa. Tell him three nice things you have done today and one gift you would like for Christmas.

Christmas Cookies

Make, bake and decorate Christmas cookies. Share some with neighbors and friends for some extra holiday cheer.

Game Night

Pick your favorite game and we will play in front of the Christmas tree! Pick a couple snacks and maybe we can turn on Christmas music.

Sweet Tooth

Make your favorite Christmas candy! Need some ideas? How about Super Simple Fudge, Barely Stir Caramels, or Peppermint No Bake Cookies?

Christmas Cards

Write a Christmas card to Grandma, Grandpa or a friend. Get out all the art supplies! Paint a picture, use stamps, glue, paper, ribbon. Be creative

While He Was Napping



**TFN PUBLIC Works
would like to wish everyone a
very Merry Christmas and a
Happy New Year!**





Merry Christmas

*May your Christmas be filled
with moments of fun and
laughter with the ones you love,
and may you have a
safe and happy holiday*

TFN Housing Department



Darlene Chevrier

Simon Chief

Owen Polson-Presseault

Mark Renaud

Jonah McLaren



*May the Christmas season fill your home
with joy, your heart with love, and your
life with laughter.*

*TFN Education Department:
Jane, Allan, Laurette, Audrey and Shane*



**NNADAP workers Theresa
Wabie and Mike Beaupre
would like to wish all a
Merry Christmas and
Happy New Year**

**Moderation is the key to
a successful and safe
holiday season**

**Looking forward to
Seeing you in!**

2021



TFN Police would like to wish
everyone a safe, Merry Christmas
and a Happy New Year from our
families to yours.



TFN Seniors



Monthly meeting will be held on
Thursday, January 7th, 2021
1:30 pm Seniors Unit



*Have a safe and happy holiday season
from TFN Seniors Committee
and Marsha Wabie*



CHRISTMAS FOOD DRIVE

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

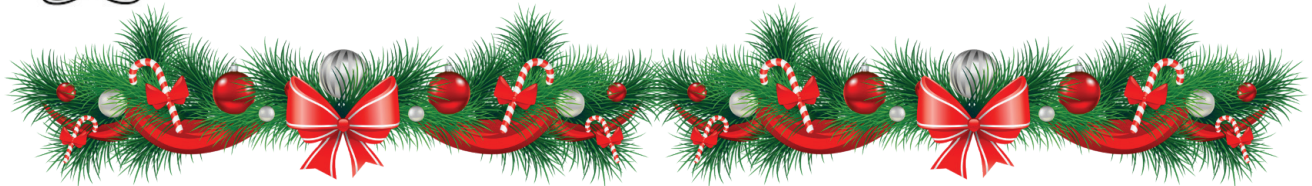


Drop off locations:
Health & Wellness Centre
Band Office
Seniors Unit



Pick-up can also be arranged!

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



Anishnabe Long Term Care Center would like to give a huge thank you to the Seniors Unit for their generous donations of a new coffee machine as well as a new Christmas tree with decorations.

We also want to thank Rejean Goudreault and Shirley McBride for their donation of the beautiful poinsettia and to all volunteers to have lend a hand in making this holiday season pleasant for all the residents.



Due to COVID-19 safety concerns, there will be no Christmas mass at the TFN Chapel.

There will however be a service in English with Father Rénal Dufour at the Paroisse St. Joseph (NDDN) on December 24th at 4pm.

ALTCC
RESIDENTS, BOARD OF DIRECTORS
AND STAFF WISH YOU ALL MERRY
CHRISTMAS AND A PROSPEROUS
NEW YEAR!



We take this opportunity to say Meegwetch to Chief and Council, Volunteers and Administration Team for their continued support. May this Christmas season bring you the desires in your hearts.

Online Xmas Bake Sale

Date: Wednesday, December 16, 2020

Time: 12 pm

On the event date we will do a live video to show all the goodies available to purchase.

After the video, we will post individual photos of each item and how many are available. You will then be able to comment under the photo of the item you want



All the proceeds are to benefit the residents activity funds.

Please join our Facebook events page to have access to the bake sale—> [\(ALTCC Online Xmas Bake Sale\)](#)

Anishnabe Long Term Care Center



50/50 Draw

Date: Thursday, December 17th, 2020

Tickets can be purchased by calling Karin at 819-723-2225 or by staff members.

All proceeds to benefit residents activity funds



HOLIDAY NEWSLETTER 2020

TFN Newsletter

Aanii one and all!

