

BEAR FAX

Pi a oo moo Peesim
2011



www.missanabiecree.com

Missanabie Cree First Nation



Thanksgiving

For each new morning with its light
For rest and shelter of the night
For health and food
For love and friends
For everything Thy goodness sends

-Ralph Waldo Emerson, (1803 -1882)



Song for Autumn

In the deep fall
don't you imagine the leaves think how
comfortable it will be to touch
the earth instead of the
nothingness of air and the endless
freshets of wind? And don't you think
the trees themselves, especially those with mossy,
warm caves, begin to think
of the birds that will come — six, a dozen — to sleep
inside their bodies? And don't you hear
the goldenrod whispering goodbye,
the everlasting being crowned with the first
tuffets of snow? The pond
vanishes, and the white field over which
the fox runs so quickly brings out
its blue shadows. And the wind pumps its
bellows. And at evening especially,
the piled firewood shifts a little,
longing to be on its way.

-Mary Oliver

Events/Gatherings:

ImagineNATIVE Film and Media Arts Festival

October 19-23, 2011 Toronto, ON
www.imagenative.org/

Nishnawbe Ask Nation Food Symposium 2011

October 25-27, 2011 Thunder Bay, ON
<http://www.nan.on.ca/article/2011-food-symposium-735.asp>

National Aboriginal Policing Forum

October 26-27, 2011 Ottawa, ON

Aboriginal Health Care: Governance and Leadership

October 27-28, 2011 Thunder Bay, ON
www.oha.com/education/pages/calendarofeventdetails.aspx?eventid=dl11758

AFN National Health Forum: Taking Action to Move Forward

November 7-9, 2011 Ottawa, ON
www.afn.ca

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Message from the Chief

Boozhoo, All my Relations,

We are now a couple months past our Gathering and the commemoration of the Land Transfer Agreement signing, and the visioning workshops we did with Angie Lafontaine of Collective Initiatives. I recently spoke with Angie, the final touches are going into the report, and we should be receiving the report in the next couple of weeks for our review.

The next steps in this very important process of planning for the development of our community will be to have a working group come together to develop Terms of Reference; identifying time lines and a critical path preparing for the transfer of lands from the province.

Who will be the people to lead this initiative? Of course it needs to be our citizens who define our future, perhaps a working group of members comprised of Elders, youth, adults, staff, chaired by a member of council. The work the group does and any recommendations made will need to be available for the scrutiny of the band for approval.

I am requesting that those members interested in participating in this key initiative consider forwarding letters of interest to our office, by email or snail mail: Attention Chief and Council re: Community Planning Working Group. Provided we have a list of interested members

prior to the end of the year we could plan to have the working group begin meeting early in the New Year. We are still looking to find a date for the Tripartite Forestry agreement review. It has been difficult to find dates when everyone is available. We are entering the seventh year of the agreement and will hopefully have the review completed before the end of November.

There has been increased mining activity within the region. We have had several requests from Junior Mining Companies wanting to meet with Chief and Council to discuss their work plans to fulfill their duty to consult with us. On two occasions we have performed tobacco and cloth offering ceremonies for exploration companies working within our traditional territories, as a means to introduce our values, not endorse or oppose the work these companies do. It also seems these companies are willing to support Island View Camp, booking cabins when working in the area.

Water and septic work for the multi-purpose building has not begun as yet. We are still hopeful this will be completed prior to the onset of winter. There will be more on this in the next issue of the Bear Fax.

In closing, I again invite those who feel they want to contribute to the development of our community to put your names forward. This will be our legacy, the very foundation for future generations to build upon.

Respectfully,
Kim Rainville

Messages from Council

Newsletter Report

August 22nd – September 3rd

I have been very busy since the Gathering this year. First I attended a Non Timber-Forest Products Workshop, had to fight a cold all the way through it but attended the majority of the workshops and found it to be extremely informative. I have some information on the workshop available at our member's request.

