

BEAR FAX

Haskinitisew Peesim
2011



www.missanabiecree.com

Missanabie Cree First Nation

The winds of change...



The settler peoples of the Americas are on the move against what they see are gross inequalities in the capitalist system, and the negative impacts that this has had on their democracies. Quality of life, in terms of employment, education, and health has worsened for the majority of people.

Now that they have witnessed the overthrow of dictatorships around the world, their attention is now focused on the problems within their own countries. The people have the power to make change, but how and when this will happen, is anybody's guess.

But who would have thought a year ago, that the people would rise up, occupy public spaces, and demand justice, and change in so many cities and towns around the country.

Let's all do our part, and ensure that the winds of change now blowing will continue until a just and equal society is firmly established in our beautiful land.

Events/Gatherings:

National Aboriginal Addictions Awareness Week

November 13-19, 2011

<http://addictionsawareness.com/about-us/>

National Forum on First Nations Citizenship

November 15-16, 2011 Enoch, Alberta

<http://firstnationcitizenship.afn.ca/index.php/>

Canadian Aboriginal Festival

November 17-20, 2011 Toronto, ON

www.canab.com

NAN Special Chiefs Assembly

November 22-24, 2011 Thunder Bay, ON

www.nan.on.ca

UN Climate Change Conference - COP 17

November 28– December 9, 2011 Durban, South Africa

www.cop17-cmp7durban.com/

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Messages from Council

Wachaye, Family and Friends,

Well, I think winter has officially arrived. We, here in the Soo just got our first taste of winter today. It wasn't too bad, but I know the freezing winter temperatures and white outs are just around the corner and so is Christmas. Can you believe it? It's certain that time flies when you're busy and we here, in the band office have been very busy since the Gathering. Projects have been wrapped up and new ones are beginning, the proposals are flying and the committees are coming together. It's wonderful that members are showing an interest to become involved and we have received many letters of interest to serve on these various committees. They have worked tremendously well in the past and are an essential part of the community development process that is required to move us forward as a First Nation. I am proud of the accomplishments that we have made the past year and look forward to the next.

What I have been working on since my last newsletter report.

Meetings

- Attended Nuclear Waste Management information session - Wawa
- Attended NSRCF Chiefs/Elders meeting
- Sept. 01-02, Hornepayne
- Nov. 2-4, Sault Ste. Marie
- Wakenagun Annual General Meeting/ NAN Regional Economic Strategic Planning sessions (Teleconference)
- Attended all Chief and Council meetings including special meetings with community, government and industry representatives/groups.

Activities

- Working with Project Manager, and Chief in business development activities
- Participant in Tembec discussions and negotiations

of tri-partite agreement

- Conducted annual site visit and annual review of IVC operations
- Reinstated association with Wawa Community Development Corporation
- Coordinated supplementary testing activities associated with transfer lands and surrounding areas
- Assisted with project management activities re: Multi-purpose Facility/ CSI/Aggregate Pit/MLFP/ SuperShell/ Miller Paving (funding applications, draft documentation, reporting, invoicing, financial management discussions, meetings,)
- Providing ongoing assistance to members re: child welfare matters (acting band representative)
- Assisted in coordination of non-timber forest products training session with NSRCF and NSRF group representatives
- Jointly developed CORDA proposal – for the purchase of a pontoon boat, club cart, and funding for community cultural activities.
- Jointly developed MAA proposal - for a cultural coordinator to work on Manitou Mountain Protection Plan and related activities (cultural and traditional excursions and workshops)

Multipurpose Facility Update

To date, we have completed phase II on the MPF which has included water and septic system installation, commissioning of the geo-thermal system and all interior work. Funding applications have been made for the next phase which will include all exterior work (decking, parking lot, landscaping) and interior furnishing of the commercial kitchen and offices.

Bridgework at IVC

Installation of a new culvert at Island View Camp has been completed.

New Ventures

Chief and Council have been exploring various economic development opportunities with a variety of companies that have an interest in working with the First Nation. We have had several meetings and negotiations with these interested parties to further investigate some of these prospects.

Home Manufacturing and Supply Company

Aggregate Pit Operation (road building contracts, supply of material for road building and maintenance)

Manufacturing Facility – Rescue and Residential Domes

Heavy Equipment Operation

SuperShell – Home Building Systems

We are excited about these ventures, the employment and training opportunities that they can bring to our members, and the revenue generation it can provide to the community as a whole. We are very close to finalizing some these agreements and look forward to making an announcement very soon, so stay tuned.

Land Transfer

To date, the survey of the transfer land has been completed and we are awaiting approval from the Surveyor General's Office. At the same time we have entered into the Additions to Reserve process and are tying up loose ends regarding the overlapping territorial issue.

Supplementary Testing

With the assistance of the Mushkegowuk Environmental Research Committee and Blue Heron Environmental Industries we have conducted recommended additional sediment and soil testing in areas of concern in and around the transfer lands. This testing was requested by MCFN to ensure that trace metals and toxins from the Renabie Mine and an old landfill were not seeping into the waterways and creeks running into Dog Lake.

Test results have not yet been verified to date but should be available soon.

Miigwetch,

Jutta Horn

From the desk of:

CULTURAL ASSISTANT

Hi, All,

Sorry I missed my report last month, there's been lots going on here at the Circle of Creative Arts and in my own personal life.

As for what we have been up to at the COCA Centre, we have put together a steering committee to help with planning all the events that will take place in the Centre. This committee was set up so that we can lay out policies and procedures of usage of the Centre. This will cover bookings of the Centre for MCFN members and also bookings for the rest of the committee.

