



ATIKAMEKSHENG ANISHNAWBEK

MONTHLY NEWSLETTER

MAKWA GIIZIS (BEAR MOON/FEBRUARY)



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Funeral Arrangements for Ray Pahpeguish

On behalf of our Community, Gimaa Craig Nootchtai, Councillors and Staff; we offer our sincere condolences and deepest respect to the Pahpeguish Family.

Funeral Arrangements for the late Raymond Sr. Stanley Pahpeguish (Ray) Baa 80 years

The Pahpeguish family would like to let the community know how the service and burial will be conducted due to COVID-19 precautionary measures.



Funeral arrangements are as follows;

Visitation for Family & Friends will begin on
Wednesday, February 2, 2022 at 2:00 p.m. at the
Atikameksheng Anishnawbek Community Centre

Service will be held on Friday, February 4, 2022
at 11:00 a.m. at the
Atikameksheng Anishnawbek Community Centre
Burial in the Atikameksheng Anishnawbek Cemetery

Precautionary Measures will be;

- Maximum of 100 persons in the Community Centre,
- Individuals will self-screen before attending and if you are ill or have any symptoms, please stay home,
- All persons must wear a mask, hand sanitize and be screened,
- All persons must maintain 6 ft physical distance from each other both inside and outside the Community Centre,
- Contact tracing will be completed (each person to provide name, address and phone number),
- Friends, family and other visitors cannot touch (no hugging or shaking hands) each other unless they live in the same household.

Donations for the feast will be accepted after 9:00 am on Friday, February 4, 2022.

Feast will be kept to a maximum of 100 inside the Community Centre

The Family would like to thank you for your assistance in keeping each other safe during this time.

Update from Council

gimaa miinwaash egiigidoowijig

Councillor Vance Nootchtai:

Housing Update:

Aanii, welcome to my community update. Here's a brief overview of what I have been actively involved in for band membership.

As the Housing Portfolio, I attend and chaired the monthly Housing Committee meetings discussing housing initiatives, accomplishments, policies and procedures, housing arrears, maintenance and agreement issues. The Housing Committee participated in training with Turtle Island Associates in November 2021 learning roles and responsibilities for all members in the housing committee.

I would like to congratulate both Vivian Naponse, Housing Manager and Gary Naponse, Director of Housing and Infrastructure on their successful funding proposal for one 5-plex and two detached units, the funding amount is \$1,476,385. Great job and the committee appreciate all their hard work and dedication!

The Housing Program hired Scott Flammond to assist in the development of a 30-year Housing Strategy. It will take time to complete, and we look forward to reviewing the Strategy. Most recently, the committee was advised of a new housing construction of 15 units in 2022.

Reminder to the band membership to make sure you submit your letter of interest for housing as per the Housing Policy. This is an annual requirement to be added to the Housing List for upcoming rental units, now is a good time to do it if you have not. I also attend all Band Meetings, Special Meetings and other meetings requiring Council decision. The next three months we look forward to seeing next year's budgets for approval.

Another reminder.....if you are interested in any type of work in Atikameksheng, to submit your name on the job board list, you may want to call the office to put your name on the list.

Miigwetch,
Councillor Vance Nootchtai

Update from Council

gimaa miinwaash egiigidoowijig

Councillor Jennifer Petahtegoose Police Committee Update"

With our police committee, we have an upcoming workplan review. We also had a request to ensure that more ride checks would be taking place. We've also been brainstorming ways to reinforce positive, healthy behavior in our community- such as signs with the seven grandfather teachings, to uphold the safety and sanctity of our beautiful community. We talked about the possibility of a mascot for our children to be utilized when we reinforce bike safety, ATV safety, water safety, etc. We are also looking forward to our new constable coming on board this spring.

ESS Committee Update:

With our ESS committee, we are looking at a short survey to see how we can improve our education policy so that we can meet the needs of more of our community members. With Gimaa and council's request, we are also looking at how we can offer some support to community members who furthered their post-secondary education without the support of their community. Right now, we are gathering information to see how that support could work and to see if there is a need to revise the policy. While the present education policy has served many of our students well, it is always good to see if there's room for improvement. So, we have a short survey coming out and we're hoping people will share their thoughts and make recommendations.

As a teacher, which is my daily work, I've been trained to always think, how do I reach my students with their varying needs, how do I implement education for all? And of course, we do this in a number of ways- providing differentiated instruction, scaffolding skills in order to hit the zone of proximal development. A very important part of the process is to listen to the students. The student voice is never to be underestimated. So, I'm hoping to apply that to being a Councillor, that our community members will share how they think education could improve with our short survey, and I listen well, with the goal of helping more of our people seeking educational support in the future.

Update from Council

gimaa miinwaash egiigidoowijig

I also look forward to supporting anishinaabemowin in our programming. The Language Strategy is being utilized in the workplans which will be shared in February, and I look forward to those shared discussions.

To conclude, I would just like to say I hope you are taking good care of yourselves and each other. I know we are all suffering from pandemic fatigue at varying levels. I feel it too. I just hope and pray that you reach out when you need to and spend time on the land with your loved ones. Springtime is coming and I'm looking forward to seeing everyone out and about again. Miigwetch for reading

Councillor Jennifer Petahtegoose

Councillor Harvey Petahtegoose:

This update will be brief due to the COVID-19 pandemic, which has affected all First Nations on Turtle Island. My activities consisted of most meeting being held virtually. I attended all council band meetings and other related functions. I also attended all NSTC board meeting, which included board meeting for Bembowoka Treatment Centre, Mama wesying Health board. There is also the NSTC Executive meeting which took up some time as it relates to my duties as secretary treasurer for this organization. There is also another board which meeting were held and that is Za-geh-do -win Information Clearing House. Partnership board meeting included Bargone'an Drilling, Esskaa Nibish (Construction Co.). There have been no major setbacks, everything is moving along at a good pace. It's an honor to serve Atikameksheng as councilor.

Councillor Harvey Petahtegoose

Update from Council

gimaa miinwaash egiigidoowijig

Councillor Lesley MacNeil:

Aanii, hope everyone is well and enjoying time with family and friends.

Band meetings have been held virtually and making plans to return the Coffee House session in March 2022.

The Health and Community Wellness committee has been meeting on a monthly basis. We have been starting to get more updated results from the various research studies that Atikameksheng has participated in.

The Grassroots Ad Hoc committee has been meeting on a bi-weekly basis. We have been working on our Workplan and we are at the final stages of applying timelines and activities that we can achieve. This group of dedicated community members has been working very hard to define on how they can help and make a change with the Mental Health & Addictions issues that is facing our community. The committee is gearing up to be more accessible and give back.

The Finance and Audit committee has been meeting on a monthly basis. We have reviewed the yearly Audit and recommended to Gimaa and Council for approval.

The last few months have been very busy with other meetings and community sessions. The month of January has been focusing on workplan that reflect the Community Comprehensive Plan. These sessions are done virtually and will be hosting Community consultation with band membership in February 2022.

Looking forward to seeing everyone around and hope to see you at meetings, community sessions and even online.