August 23rd -25th

During this week I had to leave the workshop to attend a meeting in Thunder Bay regarding building capacity for our members in the mining field through possible funding opportunities and training. Also there was a meeting with MNDMF regarding how territorial interests will be

identified by First Nations when it comes to industry's view on certainty. A handful of representatives were invited throughout the province to partake in this discussion, and I believe that some good ideas came out of this process.

September 3rd -11th

Next was an opportunity to work on the Cemetery through funding secured through Mushkegowuk Council Land Use Planning initiative. We worked on clearing brush within the cemetery that had almost completely covered the area. The cemetery was completely overgrown and we attempted to find all the sites that were occupied within the area. Two other workers and I went in and cleared the area for use for our members. Two Elders participated in the process to help with advice and ceremonies. Thank you all who participated in this initiative.

September 12th – 16th

I went to Terri Tobias' Workshop in Timmins. Terry Tobias provided a thorough introduction to the map biography method of documenting spatial knowledge. The workshop focused on providing hands-on experience with the map biography method outlined in Terry Tobias's new book "Living Proof". Participants were introduced to making map biographies by interviewing mock respondents/informants so as to record their spatial knowledge on plastic overlays of NTS base maps. The information was very valuable to land use planning and Use and Occupancy mapping.

September 24th – 28th

The Mushkegowuk Land Use Planning Department came to the Sault and had workshops to create better awareness in our community regarding land use planning and use and occupancy planning. I would like to have more of these workshops and can continue to have them on the request of our membership. There were 3 days of workshops that included Cree syllabics, computer awareness and land use and occupancy mapping using GIS.

October 5th

I met with a prospector in our area to discuss possible educational workshop regarding the aspects of claim-staking and the mining sequence. His participation and level of consultation has been both open and constructive.

Wachay,

Hope everyone in Missanabie Cree Land is alive and well. Just a short report as to my involvement since the Gathering.

I was happy to see everyone at the Gathering and very honoured to be a part of the festivities that took place to celebrate our land transfer. This was a very historical and important part of our coming together as a nation. Although there is more work to be done we are a big step closer to moving back to our homeland. I'm sure we will have great cause to celebrate in the future.

Since the Gathering I have attended Chief and Council meetings via teleconference as we do not have the funds to meet face to face as a governing body of our First Nation.

Future Meetings:October 12th -14th

Manitou Mountain meeting in Timmins proposes to discuss ongoing support from both the MNR and MNDMF to commit funding for the development of the Manitou Mountain Protection Plan, also the commitment from MNDMF to withdraw Manitou Mountain from all claim staking and exploration.

October 16th – 21st

I will be attending the Land Use Planning Regional Team meeting in Timmins. We will be discussing the development of our First Nation Land use plan integrated into a larger regional initiative. Also we will be discussing the practical implementation of data collection and how the interviewing process will be most effective for long term validity and accuracy.

October 16th-21st

I will also be attending in the evenings and time available as a representative for Mushkegowuk Council. They have confirmed that the initial meeting for the Herbicide Alternative Project Steering Committee will take place the week of Oct. 17th, 2011. There will be an evening program to provide introductions and background on the project followed by three days of site visits and meetings in Ontario and Quebec.

Jason Gauthier

I also attended the AGM for the Mushkegowuk Tribal Council which was held in Moose Factory from Sept 26-30th.

As for attending other meetings with government or other companies I have yet to attend due to not having the funds to do this.

At this present time I would like to congratulate my son Craig and his wife Sarah along with their daughter Ava on presenting my wife Cynthia and I with a new grandson in August. It is always nice to have a new life brought in to the world.

I look forward to serving our First Nation as one of your councillors and to working for you to move us forward for the balance of my term as councillor.

Meegwetch
Roy Gideon

MCFN Annual Gathering 2011



Alex Litinov, Mushkegowuk Environmental Resources Centre (MERC), presenting Fish Habitat Workshop.



Dakota, Sharlee and Chelsie



Art activities for the children, organized by April Wesley



MERC also organized a water sampling and aquatic insects collection workshop.