I hope all is well in the community. We, the team at the Youth Center are working hard on bringing you new programs starting in the new year!

Book club, youth council, paint club, running club, are all going to be implemented in the year! Thanks to Trinity our newest team member at the Youth Center we will be having gym nights available again!

We would like to send a special thanks to the families in the community who have participated in our events! We love seeing the community come together. We hope you have an amazing holiday and look forward to seeing you in the new year!

Best wishes for the New Year!

The Youth Center

TFN Youth Center Calendar

January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Paint Club 5:30 - 8 pm	5 Taco Tuesday 6 pm	6	7 Gym Night 6 - 8:30 pm	8 Super Mario Party Switch Night	9 Gym Night 6 - 8:30 pm
10 Street Hockey Night 5 - 7 pm	11 Book Club 5:30 - 7 pm	12 Beading Night 6 - 8 pm	13	14 Gym Night 6 - 8:30 pm	15	16 Gym Night 6 - 8:30 pm
17	18 Paint Club 5:30 - 8 pm	19 Taco Tuesday 6 pm	20	21 Gym Night 6 - 8:30 pm	22 Pool Tournament	23 Gym Night 6 - 8:30 pm
24 Street Hockey Night 5 - 7 pm	25 Book Club 5:30 - 6 pm	26 Beading Night 6 - 8 pm	27	28 Gym Night 6 - 8:30 pm	29	30 Gym Night 6 - 8:30 pm
31						

POOL = fun



FAMILY SWIM

Saturday Jan 2ND | 4:00-5:00pm

**DUE TO COVID THERE'S A
LIMIT(24) IN POOL
PLEASE REGISTER
BEFORE DEC 18TH WITH
BONNIE @ 7232260**



@ New Liskeard Pool & Fitness Center

****SORRY TRANSPORTATION NOT AVAILABLE****

Made with PosterMyWall.com

FREE SKATING DURING THE HOLIDAYS FOR FAMILIES



Tuesday December 22nd

Tuesday December 29th

Morning

10:20am-11:20am

10am-11am

Afternoon

5:10pm-6:10pm

1-2pm

Sponsored by Brighter Futures



**Timiskaming First Nation
Health & Wellness Centre**

Those who've submitted names for the Youth
Center Gift Giveaway, gifts can be picked up
during the week of
December 14th to December 18th.
5 pm - 9 pm



**TFN Youth Center
18 Algonquin Avenue
819 723 2255**

**Monday - Ages 12 - 15
Tuesday - Ages 16 - 18
Wednesday - Ages 19 - 21
Thursday - Ages 22 - 25
Friday - Ages 26 - 30**



TFN YOUTH CENTER CHRISTMAS MOVIE WEEK!