Some of the things that will be outlined are the roles of

our volunteers here at the Centre, code of conduct, implementing an application process, looking at other funding bodies that we can tap into to help the Centre, and many other administration regulations so that we can be a successful Centre. Having a volunteer committee deciding what takes place at the Centre is a great idea, this way it's a group thing instead of just one person making all the decisions. As for now the committee has decided that I will be the contact person for the Centre and then I will be reporting to the committee about the requests that come in.

We are also trying to set up policies so that we can start selling art work out of the Centre, this will include

Missanabie Cree members and also local artists. This will help us in generating extra funds to help keep the Centre up and running and also help with keeping our workshops free.

One of the projects that we have been involved in was a children's water festival that is organized by the Sault Ste. Marie Region Conservation Authority. There were 28 stations set up to teach youth about water conservation and our role during the festival was to bring a First Nations perspective to water and how we use it in many different ways and also teach the youth about some of our traditions. This was a 3 day event and we had 700 youth pass through our station. It was a huge success. Most conservation authorities host an event like this so if you are interested in participating in one in your community, contact me and I will get you contacts and also help you in organizing your station.

I have been making many local contacts and networking with a number of organizations. We are now a member of the Arts Council of Sault Ste. Marie. We are looking at working with senior centres to that we can expand our awareness within the Sault. I have been in regular contact with an Economic Development Officer that works for the city of Sault Ste. Marie to help us try and find more funding. We now have a free wi-fi hotspot here in the Centre for members to come in to access the internet. This will help us try and get funding through the

Community Access Program.

We are still hosting the Elders Tea every second week, and they are going well. We are also starting up again our craft classes every second week and I will try to keep up the social media to let everyone know what's going on here.

The COCA centre hosted the MCFN children's Halloween party and it turned out great. There are pics on our Facebook group page. If you haven't joined the group yet please join so that you can keep connected. The group is called Circle of Creative Arts.

We have just launched a big art show called "the Unseen Exchange" which features local artists including one of our volunteers Shirley Horn. I will be posting pics on Facebook of the art work that we have displayed here. The show will run until the end of November.

We have been very busy around here and this just covers the main things that we have been doing here. There are still lots of things to do and lots of things in the works, but, I will keep you posted on what's going on here at the COCA.

If you have any questions, or ideas I am always open for feedback so call me at 705-575-3455 or e-mail me at jnolan@missanabiecree.com

James Nolan

Community News and Notes



GOVERNANCE CAPACITY DEVELOPMENT PROJECT

The Governance Coordinating Committee has been established to oversee the work involved in the MCFN Governance Capacity Development Project for 2011/12. A call for applications to this committee was posted in the July 2011 Bear Fax newsletter.

Chief and Council has established the Committee which consists of the following members:

Louise Campbell, Jackie Fletcher, and Jason Gauthier; Bobbi Fletcher-Decorte, Debbie Ewing, Craig Gideon, and Victoria Pezzo.

Elizabeth Angecone has been engaged to work as the Project Coordinator. An initial teleconference will be held soon, to be followed by regularly scheduled meetings, to be determined by the Committee.

The main objectives of the project are to update and ratify the MCFN membership and election codes. To keep MCFN Community members informed, Elizabeth will be posting regular updates on the progress of the project, and the work undertaken by the Committee.

We would greatly appreciate any comments or suggestions on the work of the committee. Elizabeth's email is eangecone@missanabiecree.com, and her extension at the band office is 230.

THE DOG THAT SAVED MY LIFE

You might be thinking that he might have saved me from a fire, or a robbery, or maybe even saved me from drowning. But Jupiter, my Great Dane, saved me from myself.

I suffer from depression and anxiety, and have for many years. Throughout the years I've tried many types of drugs and therapy, yet I could never really manage it and even tried suicide when I was younger.

It took me over two years to learn how to manage it a little better and help deal with it once I accepted that I have a mental illness.

Jupiter came into my life when my depression was destroying my life. I lost my daughter, didn't have the greatest job in the world, and my marriage was falling apart. He was already two when me and my ex-wife rescued him. At first he terrified me due to his size. He was a lot bigger than the other Dane that we had, and believe it or not, I didn't even want him at first.

Jupiter and his brother Keegan (he's my pound puppy I rescued over 10 years ago) quickly became my dogs and were attached to my hip. With my depression getting worse, my divorce was when everything finally fell apart. She took her Great Dane and I kept the boys.

My whole world revolved around just me and my boys after that. I knew I still had two lives to take care of even if I didn't care about my own. I still had to feed them, take them out, and socialize them. Jupiter was my connection to the outside world. He always drew a crowd around him and he loved all the attention he got. Jupiter was a very proud dog and never had to prove it so he was very gentle. He was a very regal dog. He was such a big lover of people and animals that it forced me to talk to other people. I always called him my real life Scooby-Do. He was big, dumb, lovable and was scared of his own shadow. Both Jupiter and Keegan were my security blanket. It never mattered how I felt, Juppy was always there to help me.

There were many times that I wanted to take my own life, and even had the police called on me once because of it. But every time I would hit that low, I would look at my boys and think, "Who's going to take care of my

boys?" I knew that no one would ever take care of them the way that I did, and that was enough to keep me alive and also keep me working.

A couple of months ago he was diagnosed with terminal bone cancer. I was devastated over the news. My vet had told me that the cancer was too far along to consider any type of treatment and the only thing was to try and make him comfortable. So, he started on pain and anti-inflammatory medications. He had good days and bad days during the last few months, but I wasn't ready to let go yet. After a few bad falls, the pain and cancer got the best of him. He stopped taking his pain meds, and his eating and drinking habits slowed down to almost a complete stop.

