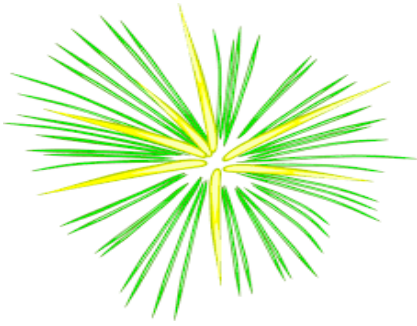


JULY, 20 2020



Kidodenaminan



Our Community



Message from the Health and Social Services Director

As we proceeded with our plans, emergency measures and precautions, it raised many issues. Is it a proportionate response to the risk up here in the north where there now have been no new cases in over 3 weeks? Did restricting individual freedom prevent a greater harm to society? The evidence seems to show that our vigilance and support of distancing measures has served us well and brought the pandemic under control.

Politicians and public health official are now attempting to figure out just what it takes to safely emerge from all this and what exactly life will look like over the twelve or eighteen or twenty-four months that may still stand between us and a vaccine.

Rarely, in history have we seen this before – a completely susceptible population to such potential harm. But, we are also now seeing the harms associated with unemployment, surgeries that are cancelled or postponed to in order to free up hospital beds, domestic violence and polls that show our mental health has deteriorated with all this isolation and uncertainty. This is why our social services staff have been trying to be proactive and reach out to vulnerable community members

Meanwhile, we have testing. There are two types of testing – testing to diagnose disease and screen testing of a population including people without symptoms, to see where the virus is lurking. We are presently trying to pursue the idea of our health centre nurses being able to do testing. That's done through nasal swabs that are then sent to the lab in Ville Marie to detect markers of COVID-19. According to Dr. Sobanjo, at Public Health in Abitibi-Temiscamingue, she is fairly confident the overwhelming numbers of negative tests from asymptomatic individuals so far in this region, indicate it is not prevalent here.

Determining how many people have developed antibodies or immunity to COVID-19, however, is a tricky business. Serological (blood) surveys are being talked about and testing of blood banks but does that indicate we have people in the population that have developed immunity? The immunity of a respiratory virus is not the same as measles or mumps because they can mutate quickly and make us susceptible again. In regards to initial susceptibility to the virus, it seems like younger individuals are not getting into as much medical trouble and this is what prompted premier Legault to push to re-open small daycares and elementary schools in the middle of May despite some critics at the time saying that he was gambling with children's lives.

The future does have some uncertainty to it and we need to stay calm and proceed rationally. Where do we find the balance between going forward with relaxing containment measures? Is it a little move COVID-19 as we try for a little less economic pain such as we saw in the source outbreaks associated with Montreal bars? Hopefully public health can continue to test, track and isolate as we move forward with some form of life. Unsurprisingly, many people in the tech industry are talking about digital contact tracing but these apps run the risk of simply being ineffective. Nevertheless, it seems going forward, as we relax measures in Ontario and Quebec, means being incredibly responsive to the first sign of danger

Perhaps these first signs of danger, and the corresponding measures should be looked at locally. If we look at what's happening in a region's hospital ICUs, then maybe as, Justin Trudeau said, public health measures should be flexible and proportionate, relaxed and possibly re-introduced based on the local level of threat. Regardless, it seems we will be engaging in some form of physical distancing for some time. We're going to have to be patient; the journey to contain this virus seems far from over.

LANDS, MEMBERSHIP & ESTATES DEPT.

DUE TO INDIGENOUS SERVICE CANADA BEING CLOSED, MANY OF MY SERVICE ARE PUT ON HOLD UNTIL ISC REOPENS.

**NEW REGISTRATIONS:
FORMS CAN BE PICKED UP AT MY
OFFICE OR YOU CAN PRINT THEM ONLINE
FROM:**

**[HTTPS://WWW.SAC-ISC.GC.CA/
ENG/1100100032472/1572459733507](https://www.sac-isc.gc.ca/eng/1100100032472/1572459733507)**

**IF YOU NEED ASSISTANCE, PLEASE CALL
AND MAKE AN APPOINTMENT.**

**BEFORE ENTERING THE OFFICE, EVERY
PERSON WILL BE SCREENED AND HAVE
THEIR TEMPERATURE TAKEN AND IS
REQUIRED TO WEAR A FACE MASK. IF
YOU DO NOT HAVE A FACE MASK, ONE
WILL BE PROVIDED.**

**STATUS CARDS
ARE UNAVAILABLE
AT THE THIS
TIME, PLEASE
CALL TO HAVE
YOUR NAME PUT
ON THE WAITING
LIST.**

**LAND TRANSFERS
CAN BE MADE AT
MY OFFICE BUT
THE REGISTRA-
TION TIME MAY
BE LONGER THAN
EXPECTED.**

**ROSELYN TEBISCON
LANDS.MEMBERSHIP@ATFN.C
ALL OR CALL 819-723-2335
EXT: 231**





Timiskaming First Nation

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

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

NOTICE TO CLIENTS: INCOME ASSISTANCE

- Declaration cards will be mailed to the address on file to be returned to the drop box at the Band Office no later than the 20th of each month. Any late or unreturned cards will have payment withheld.
- Annual Re-Evaluation forms have been mailed out, return the form fully completed and with contact information to the dropbox at the band office. If you have questions about the forms, call the office to make an appointment
- The Pre-Employment program will be running again. Personal and professional development courses will be available through staff. Please contact Taylor or Sharon to register for these courses or for more information.
- Clients must provide proper documentation during appointment as requested by staff.
- Clients will **not** be seen without an appointment, no walk-ins.
- Please contact the Income Assistance office to update contact information, staff are available through email and phone only. **Please limit contact through social media.**
- Staff are available for any questions or concerns

Sharon Baker
Income Assistance Manager
Incomeassist.manager@atfn.ca
819-723-2335 ext. 233

Taylor Polson
Caseworker
case.worker@atfn.ca
819-723-2335 ext. 266

News in Education – Awards – July

The majority of our students work hard to be successful. At the end of the school year, many have been presented with awards that reward them for all of their hard work during the year.

