

# Bear Fax

Kakoekakee shi kak  
Peesim 2014



[www.missanabiecree.com](http://www.missanabiecree.com)

Missanabie Cree First Nation

## Peace on Earth



## Kayamenimowin

Chief, Council and Staff of Missanabie Cree First Nation

## Message from the Chief

### SEASON'S GREETINGS,

We move and stride ahead with each process, we are attempting to be balanced in each of the areas of the medicine wheel. As we try to create a more unified community we rely on the Comprehensive Community Planning, Committee which has been very active as of late.

We continue to work on the economic drivers within our territory to create a stable economy. We have regular meetings with industry and governments in order to do this.

We are looking to continue discussions with Michipicoten First Nation, and we are very optimistic on the outcomes. We will report more on this in the New Year.

We have gained traction in every sector, and continue to be successful in every front. How we measure success is important. I see success as “moving forward”, and we are, one step at a time. We have a creative and innovative council and the discussion encapsulates the spirit of openness and freedom of expression.

I would like to wish everyone a Merry Christmas and Happy Holidays.

Chief Jason Gauthier



## Messages from Council



To all my family, extended family, friends and acquaintances of Missanabie Cree First Nation:

The first part of November was slow, not much going on. But, starting November the 17<sup>th</sup> I was off to Chapleau for Magpie forestry, then back to Toronto for a Strategic Planning meeting with Chief and Council. On the 24<sup>th</sup> of November off to Timmins for a Moose Strategical Planning session, back to Sault Ste. Marie for the Mushkegowuk meet and greet and finally a meeting with Tembec.

Now it's the beginning of the Christmas season, where young and old, anticipate the coming of Santa and the wishes he'll bring.

With that being said, I would like to take this opportunity to wish everyone a Merry Christmas and a very Happy United New Year.

As always in spirit of community and unity,

Councilor Les (Gee) Nolan aka Red Bear.



## Inside this Issue:

- P.3: Message from the Chief**
- P. 3-5: Messages from the Council**
- P. 5-7: From the Desk of:**
- P. 8-9: Community News and Notes**
- P. 10: Christmas Greetings**
- P. 11: Elders Speak**
- P. 12-13: Governance Project**
- P. 14: Concerning the Good Life**
- P. 15: Concerning the Earth**
- P. 16: Birthday Greetings**
- P. 17: Events Calendar**
- P. 18: Employment Opportunities**
- P.19-20: Health Notes**
- P. 21-22: News Items**
- P. 23: MCFN Membership**
- P. 24: Contact Information**

## Messages from Council

Wacheyea Everyone,

Still trying to get used to all the changes that happened over the past year with Missanabie Cree. I do apologize for not submitting an article or report for a few months.

I have been working with our Elder Archie Nolan, and



*Andy Fyon, Ontario Geological Survey, with MCFN Staff.*

with the Director of the Ontario Geological Survey Andy Fyon, in retrieving the most recent artifact that was found in July this year in our territory and returned to Missanabie Cree First Nation on October 14, 2014. I think the significance of MCFN

working on the retrieval of the previous artefacts has prompted a different attitude towards the artefacts and how they are handled now. I am honoured to continue to be involved in the retrieval of all the artefacts for MCFN.

We are also planning to organize an Elders' Tea over the holidays at Shingwauk so that the Elders have a chance to have a viewing of the artifacts and, the most recently recovered Spear



*Spear Point Artefact*

Point that came to us. Dr. Patrick Julig of Laurentian University described the spear point to be a rock type known from the first ice age. The next steps involved are to have the artefact officially carbon dated and to look for funding to display the artifacts at the university until we can move them to Missanabie. We did have a ceremony upon the return of the artifact at

the Algoma University but still plan to have a ceremony and viewing, at next year's gathering.

I attended the NAN Child and Youth Strategy, Social Services and Special Chiefs Assembly last month as proxy in November. The Chiefs brought all their concerns to the table regarding issues with the Ministry of Social Services and the Ontario Works Reform on Reserve. A Bi-Lateral table was formed to assist working on a strategy alongside the Ministry where information will flow directly from the Chiefs of the Nishnawbe Aski Nation communities. This meeting seemed very productive, and informative. Group break-out sessions were organized to gather all the information from the Chiefs and participants on what is working, what is not working and what the challenges are. All information regarding this was reported back to Council and provided for the office. If anyone has questions regarding this meeting please send an email or call.

I also attended the Chief & Council Strategic Planning in Sault Ste. Marie and Toronto. The Administrative Code and the Rapid Review for Capacity For Nation Building and Community Development was also reviewed by council. I also attended the first Comprehensive Community Plan committee meeting as a Council Rep for the community and we had a good turnout of members volunteering to sit on this committee.



Sending my wishes to everyone for Christmas.

If I don't see you during the holidays,  
"Merry Christmas!" and "Happy New Year!".

Hope you all enjoy this time with family,  
especially the little ones.

Isabell Souliere, Councillor, MCFN

## Messages from Council



*Hello MCFN,  
I would like to wish you all a Merry Christmas, and  
a Happy and Healthy New Year.*

*Bobbi Fletcher-DeCorte, Councillor, MCFN*



## From the desk of:

### BAND MANAGER

#### MERRY CHRISTMAS AND HAPPY NEW YEAR WISHES

At this time, I'd like to take this opportunity to say thank you to the staff – to each one of you - for your continued dedication and hard work this past year. Overall, you can be proud that you made a big difference in contributing to the overall operations especially in providing efficient services to the Chief, council, and band members who we serve.

Meegwetch to the staff for organizing the Community Christmas dinner and the Christmas dinner for the Chief, council, staff and guests. And thanks to the staff and band members for your food donations and time. I hope you enjoy the Christmas events!

I am sorry to say that Kayla Church and Cassandra Rainville are no longer employed with Missanabie Cree. Their

### GATHERING COORDINATOR

November 28th has arrived for Kass and I as it's the day our contracts with Missanabie Cree end, and we say goodbye!

I want to thank Auntie Lori and Chelsie for the delicious parting gifts and for everything you've done for me the last 6 months! Ending our contract on a sweet note!! :) And thank you every one who has helped me in anyway around the office or during our gathering month.

I hope next year's gathering is a breeze as I am leaving behind information and ideas for next year. And thank you Jean for the well wishes for the future for Kass and I. It was nice meeting you, Janet and Scott, wishing you

contract ended November 28<sup>th</sup>. Wishing you two ladies the best in your future endeavors. MEEGWETCH FOR YOUR SERVICES J

I will be submitting a report on the financial status of Missanabie Cree First Nation in the next month's issue of Bear Fax.