Baamapii,
Councillor Lesley MacNeil

Update from Council

gimaa miinwaash egiigidoowijig

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Baamapii,
Councillor Lesley MacNeil

Update from Council

gimaa miinwaash egiigidoowijig

Councillor Arthur Petahtegoose:

The New Year 2022 has begun with attendance at the regular meetings of Council and Portfolio consultations. I attend sessions with the Lands Committee, Lifepath Program and the Atikameksheng Anishnawbek Negotiation Team.

During the Lands Committee sessions much time is directed to participation in the changing of the Framework Agreement. The Framework Agreement is the law created by Ottawa which takes all of the provisions of the Indian Act that relate to land management and transfers the authority to Atikameksheng.

We must point out the Framework Agreement forms a government-to-Government Relationship and is not a Treaty. The Framework Agreement enables Atikameksheng to form its own court body to address disputes related to Land Management. The changes to the Framework Agreement being pursued will give greater clarity to the Law, the Court, the Police and the Authority that Atikameksheng is Managing under the Land Code. This is a major achievement for Atikameksheng.

The Framework Agreement must have a 2/3 majority of the Participating First Nations in support to make any changes in the Law. There are 165 participating First Nations across Canada and at the General Assembly of the Land Code Participating Nations, there was unanimous support to change the Law.

Through the Lifepath Program, Unemployed youth and Adults are able to be placed in job skills development work and are also encouraged to take training in upgrading academic standing. The program is moving well and is proving to be successful. With a solid social service component in funding there is some discretion about how reports are made public.

The AANT group is moving well with a good mix of work and academic experienced participants on the Team. The group is helping to give guidance to taking care of Land interests of the wider Atikameksheng Reservation defined by Treaty and 1850 Huron Treaty Territory interests. There is a great deal of study and reading that goes on with the group.

Councillor Arthur Petahtegoose

Introduction to the Community Consultation Lead: Ashley Taylor

Aanii, Boozhoo, Hello,

My name is Ashley Taylor (Raven who carries the hidden colours) and I am an off-reserve member who belongs to the Petahtegoose family. I have returned to Atikameksheng Anishnawbek in the capacity of the Community Consultation Lead (CCL) in the Political Office. My role as the CCL is to provide meaningful consultation to our band membership on matters and activities happening within the Traditional Territory. It is important to create an open and comfortable dialogue with our membership on projects and proponent activity. Our community can work collaboratively together on information sharing by participating in our discussions/open community engagement sessions. When interacting with proponents and Government bodies, it is essential to create a strong working relationship to flow the necessary information to our membership in a meaningful way. Any project or activity that takes place in our Traditional Territory should be consulted with the band membership (both on and off reserve) for structured feedback and participation moving forward with a plan of action. In 2022-2023, my focus is to engage Atikameksheng citizens at the grassroots in the work of rebuilding the close-knit fabric of traditional community life that was once ours through processes of community development.



Introduction to the Community Consultation Lead: Ashley Taylor

- Monthly updates in the newsletter
- Monthly updates in a virtual video shared amongst our social media platforms
- Upcoming interview virtual podcasts (talking with a band member, administration staff members, leadership, or industry partners on trending topics or answer frequently asked questions)
- More community consultation sessions for political, governance, resource development, and lands matters.
- Assist leadership and Director of Governance and Special Projects with Coffee House Sessions, Discussion and Dialogue Sessions for urban areas, and major events

My virtual door is always open to hear any questions, concerns, or have a discussion on matters that relate to our activities happening within our Traditional Territory. Please do not hesitate to contact me at community.consultation@wlfm.com. If you prefer a phone call, please call front reception to leave your contact information and a time that works best for you.

Miigwetch,
Ashley Taylor

Lands and Economic Development

The Lands & Economic Development Department has some updates to share with the community:

- We welcomed our new Director of Lands & Economic Development, Curtis Assance, on January 24th. Please join us in welcoming Curtis to Atikameksheng Anishnawbek.
- We are currently in the process of hiring an Economic Development Intern. If you are interested in applying for this position, the job posting can be accessed through our official website (<https://atikamekshenganishnawbek.ca>).
- The department will be hosting another Job Fair in late February or March with a focus on Unions and Health Care. It will be held from 12:00 – 4:00PM as this was when we saw most of the participants attend the last Job Fair. Please stay tuned to the Community Flyer!



- An internal database of Band Members who are looking for work is constantly being updated as resumes are received following job call outs.
- 4CMC will be hosting the third Community Consultation Session for the development of the Economic Development Corporation on February 1st from 6:00 – 9:00PM on Zoom. We hope to see you there!
- We had requested membership to submit a name for the Economic Development Corporation that was in the Ojibway language and had sentimental value to the community. As a result, we received three submissions which will be presented to leadership.
- The Environmental Coordinator has begun preliminary work on a funding application to the Habitat Stewardship Program. The Lands Division intends to submit an application that focuses on Species-at-Risk Birds in Atikameksheng Anishnawbek.

Lands and Economic Development

Notification – Proposed Round Lake Pit Expansion and Road Upgrade Project on Atikameksheng Anishnawbek Land

On November 16, 2021, Atikameksheng Anishnawbek received a Simple Environmental Review Application to upgrade and re-establish the road from the existing Round Lake pit to the Long Lake Gold Mine. Rehabilitation of the Long Lake Gold Mine site is a Ministry priority due to the impaired water quality in Long Lake stemming from long term erosion and leaching of mine wastes.

Through an investigation and detailed design process, the Ministry estimates approximately 200,000 m³ of material will be required as part of the rehabilitation process. The Long Lake Gold Mine is located in Eden Township, south of the municipality of the City of Greater Sudbury (see attached figure). There is currently only one way to access the mine site. The roads pass through Sudbury's cottage country and would not support extensive hauling of construction aggregate. Through NDM's Class Environmental Assessment process, local residents expressed public safety concerns if the Ministry were to consider hauling material into the mine site on poorly constructed roads.

To reduce the volume of material hauled on inadequate roads, in 2017, the Ministry began an investigation process to find sources of aggregate closer to the mine site. The Round Lake pit within Atikameksheng Anishnawbek First Nation reserve is a preferred option as it can easily supply Long Lake Gold Mine rehabilitation project aggregate needs (SNC Lavalin, 2017), it is close to the mine site, and would avoid hauling material through both the community and local residence.

Lands and Economic Development

Notification – Proposed Round Lake Pit Expansion and Road Upgrade Project on Atikameksheng Anishnawbek Land

Historically, when the Long Lake Gold Mine was operating in the early 1900's, the mine was accessed through Atikameksheng Anishnawbek First Nation reserve, crossing at Luke Creek. Currently, this roadway is largely unnavigable. To supply aggregate between the Long Lake Gold Mine and the Round Lake aggregate pit, this historic road would be temporarily reinstated to support haul trucks, including crossings at Whitefish River and Luke Creek. Once the project is complete, there would no further requirement to use these crossings and they would be decommissioned.

