

BEAR FAX

Mee Kisi Peesim
2011



Missanabie Cree First Nation

www.missanabiecree.com

WATER

Life blood of Mother Earth

World Water Day March 22, 2011

Events/Gatherings:



International Day for the Elimination of Racial Discrimination

March 21, 2011 worldwide UN event
www.un.org/en/events/racialdiscriminationday



NAN Chiefs Gathering

March 22-24, 2011 Thunder Bay, ON
www.nan.on.ca



Earth Hour -turn your lights off at 8:30 pm

March 26, 2011 worldwide
www.earthhour.org



Forum on First Nations Forest Land Stewardship

March 29-30, 2011 Ottawa, ON
www.nafaforestry.org



Toronto Storytelling Festival

March 25 - April 3, 2011
www.torontofestivalofstorytelling.ca



6th Annual Learning Together Conference

April 6-7, 2011 Prince Albert, SK
www.learning-together.ca

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Message from the Chief



Boozhoo, All my Relations,

The days are getting longer, the sun seems warmer, we must have winter beaten. The fast approaching spring will bring with it the gift of new life, a re-generation of our Mother Earth; providing us the necessities of life and survival, posing opportunity and challenge.

We anticipate construction on Phase II of the multi-purpose facility, "Keekanaw Center" will be under way before the end of March. We are hopeful the building will be ready to open during the Gathering in August. It seems the many challenges we faced during the early phase of this project have been met, and we have seen remarkable progress over the past year.

We have also seen positive energies regarding the implementation of our Land Transfer Agreement. We fully expect to have the survey of the identified lands completed within the year, optimistically expecting the fee simple transfer of land as well as reserve creation to be completed August 2012.

The Michipicoten First Nation with the assistance of the Ontario Union of Indians continues to challenge the province on the transfer of land to the Missanabie Cree.

Their contention is that the lands identified for transfer to the MCFN are outside of Treaty Nine boundaries and that this would adversely impact their treaty rights under the Robinson Superior Treaty; however, we do not expect any further delays in the process. We have, over the past four years, offered to meet with the Chief and Council of Michipicoten, to discuss our ancient mutual interests within the region, to no avail.

Our position on this matter, based on the testimony of our Elders as well as research conducted on our behalf, is that the Missanabie Cree have a history of land use within the region. All boundaries of treaty areas were imposed arbitrarily by either the federal government in the case of the Robinson treaties or the province in the case of Treaty Nine, taking no consideration of our traditional use of the land or relationships with communities along the water ways of the Missanabie and Michipicoten rivers.

In acknowledging our challenges, I am confident we will focus on the opportunity to learn. In the case of Michipicoten, we will strive to better understand our relationships and history within the region. The lessons learned from the challenges we faced in the construction of the multi-purpose facility provide a lesson on how not to proceed with a project, and will always remind us of the need for sound policies.

I look forward to the coming spring and wish all good health,

Miigwetch,
Kim Rainville,
Chief, Missanabie Cree First Nation

Messages from Council

Watchay,

Hope all is well. First I would like to place a call out to all interested to send me a letter as soon as possible for those who wish to be involved as a volunteer in the review of the Tripartite Agreement between Tembec, MNR and MCFN. Please send letter of interest to jgauthier@missanabiecree.com marked "letter of interest" in subject line.

I have been attending the North Superior Regional Chiefs Forum/Mushkegowuk Environmental Research Center meetings involving the Forestry Stewardship Certification (FSC) process. This has been helpful in understanding the relationship between MNDMF and MNR and how the new Tenure system works. Also it has been helpful with the Forestry Stewardship Strategy currently in development.

I have also heard MNR's reports of the decline of Moose populations in the Chapleau Crown Game Preserve and some of the statistics revolving around this discovery. This validates the need for a strategic approach to land management and Hunting that focuses on both "best practices" and stewardship.

I would also like to ask any citizen of MCFN who wants to volunteer to be involved in the development of committees focused on Forestry, Mining or Hunting/Fishing/Trapping, to please submit your name to jgauthier@missanabiecree.com under the subject line "Committee".

I am still working tirelessly on the Protection of Manitou Mountain and all that that entails. I have taken the lead on coordinating this process and am very happy with the progress we as a team have made. I would like to per-

sonally thank Jutta, Archie, Jack and Lorraine and all others involved, for all their hard work.