Kiwetin Kikinamading – Grade 8 graduates

Phoenix King: Academic Award for History, Geography, Science, ELA, Math, Algonquin language, Arts, Sports and Spirit

Evan Polson: Visual Arts, Athlete of the year, Student council, Valedictorian

Hailey Jeann Polson: Science Fair, French language, History Presentation, Visual Arts

Breanna Wabie: Most improved, Perseverance, Pride in Culture, Visual Arts

École Rivière-des-Quinze – all students

Kierah King-Tebiscon : Perseverance award

Nolan Polson: Academic Excellence Award, Sports Excellence Award

Lydia Simpson-Tasset: Attendance Excellence Award

TDSS – Graduates

Christina Polson-Desjardins: Aboriginal Youth Award, Temiskaming Shores Lioness Lions Bursary

Trinity King: Guidance Award

Blake Chevrier-Sigouin: TDSS Technical Award

Karlie Chief-Chevrier: Shannon Koostachin Memorial Bursary

Winners of bicycles for students attending provincial schools who continued to produce school work.

If the student already had a bicycle, they were provided with a \$200 gift card from Canadian Tire to purchase sports equipment.

St-Joseph: Jaymee Cheff-Wabie

RDQ: Jeremy Chevrier-Boucher, Lydia Simpson-Tasset

TDSS: Madison Cook-Tebiscon, Owen Polson-Pressault





FREEZER MEALS



July-August 2020



Wednesday July 22nd	10am & 2pm
Wednesday July 29th	10am & 2pm
Wednesday, August 5th	10am & 2pm
Wednesday, August 12th	10am & 2pm
Wednesday, August 19 th	10am & 2pm
Wednesday, August 26 th	10am & 2pm

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

Hi TFN, it's good to be home! For those of you who don't know me, my name is Vicky Chief. I grew up here in the community and I have spent the last twelve years living in Ottawa during my time there, I have worked in various "Social Service" positions at an Indigenous Woman's Center- Minwaashin Lodge.

My first two weeks in the position of "Jordan's Principle Coordinator" have already flown by. While I feel there is still learning ahead of me, one thing is very clear; the parents, caregivers, educators and healthcare professionals of Timiskaming First Nation have shown great care for the children and youth of our community. We have strengthened pathways to learning and health, through identifying needs and service requests with Jordan's Principle Application. It is awesome to see our community grow!

Please feel free to contact me at any time. I am happy to answer any questions you may have. We are currently doing intakes and applications by appointment. I am really happy to be home and looking forward to seeing you.



Phone: 819-723-2260 Ext 153

Email: vicky.chief@tfnhwc.ca

News in Education

We hope that everyone is enjoying the beautiful summer weather we've been having! Just a few reminders, so that everyone is all set to go back to school in September:

All school-related forms for every TFN student, whether on or off reserve, will be mailed to your home address by July 17, including the school start-up allowance.

The school start-up allowance will not be paid until your child(ren) are registered and all forms sent to you are returned to the band office.

If you have difficulty with any of the forms, please contact Laurette Renaud or Jane Wallace at the band office, and make an appointment to see one of them to help you.

Stay safe and have a wonderful summer!



SMOKING CESSATION

Tobacco contains nicotine, which is a pharmacologically active drug. It is highly addictive that affects the dopamine system in brain and thus it is difficult for people to quit on their own. Cigarette smoke contains almost 7000 chemicals out of which 69 are known to cause cancer. Smoking not only affects physically and financially but it affects social interactions and relations negatively. People who want to quit can benefit greatly from smoking cessation interventions.

There are cognitive behavioral and pharmacological interventions available for smoking cessation and when combined both it is more effective. With the right support people can double their chances of quitting successfully and there are immediate and long-term benefits.

Quitting smoking is difficult, but we are here to help. We can provide Pharmacological therapies, psychological and behavioral interventions. Please call the Health Centre for more details.

Submitted by Kamda Julka/social worker



SMOKING AND ORAL HEALTH

People are more aware of the harmful impact of tobacco use on general health – respiratory disorders, heart disease, lung cancer – than its adverse effects on oral health.

Yet tobacco use is the primary cause of pharyngeal and **oral cancer**. Smokers are up to 20 times more exposed to the risk of this type of cancer than non-smokers, and the danger increases for regular drinkers.

Tobacco is also by far the main factor in the failure of implant therapy treatment. And that's not to mention its effects on users' appearance (yellowed teeth, black spots on teeth), taste, smell and breath.

Health professionals have an important role to play in discouraging tobacco use, and dentists are now stepping up their efforts by informing patients who smoke about the impact of smoking on oral health. They are also advising them on ways of quitting and the free resources available.

About 50% of cases of periodontitis may be attributed to tobacco use. It also impairs the chance of successful treatment and the healing of oral wounds.

Benefits of quitting for oral health

The harmful impact of smoking on oral health can be seen much sooner than the impact of a disease affecting several organs, like heart disease.

- **After just 48 hours**, an ex-smoker's ability to taste and smell and his or her breath improves.
- **After 3 months**, the oral mucosa is in better condition.
- **After 12 months**, the gums are back to health.
- **After 5 to 10 years**, the risk of oral cancer for an ex-smoker is comparable to that of a non-smoker.

Did you know?

- Smokers are **2.6 to 6** times more at risk of periodontitis than non-smokers.
- A smoker who butts out for good at age **30** will add **10** years to his or her life expectancy.
- Tobacco use is the most important risk factor for oral cancer.
- Every year, more than **700** people in Quebec learn that they have oral cancer. Close to **300** of them die of it – nearly one a day.

Full Moon Ceremony



TEDDY BEAR PICNIC

**WHEN - AUGUST 5, 2020
WHERE - POW WOW GROUNDS
11 AM TO 2 PM**

**SNACKS AND PRIZES!
BRING YOUR OWN CHAIRS!**

**PLEASE CALL THE HEALTH CENTER
TO REGISTER
819 723 2260**



CULTURE NIGHT AT THE POW WOW GROUNDS

**WHEN : AUGUST 13, 2020
TIME : 6PM TO 8PM
PRIZES AND SNACKS AVAILABLE!
PLEASE BRING YOUR OWN CHAIRS
EVERYONE WELCOME!**



With Grandma Marilyn

**When - August 26, 2020
Time - 11 am to 2 pm
At the Pow Wow Grounds**

**Prizes and lunch will be provided!
Please call to register
819-723-2260**



BACK TO SCHOOL HAIRCUTS!



This is open to all
students returning to
school this year!

August 17th, 18th, and 20th!
From 9am to 12pm, and 1pm to 4pm
Trudy Polson will be doing the cuts!

Call the Health Center if interested!!
819-723-2260

ARCHERY WITH MIKE BEAUPRE



Every Tuesday and Thursday
for the remainder of Summer!