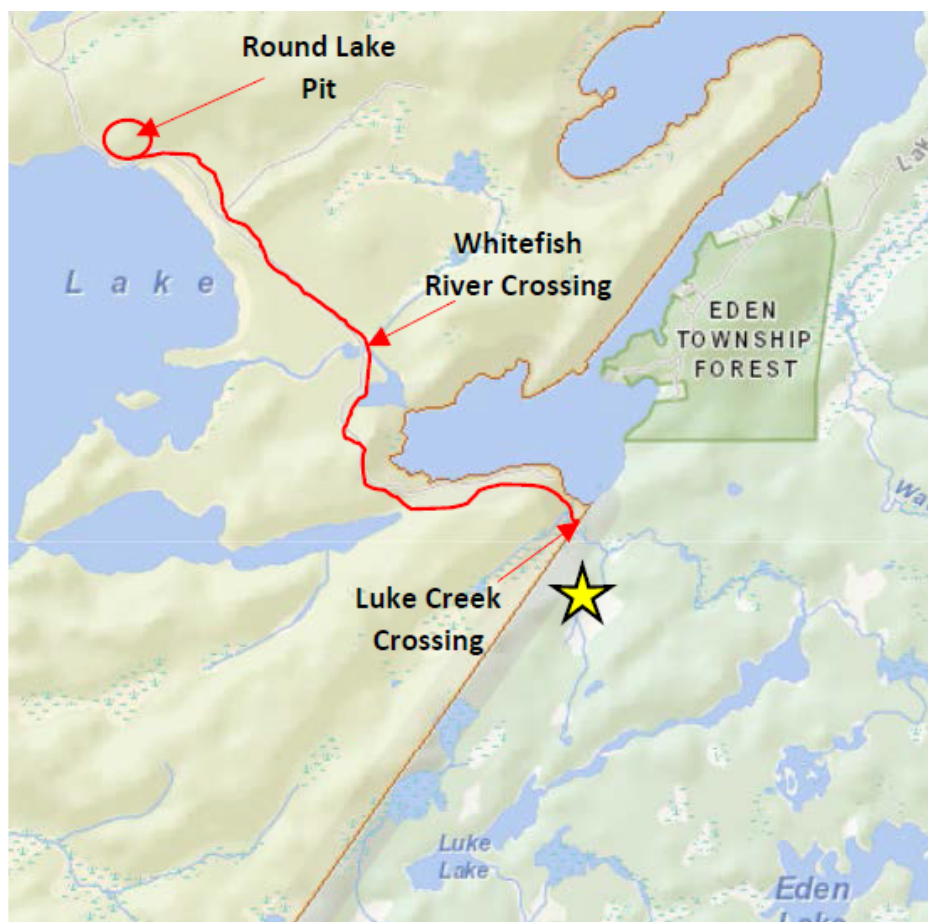


Figure 1: Haul route between aggregate pit and Long Lake Gold Mine

Atikameksheng Anishnawbek is accepting comments or concerns regarding the potential project until February 28, 2022.

Please provide your comments or concerns in writing to Robert Paishegwon, Environmental Coordinator, at the following email:
enviro.coor@wlfm.com

Lands and Economic Development

Notification – Proposed Wetland Remediation Project on Atikameksheng Anishnawbek Land

On November 16, 2021, Atikameksheng Anishnawbek received a Simple Environmental Review Application to remediate a wetland that has been impacted by tailings run off from the abandoned Long Lake Gold Mine. The contaminant of concern is arsenic, and it contains unacceptable concentrations in soil. Additionally, the contaminants continue to leach metals causing impaired water quality downstream (Luke Creek and Long Lake).

The removal of these contaminants in the wetland will rehabilitate the area and promote ecological recovery. The goal is to restore the wetland to a higher functioning wetland as well as improve water quality in the downstream environment. There is approximately 60,000 m³ of contaminated material to be excavated and the material will be stored within the adjacent Long Lake Gold Mine property in an area referred to as Tailings Area 1 (TA-01). A new impoundment will be constructed to store the contaminated material and covered with a low permeability cover to prevent long term leaching.

Reconstruction of the wetland and Luke Creek following excavation and removal of contaminated soils and tailings will require the use of clean fill. At this time, the volume and specification has yet to be determined. That said, the source of aggregates will likely come from the Round Lake aggregate pit or NDM's aggregate, close to the Long Lake Gold Mine. All aggregates will be tested for contaminants prior to use.

Lands and Economic Development

Notification – Proposed Wetland Remediation Project on Atikameksheng Anishnawbek Land

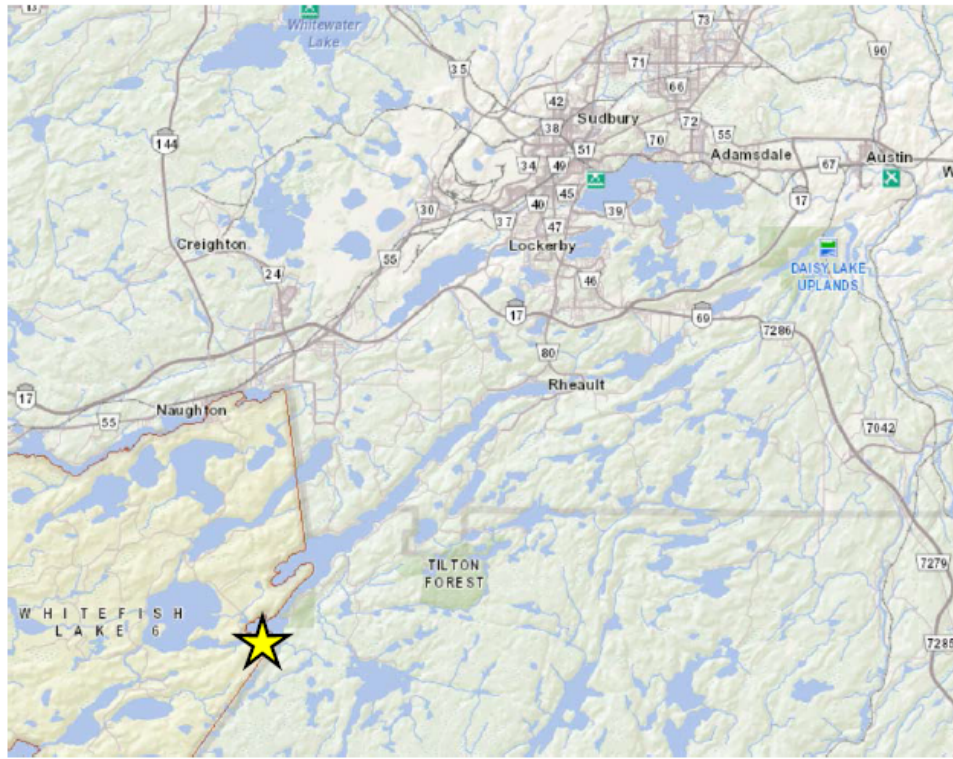


Figure 1: Location of Project (yellow star)

Some organic material to help establish aquatic and terrestrial vegetation in the disturbed areas will likely be imported. The exact source will be established by the general contractor. That said, the Ministry will establish testing requirements to ensure any organic material imported and used within the Project boundary is free of contaminants.

Atikameksheng Anishnawbek is accepting comments or concerns regarding the potential project until February 28, 2022.