Jupiter always greeted me when I got up in the morning - it was his way of saying good morning - with a happy look on his face and his wag of his tail, and of course his "woo woo" in his high pitched bark, then followed by his howl. He always showed me his love and bond that we had.

I knew on that Tuesday morning when he didn't come and greet me that he was telling me that it was time for him to move on. The pain in his eyes spoke to my heart and he was telling me to let him go. I never wanted him to suffer just for my own selfish needs so I made the choice to let him go and made the arrangements with my vet to end his pain and suffering. After all that he had done for me, this was the least I could do for him.

We spent the whole day cuddled up on the couch, spending our last day together. Jupiter had been there for me in my most darkest times of my life, so being with him during this time was very important to not only me but also to him. He was very sucky and wanted to be beside papa. He was also eight years old now and had a good life.

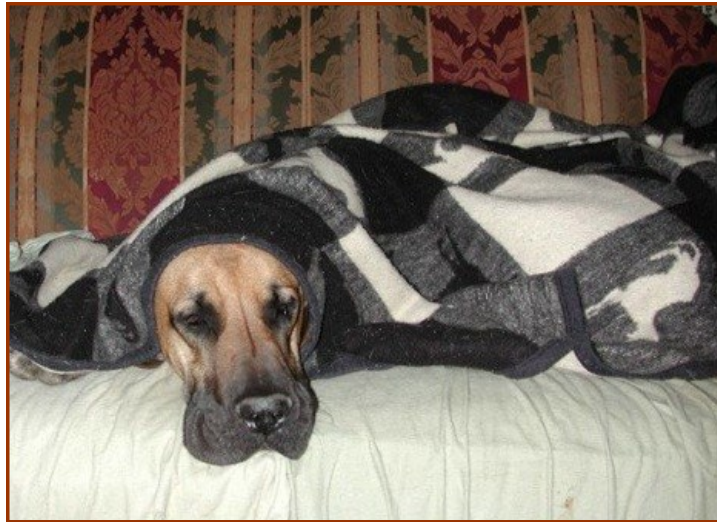
October 5 will always remain an important day for me. It was the day that I had to say goodbye to my best friend. Jupiter started his travel to the spirit world at 11 a.m. and me and my girlfriend were with him throughout the whole time. I was holding his head as the vet was giving him his needle and he looked right in my bloodshot, teary eyes and it was almost like he was saying thank

you to me, I love you, and goodbye - and then the life just faded away and I heard him take his final breath. I laid his head on my lap and sat there on the floor with him. I wanted to make sure that he knew that he was very much loved in this life and that he will be welcomed and loved just as much by my daughter and my other ancestors in the spirit world. I sat there with him for half an hour. I know he was starting to get cold, and his nose was dry. I knew it was time for me to leave but I couldn't. I couldn't stand up and I thank the Creator that my girlfriend was there for support. I couldn't have done this without her and I will always be grateful to her for not only sticking with me during the hard times in my life but also being there for me when I needed her the most with Jupiter. His paw print will always remain on my heart.

I will be putting him in the best place I know of, and that's with my grandparents and my daughter. Juppy is family and belongs with family.

My father and my girlfriend will be taking the final journey with me to Missanabie when I get his ashes back. Jupiter has touched the hearts and souls of many people from all over the world. There are pictures of him from China to Africa. He was an inspiring therapy dog. I know that many people that he touched will mourn him now that he's gone, but they will also remember him for his kind and loving heart which showed in his face and eyes. They will always remember him running through the park (looking like a deer) and being happy and carefree.

We will always remember him for his playful side like when he would pounce like a 165 pound cat - the way that he would howl and bark like a little Chihuahua. How his favourite seat was your lap whether you knew it or not. Oh, and let's not forget the Juppy slobber, like I used to say: "You were just blessed by Saint Juppy." Also cruising around town with his head stuck out the window enjoying the cool breeze in his face.



Jupiter, the Great Dane

But most of all I will remember him as the dog that saved my life. So, to whoever is reading this, Jupiter is proof that being a pet hero doesn't always mean saving someone from burning houses or frozen lakes - that a pet can be a hero in other ways like saving yourself from yourself. I know I would be dead right now if it wasn't for him and I feel that he deserves medal for saving a life. It's also proof that pet therapy works - that unconditional love that pets have can help one through dark times and also help to bring a little joy in someone else's life. We need more pet therapy programs. I know that Jupiter is ok where he is now and he will be well taken care of. I also know that he would want me not to give up and keep going.

So in his honour, I will keep up the fight with my mental illness.

James Nolan

*Dedicated to my best friend, companion,
and my life saver, Jupiter.*

Happy Birthday, Butterfly Woman
(Alyssia McDonald)
December 7
From the whole family.



Members are welcome to submit items to the Community News and Notes or the Birthday Greetings section of the Bear Fax newsletter.

The deadline for submissions is the first day of each month, for inclusion in that month's newsletter.

Please forward items to Elizabeth
by email: eangeconeb@missanabiecree.com or
by fax: 705-254-3292

News Items

MATAWA CHIEFS WITHDREW THEIR SUPPORT FOR DEVELOPMENT IN THE RING OF FIRE

THUNDER BAY, ONTARIO – OCTOBER 21, 2011: Matawa Chiefs withdrew their support for development in the Ring of Fire (ROF) today. The Chiefs and the 8,000 people they represent are calling on Premier McGuinty and Prime Minister Harper to intervene in the Environmental Assessment (EA) process.