The office is closed from Friday (noon) December 19<sup>th</sup>, 2014 until January 4<sup>th</sup>. The office reopens on Monday, January 5<sup>th</sup>, 2015 at 8:00 am.

See you in the new year.



Merry Christmas  
and Happy New Year....  
Sincerely, Jean



both the best. And thank you June for putting a smile on my face everyday upon arrival!

I'm going to miss you all, and you will see me around, when I stop by the office to visit.

Wishing you all a wonderful holiday season and a happy new year. See you all at our community and staff Christmas dinners.

Be well, and be good to one another.

In the spirit of community,  
Miigwetch Miigwetch Miigwetch!!!!

Kayla Church :)



## From the desk of:

### PROGRAM DEVELOPMENT OFFICER



Hello Every One

I want to wish everyone a Merry Christmas and a Happy New Year. I look forward to seeing all the family and friends over the holidays.

I am presently planning to have some

new activities for this upcoming year. I am planning to have a Healthy Living Challenge that will begin in February 2015. This activity will allow all families to participate across the country. Look for the new details in the new year. We will also have a variety of different activities that will be planned for the new year.

-Lesley Gagnon

### POST-SECONDARY EDUCATION OFFICER



#### SEASON'S GREETINGS

Enjoy your holiday break and see you in 2015.

Various activities, meetings and training attended:

- Gathered quotes from Electoral officers for Election Code ratification process and submitted to Jean. Updating addresses for voting process.
- October 27, 2014. Staff meeting, discussed staff training opportunities
- October 27, 2014. Attended lateral violence in the workplace workshop by Jackie Fletcher
- I recommend that this workshop take place during our gathering for membership.
- I also recommend that all committees of MCFN take this workshop, including Elders Council and Chief and Council
- October 29, 2014. Attended Anishinaabe People's Council meeting at Algoma University.
- November 17, 2014. Attended Native Education & Training Council meeting at Sault College. Provided input to the College's strategic plan. Reviewed the Indigenous Education Protocol for Colleges and Institutes that was developed by CICan's Indigenous Education Committee, comprising college and institute representatives from across the provinces and territories. For more information please go to: [http://www.collegesinstitutes.ca/news-centre/news-release/cican-launches-indigenous-education-](http://www.collegesinstitutes.ca/news-centre/news-release/cican-launches-indigenous-education-protocol-for-colleges-and-institutes/)
- protocol-for-colleges-and-institutes/
- The Sault College Pow wow will be a part of Bon Soo activities this year. Watch for details in upcoming Bon Soo advertising.
- November 19, 2014. Elizabeth, Lesley and I went to the Bush Plane Museum to decorate the Christmas tree that we had entered into the Festival of Trees.
- November 19, 2014. Attended Children of Shingwauk Alumni Association Board Dinner meeting. Reviewed finances, discussed the following: proposal writing opportunities, final TRC event, Shingwauk Gathering 2015, archives, office space and enjoyed company and dinner with survivors of Shingwauk.
- November 26, 2014. Attended the swearing in ceremony for Mushkegowuk Grand Chief Lawrence Martin. Ceremony was conducted by Missanabie Cree Elder Archie Nolan. White Frost Sobriety Drummers were invited to open and close ceremony. It was a very emotional and spiritual ceremony. Meegwetch!
- November 26, 2014. Attended with staff a personal-ity dimensions workshop, also known as True Colours. My colour has not changed and I am still GOLD...Characteristics of a Gold personality are; stabilizers, family is very important, dependable, loyal, respect authority and institutions, expect to be accountable and responsible, practical, concerned about the physical needs of others, most numbers in the population (about 50%). Staff that attended were the following colours; Gold: Lori & Jean; Blue:

## From the desk of:

Scott, Janet, June, and Glad; Green: Louise, Elizabeth, and Cassandra; Orange: Chelsie, Kayla, Matthew. Overall the workshop was great and it was nice to see how we can all complement each other as a team. If you need some spice and pizzazz to work ask Chelsie to be on your team! LOL

- November 27, 2014. Attended a joint meeting with Mushkegowuk & Missanabie Cree. They provided an update on their services to Missanabie Cree First Nation. I put the Youth on the agenda. Discussion items I brought up were; capacity building, youth internships, summer student opportunities, think tanks, graduates, building unity between mushkegowuk youth/communities, youth need to do their own work, they need to govern themselves, strategic planning for youth, by youth, with youth. Warren Kapashesit, Health & Wellness Coordinator will be coordinating a youth services fair in the near future. Let's get engaged and encourage our youth to get involved! The following day we were invited for breakfast with Mush staff, Grand Chief & Deputy Grand Chief and continued our meeting till noon.
- December 2, 2014. Had a brief meeting with Duane Moleni, Executive Director of Sault Ste. Marie Arts Council. Discussed possible partnership opportunities with Circle of Creative Arts. Brought this forward to Jean for discussion.
- December 3, 2014. Staff meeting, discussion included Circle of Creative Arts, presentation by Clara Wheesk of METS regarding services provided. She will provide us with a write up on services for our newsletter. Staff will be meeting December 15<sup>th</sup> to discuss Circle of Creative Arts and will invite past COCA committee members.
- Submitted names of previous facilitators used by Missanabie Cree at the request of Jean Sayers, Band Manager.
- Completed evaluations of 3 companies that bid for the "IVC Needs Assessment" at the request of the Band Manager.
- Posted various items on the Missanabie Cree website.
- December 5, 2014. Attended a meet and greet at Algoma University. The purpose of the meet and greet was for faculty to come out and meet with the Anishinaabe Peoples Council, Algoma University Elder's Council and the Anishinaabe Initiatives Division Staff.
- Performed daily post-secondary duties such as: contacting students for update on studies, reminder to submit final marks from first semester, ordering laptops, letters of support for students applying for scholarships, update post-secondary application, communicate/liaise with educational institutions, provide educational guidance and direction to students and members, attend meetings, sending out applications as requested by members, contacting school boards, working with Louise and RBC bank to set up direct deposit for students.

-Lori Rainville

## Community News and Notes

A Happy Belated (October)  
 Birthday Greeting  
 To Brendan  
 Love, Granny and Family



Happy Birthday to my Grandson Aaron  
 Born January 3<sup>rd</sup>.  
 Love you always,  
 Nanny June



## Community News and Notes

Happy Birthday

Granddaughter Alyssia

Love Granny and Family



It was sad to see  
Kayla and Cassandra's contract  
come to an end.  
But we will all miss you both.  
Merry Christmas,  
Auntie June



To Kayla Church & Cassandra Rainville

As your co-worker I would like to say that I had a great time working with you both. I have fond memories of the first time you both worked at the office as high school teenagers and now as young adults. It has been a pleasure to see the growth in each one of you. Kayla, keep up your cheerfulness you showed every day during work and during the Gathering. Kass, your commitment to your position revealed itself through the wonderful garden you and the summer students created despite all the glitches. Awesome work! Hope you will come back in the near future as leaders of our community.