Please provide your comments or concerns in writing to Robert Paishegwon, Environmental Coordinator, at the following email:
enviro.coor@wlfm.com

Lands and Economic Development

Report on Water Quality Monitoring – Whitefish Lake

In recent years, community members have voiced concerns about deteriorating water quality in some of Atikameksheng Anishnawbek's Lakes, Whitefish Lake being one of them. One community member mentioned that they have noticed that the water appears dirtier than before (Atikameksheng Values Mapping Project, 2019). Surface water quality monitoring is an important tool for monitoring our environment that can give us insight into changes that are happening both in the water and outside of the water.

As part of the implementation of the Atikameksheng Anishnawbek Environmental Management Action Plan, the Lands Division purchased equipment that can be used to monitor surface water quality parameters in the 2020/2021 fiscal year. The Lands Staff visited Whitefish Lake five (5) times, between June 11 to January 14, 2021, to monitor various surface water quality parameters. The water quality parameters included the following: depth, water temperature, pH, dissolved oxygen (DO), turbidity, and conductivity. The equipment that was used for the water quality monitoring included the following: 16 ft legend boat and motor, YSI ProDSS Multiparameter Digital Water Quality Meter, anchor, and a Garmin Fish Finder (Depth sounder). Measurements were taken at 1-meter intervals. Water quality parameters were measured at the deepest location of the lake in which the boat was anchored.

Lands and Economic Development

Report on Water Quality Monitoring – Whitefish Lake

Results:

The results from the monitoring were typical of a mesotrophic lake. In June (spring), the dissolved oxygen (DO) levels are consistent throughout the water column, changing, with subtle increases, as the water temperature and pH decreased. The Thermocline, the part of the water column where the temperature changes the most rapidly, was between 4 and 7 meters. Water temperature ranged from 21.4 – 10.3 Celsius. Dissolved Oxygen ranged from 5.64 mg/L and 8.19 mg/L. pH ranged from 7.68 to 6.36.

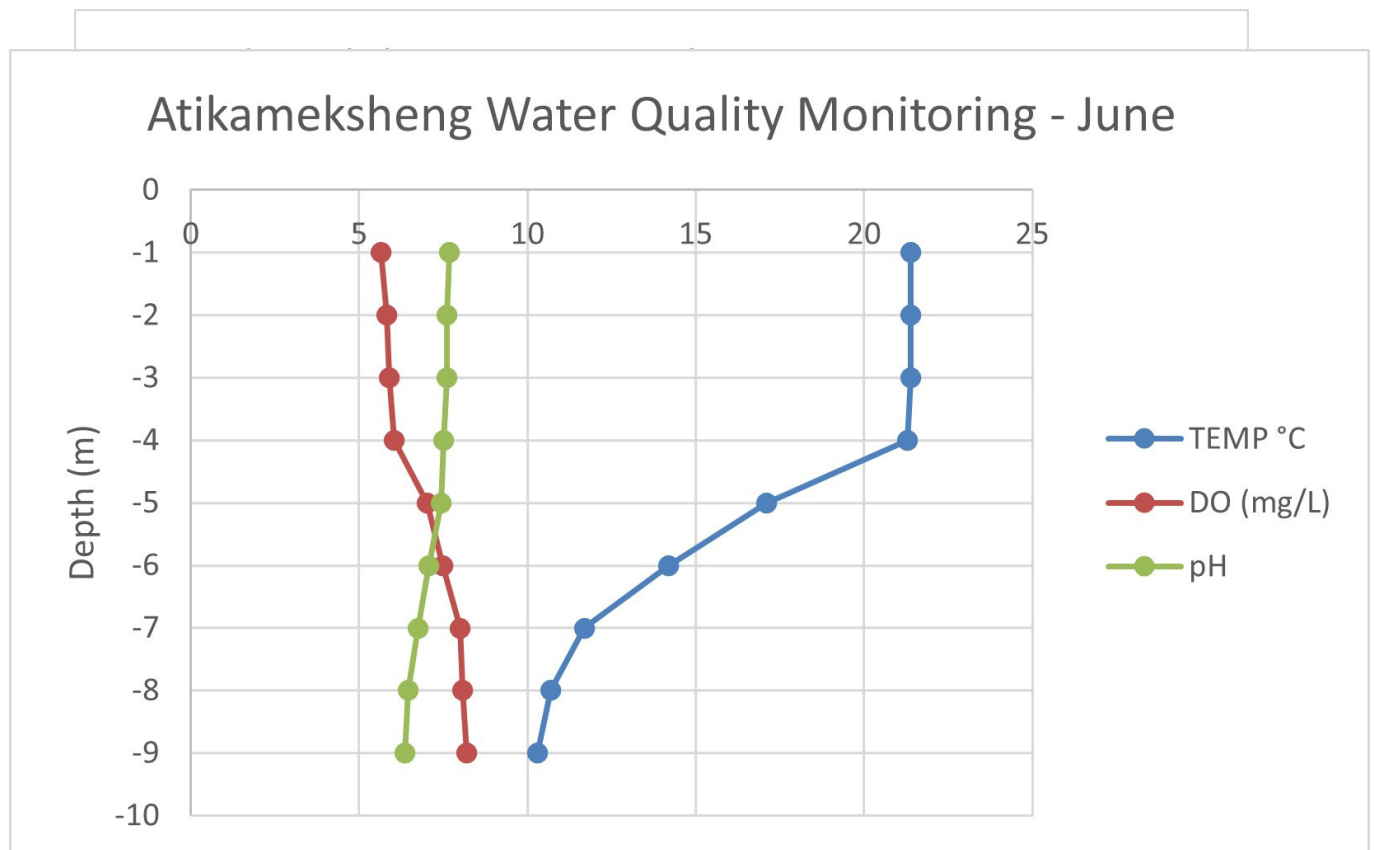


Fig 1: Graph showing temperature, Dissolved Oxygen, and pH at various depths, from June 11, 2021.

Lands and Economic Development

Report on Water Quality Monitoring – Whitefish Lake

In the month of July, there was a similar trend to those seen in June where the decrease in temperature and pH was associated with an increase in dissolved oxygen. There was an increase in temperature in the upper layer of the water column as the water temperature ranged from 23 – 10.6 Celsius. The Thermocline was lower in the water column between 5m and 9m. There was also a decrease in dissolved oxygen throughout the water column which may be associated with increased biotic activity such as growth of algae, bacteria, and other life forms that need dissolved oxygen to live. Dissolved oxygen ranged from 3.3 mg/L to 5.15 mg/L. pH ranged from 8.18 to 6.13.