**DECEMBER 14 - DECEMBER 18
5 NIGHTS OF CHRISTMAS MOVIES!!**

MONDAY, DEC 14 - A CHRISTMAS CAROL

TUESDAY, DEC 15 - JINGLE JANGLE

WEDNESDAY, DEC 16 - ARTHUR'S CHRISTMAS

THURSDAY, DEC 17 - THE GRINCH

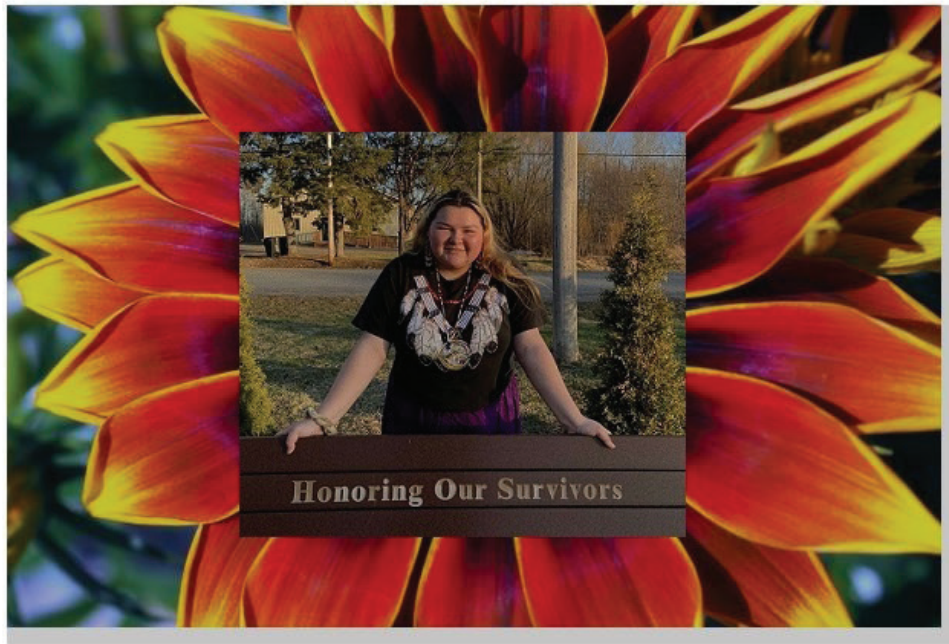
FRIDAY, DEC 18 - KLAUS

**Snacks and Drinks will be provided!
Movies will start promptly at 6 pm!**

For more info - 819 723 2255

**TFN Youth Center
18 Algonquin Avenue**





Hi everyone my name is Trinity King and I am a new worker at the Youth Center. I am a hard worker who likes to gain the knowledge of others, be outdoors, play sports, plan events and much more. I believe that seeing our youth succeed means that we are heading in the right direction and lets us know that the future is in great hands, so that when knowledge is passed on it will be used for the greater good. I am looking forward to opening up gym nights twice a week for physical activities. I will also be working at creating a Youth Council to hear the ideas of our youth! This council would work closely together, giving the youth a voice and making sure that our community stands together strong and proud. The youth need a place where they can be creative get to know the people around them,

CIRCLE OF MOMS



A group session for women to come share and explore new ideas while working on different projects. Our monthly activities, workshops and group outings will be posted on Health Center website.

Our next session will be planning for new year and revamping the group name. Looking forward to the new year.

Next session will be held January 12th from 6-7pm.

If you're interested in joining please leave your name with **Bonnie @ 723-2260**

The **Algonquin Nation Tribal Council**
40th



ANNUAL GENERAL ASSEMBLY

TFN-Participant Draw Winners:

1st Laptop - Sam Polson
2nd Jacket - Denis Gratton
3rd Hoodie - Lyndsay Polson-McLaren

WLFN-Participant Draw Winners:

1st Laptop - Gerald Robinson
2nd Jacket - Jackie Honen
3rd Hoodie - Jessie Bond

ABL-Participant Draw Winners:

1st Laptop - Rachel Jerome
2nd Jacket - Tyler Jerome
3rd Hoodie - Charles Ratt

Thank you to everyone who participated
in the Tribal Council Virtual AGA.
See you all next year!

Is There a Safe level of Drinking?



While there is no precise “Safe” level of drinking, there are guidelines for adults who wish to lower the risks of drinking. People who are pregnant, who have certain medical conditions such as liver disease or mental illness, or who will be driving a vehicle or operating machinery, should avoid alcohol.

The impact of alcohol can affect our judgment, behavior, attitude, and reflex. People who over consume can also experience moments of embarrassment, unwanted or high-risk sexual contact, violence, injury or death.

Ps. Keep in mind moderation is the key to a fun and safe holiday season with family and friends.

NNADAP 819-723-2260 Ex: 124 or 125



Widjikiwe Gas Bar LP.

86 Rue Ontario (TFN),
Notre Dame du Nord, QC
Telephone: 705-622-0722

email: Wgblp.manager@atfn.ca

GAS UP YOUR CAR FOR FREE CONTEST

ALL YOU NEED TO DO TO QUALIFY IS TO FILL OUT THE SURVEY INCLUDED AND
DROP IT OFF AT 28 Algonquin Avenue. OR SEND IT IN BY EMAIL AT
WGBLP.MANAGER@ATFN.CA. YOU CAN ALSO VISIT OUR FACEBOOK PAGE.

Enter your Name

Enter your Address

Enter your Vehicle Make, Model and year

Do you have a Fuel Tax exemption card?

<input type="radio"/> Yes
<input type="radio"/> No
<input type="radio"/> I have applied
<input type="radio"/> I need to apply

Are you looking forward to the Widjikiwe Gas Bar Opening?

<input type="radio"/> Yes
<input type="radio"/> No / Doesn't matter

How often do you usually gas up in a week?

<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
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Which service do you prefer?

<input type="radio"/> Full-Serve	<input type="radio"/> Self-Serve
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What Widjikiwe Gas Bar services are you looking forward to the most?