Land Use Planning, originally adopted by the "Far North" Communities, has been something I have been working with Mushkegowuk Council for over a year now and have been making fantastic headway in forming a regional team that has focus on the planning the entire Mushkegowuk area.

I would also like to send out a warm welcome and congratulatory recognition to those new citizens that are registered to Missanabie Cree First Nation as a result of



the passing of Bill C-3 legislation. You have always been Citizens in the hearts and minds of all our relations and existing citizens of our great First Nation. I am glad that there is new recognition of that.

If you have any questions, please contact me at jgauthier@missanabiecree.com.

Jason Gauthier

MCFN Councillor-Whole Earth Portfolio/ Volunteer Mining Coordinator/ Land Use Planning Representative/ Manitou Mountain Coordinator/ Stewardship Strategy Report

From the desk of:



PROGRAM DEVELOPMENT OFFICER

Just letting everyone know about my food educator training program I took part in from January 24-28 and from Feb 21 -25, 2011.

I passed my Communities Food Educator Training Program with a 92% and passed my Food Safe Handling Course with a 91%.

These were very enjoyable courses and I learned a lot in the area of healthy eating and the Canada Food Guide, as well as preserving/canning and food preparation from this training. We also learned about label reading of products.

I can now provide educational workshops and classes in the area of Food Education.

Lesley Gagnon

MCFN RECEPTION

Watchaye Family, Friends and all Relations:

Hope all is well and everyone's doing fine.

Just a few lines to let everyone know that I was at a conference in Timmins March 07-10/11 with Jackie. It was the NAN Women's Conference; the theme was Dance to Your Own Beat. I won't go into any great details other wise I'll be here typing all day. It was an awesome conference.

We talked about the Nishnawbe-Aski Nation Universal Vote to elect the Grand Chief and three (3) Deputy Grand Chiefs for 2012. This was ratified by NAN Chiefs in 2006. Votes go out to Treaty # 9 First Nation Communities and rural areas such as Indian Friendship Centers in our Treaty # 9 Area.

We talked about Substance-free communities plus we formed four groups to identify what goes on in these communities and how can we improve these issues. We also talked about Solutions and Scenarios.

We talked about Lateral Violence which is a big issue in homes, workplace, meetings etc..... Gossip was the number one talked about and it goes on and on and on. We have to look on the positive side of things and not on the negative side.

I found this conference very informative and would like to go again next year, I heard from a little birdie that it might be here in the Sault I sure hope so. I encourage all our women to participate because it's an awesome conference.

On a personal note, I found out at Christmas time that I'm going to be a Great Grandma twice. What A Christmas gift, couldn't ask for anything better.

My granddaughter Jessica Pine and my granddaughter Ashley Pine are having their babies in July and I'm so excited. I can't believe that two of my sons Corey and Stacey are going to be grandparents, where has the time gone! I'm so proud to be a great grandma.

Take Care,
June Markie, Receptionist of MCFN

Community News and Notes



We would like to wish our Dad and Grandpa,
John E. Fletcher

A very happy 82nd Birthday on March 6

And our Mom and Grandma, Hazel Fletcher
A very Happy 39th (again) Birthday on March 25.

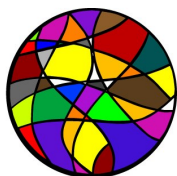
Love and Best Wishes

John, Paul, Ed, Barb, Debbie, Doug, Moonie and Bobbi
And Grandchildren: Wes, Pat, Paula, Jimmy,
Adam, Dolly, Robert, Brent, Neil,
Troy, Jordan, Conner, Jackson and Brock



Congratulations!
John, Paul and Doug Fletcher
for joining
the Quarter Century Club at Bombardier.
(Wow! 25 years!)

Love and Best Wishes, the Family



Circle of Creative Arts

The Circle of Creative Arts Gallery and Project is off to a good start. We've had a water colour painting class facilitated by Frances Luther, the making of Inukshuks from stained glass by Lona Gagnon, and storytelling sessions by Henry Angecone and Uncle Fred.

Other events coming up for the month of March are:

March 11/12 - Gladys Hawkins *Creating Your Sanctuary*

March 18/19 - Verna Lacosse *Sewing Placemats*

March 25-28 - Aboriginal Artists Show

(Sault Ste. Marie area) (Check Events Calendar for times.)



Storytelling by Henry Angecone. The ambience of a campfire was created by Shirley Horn.