New playground equipment sponsored by MCDC.



Sharing Circle as part of the Community Planning process.

MCFN Annual Gathering 2011



Chelsie presents a YMCA RESP workshop.



Enjoying the great food at the Gathering.



Gilbert Cheechoo, Wakenagun Community Futures Development Corporation, presents the Aspinemowin Youth Entrepreneurship Program.



Clara wheesk, Mushkegowuk Employment and Training Services (METS), provides information on their programs and services.



MCFN Elders Council meeting.



Our children, socializing and playing cards while enjoying some refreshment.

Community News and Notes

Miigwech from Hazel

I wish to thank all of you who bought tickets for the Diabetic Association at our Gathering.

To Chelsie for selling the tickets a great big hug.

We hope the winners enjoyed their gifts and we made over 110.00.

Thank you again. Hope to see you next year.

Hazel Fletcher

Happy 3rd Wedding Anniversary
David & Rebecca Ouellet
Oct 4th
Love You, From Mom & Dad



Canada¹⁵⁰ Treaty Annuity Day

Wednesday, Oct 26, 2011

Sault Ste Marie Indian Friendship Centre
120 East St., Sault Ste. Marie, ON

10:00 am. to 4:00 pm.

The treaty area would be in the Ontario Region North.

Northeast Superior Regional Chiefs' Forum



Chiefs/Forum Secretariat Meetings

November 2 - 4, 2011

COCA Centre (648 Queen St. E)

Agenda:

November 2, 2011:

Morning: NSRCF Chiefs Meeting

Afternoon: Joint Chiefs/Mayors Meeting

November 3, 2011

Joint Chiefs/Mayors/Government Meeting

Friday, November 4, 2011

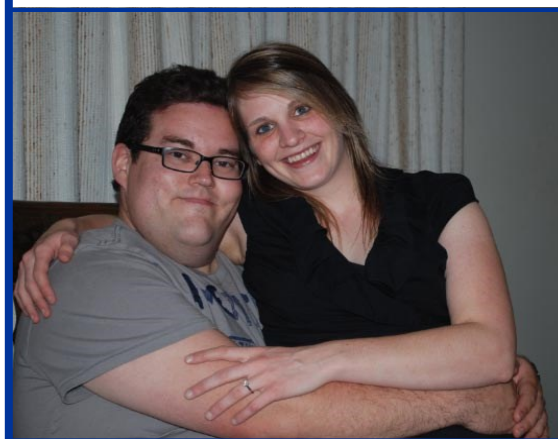
MNDMF Workshop on Class Environmental Assessment
Process for Mining Act Permits (tentative)

All members are welcome to attend as observers.

Information on specific times will be available later.

Please call the Band Office for more information.

*Ted and Margaret Ouellet
announce the engagement of
their son Kyle to Katherine Kubis
daughter of Chester and Mary Kubis
of Sault Ste Marie.
October 06, 2011*



News Items

BCCLA AND AMNESTY INTERNATIONAL PULL OUT OF MISSING WOMEN INQUIRY HEARINGS

Two of Canada's leading human rights organizations have joined the growing list of groups who will not participate in the Missing Women Inquiry hearings. Today, Amnesty International Canada and the B.C. Civil Liberties Association announced that they would not be participating in the public hearings scheduled to start next week.

"Commissioner Oppal ruled that participation by the groups who are now being forced out would be useful, and recommended support so they could participate," said Robert Holmes, Q.C. "Yet the government has chosen to snub his findings and recommendations and reject having a fair hearing; it has lavished all its resources on one side – that of the police and bureaucrats. The government has failed to show it understands that 'truth and reconciliation' requires respect for and participation by all interested parties."

"At its very heart this Commission of Inquiry is grappling with critical concerns about access to justice and human rights protection for some of the most marginalized communities in the province," said Alex Neve, Secretary General for Amnesty International Canada. "But it is going forward in a manner that only adds to that longstanding sense of exclusion and discrimination."