<input type="radio"/> Gas and Convenience Store	<input type="radio"/> M&M Meats
<input type="radio"/> Beer & Wine	<input type="radio"/> Coffee and Fresh Pastries
<input type="radio"/> Lotto-Quebec	<input type="radio"/> Fresh Hot and Cold Lunches

Terms & conditions:

This contest only applies to community members, we will be accepting only one vehicle per valid address.



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

Chronological No: 632-1

File Reference: 10112020

BAND COUNCIL RESOLUTION

The council of the Timiskaming First Nation
District Abitibi-Temiscamingue
Province of Quebec
Place Timiskaming Reserve
Date DAY 10 MONTH 11 YEAR 2020

SUBJECT: AWARDING OF MANDATE TO TRAME FOR THE PREPERATION OF PLANS AND SPECIFICATIONS FOR THE COMMUNITY HALL AND YOUTH CENTRE.

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

WHEREAS: Trame, Architecture et Paysage, has prepared a proposal for the preparation of plans and specifications for the Community Hall and Youth Centre build;

WHEREAS: Trame, Architecture et Paysage, was the lowest bidder and recommended in the analysis of bids by Tribal Council consulting engineer;

WHEREAS: Invoicing for the supervision of the construction site will be paid separately to Trame, Architecture et Paysage, in order to control costs;

THEREFORE, BE IT RESOLVED THAT: Timiskaming First Nation Chief and Council award the mandate for the preparation of plans and specifications to Trame, Architecture et Paysage, for the Community Hall and Youth Centre project in the amount of \$299 694.50

Pour cette Bande le quorum est

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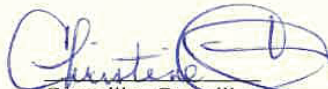
Council Members
Membres du Conseil



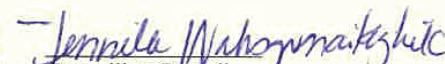
Chief-Chef
Sacha Wabie



Vice-Chief
Elijah-Polson-Groulx



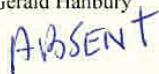
Councillor-Conseiller
Christine Chevrier



Councillor-Conseiller
Jennilee Wahsquaikkezhih



Councillor-Conseiller
Gerald Hanbury





Councillor-Conseiller
Karen McKenzie



Councillor-Conseiller
Collee Polson



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

Chronological No: 635

File Reference: 25112020

BAND COUNCIL RESOLUTION

The council of the Timiskaming First Nation			
District Abitibi-Temiscamingue			
Province of Quebec			
Place Timiskaming Reserve			
Date	25	11	2020
	DAY	MONTH	YEAR

SUBJECT: FIRST NATION GUARDIAN INITIATIVE

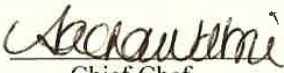
WHEREAS: Timiskaming First Nation encourages all projects aimed at improving relations with government, internal, external and private partners, as well as protecting the territory;

WHEREAS: Timiskaming First Nation aims to increase its presence in the territory and its water bodies; improving relations with government, internal, external and private partners

WHEREAS: Timiskaming First Nation supports the principle of monitoring ecological, social, economic or cultural indicators on the land and waters of its territory,

THEREFORE BE IT RESOLVED: that the Timiskaming First Nation Chief and Council fully support approves the request for funding submitted to the Native Guardian Pilot Program from Environment and Climate Change Canada in the amount of \$ 60,000

Pour cette Bande le quorum est
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Council Members
Membres du Conseil

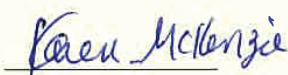

Chief-Chef
Sacha Wabie


Vice-Chief
Elijah Polson Groulx


Councillor
Christine Chevrier


Councillor
Jennilee Wahsqonaikhezic


Councillor
Gerald Hambury


Councillor
Karen McKenzie


Councillor
Colleen Polson



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

Chronological No: 636

File Reference: 26112020

BAND COUNCIL RESOLUTION

The council of the Timiskaming First Nation		
District Abitibi-Temiscamingue		
Province of Quebec		
Place Timiskaming Reserve		
Date	26	11
	DAY	MONTH
		2020
		YEAR

SUBJECT: ENDORSEMENT OF CUSTOMARY CARE FOR YOUTH PROTECTION SERVICES

WHEREAS: Timiskaming First Nation recognizes that Indigenous children are 8 times more over-represented in placement in foster families and social services in general

WHEREAS: Timiskaming First Nation wishes to help reduce the negative outcomes for First Nation children receiving youth protection interventions, and to promote children remaining in their homes and communities

WHEREAS: Timiskaming First Nation supports youth interventions, enacted by protection agencies, that promote maintaining long term involvement of parents and family to discourage long term child placements outside of their families and communities