Sincerely, Lori Rainville (Auntie)

### FESTIVAL OF TREES 2014



The Festival of Trees is an annual Christmas event held in Sault Ste. Marie. This year the Festival was held in the Bush Plane Museum from November 20-23.

The event is organized by the Lung Association as a fundraiser, and is supported by community organizations and businesses.

Each participant organization or business decorates a tree provided by the Lung Association. The public is invited to view the trees, and there are raffles, and auctions, and other special events.

This year, Missanabie Cree First Nation participated in this event, and staff members decorated the tree with dream catchers, feather ornaments, and cedar bouquets to create a native-themed tree. Our tree was auctioned off for 180.00 and the proceeds went to the Lung Association.

Miigwech to Lesley Gagnon for organizing this opportunity, and Lori Rainville for her contributions. The MCFN craft class also made many of the ornaments.

## Community News and Notes

Happy Birthday to my brother Bill

Love You

Sister June



Merry Christmas

to all my sisters, brothers, nieces, nephews,  
cousins, and MCFN members and families  
near and far.

Best wishes in the New Year.

Love Jackie Fletcher



Happy Birthday to my son Stacey  
and Merry Christmas

Born Dec. 25<sup>th</sup>

Love you, my son

Mom



Happy Birthday to my niece Dale

Love Auntie June



Happy Birthday to my Beautiful Sister Jackie

Love you forever

Sis June



### THE PRICE IS RIGHT TRIP TO TORONTO



Just a few lines to let you know that my sister, Jackie, was one of the contestants that was picked from the Sault Ste. Marie Casino and she was allowed to bring a guest and I was so

honored that she picked me. First of all we had to be at the Sault Ste. Marie Casino at 7:00 a.m. on November 23 for continental breakfast and instructions on what was going to happen. A bus took us out to the airport and there were 38 of us.

We caught the plane Sunday, November 23/14 at 10:45 a.m. When we arrived in Toronto at the Toronto Island airport, we took the ferry to the main land. When we got there, they said we had to go back across because that's where our bus was. We got on the bus and had to go back to the main land. We stayed at the Royal York Hotel.

That was the start.

Then we had to be at the Sony Centre for the show at 2:00 p.m. There were so many people and we had so much fun mingling with them.

The Price is Right started at 4:30 p.m. and it was just awesome. All of us from the Sault had kind of front row seats and even though we were off to the side we had good view. No one from the Sault was called but just being there to experience this was out of this world.

After the show we had a coach bus take us out to the Woodbine Casino and there was only four of us on the bus and the bus driver was awesome and Toronto is so beautiful at night with all the lights and Christmas lights.

The casino was so big and I was having such a good time until I lost my wallet. I walked around for about an hour and, low and behold, I found my wallet but all my money was gone. I'm so thankful that my I.D. wasn't taken.

Well, that was my experience of the trip, and what I missed maybe Jackie will remember and fill in. I would do it all over again.

Merry Christmas and A Happy New Year.

From the desk of June Markie  
(Receptionist)



# Christmas Greetings

Tiny, sticky, candy-coated fingers clutching yours as you run through the snow storm for the warmth of your car after the Santa Claus Parade. Smearly chocolate-coated kisses pressed against your cheek in a wild and noisy greeting at the front doorway. Cheezie orange-coated door frames and potato chip stained rugs, and oh yes.. the best...your snuggly slippers stuffed with crushed potato chips the morning after movie night with the Grandkids. Yuck!!



Would I have it any other way...NEVER !!

At times Family can be messy and uncomfortable, but just seeing those smiling faces, feeling those tiny arms all trying to hug you at the same time, and just the knowledge that, at that moment in their day, you are the most important and loved person is somehow beyond belief that I could be so fortunate.

So at this Festive time, I wish you and yours all the joys of Family Life, messy and otherwise ;))

Louise, Bookkeeper, MCFN and Proud *KoKoom* of seven little Mess makers

I would like to wish  
Chief, Council, Band Manger and Staff  
A Very Merry Christmas and A Happy New Year.

From the desk of  
June Markie. MCFN Reception



**The MCFN Governance Coordinating Committee:**  
**Tri Lou Fletcher, Jackie Fletcher, Debbie Ewing, Kyle Bateson**  
**and Elizabeth Angecone**  
**would like to extend our wishes to you and your families**  
**for a happy and safe holiday season and**  
**that all of your dreams in the new year will be fulfilled.**  
**Seasons Greetings!**

*If you need clarification on anything we have done to date or want to add something that we may have missed please do not hesitate to contact anyone of us.*

## Elders Speak

Happy holidays and Christmas Greetings  
to all my children and grand and great grandchildren.  
May your dreams come true.

I wish you good health and happiness now  
and in your future.



Love Mom, Nanny (Jackie) Fletcher

Let's make an attempt in the New Year to pray together for such a process and work together at finding a solution. We have arguments and opinions in our immediate families yet we forgive each other, still speak to each other and love each other. This needs to spread to our community as a whole. Holding grudges can make us sick. Let go of the negative feelings and be a role model for forgiveness. I have some forgiveness work to do as well.

Seasons Greetings to Missanabie Cree friends, relatives and families:

I would like to say that our First Nation is something to be proud of despite our differences. We are all talented, kind, incredible and amazing people and we have to understand that just because we have differences of opinions, doesn't make our opinions wrong or right, but it does make us who we are. It would be good to find a process where we can talk freely and openly on issues without hurting each other.

Love - Elder, Jackie Fletcher

### **Forgiveness: Letting go of grudges and bitterness**

“When someone you care about hurts you, you can hold on to anger, resentment and thoughts of revenge — or embrace forgiveness and move forward.”

(From: <http://www.mayoclinic.org/healthy-living/adult-health/in-depth/forgiveness/art-20047692>)

From Elder Cliff Bain: Some thoughts to our Elders



### Through the Years

To you I seem poor  
Old and weak,  
But come, and sit, my friend  
I will tell you of my riches.  
They are not of dollars and  
cents,  
But of memories.  
Not a bank in the world contains  
more value  
Than I have accumulated  
through my years.  
Through my times of joy,  
I have acquired love  
and friendship.  
Through my times of sadness,  
I have acquired understanding

and the knowledge,  
That happiness  
will eventually follow.  
Through my times of anger,  
I have acquired the chance  
to learn forgiveness,  
And have been forgiven.  
Through all my years of living,  
I have acquired experience  
and wisdom.  
Someday, you may look back,  
At the time we spent  
with each other,  
And fondly recall the memories,  
We made together.