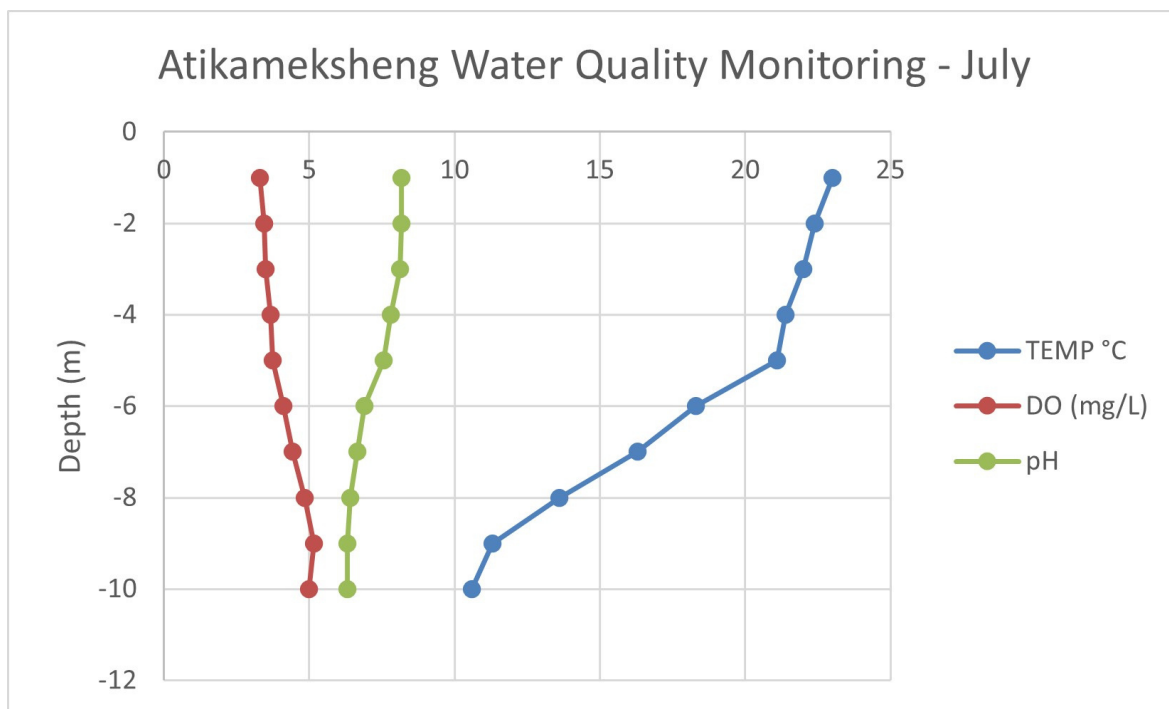


Fig 2: Graph showing temperature, Dissolved Oxygen, and pH at various depths, from July 14, 2021.

Lands and Economic Development

Report on Water Quality Monitoring – Whitefish Lake

In the month of September, a similar pattern that was seen in both June and July was observed. There was a slight decrease in the surface water temperature likely due to the cooling air temperatures, although the thermocline was again lower in the water column, between 6m and 8 meters. The water temperature ranged from 21.7 to 12.4 Celsius. The dissolved oxygen ranged from 4.31 – 6.58 mg/L, an increase from July. pH ranged from 7.76 to 6.54.

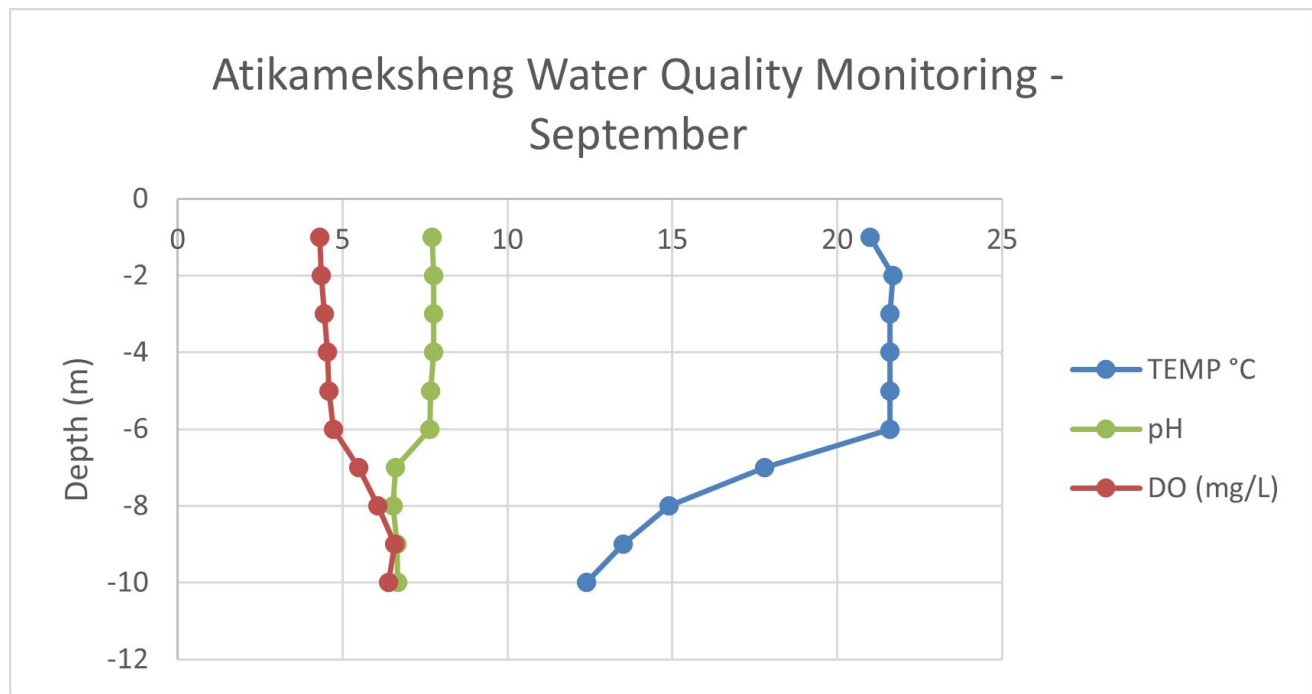


Fig 3: Graph showing temperature, Dissolved Oxygen, and pH at various depths, on September 3, 2021.

Lands and Economic Development

Report on Water Quality Monitoring – Whitefish Lake

In the month of October, we seen the greatest overall change due to a phenomenon known as lake turnover which happens for the most part twice per year in the spring and fall. During lake turnover, the lake completely mixes and becomes unstratified in the process. Temperature ranged from 14.1 – 13.6 Celsius. pH ranged from 7.34 – 7.25. Dissolved oxygen ranged from 4.58 – 5.26 mg/L.