6 pm to 8 pm

At the TFN Pow Wow Grounds!
Weather permitting





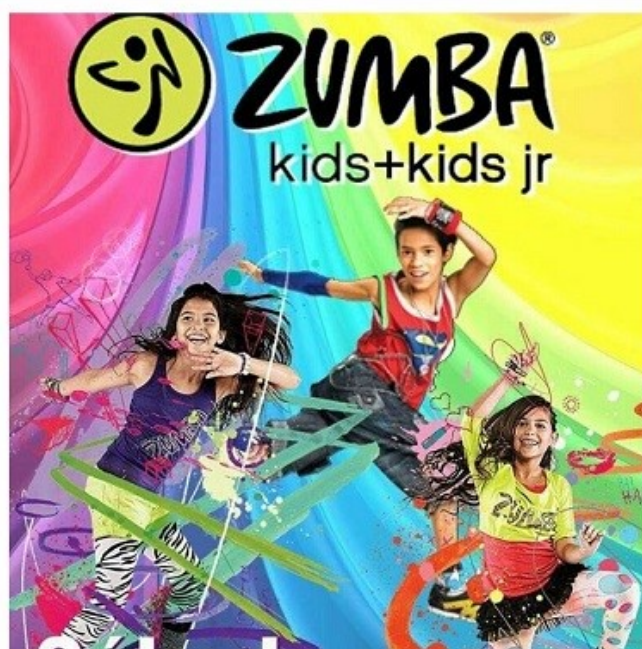
HI TFN PARENTS! WOULD YOU BE INTERESTED IN JOINING US FOR
A MORNING WALK? IF SO, OUR FIRST WALK WILL BE :
TUESDAY, AUGUST 4, STARTING AT 11 AM
MEET UP WILL BE AT THE HEALTH CENTER
WALKS WILL CONTINUE WEEKLY EVERY TUESDAY
SNACKS WILL BE PROVIDED AFTER WALK

An Evening of Essential Oils Night

Wednesday, August 12
6 pm to 8 pm

Limited spots available

Sign up with Bonnie!
819-723-2260



Outdoor Kids Zumba classes with Janice will be starting every
Wednesday on July 22nd, 2020 at 7pm behind the Health Center

Weather permitting

Please bring your own water.



FIRST AID INFORMATION SESSION

First Aid information session given by the Red Cross (Steve Beaton) for parents and caregivers with young children including infants.

Note - this is not a certification, just an interactive information session.

First Aid dates are going to be done on 2 days (2 separate groups) 9 people only. July 29th and August 12th

Please register with Janice Wabie

819-723-2260



TFN Youth Center

Monday - Thursday : 5 pm - 8 pm

Friday - Saturday : 2 pm - 9 pm

Sunday : 1 pm - 8 pm

Distancing protocols will be put into place to ensure the safety of those attending

For more information
819-723-2255

TFN Youth Center
18 Algonquin Avenue



TFN YOUTH CENTER ACTIVITIES JULY - AUGUST 2020

Tuesday, July 21 - Water Balloons 5 pm

Thursday, July 23 - Pizza Bagel Night 5 pm

Tuesday, July 28 - Kite Making 5 pm

Thursday, July 30 - Professional Night - Vice Chief Elijah Polson 6 pm

Tuesday, August 4 - Old School Games Night 5 pm

Thursday, August 6 - Taco Night 5 pm

Tuesday, August 11 - Super Soaker Night 5 pm

Thursday, August 13 - Professional Night - Police Officer Trevor Polson 6 pm

Tuesday, August 18 - Bob Ross Paint Night 5 pm

Thursday, August 20 - Bannock Night 5 pm

Tuesday, August 25 - Sundae's 5 pm

Thursday, August 27 - Professional Night - Teacher - tbd 6 pm

For more information - 819-723-2255

TFN Youth Center - 18 Algonquin Avenue





My Records, My Choice

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

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

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

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

**THE CHOICE IS YOURS
AND YOURS ALONE**

TO LEARN MORE ABOUT YOUR CHOICES, CONTACT:

IAP INFORMATION

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

ASSEMBLY OF FIRST NATIONS

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

INUIT REPRESENTATIVES

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

Contact for Makivik:

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

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

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

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

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

Common Internet Safety Rules for Children and Teens



- Never give out personal information, including your name, address, phone number, social security number or home address.
- Do not post your photo on public sites of any kind.
- Do not chat with strangers.



- Don't open an email from someone you don't know.
- Don't respond to hurtful, insulting or bullying messages.
- Report inappropriate messages to a trusted adult.
- Never agree to get together with someone you've only met online.
- Set time limits for being online.



PREVENTION TEAM ACTIVITIES

JULY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
						YOUTH CENTER OPEN 2PM - 9PM
19	20	21	22	23	24	25
YOUTH CENTER OPEN 1PM - 8PM		ARCHERY WITH MIKE BEAUPRE 6PM TO 8PM TFN POWWOW GROUNDS WATER BALLOONS 5PM TFN YOUTH CENTER	ZUMBA KIDS 7PM HEALTH CENTER	ARCHERY WITH MIKE BEAUPRE 6PM TO 8PM TFN POWWOW GROUNDS PIZZA BAGEL NIGHT 5PM TFN YOUTH CENTER YOUTH PADDLE CLUB 1PM - 3PM HAMELIN'S BEACH		YOUTH CENTER OPEN 2PM - 9PM
26	27	28	29	30	31	
YOUTH CENTER OPEN 1PM - 8PM		DRUM NIGHT WITH WAYNE MCKENZIE 7PM - 9PM ARCHERY WITH MIKE BEAUPRE 6PM TO 8PM TFN POWWOW GROUNDS KITE MAKING 5PM TFN YOUTH CENTER	ZUMBA KIDS 7PM HEALTH CENTER	ARCHERY WITH MIKE BEAUPRE 6PM TO 8PM TFN POWWOW GROUNDS PROFESSIONAL NIGHT VICE CHIEF ELIJAH POLSON 6PM TFN YOUTH CENTER YOUTH PADDLE CLUB 1PM - 3PM HAMELIN'S BEACH	FIRE NIGHT 7:30 PM TFN YOUTH CENTER	