Congratulations to Neil Ewing
for receiving an award
for having completed
over 200 volunteer hours.
We are so proud of you
Mom, Dad, and the rest of the family.

Happy 14th Birthday, Robert!

It just seems like yesterday when you were a year old.

How time flies.

Have lots and lots of fun.

Love, Nanny xxxxxxxooooo



WATER CEREMONY

Taking care of the Water

Enji Mawnjiding Centre,
Sault College

March 20, 2011 at 10:00 am
Potluck Lunch - Bring a cup
All are welcome



Stained Glass Class !!!

" Inukshuk's "



Lesley Gagnon, Verna Lacosse, and Terri Montgomery show off their stained glass inukshuk. The workshop was presented by Lona Gagnon.

Other upcoming workshops for the month of April will include how to make a willow chair, and how to make feather earrings from cedar. See pictures of events on Facebook at Circle of Creative Arts.

We are looking for people who want to commit to doing workshops of their skills in arts and crafts. Contact Shirley Horn at 705 971 0327 for details.

News Items

ABORIGINAL WOMEN WORKING TO REGAIN THEIR VOICE

Timmins, ON March 3, 2011 - For years women in Aboriginal communities were known as the heart of the community — leaders and decision makers who kept their families together.

However there was a change and women lost their voices. Today they work toward getting it back.

Over three days in Timmins, the Nishnawbe Aski Nation Women's Council met with women representing some of the 49 communities with the NAN territory to discuss ways they can regain their natural role and improve their communities face.

Council member with the portfolio of communication Jackie Fletcher said it was important to bring women together for the annual conference, as a way to give women a voice.

"A lot of women stay in their communities, they are not recognized, they don't say anything," Fletcher said. "This conference encourages women to get involved in the decision making process and even to encourage them to get up to a chief's level."

The change in the role women had was changed with colonization, Fletcher said. She went on to say that men bought into the idea that women belonged in the home instead of being important pillars in the community. While things have begun to change over the years, she said it remains unbalanced.

"It's important for us to take our rightful place in Aboriginal communities and get out there and say this is the way we want it to be done as well," she said. "You can't just have all the men making the decisions."

But the role of men changed as well. Once the hunters and gatherers of

food, they were put into leadership roles dealing with the economic development and government policies. For the communities to thrive, its important that the four pillars that make up the communities, Elders, men, women and youth, communicate, she said.

"We're transitioning into a new way of living and we have to look at how we're going to define our roles," Fletcher said.

The conference gave the women the chance to talk about the common social issues facing their communities and highlighted those that have seen progress.

The women were not necessarily leaders in their community, but simply women who saw the opportunity to make a difference and gather with their fellow women.

"There are leaders, Elders and front-line workers," said Fletcher. "There are all different aspects of women and that's what's great about it."

Through PATH training (Planning Alternatives for Tomorrow's Hope) the women built charts, brainstorming ideas on what they would like to see their communities become, with no obstacles or barriers. From there they looked at ways to accomplish those goals both in the short-term and long-term.

They looked Asset Based Community Development (ABCD) and how each resident of each community will have special gifts that can benefit their home.

"A lot of times we label people as an alcoholic or with a disability, but everyone has gifts" said Fletcher. "We need to look at what those gifts are and bring them into the community."

NAN Deputy Grand Chief Mike Metatawabin was on hand for the first two days of the conference said the gathering was a way to bring back the

harmony that was lost to communities because of policies imposed on his people.

Metatawabin said the types of workshops like the ones held in Timmins this week need to be attended by First Nation leaders in order for solutions to their various social issues to be determined.

"We all have to come together and work on it," he said. "When you try to do things by yourself, it can be a challenge."

Both Metatawabin and Fletcher spoke of the importance of having youth participate in the discussions as well. Metatawabin spoke of the importance of knowing one's history before moving toward the future, while Fletcher spoke of the need for educated youth to come back to their communities and become a part of the process.

"There are women here up in their years who are role models and these younger women who are becoming educated need to hear the stories of what happened to our people," she said. "They need to know why we are the way we are and how we're coming out of that and that we need them to help us come out of it further."

"There are changes we've been able to survive and adapt to," added Metatawabin. "There is a lot of negative that comes with it, but it's a matter of understanding that we've all been victim to this upheaval and we've been negative to each other, but we need to get beyond that and turn it around."

The NAN Women's Council has been in existence since 2006, hosting an annual conference.