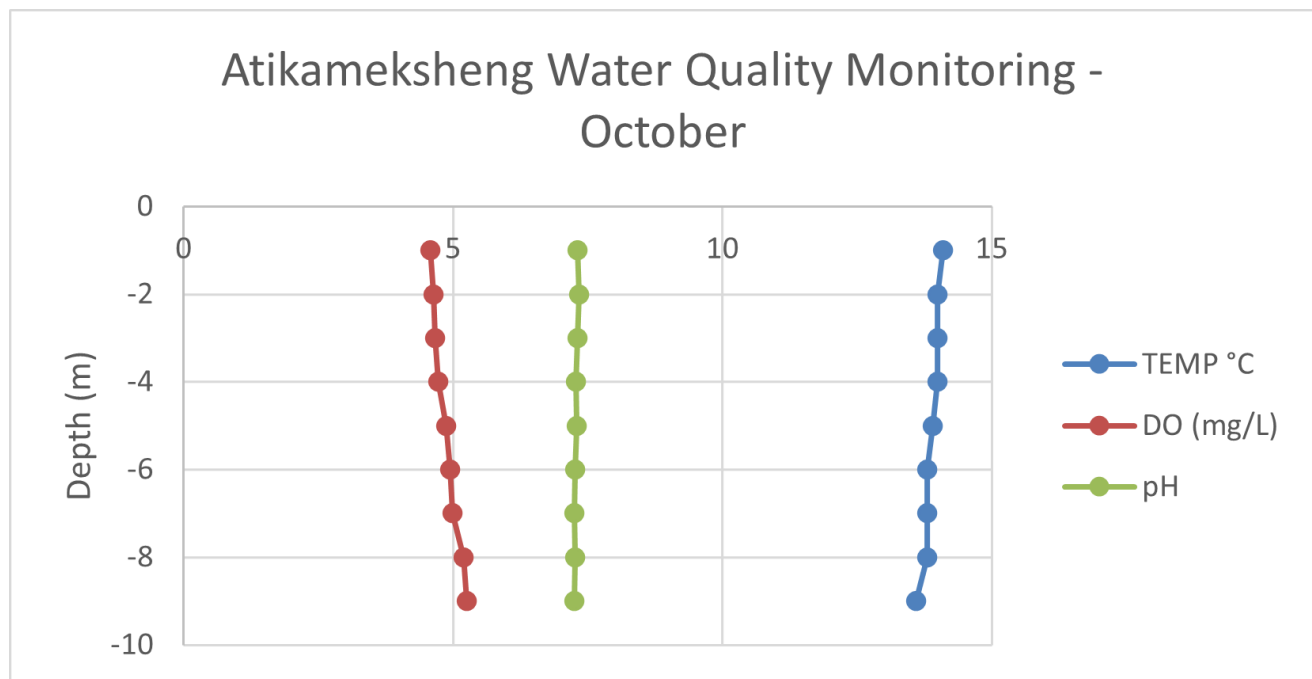


Fig 4: Graph showing temperature, Dissolved Oxygen, and pH at various depths, from October 22, 2021.

Lands and Economic Development

Report on Water Quality Monitoring – Whitefish Lake

In the month of January, when the ice was safe to travel on, the Lands Staff again began sampling basic water quality parameters. It was observed that the water was behaving differently than in the summer months. It was now coldest at the top of the water column and warmest at the bottom of the water column with temperatures ranging from 1.8 – 4 Celsius. pH ranged from 6.5 - 7.46. Dissolved Oxygen ranged from 7.87 – 8.53 mg/L.

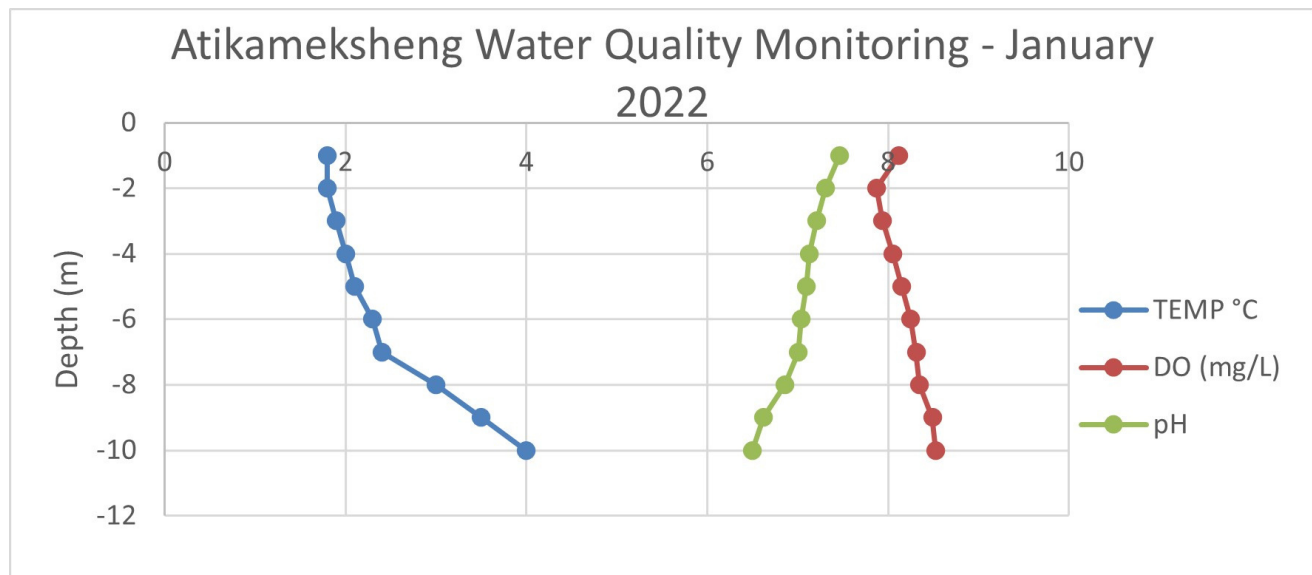


Figure 5: Graph showing temperature, Dissolved Oxygen, and pH at various depths, from January 14, 2022.

In addition to collecting these basic water quality parameters, Atikameksheng will need to begin collecting additional information (nutrients, metals) to determine if changes are occurring and, if so, are the changes natural (climate change, warming temperature) or impacts from humans (increased shoreline development, increase nutrient loading). Atikameksheng Anishnawbek Lands staff plan on continuing with monthly monitoring in the winter months at Whitefish Lake and others. Additionally, the Lands Staff plan to conduct lake capacity studies to determine how much development can take place on the shorelines of lakes to ensure that they do not become over developed and begin to impact aquatic life.

Health & Community Wellness

mino zhiyaa wiidookaazijig

Aanii, boozhoo. Welcome to the February 2022 Newsletter. February is the love month and sharing our love for each other and our loved ones may be heightened especially this month, Happy Valentine's Day.

January was a busy and cold month but was needed so we can go ice fishing, snow shoeing, skiing and so on. We also seen a lot of covid-10 cases in January that is coinciding with the colder months and looking forward to the warmer months where we will not see as many cases. The virus likes the cold weather and our warm bodies, as with any virus, they want us to survive so they mutate themselves to do this.

The organization has been busy with reviewing workplans and this year, we held meetings with Directors and Managers to review all workplans from each department. This process enabled our teams to further network, collaborate and support each other in obtaining our goals, objectives and activities. I look forward to meeting with the community early February to present and receive input on our workplans. All workplans and budgets will be approved by Gimaa and Council with members input, this is a good step for our organization and community. Miigwetch.

The Police and Health Committee will be taking a break from their meetings for the month of February and March and will resume in April 2022. We look forward to meeting back up again.

Health & Community Wellness

mino zhiyaa wiidookaazijig

COVID-19 STATE OF EMERGENCY UPDATE:

The State of Emergency has been extended to March 31, 2022 and the Order has been amended to reflect the new measures by the Ontario Province. Both documents are available on the website on the Covid-19 page.