PREVENTION TEAM ACTIVITIES

AUGUST 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 YOUTH CENTER OPEN 2PM - 9PM
2 YOUTH CENTER OPEN 1PM - 8PM	3 FULL MOON CEREMONY 9PM TFN POWWOW GROUNDS	4 MORNING WALK W BONNIE 11 AM, HEALTH CENTER ARCHERY WITH MIKE BEAUPRE 6PM TO 8PM TFN POWWOW GROUNDS OLD SCHOOL GAMES NIGHT 5PM TFN YOUTH CENTER	5 TEDDY BEAR PICNIC 11AM - 2PM TFN POWWOW GROUNDS BEADING W MARIA WABIE 6PM, TFN YOUTH CENTER ZUMBA KIDS 7PM HEALTH CENTER FREEZER MEALS 10AM AND 2PM HEALTH CENTER	6 ARCHERY WITH MIKE BEAUPRE 6PM TO 8PM TFN POWWOW GROUNDS TACO NIGHT 5PM TFN YOUTH CENTER YOUTH PADDLE CLUB 1PM - 3PM HAMELIN'S BEACH	7	8 YOUTH CENTER OPEN 2PM - 9PM
9 YOUTH CENTER OPEN 1PM - 8PM	10	11 MORNING WALK W BONNIE 11AM, HEALTH CENTER DRUM NIGHT W WAYNE MCKENZIE 7PM - 9PM ARCHERY W MIKE BEAUPRE 6PM - 8PM TFN POWWOW GROUNDS SUPER SOAKER NIGHT 5PM, TFN YOUTH CENTER	12 AN EVENING OF ESSENTIAL OILS WITH BONNIE CHIEF 6PM TO 8PM HEALTH CENTER ZUMBA KIDS 7PM HEALTH CENTER FREEZER MEALS 10AM AND 2PM HEALTH CENTER	13 ARCHERY WITH MIKE BEAUPRE 6PM TO 8PM TFN POWWOW GROUNDS PROFESSIONAL NIGHT OFFICER TREVOR POLSON 6PM, TFN YOUTH CENTER CULTURE NIGHT YOUTH PADDLE 6PM - 8PM 1PM - 3PM TFN POWWOW GROUNDS HAMELIN'S BEACH	14 FIRE NIGHT 7:30 PM TFN YOUTH CENTER	15 YOUTH CENTER OPEN 2PM - 9PM
16 YOUTH CENTER OPEN 1PM - 8PM	17	18 MORNING WALK W BONNIE 11 AM, HEALTH CENTER ARCHERY WITH MIKE BEAUPRE 6PM TO 8PM TFN POWWOW GROUNDS BOB ROSS PAINT NIGHT 5PM TFN YOUTH CENTER	19 FREEZER MEALS 10AM AND 2PM HEALTH CENTER ZUMBA KIDS 7PM HEALTH CENTER	20 ARCHERY WITH MIKE BEAUPRE 6PM TO 8PM TFN POWWOW GROUNDS BANNOCK NIGHT 5PM TFN YOUTH CENTER YOUTH PADDLE CLUB 1PM - 3PM HAMELIN'S BEACH	21	22 YOUTH CENTER OPEN 2PM - 9PM
23 YOUTH CENTER OPEN 1PM - 8PM	24	25 MORNING WALK W BONNIE 11 AM, HEALTH CENTER DRUM NIGHT W WAYNE MCKENZIE 7PM - 9PM ARCHERY W MIKE BEAUPRE 6PM - 8PM TFN POWWOW GROUNDS SUNDAE'S 5PM, TFN YOUTH CENTER	26 PICNIC WITH GRANDMA MARILYN 11AM TO 2PM TFN POWWOW GROUNDS ZUMBA KIDS 7PM HEALTH CENTER FREEZER MEALS 10AM AND 2PM HEALTH CENTER	27 ARCHERY WITH MIKE BEAUPRE 6PM TO 8PM TFN POWWOW GROUNDS PROFESSIONAL NIGHT TEACHER, TBD 6PM, TFN YOUTH CENTER YOUTH PADDLE CLUB 1PM - 3PM HAMELIN'S BEACH	28 FIRE NIGHT 7:30 PM TFN YOUTH CENTER	29 YOUTH CENTER OPEN 2PM - 9PM
30 YOUTH CENTER OPEN 1PM - 8PM	31					

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Some Facts about Cannabis (pot, weed, or marijuana)



Legal minimum age:

Possession and distribution are illegal for any minor (person under 18 years old)

Possession:

Minors (people under 18 years old) are completely prohibited from having cannabis in their possession. Is prohibited in certain public places like schools, colleges, day care centres, youth centres, and health centres. Also, where ever No smoking or vaping is already prohibited.

Maximum quantity allowed:

Public places: 30 grams of dried cannabis or an equivalent amount per person provided they are not in the above mention places.

Private home: 150 grams of dried cannabis or an equivalent amount provided it is stored in a safe place and difficult for minors to access.

Note:

Band councils may have by-laws in place that limit or prohibit the use of cannabis in certain areas of the community. Check with your Band council for information concerning cannabis.

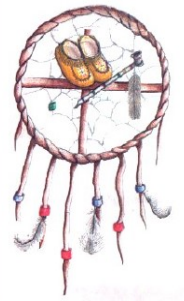
Tips for parents

Concerns about you child consuming cannabis. Research it first before having a talk with you child. It can be a difficult conversation and preparing for your discussion may help. Find the time and listen to you child and be open-minded.

There are a lot of good web sites that can be of help along with your local Health Centre and NNADAP workers. Theresa and Mike



Draw Post Pone To Thursday, August 13, 2020



DRAW TIME

Extra Large, Hand made, Wooden clock



Clock measures 2 feet in diameter and valued at \$90.

Draw Date: Monday, June 22, 2020

\$2 for 3 Tickets

**You can purchase tickets at Anishnabe Long Term Care Center
for more information call Karin at (819)723-2225 ext 0**



July 2, 2020

Non-Insured Health Benefits (NIHB) Program Launches New Claims Processing System and Services via Express Scripts Canada

The NIHB Program is pleased to announce that new and improved claims processing services for clients and providers are now available through Express Scripts Canada.

About Express Scripts Canada

*Express Scripts Canada is a private sector company that provides electronic claims processing services through a system that is tailor-made for the NIHB Program.

*Express Scripts Canada has processed dental, pharmacy and medical supplies and equipment benefit claims since 2009, and now also provides claims processing services for vision care and mental health counselling benefits.

*Express Scripts Canada does not process any aspects of NIHB medical transportation benefits, which continue to be administered by the NIHB Program through Indigenous Services Canada's regional offices, First Nation communities, or territorial governments (NWT and Nunavut).

*The NIHB Program maintains full responsibility for benefit coverage policies and decisions on client claims, and continues to review requests for benefits that require prior approval or predetermination.

If you need assistance or more information about any services provided by Express Scripts Canada, please contact their

*NIHB Client Call Centre at 1-888-441-4777 from Monday to Friday between 6:30 a.m. and 8:30 p.m., Eastern Time (excluding statutory holidays).