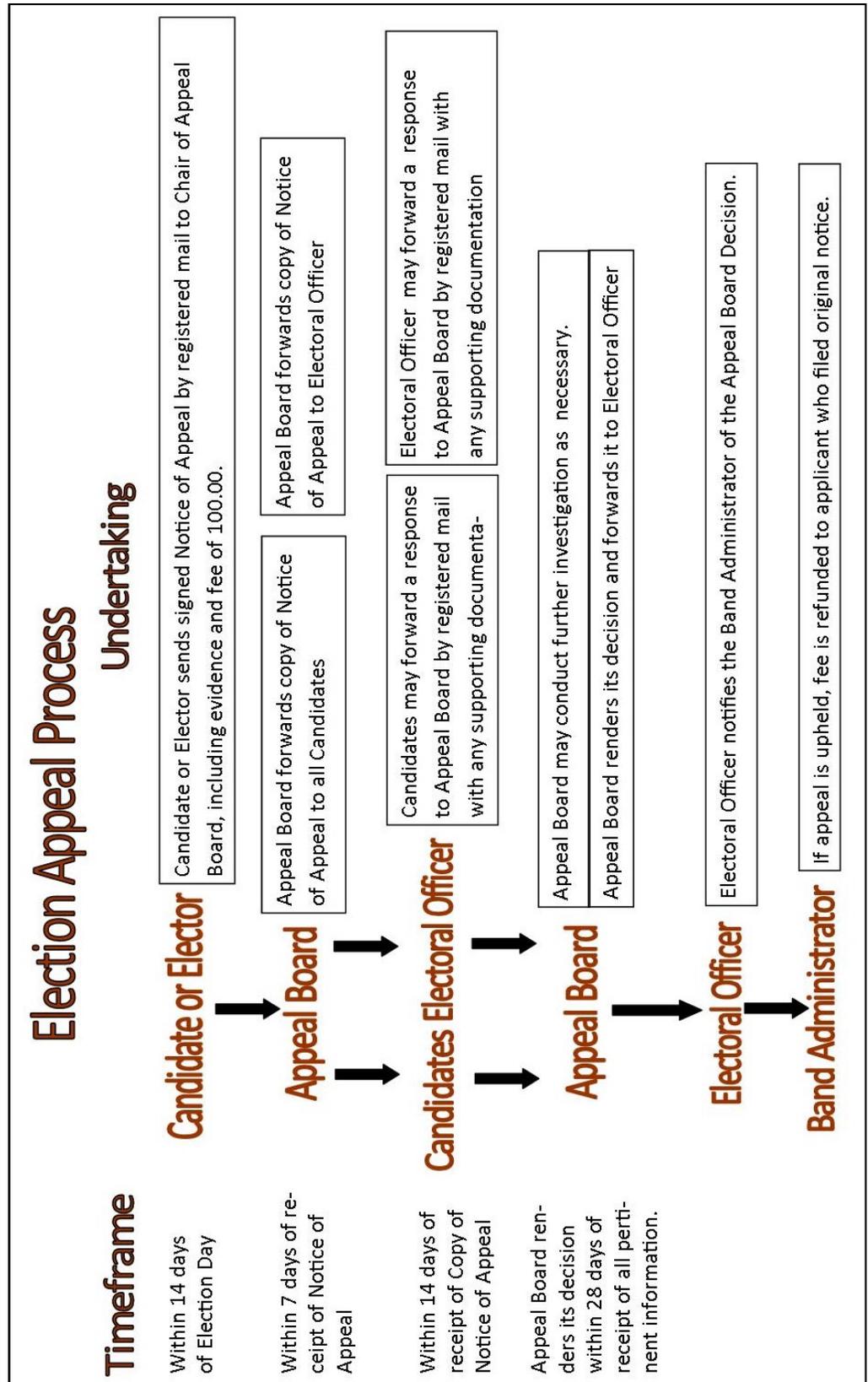
# Governance Project

After the new year, Missanabie Cree First Nation is planning to hold a **Ratification Vote on the draft MCFN Election Code**. The draft Election Code has been approved by the Governance Coordinating Committee, and the MCFN Chief and Council.

If you are or will be of voting age in early 2015, please ensure that your mailing address and other contact information is updated with Ted Ouellet, the MCFN Registration Administrator. Forms to update your address can be found on page ? of this newsletter. Please inform any family members that you know who need to update their contact information.

To the right, you will see some information about the election code. More information will be forthcoming as part of your ratification package.