“We will be forced to resort to alternative measures if Canada and Ontario continue to ignore the First Nations that are being impacted by Ring of Fire developments,” said Chief Roger Wesley of Constance Lake First Nation. Matawa Chiefs are outraged that the Canadian Environmental Assessment Agency (CEAA) is proceeding with a Comprehensive Study EA. The Chiefs and their people have been calling for a Joint Review Panel EA for five months but the government is still not listening. Both the provincial and the federal governments are failing in their constitutional duty to consult and accommodate First Nations. According to the Chiefs, the government is telling them what they plan to do, but it is not consulting or accommodating them about how they want to be involved. The Chiefs maintain that the manner in which the government is proceeding with development in Northern Ontario is going to slowly destroy their tradition-

al way of life, extinguish their treaty rights and destroy their homelands and their children’s future.

“We want development, but we also want to make sure that our lands, waters, wildlife, and our way of life are not destroyed in the process. The government is forcing us to take alternative action. They are not listening to us or consulting us in a meaningful way, and they are certainly not accommodating us,” said Chief Roger Wesley of Constance Lake First Nation.

The Matawa Chiefs explained that they do not want a repeat in Matawa homelands of what happened out west with the Athabasca River from the negative impact of the Oil Sands developments. First Nations in Alberta were not meaningfully consulted on those projects either.

“The government is failing in this whole Ring of Fire and northern development initiative. It is failing First Nations again. We need the Ontario Premier and the Prime Minister to intervene and come to the table. We need a government-to-government dialogue here. Visits from junior ministerial representatives telling us what is happening instead of asking us

FIRST NATIONS FAST 30 HOURS TO RAISE FUNDS FOR YOUNG WOMAN AWAITING LIVER TRANSPLANT

FORT ALBANY, ON: This weekend three First Nation communities from the James Bay region came together to raise over \$30,000 for a 17-year-old girl awaiting a liver transplant in Toronto. On November 4, 2011 Fort Albany, Attawapiskat and Peawanuck First Nations came together to fundraise for Courtney Koostachin, a 17-year-old currently at Sick Kids Hospital in Toronto awaiting a liver transplant.

According to organizers, the fundraiser was very unique and first of its kind in the region. Approximately 16 volunteers from Fort Albany, 15 from Attawapiskat, 10 from Peawanuck started a 30-hour famine. Each community challenged each other to see who can raise the most funds for this event which started November 4 at 12 noon.

On Saturday, November 5th at 6:00 pm, all three communities calculated the final tally. They were all astonished. Attawapiskat came in at \$18,000, Fort Albany at \$11,000 and Peawanuck at \$1,300 for a total of \$30,300.

“We were all quite amazed at the amounts. It just goes to show you how our community can really pull together

when something so important like this is happening,” said Brent Edwards, one of the organizers of the event.

Lead organizers included Brent Edwards and Rex and Michael Knapaysweet. “Based on the population of the three communities, this final number that we’ve reached has got to be the highest number ever achieved within the Mushkegowuk territory. We would like to thank all the people and the organizations who made generous donations and supported this event.”

We would also like to thank Dennis Koostachin and Robert Nakogee in Attawapiskat and Isaac Bird in Peawanuck whose help was immeasurable. We would like to acknowledge the commitment First Nations have to their inherent values as aboriginal people.

During the feast Courtney joined everyone live on the Internet. She was overwhelmed and said, “I’m not going to give up.”

For more information or info on how to make a donation, please contact Brent Edwards in Fort Albany First Nation at 705-278-1044.

MCFN Events Calendar

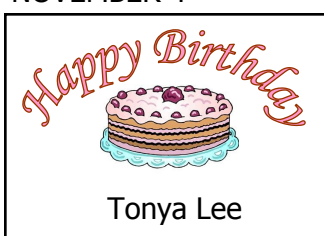
		SUN	MON	TUE	WED	THU	FRI	SAT
N O V E M B E R 2 0 1 1		Circle of Creative Arts (COCA) Centre is located at 648 Queen St. E		1	2	3	4	5
	6	7	8	9 Elders' Tea 1:30-3:30 pm COCA Centre	10	11 Remembrance Day 	12	
	13	14	15 Craft Class 6:45-8:30 pm COCA Centre	16	17 Healthy Snacks After 1:30 pm	18	19	
	20	21	22	23 Elders' Tea 1:30-3:30 pm COCA Centre	24 Craft Class 6:45-8:30 pm COCA Centre	25	26	
	27	28 Hand Drumming 7-9 pm COCA Centre	29 Craft Class 6:45-8:30 pm COCA Centre	30	Haskinitisew Peesim Freeze up Moon			
D E C E M B E R 2 0 1 1		SUN	MON	TUE	WED	THU	FRI	SAT
		Kakoekakee shi kak Peesim Festival Season Moon				1 Craft Class 6:45-8:30 pm COCA Centre	2	3
	4	5	6	7 Elders' Tea 1:30-3:30 pm COCA Centre	8 Healthy Snacks After 1:30 pm	9	10	
	11	12	13	14	15	16	17	
	18	19	20	21	22 Winter Solstice	23	24 Christmas Eve 	
	25 Christmas Day 	26	27	28	29	30	31	All events are subject to change. Please check our Facebook page-Circle of Creative Arts for updates.