NIHB Client Web Accounts

- NIHB clients now have the option of creating a secure, web-based personal client account through the Express Scripts Canada NIHB website (<https://nihb.express-scripts.ca>).
- By creating a secure NIHB client web account, clients can:
 - ▢ View their benefit claims history and status of pending requests
 - ▢ Submit client reimbursement requests online
 - ▢ Submit appeal requests online
 - ▢ Receive NIHB Program communication directly by email

- To create a web account, visit the Express Scripts Canada NIHB website. Select Create Web Account, and you will be guided through the steps to set up your account. If you need help with this process, you can contact the NIHB Client Call Centre at Express Scripts Canada at 1-888-441-4777.

- The creation of a web-based account is not mandatory. You can still correspond with the NIHB Program or Express Scripts Canada by mail, fax or telephone.

New Client Reimbursement Process
Client reimbursement requests for pharmacy, dental, medical supplies and equipment, vision care and mental health counselling benefits will now be processed by Express Scripts Canada.

- The NIHB Client Reimbursement page of the Express Scripts Canada NIHB website (<https://nihb.express-scripts.ca>) provides the form and instructions to submit client reimbursement requests, including what supporting documents are required for each benefit type.

- There are three ways to submit a client reimbursement request to Express Scripts Canada:
 - ▢ By mail
 - ▢ By fax
 - ▢ Online through your new NIHB client web account

If you are submitting your client reimbursement request online through your NIHB client web account, you can send all documents electronically. A scanned copy or photo of supporting documents, such as receipts, can be accepted.

New Online Drug Benefit List

The NIHB Drug Benefit list is a listing of prescription and over-the-counter medications and products that are covered by the NIHB Program.

- A new and improved online Drug Benefit List is now available on the Express Scripts Canada website (<https://nihb.express-scripts.ca>). It is easier to search, and new listings are added right away.

• For best results, search medications or products by chemical name (for example, ‘ibuprofen’, not ‘Advil’). You will get a list of results, with an option to View Details to see listing status and criteria (if applicable) for each product. • Please continue to contact the NIHB Drug Exception Centre 1-800-580-0950 for questions about pharmacy benefits.

Please visit the Express Scripts Canada NIHB website (<https://nihb.express-scripts.ca>) for more information and to access these new features and services.

NIHB Client Inquiries

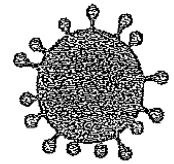
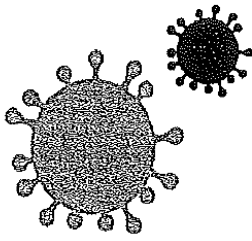
Email	sac.nihb-ssna.isc@canada.ca
Alberta	1-800-232-7301 Medical Transportation: 1-800-514-7106
Atlantic	1-800-565-3294
British Columbia*	Inuit clients: 1-800-232-7301
Manitoba	1-800-665-8507 Medical Transportation: 1-877-983-0911
Northwest Territories/Nunavut	1-888-332-9222
Ontario	1-800-640-0642
Quebec	1-514-283-1575 1-877-483-1575 Mental Health Counselling: 1-877-583-2965
Saskatchewan	1-866-885-3933
Yukon	1-866-362-6717
Pharmacy Benefits	
NIHB Drug Exception Centre	1-800-580-0950 ext. #3
Dental and Orthodontic Services	
NIHB Dental Predetermination Centre	1-855-618-6291 (Dental Services) 1-866-227-0943 (Orthodontic Services)
Express Scripts Canada	
NIHB Client Call Centre	1-888-441-4777

For assistance with services provided by Express Scripts Canada, including NIHB client web accounts and submission of client reimbursement requests for pharmacy, dental, MS&E, vision care and mental health counselling benefits.

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*First Nations residents of BC should contact the First Nations Health Authority (FNHA) at 1-855-550-5454.





GENERAL INFORMATION

Exceptional Measures for COVID-19



Please do not staple your attached documents

In the wake of the COVID-19 pandemic, the Régie de l'assurance maladie du Québec (RAMQ) has implemented preventive measures to ensure public safety. As a result, the usual authentication procedure is suspended for now. The RAMQ reception desks are also closed for the time being. Thank you for not going to the offices of the Société de l'assurance automobile du Québec (SAAQ) for any RAMQ-related services.

If you already have a Health Insurance Card, please note that it is valid until the last day of the month of expiry. For instance, if the expiry date on the card is 2020/06, it is valid until June 30, 2020. **Exceptionally, an expired card will be accepted for urgent health care.**

To obtain a Health Insurance Card, here is what to do, depending on your situation

Card renewal

- Complete and sign your renewal notice.
- DO NOT attach a photo. At this time, no photo is required.
- Mail the form.
- If you have lost your form, order one on the RAMQ website at formulairecarte.ramq.gouv.qc.ca. You will receive it in the mail.

Request for a Health Insurance Card (person who is newly settled or wishing to extend their eligibility after receiving a new immigration document)

- Complete and sign your form.
- Attach photocopies (both sides) of the required documents (DO NOT attach originals because they will not be returned to you).
- Insert the photocopies, required documents and form in the return envelope.
- DO NOT include a photo. For the time being no photo is required.
- Mail the form.

RAMQ reserves the right to later request original documents.

Expired Health Insurance Card

- Complete and sign your form.
- Attach a cheque, money order or bank transfer if there is a fee indicated on your form.
- Insert the form in the return envelope.
- DO NOT include a photo. For the time being no photo is required.
- Mail the form.
- If you have lost your form, order one on the RAMQ website at formulairecarte.ramq.gouv.qc.ca. You will receive it in the mail.

Replacement of a lost, damaged or stolen Health Insurance Card

- Complete and sign your form.
- Attach a cheque, money order or bank transfer if there is a fee indicated on your form.
- DO NOT include a photo. For the time being no photo is required.
- Mail the form.
- If you have lost your form, order one on the RAMQ website at formulairecarte.ramq.gouv.qc.ca. You will receive it in the mail.

For further information, contact RAMQ in any of the ways indicated in the footer of this document (website /telephone). Refer to the website for updates on the situation..

For information on COVID 19, call 1 877 644 4545.



INFORMATION	
www.ramq.gouv.qc.ca	
Régie de l'assurance maladie du Québec – DGARPA	Québec: 418 646-4636
Case postale 6600	Montréal: 514 864-3411
Québec (Québec) G1K 7T3	Elsewhere in Québec, toll free: 1 800 561-9749

20-03

D-9151C-19

International Self-Care Day July 24

- **Self-care begins with tending to your basic needs such as eating, sleeping, personal hygiene.**
- **Self-care is regularly giving special attention to yourself emotionally, physically and mentally.**
- **It doesn't have to be luxurious.**
- **Tiny self-care activities, habits implemented on daily basis helps you to flourish.**

Tell us how you indulge yourself in self-care and you will be eligible to win participation draw.