Miigwech.  
Governance Committee

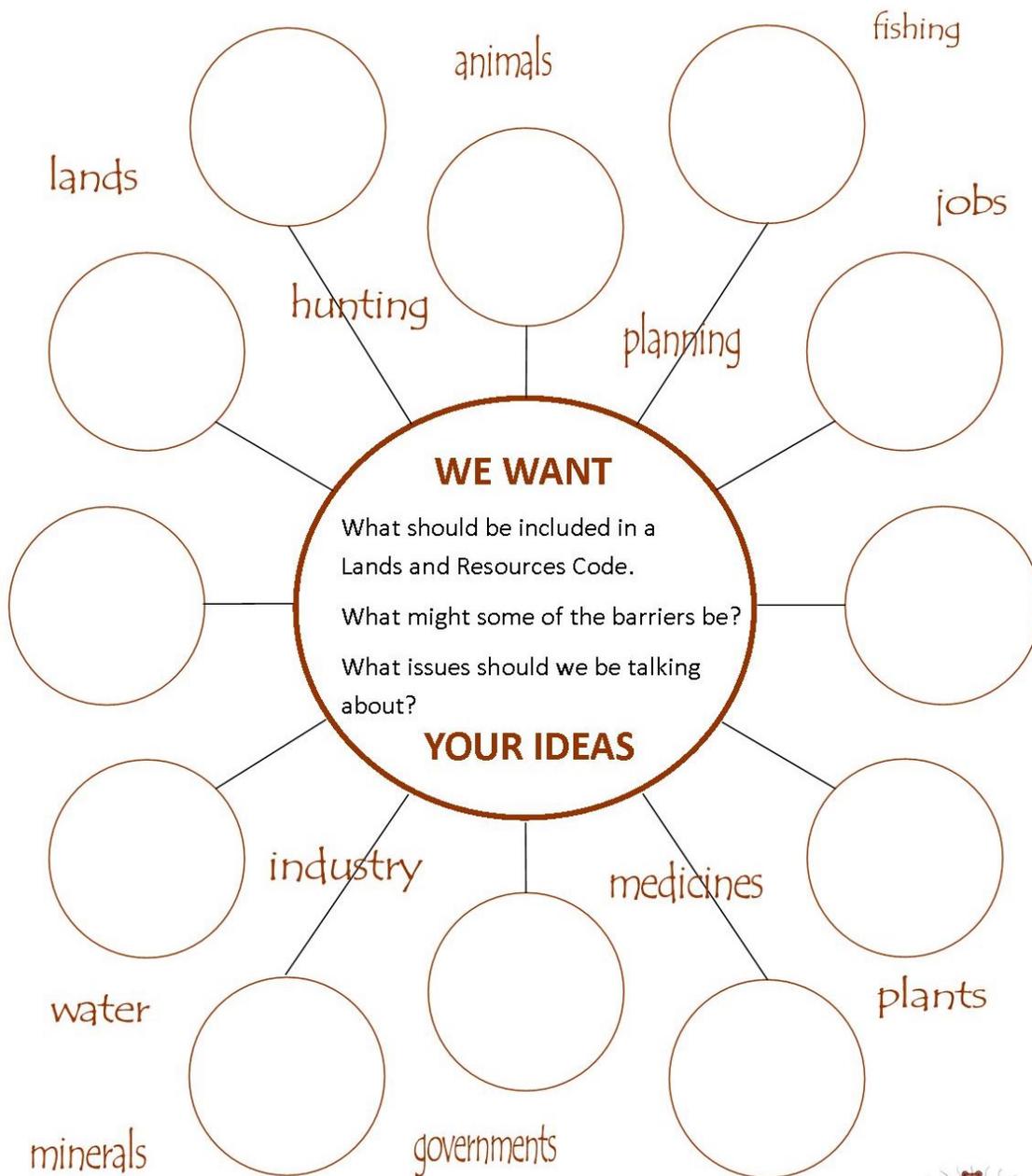


# Governance Project

One of the goals of the Governance Project for this year is consult with the community on the development of an MCFN Lands and Resources Code. We would like to get some indication from the MCFN community about what their ideas, issues, and concerns might be about this code. Please use this graphic to let us know your thoughts on this undertaking, and return by fax or mail to the MCFN Band Office.

Miigwech, MCFN Governance Coordinating Committee.

## MCFN Lands and Resources



Signature \_\_\_\_\_ (optional)



## Concerning the Good Life

### THE NAVAJO CONCEPT OF HOZHO

***"Hózhó"* means 'beauty' or 'beautiful conditions',**

**but this term also expresses  
the intellectual notion of order,  
the emotional state of happiness,  
the physical state of health,  
the moral condition of good, and  
the aesthetic dimension of harmony.**

**The Navajo do not look for beauty;  
they...find themselves engulfed in it.**

**When it is disrupted, they restore it;  
when it is lost or diminished, they renew it;  
when it is present, they celebrate it."**

Gary Witherspoon ("Dynamic Symmetry & Holistic Asymmetry in Navajo Art & Cosmology")

# Concerning the Earth

Touch the earth, love the earth, honour the earth,  
her plains, her valleys, her hills, and her seas;  
rest your spirit in her solitary places.

- Henry Beston

God gives all men all earth to love,  
But, since man's heart is small,  
Ordains for each one spot, shall prove  
Beloved over all.

- Rudyard Kipling, 1865 - 1936

We could  
have saved  
the Earth  
but we were  
too damned  
cheap.

- Kurt Vonnegut, Jr.

Give me strength to walk the soft earth,  
a relative to all that is.

- Black Elk

The love of wilderness is more than a hunger for what  
is always beyond reach; it is also an expression of loyalty  
to the earth, the earth which bore us and sustains us, the only  
paradise we shall ever know, the only paradise we ever need,  
if only we had the eyes to see ... No, wilderness is not a luxury  
but a necessity of the human spirit, as vital to our lives  
as water and good bread.

- Edward Abbey, *Desert Solitaire*

All you under the heaven!  
Regard heaven as your father,  
earth as your mother,  
and all things as your brothers and sisters.

- Shinto saying

The Earth  
and myself  
are of  
one mind.  
The measure  
of the land  
and the  
measure of  
our bodies  
are the  
same....

-Chief  
Joseph

I conceive that the  
land belongs to a  
vast family of  
which many are  
dead,  
few are living,  
and countless  
numbers are still  
unborn.

- A Chief from Nigeria



# MCFN Events Calendar

		SUN	MON	TUE	WED	THU	FRI	SAT
D E C E M B E R  2 0 1 4			1 Men's Sharing Circle 6 pm	2	3 Language Class 6 pm Refreshments provided.	4 Regalia Making 6 pm	5	6 <b>MCFN Community Christmas Dinner</b>
		7	8	9 Cree Language 9.30-11.00 am	10	11 Healthy Snacks After 1:30	12	13
		14	15	16 Craft class -1:30pm Christmas Gift Bags	17 Elders Tea at noon	18	19 Office closes at noon.	20
		21 Winter Solstice	22	23	24 <b>Christmas Eve</b>	25 <b>Christmas Day</b> 	26	27
		28	29	30	31 <b>New Year's Eve</b>	<i>Kakoekakee shi kak Peesim Festival Season Moon</i>		
J A N U A R Y  2 0 1 5			<i>Kacha papi watakinum Peesim Tree exploding (by frost) Moon</i>			1 <b>New Year's Day</b>	2	3
		4	5 Office opens at 8 am.	6 Chief and Council Meeting 6:30 pm	7	8	9	10
		11	12	13 Language Class 9:30 am Craft Class 1:30 Chief and Council Meeting 6:30 pm	14	15 Healthy Snacks After 1:30	16	17
		18	19	20 Chief and Council Meeting 6:30	21 Elders Tea 12 noon	22	23	24
		25	26	27 Craft Class 1:30 Chief and Council Meeting 6:30	28	29	30	31 Healthy Living Challenge begins Feb. 1/2015