November Birthday Greetings

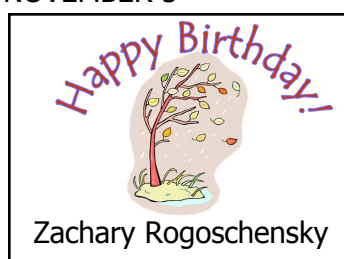
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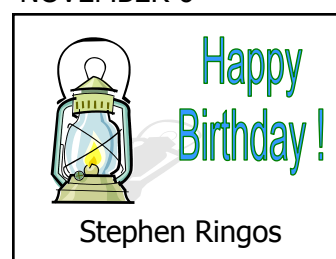
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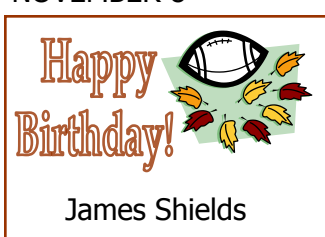
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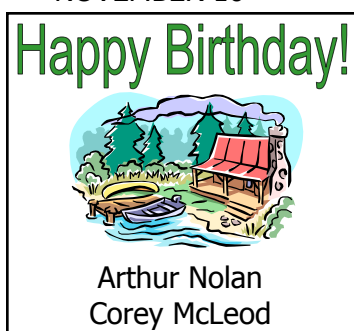
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NOVEMBER 8



NOVEMBER 10



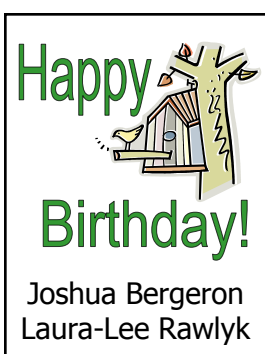
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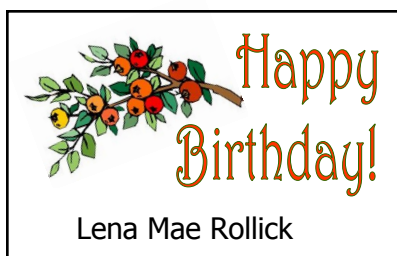
NOVEMBER 14



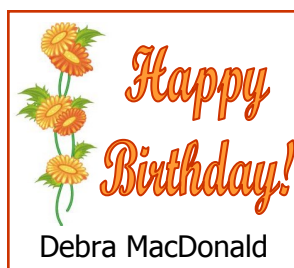
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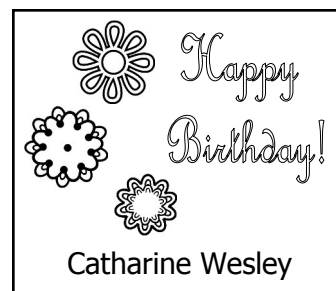
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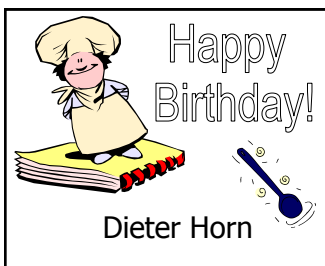
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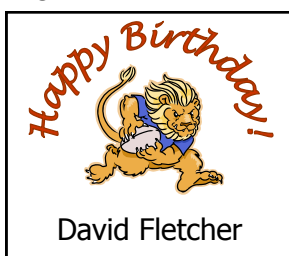
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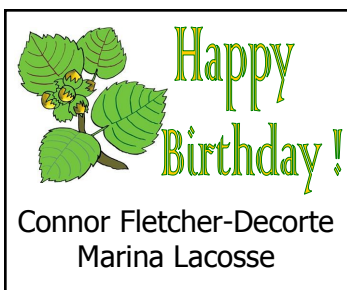
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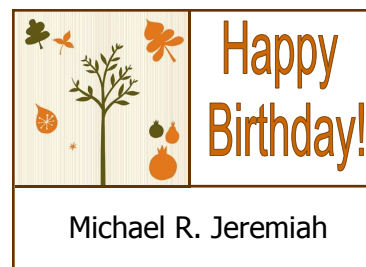
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NOVEMBER 26

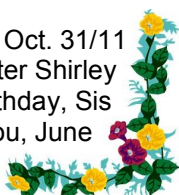


NOVEMBER 29



Belated Greetings

Oct. 31/11
 To My Sister Shirley
 Happy Birthday, Sis
 Love You, June



Oct. 31/11
 Happy Birthday
 to my Granddaughter, Ashley.
 Love you and miss you, Nanny.
 She won't see this but she'll know
 I'm thinking of her.



Want to Say Happy Halloween!
 To all my GrandChildren
 and Great GrandChildren
 Love You All, Nanny June
 XXXXXXOOOOOOO



Opportunities

IEN GRAPHIC DESIGN CONTEST



The Indigenous Education Network (IEN) at the Ontario Institute for Studies in Education (OISE) is pleased to announce a Graphic Design Contest for First Nations, Inuit and Métis artists titled “Strengthening our People and our Communities Through Education.”

Contest Rules

- All entries must be submitted via the submission form and be received by 5:00 p.m. EST Friday, November 25, 2011. A copy of the submission form is available at <http://www.slideshare.net/IENatOISE>.
- Only electronic submissions will be accepted.
- All fields on the submission form must be completed in order for the entry to be accepted.
- The design must be horizontal in shape so that it can be reduced to the size of an OISE home page banner measuring 108px (height) x 900px (width). A high-resolution JPEG image should be submitted electronically.
- Only one entry per person.
- Only submissions from First Nations (status and non-status), Inuit, Métis and self-identified Aboriginal individuals will be judged.
- The Winner will be announced on Monday, December 5, 2011.
- The Winner will receive a cash prize of \$1,000.00.

ONTARIO NATIVE WOMEN’S ASSOCIATION (ONWA) ANNOUNCES ITS 3RD ANNUAL POETRY CONTEST



To help raise awareness about violence against Aboriginal women and the impact violence has on families.

Sponsored by ONWA in recognition of the International Day for the Elimination of Violence Against Women, which is November 25th, 2011.

By raising awareness about this important issue, together we can work to eliminate it.

Everyone is encouraged to enter!

- Poems will be judged on the following:
- Participant must be from Ontario
- Poem must be related to Aboriginal Women and Family Violence
- Poems must be less than 30 lines
- Poems must not have been previously published
- Entry form must be attached

The chosen poem will be read at the ONWA Open Mic Night in Thunder Bay, on November 25th, 2011. The winner will also receive a \$100 Gift Card to Chapters.