(by Chelsea Romain, the Daily Press, www.timminspress.com/ArticleDisplay.aspx?e=3002578)

MCFN Membership

Ted Ouellet - Registration Administrator

174B Hwy 17East
 Garden River, ON P6A 6Z1
 Phone: (705) 254-2702 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 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	

MCFN Events Calendar



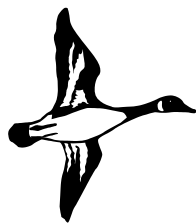
MARCH 2011

Eagle Moon

Mee Kisi Peesim

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Elders' Tea 1:30-3:30 pm Craft Class 6:30-8:30 pm 648 Queen E.	3 Circle of Creative Arts Demonstration (TBA) 1:30 - 4:00 pm 648 Queen St. E	4 Circle of Creative Arts Demonstration (TBA) 6:30 - 9:00 pm 648 Queen St. E	5
6	7 Language Class 6-8 pm 648 Queen E.	8 Craft Class 6:30-8:30 pm 648 Queen E. Mitt Cuffs	9	10 Healthy Snacks After 1:30 pm	11 Circle of Creative Arts Glad Hawkins <i>CREATING A PERSONAL SPACE</i> 6:30 - 9:00 pm 648 Queen St. E	12 Circle of Creative Arts Glad Hawkins <i>CREATING A PERSONAL SPACE</i> 1:30 - 4:00 pm 648 Queen St. E
13 Daylight Saving Time begins.	14 Language Class 7-9 pm 648 Queen E.	15	16 Elders' Tea 1:30-3:30 pm Craft Class 6:30-8:30 pm 648 Queen E. Mitt Cuffs	17	18 Circle of Creative Arts Verna Lacosse <i>QUILTING</i> 6:30 - 9:00 pm 648 Queen St. E	19 Circle of Creative Arts Verna Lacosse <i>QUILTING</i> 1:30 - 4:00 pm 648 Queen St. E
20 First Day of Spring	21 Language Class 7-9 pm 648 Queen E.	22 Craft Class 6:30-8:30 pm 648 Queen E. Mitt Cuffs	23	24	25 Circle of Creative Arts <i>ART SHOW</i> <i>OPENING: 6 - 9 PM</i> 648 Queen St. E	26 Circle of Creative Arts <i>ART SHOW</i> <i>OPEN: 1 - 6 PM</i> 648 Queen St. E
27 Circle of Creative Arts <i>ART SHOW</i> <i>OPEN: 1-6PM</i> 648 Queen St. E	28 <i>ART SHOW</i> <i>OPEN: 9:30AM</i> <i>CLOSING: 6 PM</i> Language Class 7-9 pm 648 Queen E.	29	30 Elders' Tea 1:30-3:30 pm	31	For information on our Featured Artists, see Facebook-Circle of Creative Arts, or call Shirley at 705-971-0327	

MCFN Events Calendar



APRIL 2011

Niska Peesim
Goose Moon

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Circle of Creative Arts Jan Souliere <i>WILLOW CHAIR</i> 6:30 - 9:00 pm 648 Queen St. E	2 Circle of Creative Arts Jan Souliere <i>WILLOW CHAIR</i> 1:30 - 4:00 pm 648 Queen St. E
3	4 Language Class 7-9 pm 648 Queen E.	5	6	7	8 Circle of Creative Arts Lona Gagnon <i>STAINED GLASS</i> 6:30 - 9:00 pm 648 Queen E.	9 Circle of Creative Arts Lona Gagnon <i>STAINED GLASS</i> 1:30 - 4:00 pm 648 Queen E.
10	11	12	13 Elders' Tea 1:30-3:30 pm 648 Queen E.	14 Healthy Snacks After 1:30	15 Circle of Creative Arts Billy Fletcher <i>CEDAR CARVING</i> 6:30 - 9:00 pm 648 Queen E.	16 Circle of Creative Arts Billy Fletcher <i>CEDAR CARVING</i> 1:30 - 4:30 pm 648 Queen E.
17	18	19 Craft Class 6:30 - 8:30 pm 648 Queen E.	20	21	22 Good Friday	23
24 Easter Sunday 	25 Easter Monday	26	27 Elders' Tea 1:30-3:30 pm 648 Queen E. Craft Class 6:30- 8:30pm 648 Queen E.	28	29	30



March Birthday Greetings


MARCH 1



Happy Birthday!