# December Birthday Greetings

DECEMBER 1



*Happy Birthday!*

Dale Gideon-Krobath  
Joan Pacione  
Brandon Schofield  
Jackie Correia

DECEMBER 3



**HAPPY BIRTHDAY!**

George Ruth

DECEMBER 4



*Happy Birthday!*

Daniel Hould

DECEMBER 6



**Happy Birthday!**

Edward Fletcher  
Marlene Jeffries  
BG Fletcher

DECEMBER 7



**Happy Birthday!**

Stephanie Guindon  
Alyssia-Breanna McDonald

DECEMBER 8

*Happy Birthday*



Marilyn Kerbrat  
Kennith D. Nolan

DECEMBER 10

**Happy Birthday!**



Jesse James  
Lee  
Carrie Nolan  
Tracee Smith  
Todd Campbell

DECEMBER 11



*Happy Birthday!*

Lara Marie Patrick

DECEMBER 12



**Happy Birthday**

Jackie Fletcher  
Irwin Gideon

DECEMBER 13

*Happy Birthday*



Jason Gauthier

DECEMBER 16

**Happy Birthday**



Ryan Astle

DECEMBER 18



**Happy Birthday!**

Leslie K. Nolan  
Maurice Lafontaine

DECEMBER 19

*Happy Birthday*



Holly Wesley

DECEMBER 21

**Happy Birthday!**



Carmella Laforte

DECEMBER 22

*Happy Birthday*



Phillip Cannon

DECEMBER 24

**Happy Birthday!**



Diane Nolan-Astle  
Alethea Pezzo

DECEMBER 20

**Happy Birthday!**



Jordan Pezzo  
Theresa Ruth

DECEMBER 26

**Happy Birthday!**



Codey Hardman

DECEMBER 29

**Happy Birthday!**



Karen Nolan  
Natalie Pelletier  
Charles Sheshequin

DECEMBER 31

*Happy Birthday*



Nolan Fletcher

DECEMBER 25

*Happy Birthday!*



Shawn D. Wilson

DECEMBER 28



**Happy Birthday!**

Sylvio Montgomery

# Employment Opportunities



## PLANT OPERATOR WAWA Pellet Plant Operations

**Rentech** is emerging as a major stakeholder in the Canadian forestry sector, committed to sustainable forest management and to pioneering new technologies for creating renewable energy sources. With our Canadian headquarters in Thunder Bay, Ontario, and several mill sites under development in Ontario and Quebec, we offer career opportunities for experienced leaders, administration, and operating personnel seeking a "workplace of choice".

### Position Profile:

Reporting to the Supervisor, Operations & Maintenance, the Plant Operator is responsible for working as member of a "self-directed work team", operating machines and equipment in an automated plant environment in compliance with established procedures to ensure safety, environmental awareness, quality and efficiency objectives are achieved and established.

### Job Summary:

- Performs daily job assignments rotating between a variety of work stations while working safely and efficiently in compliance with standard operating procedures.
- Performs pre-operational daily inspection of machinery and equipment with a focus on safety and operational functionality.
- Performs routine preventative maintenance, inspections and associated maintenance work including cleaning, lubricating, tool changes, setups etc.
- Operates log crane (*approximately 20 meter high with a boom extending up to approximately 50 meters*) to lift, move and place logs transported by truck to the mill site.
- Operates mobile equipment, conveyors and bulk handling machinery.
- Monitors automated processes to ensure conformance with specifications and tolerances.
- Troubleshoots problems and initiates correction actions.
- Completes reports as required and inputs data to computer system using electronic input devices.

### Qualifications:

- Completion of secondary school or equivalent GED.
- Completion of college or industry courses in Heavy Equipment an asset.
- Demonstrated ability to operate mobile equipment, fork trucks and /or conveyor systems an asset.
- Demonstrated mechanical work aptitude in prior work history or activities outside of work.
- Ability to perform basic troubleshooting using a troubleshooting guide with reference to company's Standard Operating Procedures (SOP's)
- Literacy skills including reading, writing, speaking English language.
- Basic computer skills to enable accurate entry of data, interpretation of data on computer monitors and generations of routine business correspondence over the company's intranet.
- Safety awareness evidenced by prior work history and formal training.

### Working Conditions:

- Must be able to work in cold and hot weather conditions while operating machinery.
- Ability to lift and carry up to 20 kg.
- Ability to work 12 hour shifts based on a scheduled rotation days/nights.

### Other:

- Must be eligible to work in Canada.
- Must have a valid driver's license.
- Must provide a satisfactory police background check as a condition of employment.
- Must provide evidence of prior employment history and academic and training credentials to support claimed qualification skills and experience.

Interested applicants are invited to reply in confidence by submitting a detailed resume (*MS Word format*) to the attention of Michelle Hargreaves, Human Resources Manager [mhargreaves@rentk.com](mailto:mhargreaves@rentk.com) or by fax to 807-628-8155.

*We thank all applicants for their interest in Rentech Inc., however only those selected for an interview will be contacted.*

# Health Notes



**Healthy Living** is a newsletter produced quarterly by the Canada Prenatal Nutrition Program (CPNP) and the Aboriginal Diabetes Initiative (ADI).

The Fall 2014 newsletter includes recipes and articles on the First Nations Food, Nutrition and Environment Study (FNFNES), diabetes, video gaming, and peanut allergies. Information on how to become a registered dietician is also included. The newsletter will be posted to the MCFN website.

## Dentures, a Replacement for Missing Teeth

By: Sammi-Jo Willet, COHI RDH

Natural teeth are the best for fit and function and should be valued and cared for on a regular basis. However, the reality is that it is not always possible for some to keep all of their natural teeth. Missing teeth can be a result of an injury, poor oral health resulting gum in disease or a large cavity that has broken down the tooth so much that it can no longer be repaired. In rare cases, missing teeth may also be the result of the natural tooth not developing.

### Options to fill the gaps:

A partial denture fills the space of a few missing teeth. Often the partial dentures are anchored to natural teeth with metal clasps. A complete denture will replace either top or bottom teeth that are completely missing. Other options include fixed dentures, which are also known as a bridge. This will replace a single or a few missing teeth that are in a row. This denture is cemented to natural teeth that are present in your mouth.

An implant denture is similar to a complete denture. It will replace a complete top or bottom arch that is missing all teeth. The difference is that the implant denture is anchored to metal posts that have been inserted into the bone. Complete dentures are not anchored and can be easily removed for cleaning and sleeping.

### Benefits of dentures:

Dentures not only fill the spaces of missing teeth, but they also help in speech, appearance and chewing.

### Caring for dentures:

It is recommended to remove dentures at night to avoid sores and infections on the gums that are covered by the denture. When not in the mouth, dentures can be soaked in cleansers that come in tablet form that are dissolved in water to help prevent bacteri-



al growth and keep the dentures moist. Regular check-ups with a Dental Hygienist and Dentist or Denturist is recommended to help keep dentures, surrounding tissues and remaining natural teeth healthy and clean.