Amnesty International Canada and the BCCLA were

among 21 of 22 participating non-government organizations who asked the Premier to intervene to fix the broken Commission process. No response to the letter was received by the set deadline.

"Many groups have already left this process," noted Holmes. "Now with the Downtown Eastside Women's Centre and the Women's Memorial March Committee announcing this week that they can't participate, we are going to dedicate our efforts to processes where calls for respect and voices of concern can be heard."

"We deeply regret not being able to participate, as we are aware that families who have lost sisters, daughters and mothers in the Downtown Eastside continue to struggle for answers and justice," said Neve. "But we could not allow our continued presence to be seen as supportive of a process that has gone so far off track. We will continue to speak as part of a broader movement of Canadians demanding full respect for the rights of all women. At this point, we have no choice but to do so from outside the Inquiry."

The BCCLA was joined at the press conference by members of the Downtown Eastside Women's Centre and Women's Memorial March Committee, and also by representatives of the Union of B.C. Indian Chiefs, including Grand Chief Stewart Phillip.

For more information: www.bccla.org/pressreleases/11Missing_women_inquiry.html



On the evening of October 4, 2011, as part of a nation-wide series of gatherings, a group of women gathered at the city's Boardwalk to remember our Sisters in Spirit. A candlelight vigil was held to remember Canada's missing and murdered Aboriginal women. It was a beautiful ceremony held by the St. Mary's River, under some trees that were turning to their autumn colours.

As always, the ceremony began with a cleansing smudge of sage and other medicines. An elder from Wikwemikong on Manitoulin Island opened the ceremony with a prayer. Women who brought their drums sang the Strong Women song. Then, the Joint Statement by the Native Women's Association of Canada was read out loud as part of the movement of Sisters in Spirit vigils. The Joint Statement honours the spirits of these women and thanks their families who are our inspiration to continue to demand action.

Then candles were lit and the names of some of these women, who now are in the spirit world, were read out

loud, and a moment of silence was held to honour their memory. A woman whose mother was murdered thanked the thirty-plus group of women and men who had gathered together in ceremony and reflected on the strength of community support when it is offered.





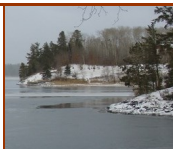
Each person at the vigil was offered the opportunity to put some tobacco into a small white pouch. The granddaughter of the woman who was murdered tied the tobacco pouch together with blue ribbons, and hung it on a small tree that was growing in the centre where the circle was gathered.

As the sun went down, and twilight descended, another song was sung, a closing prayer offered to the Creator, and the candles were extinguished. The circle was closed by hugs given and received by the women who came together in this special ceremony.

Miigwech to all those who came out in support.

Baawaating Anishinabekwewuk
(Ontario Native Women's Association local)

MCFN Events Calendar

SUN		MON		TUE		WED		THU		FRI		SAT			
 Pi a oo moo Peesim Migration south Moon												All events are subject to change. Please check our Facebook page - Circle of Creative Arts for updates.		1 Acrylic Workshop 1:30 - 4 pm COCA Centre	
2		3		4		5		6		7		8			
9		10 Thanksgiving Day 		11		12 Elders' Tea 1:30 - 3:30 pm COCA Centre		13 Healthy Snacks Day After 1:30 pm		14 Poetry Night COCA Centre		15			
16		17		18 Craft Class 6:45-8:30 pm Beaded Barrettes COCA Centre		19		20 Hand Drumming 7-9 pm COCA Centre		21		22 Kids Halloween Party 1 - 3:30 pm COCA Centre Please register your kids.			
23/30		24/31 Halloween 		25		26 Elders' Tea 1:30 - 3:30 pm COCA Centre		27		28		29 Art Show "The Unseen Exchange" Opening 7pm COCA Centre On display until Nov. 30			
SUN		MON		TUE		WED		THU		FRI		SAT			
Circle of Creative Arts Centre (COCA Centre) is located at 648 Queen St.				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		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							

OCTOBER 2011 NOVEMBER 2011



October Birthday Greetings

OCTOBER 1




Happy Birthday!