WHEREAS: Timiskaming First Nation, when child placement is unavoidable supports;

- **cultural continuity** to ensure that a child continues to reside with members of his or her community
- **primary consideration** for the priority placement of an Indigenous child with the family and community, the last resort being the child placement outside the community
- **consistency** for placement of the youth within the child's community
- **notice** to be given to the child's parent, caregiver and community
- **reasonable effort** by the youth protection service provider to have the child continue to reside with the family and community with ongoing reassessments

THEREFORE, BE IT RESOLVED THAT: Timiskaming First Nation endorses, in the event of youth protection services involvement deems necessary to remove children from parent's care, the practice of customary care agreements, whenever possible. Each such said agreement shall be signed by a band representative.

Pour cette Bande le quorum est
consists of
fixé à
4
Council Members
Membres du Conseil


Chief-Chef
Sacha Wabie


Vice-Chief
Elijah Polson Groulx


Councillor
Christine Chevrier


Councillor
Jennilee Wahsquaikhezhi


Councillor
Gerald Hanbury


Councillor
Karen McKenzie


Councillor
Colleen Polson



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

Chronological No: 637

File Reference: 30112020

BAND COUNCIL RESOLUTION

The council of the Timiskaming First Nation			
District Abitibi-Temiscamingue			
Province of Quebec			
Place Timiskaming Reserve			
Date	30	11	2020
	DAY	MONTH	YEAR

SUBJECT: CHEQUE PAYMENT – TFN CONSTRUCTION (\$273,560.00)

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

WHEREAS: Payment conditions to TFN Construction of

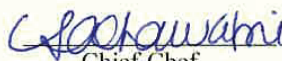
50% Start-up cost	\$136,780.00
25% at 75% completed	\$68 390.00
25% Completion of work	\$68,390.00
Total	\$273,560.00

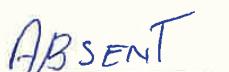
For the maintenance/repair of 19 band owned units.

WHEREAS: A start-up cheque payment of \$136,780.00 which represents 50% of the total cost, is an amount is over the authorized amount of \$49,999.99 is necessary to be made to TFN Construction;

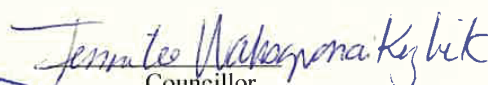
THEREFORE, BE IT RESOLVED THAT: The Timiskaming First Nation Chief and Council authorize three (3) cheques to be made out to TFN Construction in the total amount of \$273,560.00

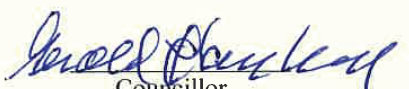
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Membres du Conseil


Chief-Chef
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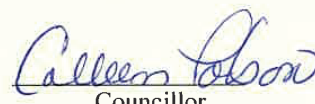

Vice-Chief
Elijah Polson Groulx


Councillor
Christine Chevrier


Councillor
Jennilee Wahsquaiakezhic


Councillor
Gerald Hanbury


Councillor
Karen McKenzie


Councillor
Colleen Polson



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

Chronological No: 638-1

File Reference: 01122020

BAND COUNCIL RESOLUTION

The council of the Timiskaming First Nation			
District Abitibi-Temiscamingue			
Province of Quebec			
Place Timiskaming Reserve			
Date	01	12	2020
	DAY	MONTH	YEAR

SUBJECT: AWARDING OF CONTRACT FOR THE EXTENSION AND RENOVATION OF KIWETIN SCHOOL TO HARDY CONSTRUCTION

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

WHEREAS: TRAME has prepared a recommendation for the selection of a contractor, based on bids for the extension and renovation of Kiwetin school. Bids opened on 26th November 2020.

WHEREAS: Construction Hardy was the contractor with the lowest bid and recommended by TRAME.

THEREFORE BE IT RESOLVED THAT: Timiskaming First Nation Chief and Council award the contract for the extension and renovation of Kiwetin school to Hardy Construction in the amount of 10 502 674,25\$.

Pour cette Bande le quorum est

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fixé à

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Council Members
Membres du Conseil

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Karen McKenzie

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Colleen Polson

RYAM Canadian Scholarship Program

Rayonier Advanced Materials (RYAM) is pleased to offer a scholarship program to support local students pursuing a career in the forestry sector.