Cases in Atikameksheng Anishnawbek have been increasing and majority of the cases are within households. The omicron is highly contagious and occurs quickly, persons getting the virus will need to isolate immediately and isolate for 5 days if vaccinated and 10 days if not fully vaccinated. For close contacts, if you are vaccinated and do not live in the household with the positive case, then you only need to monitor for symptoms. There are many changes and is recommended to view the Public Health Sudbury & Districts (PHSD) website frequently to learn the most recent measures. The Government has provided the plan and can be viewed at the PHSD website as well. Please note they have dates, January 31st was the first to decrease measures, the next one is this month, February 14 and then in March. Our measures in the community will coincide with these measures.

If you require assistance or require support for COVID-19, please contact the following staff at the office (705-692-3651);

Health Check-Ins/Verify positivity:

Community Health Nurse – Marina and Stacy

Coordination of Isolation Supports:

Darlene Geauvreau

Anjelica Sellen

Rapid Test Screener:

Safiyyah Briggs

For COVID-19 financial support:

Sierra Fitchett

covid@wlfm.com

Health & Community Wellness

mino zhiyaa wiidookaazijig

STATE OF EMERGENCY UPDATE – Mental Health & Addictions:

Opioid and Methamphetamine Survey – The Health Team has received the survey and will be meeting with the Health Team, Health Committee, MH&A Ad-Hoc Committee and the Community Police Committee. The survey will provide an overview of opioid and methamphetamine use in the community and the groups will look at recommendations to put in place that will help persons struggling with the addiction and for their families. We look forward to providing this report to the community in the new year.

Ad-Hoc Committee continues to meet every 2 weeks and to date, they have developed their workplan and priorities and look forward to implementing activities. There are quite a few activities they have planned and have the support of the Health Team and organization to accomplish the goals and objectives set out.

Communication – The Communications Coordinator, Shawn McLaren has joined the team and will lead this with the company Launchpad Creative. To date, we are beginning to use the branding and marketing tools implemented to help support the MH&A State of Emergency. Branding Guidelines were translated into our language by Elder, Eli Lorney Bob and will be used by the team and committee when offering services and programs. Launchpad Creative is assisting the team by seeking a bus that will be modified to assist with our outreach work.

FOOD SECURITY – The Land Base Team has been providing fresh fish and wild meat to the community, if you are in need, please contact Mike Naponse. You will also see the Mijjiim Support Program began its operation in December and continues. The program is coordinated by the Education and Social Services Team. Nutrition not only helps your body, but it also helps your mind to think clearly, making good decisions for yourself.

Health & Community Wellness

mino zhiyaa wiidookaazijig

PARTNERSHIPS – The Health Team continues its partnerships with many organizations to assist in providing the needed services and supports to members facing addiction. Without the partners we have, it would be difficult for our community to provide the necessary supports, we thank our partners as we work towards improving the level of programs and services.

All health programs and services continue to be provided both virtually and face to face. The Director of Health & Community Wellness will continue to attend local and regional meetings to keep updated on new measures, programs and services for the community and making necessary recommendations or changes as needed. If you have any questions or concerns, please feel free to contact me.

Miigwetch.

Carmen Wabegijig-Nootchtai

Director of Health & Community Wellness

Health & Community Wellness

mino zhiyaa wiidookaazijig

CHILDREN'S DENTAL HEALTH MONTH

February means Valentine's Day is upon us! But did you know February is also National Children's Dental Health Month? It's a great time to learn and promote good oral hygiene with your child. Tooth decay remains the most common chronic childhood disease. By taking care of your child's teeth and gums you are teaching them to love their teeth. Remember... Small changes can make a big difference.



ARE BABY TEETH IMPORTANT IF THEY JUST FALL OUT?

They sure are!! Baby teeth are amazing 😊. Healthy baby teeth are important for:

- Chewing – food broken down makes digestion easier.
- Speech development- teeth help your child say words. If a child loses teeth early from decay it can be hard to say certain words. Try saying "Thirty Thirsty Thieves" without letting your tongue touch the front teeth. It's hard to do!!! You can see how teeth help form your words.
- Jaw development – chewing stimulates proper jaw growth.
- Space Savers- baby teeth hold space for the adult teeth to erupt.
- Smiling!

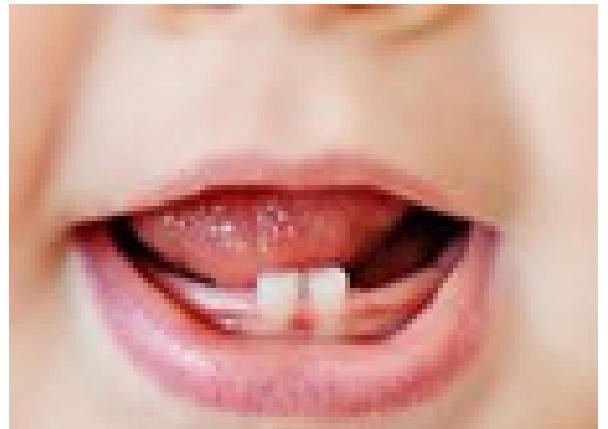
DID YOU KNOW? Children will not lose all their baby molars until age 11 or 12.

Health & Community Wellness

mino zhiyaa wiidookaazijig

CARING FOR BABY TEETH AND GUMS:

- After feeding your baby, parents/caregivers are encouraged to wipe the baby's mouth and gums with a clean moist cloth.
- GIZIIYAABIDE'ON - Once first teeth appear (usually at about 6 months) parents/caregivers are encouraged to brush with a small soft toothbrush moistened with water.
 - Brush your child's teeth, tongue, and gums for 2 minutes, 2 times a day, but most importantly before bedtime.
 - Age 0-3- if your child is at risk of tooth decay, use a minimal amount (size of a grain of rice) of fluoride toothpaste. A child may be at risk of tooth decay if they live in an area with no fluoride in the water, has lots of sugary snacks/drinks between meals, have teeth that are not brushed daily, and or caregiver has decay.
 - Age 3-6 – use a pea-size amount of fluoride toothpaste. Encourage the child to spit out the extra paste. Try not to rinse after brushing. This way the fluoride toothpaste will continue to protect the teeth.
- Floss – once 2 teeth are touching, it's time to floss. Be keen and clean between!



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REDUCE RISK OF TOOTH DECAY

- Remove bottle nipple from baby's mouth once they have finished eating or fallen asleep.
- Avoid putting baby to bed with a bottle to self-feed (plain water is ok)
- Brush 2 times a day.
- Eat a healthy diet – try to limit sugars and avoid constant snacking. Every time your child eats or drinks there is an acid attack on the teeth. The more acid attacks, the higher risk for cavities.
- Visit your oral health care provider by age 1 to help find out if your child is at risk of developing tooth decay.
- Prevent the transmission of cavity-causing bacteria – babies get the bacteria that cause tooth decay from their main caregivers. Avoid sharing utensils, cleaning pacifier or bottle nipple with mouth before giving it back to baby, kissing baby on the mouth, and avoiding sharing your toothbrush.

NOTE – these behaviors are all fine if the caregiver has good oral care and maintains a healthy mouth.