Natalie Souliere

OCTOBER 2

Happy Birthday!



Noah Shields


OCTOBER 3

Happy Birthday!



Rona Marie Fletcher
Peter Saunders


OCTOBER 5



Happy Birthday!

William (Bill) Gideon

OCTOBER 6



Happy Birthday!

Shelly Fletcher

OCTOBER 8


Happy Birthday!



Lori Shelswell

OCTOBER 9


Happy Birthday!



Marie Ann Caron
Tyler Clifton
Stanley Fletcher
Margaret K. Nolan

OCTOBER 11

Happy Birthday!



Lois MacDonald

OCTOBER 13


HAPPY BIRTHDAY



Mitchell Daigle


OCTOBER 14

Happy Birthday!



Dana Mitchum

OCTOBER 17



Happy Birthday!

Brendon MacLeod

OCTOBER 19


Happy Birthday!



Sandra Fletcher

OCTOBER 20


Happy Birthday!



Mariam Bergeron
Donna Lynn Ruth

OCTOBER 22


Happy Birthday!



Dominic Fletcher
Douglas Fletcher
Natasha Bergeron

OCTOBER 24

Happy Birthday!



Lloyd Nolan

OCTOBER 25

Happy Birthday!



Roberta Fletcher
Chelsie Parayko
Jayson Ruth

OCTOBER 26



Happy Birthday!

Brendon C. McDonald

OCTOBER 27

Happy Birthday!



Kisani Frechette
Gordon Macumber

OCTOBER 29


Happy Birthday!



Carol Valentine

OCTOBER 30

Happy Birthday!



William Bergeron
Victoria Pezzo

OCTOBER 31

Happy Birthday!



Shirley Horn

Opportunities for Youth



Call for First Nations Youth Ambassadors

for the United Nations Committee on the Rights of the Child

September 12, 2011 -

The FIRST NATIONS CHILD AND FAMILY CARING SOCIETY OF CANADA (www.fncaringsociety.com) invites First Nations young people (ages 15–24) to apply for an opportunity to go to the United Nations Committee on the Rights of the Child meeting in Geneva, Switzerland.

The youth that are selected to go will be asked to share their story and the stories of other First Nations children and youth across Canada about the inequalities in education, child welfare and health on-reserve in Canada.

The United Nations Committee on the Rights of the Child is the international group responsible for making sure countries, like Canada, keep the promises they make to all children and youth according to the document they signed called the United Nations Convention on the Rights of the Child (UN CRC).

ALL YOUTH APPLICANTS MUST:

- Be between the ages of 15–24 years (there are 2 age groups for entries so make sure you tell us in which age category you are applying)
- Have a passport (if you don't have one, we can help you get one, just let us know!)
- Be able to travel to Geneva, Switzerland for approximately 5 days in February 2012
- Get your guardian's permission if you are under 18 years old and have someone over 18 travel with you, like a parent, guardian or other trusted adult
- Agree to document your visit in video, audio or written format to share with other children, youth and caring adults in Canada

HOW TO APPLY

1. Complete the application form (available online) including references.
2. Review the following websites to learn all you can about them:
 - a. Education: Shannen's Dream at www.shannensdream.ca
 - b. Child Welfare: I am a Witness at www.fnwitness.ca; and
 - c. Equality in Services for First Nations Children: Jordan's Principle at www.jordansprinciple.ca
3. Read:
 - a. The United Nations Convention on the Rights of the Child at <http://www.unicef.org/rightsite/files/uncrcchildfriendlylanguage.pdf>
 - b. Our Dreams Matter Too report at <http://www.fncfcs.com/sites/default/files/docs/OurDreams-June2011.pdf>; and
 - c. The Jordan and Shannen Report at http://fncaringsociety.com/sites/default/files/docs/UNCRC_report_Canada_2011_final.pdf