For more information on dentures and how to care for dentures you can also visit the College of Dental Hygienists of Ontario website at [www.cdho.org](http://www.cdho.org) or the Canadian Dental Association website at [www.cdaadc.ca](http://www.cdaadc.ca).



### NIHB Considerations:

Predetermination is required for all dentures, fixed or removable. At this time NIHB does not cover dentures supported by implants. Removable partial dentures are covered once in any eight (8) year period. Replacement within the eight year period is not covered but some modifications may be considered based on the needs of the client. Removable complete dentures are covered once in any eight (8) year period per arch (top or bottom). In some cases immediate dentures are covered.

For more information on NIHB coverage please visit: [http://www.hc-sc.gc.ca/fniah-spnia/pubs/nihbssna/\\_dent/2014-guide/index-eng.php#a86](http://www.hc-sc.gc.ca/fniah-spnia/pubs/nihbssna/_dent/2014-guide/index-eng.php#a86) or call the NIHB Inquiries line at 1-800-640-0642.

For more information on Oral Health, talk to your oral healthcare professional or contact your Zone Registered Dental Hygienist:

Southern Ontario Zone, RDH:  
Sammi-Jo Willet (613) 816-5396 [sammi-jo.willet@hc-sc.gc.ca](mailto:sammi-jo.willet@hc-sc.gc.ca)

Thunder Bay Zone, RDH:  
Jan Douglas (807) 346-8950 [jan.douglas@hc-sc.gc.ca](mailto:jan.douglas@hc-sc.gc.ca)

Sioux Lookout Zone, RDH:  
Kimberly O'Leary (807) 737-5859 [kimberly.oleary@hc-sc.gc.ca](mailto:kimberly.oleary@hc-sc.gc.ca)

*(This article was edited for length.)*

# Health Notes



## FIRST NATIONS FOOD, NUTRITION AND ENVIRONMENT STUDY (FNFNES)

The FNFNES is a study being conducted over a ten-year period, the goal of which is to provide regionally representative information on the diet of First Nations adults living on reserve, south of the 60th

parallel. In addition, information on environmental contaminants exposure is being collected. Random sampling is taking place on a regional and ecozone basis, participation is voluntary.

Health Canada is the sole funder of the study. Researchers from the University of Northern British Columbia, the Université de Montréal, the University of Ottawa and the Assembly of First Nations are principal investigators of the study.

Data collection began in 2008-2009 in 21 First Nations communities in British Columbia and in 2010 in 9 First Nations communities in Manitoba. Reports of both studies are available on the FNFNES website [www.fnfnes.ca](http://www.fnfnes.ca)

Five components of the FNFNES are:

1. Household interviews - for information on dietary patterns, dietary quality, food security
2. Drinking water sampling - for trace minerals
3. Surface water sampling - for pharmaceuticals
4. Hair sampling - for exposure to mercury
5. Traditional food sampling - for chemical contamination

### Ontario First Nations Study

Data collection: Fall 2011 and 2012

Number and names of on-reserve First Nations communities sampled in Ontario: 18

Kitchenuhmaykoosib Inninuwig, Kingfisher Lake, Webequie, Attawapiskat, Marten Falls, Fort Albany, Moose Cree, Asubpeeschoseewagong, Wauzhushk Onigum, Fort William, Batchewana, Garden River, Sagamok Anishnawbek, Atikameksheng Anishnawbeck, Mohawks of Akwesasne, Aamjiwnaang, Munsee-Delaware, Six Nations of the Grand River.

### Highlights of the Ontario First Nations Study

#### Dietary Patterns

- 93% of First Nations adults had some traditional foods in their diet. Most frequently eaten traditional foods were fish (walleye), game (moose), wild berries

(blueberries) or nuts.

- On a daily basis, traditional food was eaten in greater amount by adults in northern communities.
- Almost three quarters of participants said they would like to have more traditional food. Barriers cited were: lack of time, hunter, equipment and/or transportation, forestry operations, government restrictions.
- 79% participants identified that climate change had affected the availability of traditional foods.

#### Dietary Quality

- First Nation's adults in Ontario do not meet the amounts and types of foods recommended in Canada's Food Guide. The number of food guide servings for Meat and Alternatives group is higher than recommended. The number of food guide servings for the other three food groups is lower than recommended, especially among women.
- Nutrients such as vitamin A, vitamin D, vitamin C, calcium, magnesium and fibre are at risk of insufficient intake.
- Dietary quality was improved on days when traditional food was consumed. When only market food was consumed intakes of saturated fat, salt, and sugar were significantly higher than when traditional food was included in the diet.

#### Food Security

- 29% households reported experiencing food insecurity; 21% were moderately food insecure and 8% were severely food insecure.
- Rates of household food insecurity varied across Ontario, from 18% in southern communities ( Batchewana, Garden River, Sagamok Anishnawbek, Atikameksheng Anishnawbeck) to 52% in northern communities (Kitchenuhmaykoosib Inninuwig, Kingfisher Lake, Webequie, Asubpeeschoseewagong, Wauzhushk Onigum, Fort William).
- The cost of groceries per week per family of four varied across Ontario, from \$175 in southern First Nations communities to \$344 in northern First Nations communities.
- The high cost of food is a contributing factor to high food insecurity and the subsequent inability to eat a 'balanced meal'.

More information can be found in The executive summary at:

[www.fnfnes.ca/docs/FNFNES\\_executive\\_summary\\_-\\_Ontario\\_Region\\_.pdf](http://www.fnfnes.ca/docs/FNFNES_executive_summary_-_Ontario_Region_.pdf)

## News Items

### MUSHKEGOWUK INQUIRY ON SUICIDE REPORT RELEASED

At the recent Mushkegowuk Council of Chief's meeting, the draft report of the People's Inquiry on Suicide, "Nobody Wants to Die – They Want the Pain to Stop" was presented by lead Commissioner Mike Metawabin. After much deliberation and recognizing the importance of this inquiry and its findings, the Chiefs

have directed the Commission to make one more round of community hearings so that the youth will have more input into the recommendations and report.

Press release and the report are available at:

[http://www.mushkegowuk.com/documents/dec2014\\_inquiryonsuicidereportreleased.pdf](http://www.mushkegowuk.com/documents/dec2014_inquiryonsuicidereportreleased.pdf)

### NAN MOURNS PASSING OF ELDER JONAS FIDDLER

THUNDER BAY: Nishnawbe Aski Nation (NAN) Grand Chief Harvey Yesno, on behalf of the NAN Executive Council, expressed condolences following the passing of long-serving Elder Jonas Fiddler, from Sandy Lake First Nation, who passed away peacefully on Sunday.