Carol Nolan

MARCH 2



Happy Birthday!

Michael Tremblay


MARCH 4

Happy Birthday!



Dawn Nolan
Nathan Stevenson

MARCH 6



Happy Birthday!

Jon Claude Bergeron
John Everett Fletcher
Kenneth Nolan Robert Gideon


MARCH 7



Happy Birthday!

Cindy Hourtovenko

MARCH 8



Happy Birthday!

Lloyd Rainville

MARCH 10




Happy Birthday!

Katelyn Fletcher
Lisa Sky Jeffries
Robert Cory Pine


MARCH 11

Happy Birthday!



Tazz Kyle McLeod


MARCH 12



HAPPY BIRTHDAY!

Christine Lee
Marie Nolan
Ted Nolan

MARCH 13

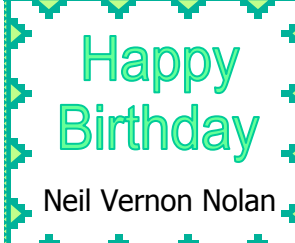


Happy Birthday!

James Deakins


MARCH 18

Happy Birthday



Neil Vernon Nolan

MARCH 19




Happy Birthday!

Warren Mandoshkin

HAPPY ST. PATRICK'S DAY

MARCH 23

Happy Birthday!



Jennifer Dehoney
Neal Gideon


MARCH 20



Happy Birthday!

Shawna Lynn MacDonald

MARCH 24



Happy Birthday!

Karynne Jeremiah Ernie Louttit

MARCH 25

Happy Birthday!



Hazel Fletcher

MARCH 28




Happy Birthday!

Ashleigh Lalonde, Sharon Snodgrass

MARCH 29

Happy Birthday



James Robert Fletcher
Alice Ouellet

MARCH 30

Happy Birthday!



John Kaplan

MARCH 31



Happy Birthday!

Gloria Harris
Glen Nolan
Janice Souliere

Opportunities



GATHERING COMMITTEE OPPORTUNITY

This year the Annual Gathering is expected to be much larger, and we would like to present the opportunity for members to be a part of the planning for the celebration of the land transfer.

Missanabie Cree First Nation is forming a Gathering Committee this year to plan for the Gathering and the feast and celebration ceremony for the signing of the land transfer agreement. The committee will be responsible for planning celebration activities. The committee will meet through teleconference in order to give members the opportunity to participate in the planning.

If you are interested, please send in your letter of interest to sit on this committee either by mail, email, or fax. Contact information is provided on the last page of the Bear Fax newsletter. Please send your letter of interest to the attention of Lori Rainville and Gladys Hawkins.

Looking forward to working with you.
Miigwetch, Gladys Hawkins

REVIEW OF TRI-PARTITE AGREEMENT WITH TEMBEC/MNR

The Tri-partite Agreement with Tembec and the Ministry of Natural Resources has been in place for five years.

It is now up for review, and there will be a need for Band Members to assist in the review of the agreement.

For those interested please forward letters of interest to:

Jason Gauthier
Missanabie Cree First Nation
174B HWY 17 E
Garden River, ON P6A 6Z1
By Fax: 705-254-3292
By Email: jgauthier@missanabiecree.com

RAMA ADHOC COMMITTEE OPPORTUNITY

Please be advised Chief and Council are proposing the development of an adhoc Rama Committee. The committee will review and amend the current Rama Policy to ensure it will be reflective of the needs and circumstances of all our members in a fair and equitable manner.

If you are interested, please send in your letter of interest to sit on this committee either by mail, email or fax. Contact information is provided on the last page of the Bear Fax newsletter. Please send your letter of interest to the attention of Chief and Council.

RE: Payukotayno Child and Family Services regional conference. (See letter, right.)

If anyone 55 and older is interested in attending this workshop, please send your name in to Louise Campbell, Chair of the Elder's Council. If there is more than one name coming forward, we will put the names in a hat and call you if your name is drawn.

We also ask that if you are the one to attend that you submit a couple of paragraphs to our next newsletter on what you got out of the conference and what you would like everyone to know. Another consideration we have to determine is if an Elder from out of town submits their name, we will have to find out if their expenses will be paid from wherever they come from. Thank you.