Please Note: All 2011 submissions will be compiled into a collection to be shared with participants, other organizations and the general public to continue to raise awareness about Violence against Aboriginal Women.

Entries should be submitted to the attention of “Poetry Contest” via e-mail, fax or mail:

E-mail: communications@onwa-tbay.ca

Fax: 807-623-1104

Mail: 380 Ray Blvd, Thunder Bay, Ontario P7B 4E6

Deadline to enter is 4 pm on November 23rd, 2011

Entry form must be attached to be considered for participation.

Entry can be found online at: www.onwa-tbay.ca/uploads/ONWA_3rd_Annual_Poetry_Contest_Entry_Pkg.pdf

Opportunities



MUSHKEGOWUK COUNCIL VOLUNTEER OPPORTUNITY

Missanabie Cree First Nation invites applications for the following dual position:
A seat on the Mushkegowuk Women's Council and
to serve on the Board of Directors for the E Skwa We Sa Ka Skae Ni Mo Wi Ka Mik
(A regional women's shelter serving the Mushkegowuk communities.)

For more information on the shelter, please call Gladys Hawkins.

Send your letter of interest to : Chief and Council
Missanabie Cree First Nation
174B Hwy 17 East
Garden River, ON P6A 6Z1

By Fax: 705-254-3292 or by email to: ghawkins@missanabiecree.com

Paytahpun Fundraising

Thank you to all who purchased fundraising items during the Gathering. We welcome any suggestions on new fundraising items to sell next year. Thank you to those volunteers that helped selling too!

Paytahpun was formed in the early 90's by a group of Missanabie Cree members. The purpose of Paytahpun was to fundraise to help cover costs that government funding would not.

We developed a policy that would assist us for the following:

Compassionate donations
Bereavement donations

Over the years many members have been involved in the initial stages of various committees developed and therefore the creation of the Paytahpun Fundraising Committee. Meegwetch to everyone who has had a hand in the creation of Paytahpun, those who have participated in the fundraising events, those that hosted the fundraising events, moms, dads, children, aunties, grandmas, grandpas, and to all members who donated items for fundraising events and their time.

All requests are reviewed by current committee and are subject to funds available.

For information on colours, sizes and availability, please call the Band Office

PAYTAHPUN FUNDRAISING ITEMS FOR SALE

Hoodies

Full Zip with Logo 45.00

T-shirts

Adults 10.00

Youth 8.00

Children 8.00

Hats

Organic with Logo 15.00

Military 11.00

Golf Shirts (on tour)

Men's with Logo 40.00

Women's with Logo 35.00

Bags with Logo 15.00

Jackets

Men's 55.00

. We can order jackets.





THE HYDRO ONE FIRST NATIONS, MÉTIS AND INUIT SCHOLARSHIPS

Hydro One is committed to increasing the representation of First Nations, Métis and Inuit employees by encouraging and rewarding students to consider careers within the electricity industry. That's why, in addition to a cash award, scholarship recipients will be offered a paid work term/summer position with Hydro One.

We invite all First Nations, Métis and Inuit undergrad students who have completed at least one year in one of the following college or university program areas to apply: Electrical, Computer, Mechanical, Civil or Environmental Engineering/Technology, Engineering Science, Forestry or Business. But don't delay. The deadline is December 31. Two awards are given annually.

For an application form, visit your campus Financial Aid/Student Awards Office or our website (click on Careers, then Awards and Scholarships). Questions can be directed to aboriginal.recruitment@hydroone.com



www.HydroOne.com

Health Notes



A Message about Smoking for First Nations Youth: Don't Misuse Tobacco KEEP IT SACRED

The Creator and Mother Earth have given us many gifts. Each of these gifts has special powers and as a result, they must be respected and used in the proper way. Among these gifts is a sacred medicine called Tobacco. Traditionally, tobacco has been used by many First Nation for healing, guidance, spiritual strength, discipline and protection. The Elders have taught us that all medicine is powerful and each has a good side and a bad side. If misused, tobacco, like medicines has power to hurt you.

Today, many First Nations youth feel pressure to use tobacco in a different way. Sometimes they are pressured by their friends to smoke but mostly they are pressured by the media.

Each year tobacco companies spend millions of dollars on advertising which tell youth that they need to smoke cigarettes in order to be cool, glamorous and exciting. What they don't tell you is just how dangerous smoking really is.

YOU NEED TO KNOW THE FACTS

PART 2: CHEMICALS IN CIGARETTES

Cigarettes

Commercial tobacco that is used in present day is very different from traditional tobacco and has no connections to First Nations Spirituality. The cultivation of the Tobacco plant is not done in a sacred or ceremonial fashion, it is commercially produced and chemicals are added to it throughout the process.

Only a small fraction of the tobacco in a cigarette actually comes from the tobacco leaf. What is used inside the cigarette is actually homogenized sheet tobacco or reconstituted tobacco. What this means is that tobacco stems are mashed into a sheet and sprayed with nicotine and up to 600 other chemicals additives. Ammonia is added to aid up the curing process and chocolate is also added to mask the bitter flavour. The sheet is then shredded to look like leaves and rolled into cigarettes. Not only is the cigarette tobacco highly toxic so is the cigarette paper. In order to make sure that the paper burns but not too fast it is coated in many chemicals including Titanium oxide which is an ingredient in jet fuel.

Here are some examples of what smokers inhale with each puff:

Nicotine is an addictive chemical which causes the blood vessels to narrow. This prevents the flow of blood and oxygen which forces the heart to work harder and beat faster.