"It is with heavy hearts that we mourn the loss of this great friend and respected leader, and our prayers go out to his family, friends and the entire Sandy Lake community," said NAN Grand Chief Harvey Yesno.

Jonas Fiddler was one of NAN's longest serving Elders at the time of his passing and was very active with the NAN Elders Council. He was widely known for his efforts to improve access to health care for First Nations, and ded-

icated much of his life to improving the health and well-being of community members and people across NAN territory.

He became Chief of Sandy Lake First Nation after his father Thomas Fiddler passed away in 1987. He served on council for 25 years and has supported the community for nearly 60 years in a variety of capacities including health, education, housing and infrastructure.

For more information please contact:

Roxann Shapwaykeesic, Communications Officer – Nishnawbe Aski Nation (807) 625-4906 or cell (807) 251-6876 or by email [rshapwaykeesic@nan.on.ca](mailto:rshapwaykeesic@nan.on.ca)

### ANNOUNCEMENT OF CANDIDATES FOR THE OFFICE OF NATIONAL CHIEF OF AFN

OTTAWA, ON November 5, 2014 – The Office of the Chief Electoral Officer, responsible for the December election of the Assembly of First Nations (AFN) National Chief, has received nomination papers in proper form from the following persons:

1. Perry Bellegarde
2. Leon Jourdain
3. Ghislain Picard

According to the AFN Charter, an eligible candidate must:

- Be eighteen (18) years of age or older;
- Be of First Nations ancestry;
- Be a member of First Nation community, in good standing with the AFN; and,
- Have 15 eligible electors, First Nations Chiefs, endorse his/her candidacy.

The 2014 Election for the Office of AFN National Chief

will take place December 10, 2014 during the AFN Special Chiefs Assembly taking place at the RBC Convention Centre Winnipeg in Winnipeg, Manitoba, December 9 - 11, 2014. Due to extraordinary circumstances, Chiefs-in-Assembly set the upcoming term of office for the National Chief to three and half-years through AFN Resolution 02/2014.

The AFN Charter article 22 states that the National Chief shall be elected by a majority of sixty (60) percent of the votes. There are 639 First Nation communities in Canada that are recognized as members of the Assembly of First Nations.

The Assembly of First Nations is the national organization representing First Nation citizens in Canada.

For more information please contact:

Loretta Pete Lambert, AFN Chief Electoral Officer, (613) 241-6789 ext. 378 or [lpetelambert@afn.ca](mailto:lpetelambert@afn.ca)

## News Items



### *MUSHKEGOWUK COUNCIL*

Box 370

Moose Factory, On. P0L 1W0

Tel: 705-658-4222

Fax: 705-658-4250

#### PRESS RELEASE

### Mushkegowuk Elect New Grand Chief

Attawapiskat  
First Nation

Kashechewan  
First Nation

Fort Albany  
First Nation

Moose Cree  
First Nation

Taykwa Tagamou  
Nation

Chapleau Cree  
First Nation

Missanabie Cree  
First Nation

**November 17, 2014** The Mushkegowuk First Nations are welcoming a new Grand Chief. The swearing-in ceremony for Lawrence Martin will take place on Tuesday, November 25 at the Mushkegowuk Council of Chiefs meeting being hosted by Missanabie First Nation. This past Friday the citizens of the Mushkegowuk First Nations voted in a by-election to elect Martin out of a field of seven candidates.

Deputy Grand Chief Leo Friday, speaking on behalf of Mushkegowuk Council, said that "We are all looking forward to working with the new Grand Chief as he takes leadership in this vital time for the Mushkegowuk. There has been a gap left by the unfortunate passing of our previous Grand Chief. This is an opportunity for the Mushkegowuk to once again look to the future."

The Grand Chief Elect was enthusiastic about once again taking on this responsibility. "I am here to take guidance from our citizens, the Chiefs and the elders. It is the people who will set the agenda for the future and I will be there to carry out their direction."

One of the biggest concerns that Mushkegowuk members have identified is resource development. "It is clear that the Mushkegowuk are not content to sit on the sidelines and wait for others to lead development on our lands. Our First Nations will work together to make decisions for our future. We will take the lead and we invite other governments and industry to join us."

Aside from development, Martin says that one of the major areas of concern brought forward to him during his campaign was the need to address health services in the entire Mushkegowuk region. "We need to take a close look at how health care is being delivered, what services are needed and how we can work with the governments of Ontario and Canada to address critical issues."

## MCFN Membership

**Our mailing list** for the Bear Fax newsletter is being revised so that only one newsletter is sent to one address, and is part of an effort to reduce costs. However, if you wish to receive your own personal copy of Bear Fax, and you are part of another household, please send me a request and I will add your name to the mailing list.

**Office Hours:** Tuesdays/Wednesdays, 9 am to 5 pm.

**Indian Status Card renewals will now be accepted from non-band members.** A fee will be charged up-front for this service. Notices will be forwarded to local native organizations.

**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.**

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.

Names of deceased members are not removed from the band voter's list unless the information is provided to Aboriginal 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., Ted Ouellet



### MISSANABIE CREE FIRST NATION

### CHANGE OF ADDRESS FORM -- For Band Members

SURNAME	
First Name and 2 <sup>nd</sup> 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 17B  
Garden River, ON  
P6A 6Z1

SATELLITE OFFICE:  
559 Queen St. E  
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

**Jason Gauthier, Chief**, ex. 231  
jgauthier@missanabiecree.com

**Victoria Pezzo, Deputy Chief**, ex.504  
vpezzo@missanabiecree.com

**Councilor Bobbi Fletcher-Decorte**  
bfletcher-decorte@missanabiecree.com

**Councilor Cory McLeod**  
cmcleod@missanabiecree.com

**Councilor Les Nolan**  
lnolan@missanabiecree.com

**Councilor Isabell Souliere**, ex. 505  
isouliere@missanabiecree.com

**Laura Lee Rawlyk**, Elder Liaison

### MCFN Staff

**Band Manager** Jean Sayers **ex. 222**

**Bookkeeper** Louise Campbell **ex. 224**

**Reception** June Markie **ex. 221**

**Program Development** Lesley Gagnon **ex. 226**

**Administrative Assistant** Glad Hawkins **ex. 235**

**Post Secondary Education** Lori Rainville **ex. 227**

**Registration Administrator** Ted Ouellet **ex. 228**

**Cultural Coordinator** Matthew Wesley **ex. 225**

**Governance Coordinator:**

Elizabeth Angecneb **ex. 230**

**Business Development Officer:** Scott McCabe **ex.229** smccabe@missanabiecree.com

**Community Economic Development Officer:**

Janet Esquimaux **ex.237**

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