Jackie Fletcher

February 15, 20112

Jackie Fletcher
Mushkegowuk Regional Elder Advisor

I am currently working on coordinating a regional child care conference for Payukotayno Child and Family Services scheduled for March 22-24, 2011. The theme of the conference is *"Empowering Families and Communities"* and what we are attempting to do is educate and offer alternative approaches to child protection services to initiate and create positive change for the children, youth, families and subsequently the communities and nation. I am asking you as our Regional Elder Advisor, if you can be part of our opening ceremonies to talk a little bit and share your wisdom to help set the tone for the week.

I am also seeking community Elders who will be participatory and champion the initiation of change at the community level. Perhaps you can provide me with a name from your First Nation.

Kathy Cheechoo
Conference Coordinator

Opportunities



YOUNG ABORIGINAL WOMEN'S CREATIVE ESSAY CONTEST

The Aboriginal Women's Leadership Circle for Women's Worlds 2011 invites young Aboriginal across Canada to submit their written, artistic, or otherwise creative submissions to attend Women's Worlds 2011.

We greatly value the participation of young Aboriginal women and would like to hear directly from YOU about why you want to be there!

For contest guidelines and how to submit or contact:

aboriginalyouth@womensworlds.ca.

Deadline to submit: **Friday March 25th, 2011**

3 grand winners to be awarded an honorarium of \$1,500 (one young First Nation woman, one young Inuit woman and one young Métis woman) plus the opportunity to present their essay at Women's Worlds 2011.

7 winners to be awarded an honorarium of \$1000.

This contest is in partnership with the Native Youth Sexual Health Network to ensure direct Aboriginal youth leadership and engagement.

For more information on the Women's Worlds conference, visit their website at www.womensworlds.ca.

CANADIAN ABORIGINAL WRITING AND ARTS CHALLENGE

Don't forget, the deadline is **March 31, 2011**.

Want to know more? Check out our Guidelines pages on our website: www.our-story.ca.

Drop us a line: challenge@historica-dominion.ca

Find us on Facebook Connect with us on Twitter.

Send us a letter: 43 Front Street E, Suite 301, Toronto, ON M5E 1B3

Give us a call toll free: 1.866.701.1867 Send us a fax: 416.506.0300

CONGRATULATIONS TO



**SYLVIO
MONTGOMERY**

**2ND PLACE PRIZE WINNER
IN THE
LIFE IS... POSTER CONTEST**

WINNERS IN THE LIFE IS... POSTER CONTEST



13 to 15 years old Category:

1st Prize – Laptop: Skylar Hookimaw, J.R. Nakogee School;

2nd Prize – I Pod Touch: Cedar Koostachin, J.R. Nakogee School;

3rd Prize – Digital Camera with a memory card: Shena Okimaw, J.R. Nakogee School.

16 to 18 years old Category:

1st Prize – Laptop: Paulina Small-Matthews, Kashechewan

2nd Prize – I Pod Touch: Sylvio Montgomery, Missanabie Cree, Sault Ste. Marie, ON;

3rd Prize – Digital Camera with a memory card: Tanner Cheechoo, Moose Cree, Moose Factory

No entries were received for the 19-21 years old category.

Sponsored by the Mushkegowuk Tribal Council.

Employment Opportunities

Date: February 11, 2011

Position: Summer Student Positions (2) – pending of funding

Closing Date: June 25, 2011.

Contract Details: Full-time work for July and August

About the Mushkegowuk Environmental Research Centre (MERC): <http://www.merc.ontera.net/index.htm>

MERC is a First Nation owned independent agency that undertakes and coordinates research relating to environmental and natural resources with a focus on the Western James Bay basin in Ontario. MERC supports the seven First Nations that belong to the Mushkegowuk Council including Attawapiskat, Fort Albany, Kashechewan, Moose Cree, Taykwa Tagamou, Chapleau Cree, and Missanabie Cree. MERC's mandate is to address environmental information needs including traditional knowledge, fish, wildlife, water quality and land management and stewardship. MERC has an additional focus of providing training opportunities to Mushkegowuk First Nation members.

MERC is seeking two motivated individuals to work as summer students out of our Timmins office; this position will include time in the field (Chapleau Crown Game Preserve) with 5 days on 3 day off schedule. This position also offers several training opportunities for the selected applicants including: CPR and First Aid, fish habitat and population assessments, handling and maintenance of fish sampling and other field equipment, field safety and the operation of Geographic Positioning Systems.

These summer students must be between the ages of 18-27 (16-17 years old candidates are required to have a written parental consent) and willing/able to work for long days in the field during any type of weather conditions.