Tar is a sticky, black residue that contains hundreds of chemicals, some of which are toxic and classed as hazardous waste. Once tar cools inside the lungs, it damages the lung tissue.

Carbon Monoxide is an invisible, odourless gas that robs the blood of valuable oxygen. It also creates cholesterol build up and can lead to heart disease.

Lead is a heavy metal that weakens the immune system. It can cause brain damage, kidney cancer and neuritis. If a pregnant woman smokes, the lead found in cigarettes can cause her unborn baby to have birth defects, learning problems, and even cancer.

Formaldehyde is classified by the United States Environmental Protection Agency as a probable carcinogen and registered in Canada as a pesticide. There are effects on smokers and those exposed to second hand smoke. Some obvious symptoms are breathing problems, eye, ear, nose and throat issues but there are many more effects that have not been identified.

Benzene This is declared a Group 1 carcinogen by the International Agency for Research on Cancer and is declared toxic under the Canadian Environmental Act and any level of exposure is considered harmful.

Hydrogen Cyanide is one of the most toxic chemicals found in tobacco smoke. When burned, it produces a colourless gas that smells like bitter almonds. Short-term exposure can cause headaches, nausea, dizziness and vomiting.

Ammonia is commonly used in fertilizers, explosives and bathroom cleaners. It can cause illness and make breathing problems worse.

Cadmium is a metal that accumulates inside the lungs and stays there. It causes cancer, high blood pressure, emphysema, and early death. Although cigarette companies are required to list tar, nicotine and carbon monoxide contents on cigarette packages, they do not have to list other ingredients of tobacco or tobacco smoke. Thus, no one knows just how many chemicals they are inhaling.

**OUR NEXT ISSUE OF THE BEAR FAX WILL HELP TO INFORM YOU OF SECOND HAND SMOKE
(Information provided by Assembly of First Nations.)**



Balance, Wellness and Healthy Living are the fundamental Aboriginal principals that form the basis of the Aboriginal Responsible Gambling Strategy - a program that supports Nishnawbe Aski Nation communities in their efforts to reduce the harm associated with problem gambling.

Our mandate is to design, develop and deliver wholistic approaches that address problem gambling in a culturally appropriate manner and include:

- | | |
|--------------------------|------------------------|
| ⊕ Health Promotion | ⊕ Resource Development |
| ⊕ Prevention Initiatives | ⊕ Advocacy and Support |
| ⊕ Training and Education | |

The program has worked to address mental health and addiction concerns by developing alternative programs which support community participation, events and healthy choices. Please visit our page on NAN's website at: www.nan.on.ca/article/aboriginal-responsible-gambling-strategy-142.asp.

For our youth:

Additional Resources on Drugs and Addictions can be found at:
www.dafacts.com
www.responsiblegambling.org



HELPLINES

Problem Gambling: 1-888-230-3505 www.opgh.on.ca

Addictions: 1-800-565-8603 www.dart.on.ca

Mental Health: 1-866-531-2600 www.mhsio.on.ca

Legal Resources

ALGOMA COMMUNITY LEGAL CLINIC

473 Queen Street East
Suite 301
Sault Ste. Marie, ON P6A 1Z5
Tel: (705) 942-4900
(800) 616-1109 TTY available
Fax: (705) 942-6894

INTRODUCTION

The Algoma Community Legal Clinic is a law office funded by Legal Aid Ontario. It is staffed by lawyers, community legal workers and support staff, who provide free legal advice and representation to eligible clients in certain areas of law.

SUMMARY ADVICE

If you live in Sault Ste. Marie or in the Algoma District, you may call us at (705) 942-4900 for free legal information or referrals between 1:30 p.m. and 4:00 p.m., Monday, Tuesday and Thursday. Advice is restricted to the areas of law in which we practice.

During this time, lawyers and community legal workers are available to answer your questions on specific points of law and/or direct you to other agencies which might be better able to assist you, such as the Lawyer Referral Service, the Legal Aid Advice Lawyer or other appropriate community or government agencies.

LEGAL REPRESENTATION

You may qualify for representation by the legal clinic if:

1. You live in Sault Ste. Marie or in the western part of the Algoma District;
2. You are within the financial eligibility guidelines adopted by our Board of Directors (if your earnings are limited or if you receive social assistance, employment insurance or a government pension, you probably qualify); and
3. You require assistance in one of the following areas:
 - Social Assistance, including Ontario Works, Ontario Disability Support Program Benefits and Family Benefits
 - Canada Pension Plan Benefits
 - Old Age Security Pensions
 - Residential Tenancies
 - Rent Increases and Rent Review
 - Rent-Geared-to-Income Housing, Social Housing
 - Criminal Injuries Compensation
 - Employment Insurance
 - Human Rights

In these areas of law, we may act for you in court or before an administrative tribunal. We may also assist you in representing yourself or in making official complaints. We may also be able to assist you by commissioning affidavits and/or notarizing documents in the areas of laws in which we practice.

LEGAL EDUCATION

The staff of the Algoma Community Legal Clinic speak to community groups, agencies and educational groups on a wide range of legal topics. For more information, call us.

OTHER SERVICES

We also provide services in community development and law reform. These services include active participation in a variety of community projects. Staff participate in law reform activities, including the development of briefs and legislative consultations.

HOW THE CLINIC WORKS

The legal clinic is managed by the Director of Administration and the Director of Legal Services. They are accountable to a community Board of Directors, who set policies and guidelines on matters such as who qualifies for our services and what services will be offered by the legal clinic.

Legal representation is provided by both lawyers and community legal workers. Community legal workers have training in particular areas of law and work under the supervision of a lawyer.