This event will be online and you can enter by sending your submissions through Facebook, frontdesk at centre or by calling Bonnie at the centre. A picture, a comment or a note will be considered as submission.

The event submissions start on Monday July 20. The deadline to enter is Thursday 23 July at 4:30p.m.

On July 24th the event will take place online with guest speakers from our community and will end with participation draws (1 ballot per person).

**If you have any questions call the Health Centre
819-723-2260 and ask for Kamda or Bonnie**

OUR HERITAGE

A treasure to be preserved and passed on!

Participate in the large collective inventory of traditional Anicinabe objects

With respect for knowledge and in partnership with the communities, Minwashin* wishes to photograph and identify traditional objects. This identification process will help preserve the Anicinabe cultural heritage and ensure its transmission to future generations.

WHY?

To reappropriate our heritage in order to affirm, preserve and better transmit our Anicinabe culture and identity through objects that bear witness to the history of our nation.

WHEN?

August 10 to 14, 2020
September 7 to 11, 2020

Bring your traditional objects. We will take pictures of them and include them in the inventory.

Examples of heritage objects:

- **Transportation means** (snowshoes, canoes, paddles, etc.)
- **Everyday objects, utensils and storage items** (ladles, crooked knife, baskets, backpacks, etc.)
- **Children's objects, tikinagan and toys** (rattles, wooden toys, etc.)
- **Clothing** (moccasins, mittens, furs, etc.)
- **Subsistence items** (tents, objects for hunting, fishing, gathering, etc.)
- **Ceremonial objects** (drum, pipe, etc.)
- **Art objects** (decorative crafts, jewellery, paintings, etc.)



Anicinabe, Lac Simon
Musée Canadien de l'Histoire,
Gatineau



Anicinabe, Lac Témiscamingue
Musée Canadien de l'Histoire,
Gatineau



Anicinabe, Kitigan Zibi - Musée Royal de l'Ontario, Toronto



Canada Council
for the Arts
Conseil des arts
du Canada

* Minwashin is a non-profit Anicinabe cultural organization whose mission is to support, develop and celebrate our arts, language and culture.

** Note that the consultation will be conducted in accordance with public health guidelines. *** The results of this inventory will be distributed to the communities once completed. The data will be shared with all Anicinabe communities and will be accessible to anyone wishing to consult them.



Timiskaming First Nation

24 Algonquin Avenue (TFN),
Notre Dame du Nord, QC
J0Z 3B0
Telephone: 819-723-2335 • Fax: 819-723-2353

Training Opportunity (2 positions)

TFN is an equal opportunity employer where members with equal qualifications will be given priority

TITLE: Housing Internship Initiative Maintenance Trainee (2 positions)
DEPARTMENT: Housing
SUPERVISOR: Housing Maintenance Worker / Director of Housing

SUMMARY:

Under the supervision of the Housing Maintenance Worker / Director of Housing, the Housing Internship Initiative Maintenance Trainee will obtain training on minor housing repairs, and all other aspects relating to housing with the Housing Maintenance Worker

CONDITIONS:

- The unavoidable, externally imposed conditions under which the training must be performed and which create hardship for the incumbent including the frequency and duration of occurrence of physical demands, environmental conditions, demands on one's senses and mental demands
- This training position may at times be physically strenuous and demanding, he/she will be lifting, pulling and managing heavy equipment and objects.
- This training position may require the trainee to be present at a busy construction site with a variety of other trades and laborers. He/she must will be outside in all different weather conditions including extreme cold and extreme heat.
- This training position may expose the trainee to unpleasant sights and smells, he/she may at times be exposed to dangerous toxic substances and must take necessary precautions to protect eyes, nose and skin from irritation and infection.

QUALIFICATIONS, KNOWLEDGE & SKILL REQUIREMENTS:

- An Aboriginal Youth between the ages of 15 to 30
- Unemployed
- Not receiving Employment Insurance benefits or if you agree to discontinue the benefits before the start of the Internship
- Knowledge of safe operation of hand and power tools
- Effective verbal and listening communications skills
- Adhere to all TFN policies and procedures including COVID-19

Application Deadline	Wednesday July 22 nd , 2020 @ 4:30 p.m.
Probable week of interview	Week of July 27 th , 2020
Starting date	As soon as possible

Persons interested can apply by sending their application, resume and any pertinent documents to:

Timiskaming First Nation
Attention: Nancy McBride
24 Algonquin Avenue (TFN),
Notre-Dame du Nord, QC J0Z 3B0
or email to: human.resources@atfn.ca

Note: The TFN reserves the right to a pre-selection of interested candidates. Only those retained will be contacted for an interview.

The Timiskaming First Nation reserves the right to a pre-selection of interested candidates. Only those retained will be contacted for an interview.

“ BEAR AWARE ”

The TFN Police are reminding residents to be “BEAR AWARE” & to keep anything that could attract them (food ,pet food, bird feeders) out of their reach, or range of smell, keep BBQ’s extra clean, remember bears are omnivorous and almost any smells will attract them.

TFN Police & Wildlife officers have set 2 live traps within the community, you are asked to stay away from the traps as a bear(s) could be close by and see you as a threat to his food, or if a cub is in the trap the mother will defend its cub,

To help us have effective trap placement please report any bear sightings , or scattered garbage , These bears are hunger driven and are not acting normally , & potentially dangerous To humans & pets .

Thank you for your cooperation



Submitted by Floyd McBride/
Public Security Director

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Info crime is Quebec’s version of Crime stopper’s, if you have any information please call it’s confidential and you could get as much as \$2 000. for reporting any type of crime (drugs, theft etc.)

Submitted by Floyd McBride/
Public Security Director



Criminal Record?

We can help you or someone you care about

www.pardons.org

REMOVE IT AND START CLEAN!

If you have ever been charged with a criminal offence, whether you were convicted – or it was thrown out of court – you have a criminal record.

If you have ever been fingerprinted by the police, call the Pardons Canada Confidential Support Line to find out how to access your record. Removing it is easier than you think.

We help erase your criminal record and give you proof in writing that your record has been removed.

Many people have made regrettable mistakes. We promote positive behaviour by giving people hope. Those who are no longer involved in criminal activity have the opportunity to make a fresh start. Removing the stigma and shame associated with a criminal past is a vital part of developing an improved self-image for future success.