4. Write a four-page essay (double-spaced, 12 point font) or do a five-minute YouTube video on the following topic:
- a. Pretend that you are responsible for giving a five-minute presentation to the United Nations Committee on the Convention on the Rights of the Child.
 - i. The Committee wants to know how Canada is doing in keeping its promises it has made to First Nations children and youth (0–18 years) in the United Nations Convention on the Rights of the Child.
 - ii. Explain how the inequalities in child welfare, education and health on-reserve affect First Nations children and young people.
 - iii. Explain why First Nations cultures and languages are important to children and youth and whether or not you feel there are enough culture and language programs in schools and communities on reserves.
 - iv. Complete your presentation by sharing your ideas on what the Federal Government can do to fix the inequalities and make the lives of First Nations children and youth on reserves better.
 - b. Link your ideas for improvement to the Articles in the United Nations Convention on the Rights of the Child.
 - c. Tips: Be sure to include your own experience, the experience of other children and youth you know and what other children and youth from across Canada have shared on-line in the Our Dreams Matter Too and the Jordan and Shannen reports. Link your ideas on how to fix the problems with the recommendations in these two reports.

HOW TO SUBMIT YOUR APPLICATION

[Application is available online at: <http://www.fncfcs.com/sites/default/files/events/Call-for-FN-Youth-Ambassadors-Sept2011.pdf>]

You can ask a friend, teacher, family member or Andrea Auger who works at the FNCFCS (aauger@fncaringsociety.com) to help you fill out your application form if you need to, or just send to the address below.

Your application can be in French, English or your First Nations language (please include it and provide an English or French translation.)

All entries will be reviewed by a panel who will then select entrants for a telephone interview and complete reference checks in order to select the ambassadors who will be going to meet with the United Nations Committee on the Rights of the Child. We hope to complete the selection process by the end of November 2011 and we will then provide training and support to the youth ambassadors before they leave for Switzerland.

Only complete entries will be accepted and must be received by 4:30 Eastern Standard Time on Tuesday, November 1, 2011.

You can send your entry form and essay/video in the mail or by email to:

**First Nations Youth Ambassador Contest
First Nations Child and Family Caring Society of Canada
251 Bank Street, Suite 302, Ottawa, ON K2P 1X3
613 230-5885 | Web: www.fncaringsociety.com | Email: info@fncaringsociety.com**



OPPORTUNITIES FOR ABORIGINAL YOUTH TO GAIN INTERNATIONAL EXPERIENCE

The Atlantic Council for International Cooperation (ACIC) is now accepting applications for the International Aboriginal Youth Internship Initiative (IAYI). First Nations, Inuit and Métis youth are invited to apply to internship opportunities hosted with ACIC member organizations in Atlantic Canada and Southern partners in Peru, Chile and Bhutan.

Internships are six months in duration (January-July 2012), with four months spent at hosting partner organizations in Peru, Chile and Bhutan. Interns work in Canada for the other two months with an ACIC member organization both prior to their departure overseas and upon their return.

A living allowance is provided, as well as funding to cover a variety of costs related to the internship, including: international travel; medical insurance and visas; cultural awareness training; language training if necessary; and job search support.

The IAYI aims to increase the awareness, engagement and participation of Aboriginal youth in international development, while providing them with opportunities to expand their skills for employment. Internships are undertaken with the financial support of the Government of Canada provided through the Canadian International Development Agency.

To be considered for this position, applicants must:

- Be between the ages of 18 and 35
- Have a high school or general equivalency diploma (GED)
- Have not yet graduated from post-secondary studies
- Be a Canadian or permanent resident of Canada
- Be of Aboriginal affiliation

For a full listing of available internships and how to apply, please visit ACIC's website www.acic-caci.org/opp_intern.html.