The program is designed to support students enrolling at a university, college/cégep in a relevant full-time engineering, forestry, technical or skilled trade program. The scholarship provides successful applicants with a financial scholarship of up to \$10,000 over four years and a paid summer work internship at their local facility.

Application deadline is February 1, 2021. For additional information, including application instructions, please see below and visit: <https://aim.applyists.net/RyamCA>

Program Details and Requirements

The program is for students attending or who have attended a high school that is within a 75 km radius of a RYAM Canada facility, children of employees or students from an Indigenous community within a RYAM activity area.

In Ontario, our facilities are in: Chapeau, Cochrane, Hearst and Kapuskasing.

In Québec, our facilities are in: Béarn, La Sarre and Témiscaming.

Scholarship recipients will be selected by an appointed committee that will review the eligible applications and jointly select successful candidates.

University Applicants

8 Scholarships* of \$10,000 over 4 years (\$2,500/year) will be awarded among successful applicants attending university in a relevant full-time engineering, forestry, or related program with a required internship before their first year of university and the possibility of additional internships during their program.

*2 will be awarded to applicants from an Indigenous community within a RYAM activity area.

College or CÉGEP Applicants

15 Scholarships* of up to \$3,000 (\$1,000/year for up to 3 years depending on program length) will be awarded to successful applicants attending college or cégep in a full-time forestry or relevant technical or trade program with a required paid internship before their first year of college or cégep and the possibility of an additional internship during their program.

*3 will be awarded to applicants from an Indigenous community within a RYAM activity area.

Apply online

Applications will be accepted until February 1, 2020, through the online portal at:

<https://aim.applyists.net/RyamCA> Program Key: RYAMCA

EMPLOYMENT OPPORTUNITIES

DISTRICT SCHOOL BOARD ONTARIO NORTH EAST

OSSTF-PSSP

JOB POSTING

Required January 11, 2021

Timiskaming District Secondary School

1.0 Indigenous Student Advisor
(temporary position until June 25, 2021 or return of absent employee)

Comp. 20-493

The Indigenous Student Advisor (ISA) will assist with leading and implementing programs, services and other supports to meet the unique needs of First Nation, Metis and Inuit students, and their families, with a focus on successful student learning at the elementary level. The Indigenous Student Advisor will report directly to school administrator, as well as the Indigenous Lead Administrator for District School Board Ontario North East.

Responsibilities will include but are not limited to:

- Getting to know the students and facilitating engagement
- Provide direct support to further student learning where needed
- Monitoring attendance and engagement of students
- With staff, creating and enhancing a welcoming supportive space for students
- Building close supportive relationships with students, families and communities
- Within the school team, acting as an advocate for students identifying as Indigenous
- Facilitate good communication between the school, parents and the community
- Assist with developing or enhancing cultural activities in the school community

Qualifications:

- Ontario Secondary School Diploma and/or experience,
- Experience working with adolescents who may be at risk/disengaged from school
- Awareness and understanding of local Cree and Ojibway cultures
- Post-secondary education is an asset (e.g., Educational Assistant, Social Work)
- Valid driver's license is required

APPLICATIONS TO: Website
<http://www.dsb1.ca> (under CAREERS)

To apply please forward a letter of application/resume, quoting competition number by
4:00 p.m. on December 22, 2020.

- AN EQUAL OPPORTUNITY EMPLOYER-

If you require a disability related accommodation in order to participate in the recruitment process, please contact Sue Holmes at sue.holmes@dsb1.ca

The Board thanks all applicants for their interest, although only those selected for an interview will be contacted. This information is collected under the authority of the Education Act, and M.F.I.P.A. and is used to determine eligibility for employment.

Robert Brush
Chair

Lesleigh Dye
Director of Education

12/08/20

2020

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 Recycle 	2 FREEZER MEALS 10am & 2pm	3	4	5
6	7	8 Garbage 	9 FREEZER MEALS 10am & 2pm	10 Newsletter Deadline	11	12
13	14 Newsletter	15 Recycle 	16 FREEZER MEALS 10am & 2pm	17	18	19
20	21	22 Garbage 	23	24	25	26
27	<div> <div>Happy Holidays!</div>  <div>(Offices Closed)</div> </div>					
		<div> <div>TFN ECOCENTRE</div> <div>Hours</div> <div>Tuesday -Wednesday- Thursday 8am-5pm</div> <div>Friday 8am-1pm</div> <div>Saturday 9am-12pm</div> <div>Closed during lunch from 12:15-1 p.m.</div> </div>				