If you are not sure whether your problem is a legal one or whether you qualify for our services, CALL US ANYWAY. Even if we cannot help you, we will try to refer you to someone who can.

In WAWA

Staff of the Algoma Community Legal Clinic visit Wawa on occasion to assist individuals who need legal services in North Algoma. Call 1-800-616-1109 for an appointment or for advice about your legal problem.

In ELLIOT LAKE

People who need legal services in the East Algoma area should contact the **Elliot Lake and North Shore Community Legal Clinic**. The area served by this clinic extends from Iron Bridge to Serpent River. They also provide French language services.

The Elliot Lake clinic is located at:

31 Nova Scotia Walk, Suite 303,
Elliot Lake, ON P5A 1Y9.

They can also be reached by telephone at (705) 461 3935 or toll free at 1-800-465-2479.

MCFN Membership

Ted Ouellet - Registration Administrator

174B Hwy 17East

Garden River, ON P6A 6Z1

Phone: (705) 254-2702, Ex. 228 Fax: (705) 254-3292

Email; touellet@missanabiecree.com

Toll-free: 1-800-319-3001

If your name appears on the Birthday Greetings page incorrectly, please contact Ted Ouellet.

The following is a list of band members for whom we do not have a current mailing address:

Dorothy Bain (Bignucolo)	Craig W. Pelletier
Lyle Copeland	Natalie Pelletier
Jason Fletcher	Daniel Rocheleau
Steven D'arcy Fletcher	Iana Ruth
Kaleb Jeffries	Jayson Ruth
William Jeffries	Theresa Ruth
Jeremy MacDonald	Victoria May St. Amand (Fletcher)
Allan McDonald	Catherine Wesley
Michael McDonald	Juliana Holly Wesley
Richard Donald McLeod	Michael Wesley
Cynthia Nemeth	

Our **MISSING ADDRESS LIST** fluctuates as members move around and do not send in their new address. When a monthly newsletter is returned by the Post Office, the member's name will be deleted from the mailing list, until I/we receive their new address.

PLEASE NOTE: I CANNOT RECEIVE ANY CHANGE OF ADDRESS FROM ANYONE ELSE; ONLY FROM THE PERSON INVOLVED, the reason being, anyone can call in and report an address change without their knowledge. Please use the change of address form below and mail or fax it to Missanabie Cree First Nation or call or email Ted Ouellet at the address noted above.

Members, please keep your address up-to-date, by filling out the change of address form below so you don't miss out on pertinent information regarding band business.

Names of deceased members are not removed from the band voter's list unless the information is provided to Indian Affairs. Anyone with funeral information (i.e. name of funeral home/location), date of death, a death certificate, or anyone who can be contacted for this information, please call or leave a message with Ted Ouellet at the MCFN Band Office.

Miigwech.



MISSANABIE CREE FIRST NATION

CHANGE OF ADDRESS FORM - - For Band Members

SURNAME	
First Name and 2 nd Name	
ALIAS/BAND #	
DATE RECEIVED	
NEW ADDRESS	
CITY/PROVINCE	
POSTAL CODE	
E-MAIL ADDRESS	
TELEPHONE #	
SIGNATURE	

VISION STATEMENT OF THE MISSANABIE CREE

We are the Anishnabe of the Missanabie Cree First Nation whose vision is to have a united and self-governing body that will determine our destiny guided by the seven laws.

We have a vision of a leadership that is open, honest, trustworthy; a leadership with conviction, accessible to the people; a leadership that is progressive yet respectful of our traditions, values and beliefs; a leadership with confidence, always watchful and assertive in protecting and preserving the treaty and aboriginal rights of our people; a leadership that is directed by our people and with exclusive accountability to our people and our people alone.

We have a vision of our community re-established on the traditional lands that were once the homeland of our ancestors where institutions of our government, economy and education can once again thrive.

We have a vision of a people where individuals and families can stand strong and find healing through tradition and spirituality; individuals and families who are loving and compassionate.

We have a vision of a people who are bi-cultural and bi-lingual; a people who can walk in both worlds contributing to our well-being, the well-being of our brother and sister First Nations; contributing and competing globally.

We have a vision of a Nation of people who respect the dignity of all; a people who find balance through equality of all ages, male and female alike.

We have a vision of people who respect the environment, harvesting and reaping the resources of the land in a sustainable manner as responsible stewards for the use of future generations.

We are the Anishnabe of the Missanabie Cree First Nation whose vision it is to regain and restore our rightful place and through the strength of our people, never again be denied our place in society.

MISSANABIE CREE FIRST NATION

174B HWY #17 East
Garden River, ON
P6A 6Z1

SATELLITE OFFICE:
559 Queen St. E (Downtown)
Sault Ste. Marie, ON
P6A 2A3

Phone: 705-254-2702
Toll Free: 1-800-319-3001
Fax: 705-254-3292

www.missanabiecree.com

MCFN Chief & Council + Staff

Chief Kim Rainville **ex. 236**
Deputy Chief Bobbi Fletcher-Decorte **ex. 504**
Councillor Jason Gauthier **ex. 235**
Councillor Roy Gideon **ex. 505**
Councillor Jutta Horn **ex. 227**
Councillor Edward Robinson **ex. 506**
A/Band Administrator Lori Rainville **ex 222**
Reception June Markie **ex 221**
Bookkeeper Louise Campbell **ex. 224**
Program Development Lesley Gagnon **ex. 226**
Administrative Assistant Gladys Hawkins **ex. 231**
Registration Administrator Ted Ouellet **ex. 228**
Negotiations Coordinator Jutta Horn **ex. 227**
Communications Elizabeth Angeconeb **ex. 230**
Land Use Planner Jason Gauthier **ex. 235**

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