Duties of this position will include:

Assisting on MERC's research projects both in the MERC office and in the field

Assisting in collection of aquatic insect samples

Assisting in the collection of fish samples

Helping with other field activities (i.e. setting up camp, maintaining field equipment, etc.)

Other tasks as assigned

The Desired Candidate possesses the following qualifications and skills:

Familiarity with Microsoft office including MC Excel, MC Word, Powerpoint

Must be comfortable in the field operating from a remote camp

Must be willing to handle fish through gillnetting and trapping

Demonstrated ability to work as a team and individually

Motivation to learn

Interest in environmental and land management issues

Interest in aquatic ecology and fisheries research

Organization and time management skills

Assets:

Knowledge of ArcGIS software

Ability to speak Cree

Email : Lori Rainville, Band Administrator, Missanabie Cree First Nation, lrainville@missanabiecree.com

Health Notes



Celebrate food... from field to table!

is the theme of National Nutrition Month, 2011.

Building on Canadians' interest in food and nutrition, dietitians are ready, willing and able to help families choose, prepare and cook with a focus on Canadian-grown foods.

For more information, visit their website: www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month-2011.aspx

NUTRITION LABELLING INITIATIVE

The Nutrition Facts Education Campaign to help Canadians make informed food choices was launched on October 22, 2010. This innovative, national initiative between the Food & Consumer Products of Canada and Health Canada focuses on increasing Canadians' understanding of the Nutrition Facts table, and in particular, the % Daily Value (%DV).

The initiative includes a multi-faceted approach to explain % DV to consumers through messages appearing on food packages, in-store, and in national media (print, television, online) which direct Canadians to Health Canada's educational website. The website, www.healthcanada.gc.ca/dailyvalue, has a plethora of information and tips on how to use % DV to make healthier food choices.

The website also includes four interactive tools aimed to educate consumers on:

- Nutrition facts table
- Choosing healthier options
- Comparing similar products
- Understanding portions

Visit the website to use these interactive tools and access various resources to better understand nutrition labels!

COMMUNITIES FOOD EDUCATOR TRAINING

The Communities Food Educator (CFE) training program aims to increase knowledge about healthy eating and food safety of front line workers and to enhance their abilities to provide their clients with practical information about nutritious safe food selection, preparation and storage. Training was held in Sudbury from January 24-28, 2011 and February 21-25, 2011.

Nutrition Facts

Serving Size 8 oz (227 g/8 oz)	
Servings Per Container About 3	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	19%
Sugars 11g	
Protein 8g	
Vitamin A 60%	Vitamin C 70%
Calcium 8%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

EAT WELL AND BE ACTIVE

Help your community get active with the Eat Well and Be Active Educational Toolkit designed to increase Canadians' knowledge about healthy eating and physical activity and to encourage them to take action to maintain and improve their health.



This Toolkit was developed in partnership with Health Canada and the Public Health Agency of Canada and is intended for use by health and education intermediaries. To access the complete Toolkit visit www.health.gc.ca/eatwell-beactive.

TRADITIONAL FOODS FACTS SHEETS



Have you ever wondered about the nutritional value of traditional foods? In response to community requests for culturally relevant nutrition information, the First Nations Health Council has published fact sheets explaining commonly used traditional foods throughout British Columbia.

These fact sheets provide information about several species of fish, moose, deer, small mammals, seaweed, birds and much more. It also has many recipes with old and new ways of preparation. You can find these fact sheets at: www.fnhc.ca/pdf/Traditional_Food_Facts_Sheets.pdf.



The Ontario First Nations Integrated Health Promotion Strategy (OFNIHPS) consists of representation from Chiefs of Ontario, five Provincial/Territorial Organizations and the Ministry of Health Promotion and Sport. The website, www.ourtimeourhealth.org, is their new health portal which has great information about the three areas that OFNIHPS targets – Nutrition, Smoking Cessation and Physical Activity.

The site includes hundreds of available resources, recipes, exercises and new funding opportunities. Check the website to find out how to get funding and what calls for proposals are going out to com-

Editor's note: All the above articles were taken from the Healthy Living Winter 2011 newsletter published by the CPNP-ADI Program, First Nation and Inuit Health, Ontario Region.

Lesley Gagnon, MCFN Program Development Officer, has completed the Communities Food Educator Program, and mentions it in her report on page 4 of this newsletter.

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.

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