REMOVE OBSTACLES AFFECTING YOUR:

- getting a job
- job promotion
- ability to be bonded
- Canadian citizenship
- adoption / child custody
- peace of mind
- apartment rental
- mortgage approval
- educational opportunities
- volunteer work
- U.S. employment
- U.S. travel / entry waiver

Call our toll-free support line today for information, support and guidance:

1 (877) **929-6011**



PARDONS
CANADA™

www.pardons.org

Criminal Records Removed and U.S. Entry Waivers

3 ways to apply

Apply online:

www.pardons.org

Call our toll-free support line:

1 (877) **929-6011**

Visit our Walk-in Centre:

Head Office:

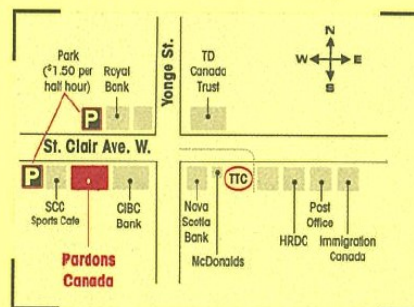


45 St. Clair Ave. W., Suite 901

Toronto, Ontario M4V 1K9

Monday to Friday 8:30 am - 5:00 pm

No appointment necessary.



(TTC) Subway: Yonge Street subway line exit St. Clair station, South side of St. Clair Ave. / West of Yonge Street.

A Resource and Support Line for
over 5,400 Organizations



A TURNING POINT
FOR WOMEN



YIMCA

A message from the Timiskaming Police

Pool safety tips

Important safety tips to help protect your family and friends:

1. Always watch your children when they're in or near a pool or spa. If multiple adults are present, designate one of them to watch the children for a designated amount of time and then rotate. This technique will prevent lapses in supervision.
2. Teach children basic water safety tips and enroll them in swimming lessons.
3. Keep children away from pool drains, pipes, and other openings to avoid entrapments.
4. Don't rely on fun toys such as water wings or noodles to keep your children safe. If your child can't swim, fit them with an appropriate personal floatation device (PFD).
5. Have these items close by at all times when you or your family are using a pool or spa: portable telephone, first aid kit, flotation device, and a pair of scissors to cut hair, clothing, or a pool cover if needed.
6. If a child is missing, look for him or her in the pool or spa first.
7. Share safety instructions with family, friends, and neighbors.
8. Learn how to swim and teach your child how to swim.
9. Learn to perform CPR on children and adults, and update those skills regularly.
10. Install a five-foot or taller fence around the pool and use self-closing and self-latching gates; ask your neighbors to do the same at their pools.
11. Install and use a lockable safety cover on your spa.
12. If your house serves as a fourth side of a fence around a pool, install door alarms and always use them. For added protection, install window guards on windows facing pools or spas.
13. Install pool and gate alarms to alert you when children go near the water.
14. Make sure any pool and spa you use has compliant drain covers; ask your pool service provider if you don't know.
15. Keep your pool or spa cover is in good shape. If you notice defects have them repaired if possible or buy a new one.



If you have a pool or spa, or if you plan to spend time near one this summer, it's critical that you're prepared and knowledgeable of the dangers. Following as many of these water safety steps as possible is a good way to assure a great experience. Have a fun – and safe – summer!

A message to parents guardians, babysitters, please advise children under your care, not to go to any pool alone or with other children without an adult.



Submitted by Floyd McBride/Public Security Director

OFF HIGHWAY VEHICLES (VERY BASIC LAWS MANY MORE APPLY)

AS THE NAME STATES OFF HIGHWAY VEHICLES, THESE ARE 4 WHEELERS, SIDE BY SIDES, & MOTORIZED ALL TERRAIN VEHICLES ARE TO BE USED OFF HIGHWAY .

YOU MUST HAVE A VALID DRIVING LICENCE, INSURANCE AND REGISTRATION. (NO ONE UNDER 16 CAN OPERATE AN OFF HIGHWAY VEHICLE) AGES 16 TO 17 MUST HAVE FOLLOWED A SPECIAL COURSE

NEVER RIDE DOUBLE UNLESS THE MACHINE IS MADE TO HAVE 1 OR MORE PASSENGERS

ALWAYS WEAR HELMET,

CROSS HIGHWAY ONLY A ROAD SIGN ALLOWS YOU TO DO SO

NEVER CONSUME ALCOHOL AND DRIVE A OFF ROAD VEHICLE

THESE RULES AND LAWS ARE TO INSURE PEOPLE DON'T GET INJURED AND GET TO ENJOY THEIR TIME OFF ROADING

SEE THE Que WEB SITE FOR MORE DETAILS <https://saaq.gouv.qc.ca/en/road-safety/clienteles/youngdrivers/snowmobile-trail-bike-atv/>

Enjoy your off road riding

Submitted by Floyd McBride/Public Security Director



Medical Transportation

- All medical forms (green slips) must be submitted and filled out with your **name, place, time & date no later than 11:30 a.m. on Wednesday mornings or your payment will be processed the following week.**
- Payments are made on a weekly basis cheques can be picked up on **Thursday at the Health Center after 4:00p.m.**
- **Direct deposit** is available for your convenience. Your green papers must be in by **Tuesday at 11:00a.m.**

It is important to call in your appointment (s) in advance to ensure transportation, if calling after 5p.m. please leave a detailed message on our answering services.



819-723-2381





S.P.A.Q.

Native Para-Judicial Services of Quebec (SPAQ) is a non-political, not-for-profit organization created to develop alternatives to the justice system in order to better meet the needs of native communities in the province of Quebec.

JOB OPPORTUNITY

OPEN POSITION:	COURTWORKER
LOCATION:	TIMISKAMING Office: Native Para-Judicial Services of Quebec 28 B Algonquin Avenue Notre-Dame-du-Nord (Quebec) J0Z 3B0
PROGRAM:	The Native Courtworkers program offers legal assistance to Native persons involved in the criminal and penal justice.

SPECIFIC DUTIES

Under the supervision of the director or his representative, the Native Courtworker:

1. inform Indigenous clients accused, of their rights and duties regarding court procedures and the justice system generally;
2. inform Indigenous clients in regards to the justice system
3. assist all courts of justice, on demand, by supplying to them information about Native traditions and ways of life or by informing the court on the particulars of an accused;
4. perform all other administrative and professional duties indicated by the director or his representative for the good running of the program;
5. Assist, when so indicated by the director or his representative, any governmental body or organization as a resource person on Native matters regarding justice.
6. Collaborate and or write Gladue Reports this would be a very important asset.