Application deadline: OCTOBER 23, 2011 (or until all positions are filled)

Opportunities



Agriculture and Agri-Food Symposium

The Sault Ste. Marie Innovation Centre and NORDIK Institute are hosting an Agriculture and Agri-Food Symposium on November 4th and 5th at Algoma University in Sault Ste. Marie. The symposium aims to create opportunities for collaboration between farmers in Northern Ontario and researchers in the agricultural sector. The symposium will feature applicable workshops for local farmers and researchers alike; some include Sustaining Soil and Crop Productivity, Specialty Foods and Value-Added Products, and Healthy Food for Sustainable Communities.

This event is sponsored by the National Sciences and Engineering Research Council of Canada, the Community Development Corporation of Sault Ste Marie, the University of Guelph, Algoma University, Sault Ste Marie Innovation Centre and NORDIK Institute.

For the full agenda, follow this link: <http://rainsymposium.eventbrite.com/>

For information on the Nordik Institute: www.nordikinstitute.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

Each issue of the Bear Fax will cover one topic each month for the next 9 months, beginning with Sacred Tobacco

SACRED TOBACCO

CHEMICALS IN CIGARETTES

SECOND HAND SMOKE

SMOKING DURING PREGNANCY

SMOKING AND CHILDREN

HEALTH EFFECTS OF SMOKING AMONG YOUNG PEOPLE

SMOKING AND CANCER

HEART DISEASE

BREAKING THE HABIT

SACRED TOBACCO (SEMAH IN THE CREE LANGUAGE): THE MEDICINE



Traditionally, tobacco has played a very important role in many First nation Cultures and spirituality.

Tobacco is one of the four sacred medicines (Tobacco, Sage, Cedar and Sweetgrass). These medicines have been given to us by the creator to assist us on our journey of life as well as communication with our grandmothers and grandfathers. When the medicines are used together and properly, they are powerful medicines.

Tobacco is from the East and is said to be the first plant that came to us from the creator. First Nations have used tobacco to cure illness such as earaches, asthma, bowel problems, fever, sore eyes insect bites and burns.

Tobacco is not always burned but sometimes used as a means of giving thanks. Before and after killing an animal such as a moose, a hunter will often say a prayer while holding the tobacco in his left hand, which is the closest to his heart to give thanks to the Creator and to the animal for giving up his life so that the hunter can feed his family. First Nations will also place tobacco on the ground to say a prayer as an offering when picking medicines to give thanks to Mother Earth.

Tobacco is often used as a gift amongst First Nations as traditional practice, Tobacco is carried in Medicine bundles and is also given to Elders as a special gift and other special people when one is seeking advice, wisdom and knowledge.

There are many ways in which First Nations use tobacco. However, the practice of smoking tobacco from the ceremonial pipe is considered to be among the most sacred. When used in ceremonies, the pipe is used to send our prayers to the four directions, the earth and sky. The pipe can also be used in council and everyone who participates in the ceremony pledges to the Creator, Mother Earth and the community.

Elders tell us that it was (and still is) sometimes mixed with other plants but should never be used more than three times a day.

To many different Nations, tobacco has a variety of meanings and uses. Thus it is important that we recognize tobacco as a very sacred gift and symbol of peace that is respected and honoured. It has been told by some that tobacco was never meant to be inhaled and that people were taught and should continue to be that they never inhale smoke into their bodies.

Traditional uses of Tobacco

- To give thanks to the Creator,
- To honour all creature that have been hunted
- To give honour and thanks to mother Earth
- To seek protection and guidance
- To seek wisdom and humility
- To help our thoughts and prayers reach the Creator

Non –Traditional Use of Tobacco

There are many ways in which tobacco is used which is harmful to our health. They are not as common as cigarettes but also have a negative impact on our bodies.

This includes chewing tobacco which is ingested through the mouth and snuff which ingested through the nose. Some of the risks include mouth cancer, throat cancer, heart disease, stroke and gum disease to name a few. Our next issue will show you ways non-traditional uses of tobacco are harmful to yourself and others.

OUR NEXT ISSUE OF THE BEAR FAX WILL HELP TO INFORM YOU OF THE CHEMICALS IN CIGARETTES

(Information provided by Assembly of First Nations.)

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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