QUALIFICATIONS:

1. The job is offered equally to men or women;
2. The candidate has to be a Native person;
3. Fluency in English and French; (written and spoken)
4. Preference will be given to a candidate who has a secondary 5 education; post-Secondary Education in a relevant field and pertinent work experience will be considered;
5. Computer knowledge required (Word, Excel, Access, Outlook);
6. Have a drivers licence and a car is essential
7. The candidate needs to present a police records check;
8. The candidate must be prepared to work with flexible hours, and to travel when needed;
9. The Native Courtworker of Temiskamingue area will deliver services to the following Native communities: Timiskaming, Winneway, Wolf Lake, Kipawa and surrounding region.

SALARY BENEFITS:	According to salary scale
DURATION:	35 HOURS/WEEK
CLOSING DATE:	Interested candidate should send his/her resume before July 31, 2020 at noon to the address below

Please send application to the following address:

S.P.A.Q.
190 Chef Max Gros Louis Street
Wendake (Quebec) G0A 4V0
Telephone: (418) 847-2094 Fax: (418) 847-5799
Email: info@spaq.qc.ca

Write on the envelope or in subject of your e-mail: **Courtworker Timiskaming Area**
N.B. Application will not be retained after deadline.

We thank all applicants for their interest in this position. Only applicants selected for an interview will be contacted.



Timiskaming First Nation

24 Algonquin Avenue (TFN),
Notre Dame du Nord, QC
Telephone: 819-723-2335

Fax: 819-723-2353

Employment Opportunity

TFN is an equal opportunity employer where members with equal qualifications will be given priority

Title: CHR replacement (6 months)
Supervisor: Nurse in charge

Summary:

Under the supervision of the Nurse in charge, the Community Health Representative (CHR) is responsible to improve the spiritual, physical, intellectual, social and emotional well being of individuals and families within the Timiskaming First Nation (TFN).

Major responsibilities:

1. To deliver a high standard community health, treatment and surveillance programs in order to provide quality health prevention and treatment.

- Coordinate or provide programs and services related to community health.
- Assist community members in tending to their health care needs.
- Perform client intake duties such as and one-to-one counseling to determine clients health care needs.
- Assess clients for referrals to proper medical practitioners and other health care providers.
- Perform home visitations for the sick, aged, new mothers and others with health care needs.
- Conduct home visits to build relationships with community members and provide information and support.
- Monitor the health of clients who have chronic diseases.
- Implement and carry out health screening programs.
- Record observations and/or interventions in client health records.
- Provide information about personal hygiene, safe food handling, safe water quality and waste disposal.
- Participate in the investigation of communicable disease outbreaks and provide information, screening and follow-up.
- Participate in (housing inspections) emergency preparedness and disaster planning, and planning and monitoring special events.
- Maintain an updated client list to track patient statistical data, progress and treatment.
- In collaboration with Medical Transportation, arranges for the transport of patients to medical appointments.
- Work with the Water Plant Operator to ensure acceptable water quality levels for TFN dwellings.
- Prepare monthly activity and status reports and participate in the development of community health work plans.
- Assist with the implementation and evaluation of community health plans.
- Maintain budget related to TFN health care. Prepare financial and narrative reports for FNIHB.
- Write and submit proposals to seek additional program funding.

2. To liaise between patients, families, the community and health care providers to ensure patients and families understand their conditions and treatment, and are receiving appropriate care.

- Advocate on behalf of community members in relation to their health care needs.
- Establish effective working relationships with other health care providers, TFN departments or organizations, and funding sources.
- Liaise with other health service providers and maintain up to date information on health issues.
- Provide up to date reports to the Medical Services, Health Canada, and Chief & Council.
- Refer clients and families to appropriate resources and services, and help them overcome any access barriers.
- Recommend improvements regarding the delivery of health care in the community.

- Translate or describe routine medical processes and procedures for clients, or interpret cultural practices or beliefs for health care professionals.
- Develop partnerships with community-based agencies or external health care providers.

3. To educate and monitor the community for general health, epidemics and emergencies.

- Provide pre-natal workshops and pre-natal care to support new mothers in the community.
- Prepare and distribute health related information which is of interest to the community.
- Organize and conduct health awareness and health education programs to TFN members, including coordinating workshops, seminars and information sessions related to health issues.
- Attend seminars, workshops, conferences, meetings related to First Nations and Health related issues.
- Design or assist in the creation of culturally appropriate education resources.
- Set-up workshops, clinics, and activities for community development, prevention, awareness initiatives and health education.
- Assist with providing health promotion and injury prevention services such as prenatal classes, elders' luncheons or health fairs.
- Perform other related duties as requested by his immediate supervisor

Education and experience requirements:

- Must have a degree/diploma in a related health field with one (1) year work experience in the Health field
- Advanced First Aid and CPR certification
- Valid Class 5 Quebec driver's license or equivalent

Knowledge and skill requirements:

- Knowledge of health issues affecting aboriginals
- Knowledge of traditional medicine and a holistic approach to patient care
- Knowledge of health legislation, theories, practices and procedures and medical terminology
- Ability to work effectively in a variety of settings and in a cross-cultural situation
- Knowledge of Timiskaming First Nation (TFN) services, administrative and operational policies and procedures
- Knowledge of all Microsoft Office programs, email and internet
- Verbal and written communication skills
- Organizational skills with the ability to multi-task and prioritize
- Project management and report writing skills
- Interpersonal skills and ability to work in a team oriented, multi-disciplinary environment
- Ability to represent TFN with a professional image and maintain confidentiality
- Ability to communicate in the French and Algonquin languages an asset

Deadline for application: July 31st, 2020 at 12:00 pm

Possible interview date: Week of August 3rd, 2020

Starting date: as soon as possible

Those interested are invited to submit their letter of application, resume and relevant documentation to:

Timiskaming First Nation
Attn.: Nancy McBride
24 Algonquin Avenue
Notre-Dame-du-Nord, Qc.J0Z 3B0
Email to Human.Resources@atfn.ca

The Timiskaming First Nation reserves the right to a pre-selection of interested candidates. Only those retained will be contacted for an interview.

August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Garbage	5 Freezer meals 10am & 2pm	6	7	8
9	10	11 Recycle	12 Freezer meals 10am & 2pm	13	14	15
16	17	18 Garbage	19 Freezer meals 10am & 2pm	20	21	22
23 30	24 31	25 Recycle	26 Freezer meals 10am & 2pm	27	28	29