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WHAT IS ECC (Early Childhood Cavities)?

ECC are cavities that affect infants and young children. It can affect all the teeth but is common to see decay starting on the top front teeth. Children can get cavities as soon as their first tooth arrives, so it is important to introduce good oral care early. Introducing good oral hygiene at a young age will help develop healthy habits for life.

It is caused by food or liquid left in the mouth from feeding. This includes milk, juice, breast milk, and drinks other than plain water. Sugar found in food and drinks mixes with germs to create an acid. This acid eats away at the tooth creating a cavity. The longer and more often the acid is on the teeth, the greater chance of cavities. Tooth decay can be painful making it hard to speak, eat, and learn. Untreated tooth decay can lead to infection.



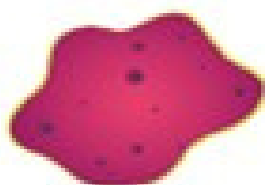
Healthy Teeth



White marks at gumline - early start of decay



Brown spots at gumline - Decay



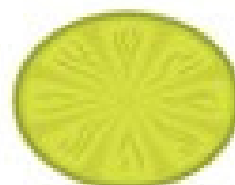
Bacteria

+



Sugar

=



Acid

=



Tooth Decay

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LIFT THE LIP TECHNIQUE

This is an easy and effective way to help watch for decay. Every month, lift your child's lip to check for anything on the teeth (especially where the tooth and gum meet). If you see white chalky or brown spots on the teeth consult your oral health care professional. White chalky spots usually mean the beginning of a cavity and may be reversible with good oral hygiene care. It's best to spot decay early. Early treatment can prevent the problem from getting worse and help maintain good oral health.

When children are very young, parents/caregivers must do all the brushing to keep teeth healthy. Most children can brush well by 8 years of age but until then they need your help to keep their smile beautiful.

HAPPY VALENTTOOTH'S DAY everyone! Let's show some BIG LOVE FOR LITTLE TEETH.




Health & Community Wellness


mino zhiyaa wiidookaazijig

Homelessness Services during Lutte contre le sans-abrisme durant la pandémie de

COVID-19




Homeless Shelters Refuges pour les sans-abri



Off the Street Shelter
Abri hors rue

10 p.m. to 8 a.m.
de 22 h à 8 h


200 rue Larch Street



Safe Harbour House for women
refuge pour les femmes

9 p.m. to 8 a.m.
de 21 h à 8 h

288 boul. Kingsmount Blvd.




SACY Warming Centre
Centre pour se réchauffer SACY

11 a.m. to 7 p.m.
de 11 h à 19 h

8 p.m. to 10 a.m.
de 20 h à 10 h


199 rue Larch Street



SACY Youth Warming Centre and Shelter Beds
Centre pour se réchauffer et abri du Centre d'action pour les jeunes

10 p.m. to 10 a.m.
de 22 h à 10 h


95 rue Pine Street




Cedar Place Women's and Family Shelter
Place Cedar, refuge pour les femmes et les familles

Open 24 hours
Ouvert 24 heures sur 24

261 rue Cedar Street




Meals and Resources - Samaritan Centre Repas et ressources - Centre du samaritain



**Eat
Manger**

Elgin Street Mission serves breakfast Monday to Friday
La Mission de la rue Elgin sert un déjeuner du lundi au vendredi.


8:00 a.m. to 9:30 a.m.
de 8 h à 9 h 30



**Eat
Manger**

Elgin Street Mission serves a dinner 7 days a week
La Mission de la rue Elgin sert un souper tous les jours de la semaine.


5:30 p.m. to 7 p.m.
de 17 h 30 à 19 h



**Eat
Manger**

Elgin Street Mission serves a brunch on Saturday and Sunday
La Mission de la rue Elgin sert un brunch les samedis et dimanches.


10 a.m. to 11:30 a.m.
de 10 h à 11 h 30



**Eat
Manger**

Blue Door Soup Kitchen serves lunch Monday to Friday
La soupe populaire Blue Door sert un lunch du lundi au vendredi.

11 a.m. to 1 p.m.
de 11 h à 13 h




Drop In, Internet and Phone
Halte-accueil, Internet et téléphone

Access: Monday to Friday
Accès : du lundi au vendredi

8 a.m. to 12 p.m.
de 8 h à 12 h

1 p.m. to 4 p.m.
de 13 h à 16 h





Showers/Laundry
Douches/Buanderie

Access: seven days a week
Accès : sept jours par semaine.

9 a.m. to 12 p.m.
de 9 h à 12 h

344
rue Elgin Street

greatersudbury.ca | grandsudbury.ca

Planning and Infrastructure

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Happy New Year from the Housing Department

1.REMINDER - Housing List Addition 2022. Please ensure you have an updated Housing List Addition Form submitted for the new year. These are available online at www.atikamekshenganishnawbek.ca. or can be pick-up at the Band Office Reception.

We will advise on any changes resulting from COVID-19- Protocols for in person access to the Band Office. You may contact Kachina Reynish, to request a copy get sent to you by mail or email housing.housing.intern@wlfh.com or call 705-229-4387 calls or texts)

2.Statement on COVID-19 During Virtual Mode: Housing will continue to monitor developments around COVID-19 outbreak so we can evaluate all measures taken to provide necessary housing support where needed throughout this difficult period. We also advise that everyone continue to follow physical distancing proactive measures to assure your health and safety during these times.

Restrictions and access to rental units are as follows:

During the COVID-19 we will be limiting calls to emergency calls such as: plumbing leaks, sanitation/septic, and other emergency issues. This will also advise that we will be calling you to answer the screening questions before maintenance workers are to enter your unit. If work is done on the perimeter this will not be required and the practice of physical distancing will be applied.

If there are any other questions or concerns, please forward to the Housing Department.

Vivian Naponse 705-692-3651 ext. 211 or housingmanager@wlfh.com

Michelle Elliott 705-229-4387 or housing.assistant@wlfh.com

Jason Nebenionquit 705-665-4143 or housingassetmaintenance@wlfh.com

Kachina Reynish 705-929-6972 or housing.intern@wlfh.com

(Calls or texts are accepted)

Planning and Infrastructure

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3. The Residential Rehabilitation Assist Program (RRAP) and Repairs and Home Adaptations for Senior's Independence (HASI) is provided by Canada Mortgage and Housing Corporation. Letters of interest is required every year on January 1st to be considered. Assistance shall be granted to eligible applicants on a first-come, first-served basis to the maximum of funding available.

4. Winter Maintenance – the Housing Asset Maintenance Worker will be checking on furnace filters in all rental units; tenants are asked to contact Housing Department if your furnace filter has not been changed so the Housing Department can follow-up on replacing the furnace filter.

Reminder for Winter Checklist

- o Check that smoke detectors are functioning properly.
- o Ensure air vents indoors & outside (intake, exhaust and forced air) are not blocked by snow or debris.
- o Check and clean kitchen stove range hood filter.
- o Vacuum bathroom fan grille, radiator grilles on back of refrigerator empty and clean any drip trays.
- o Monitor the home for excessive moisture levels- (i.e. condensation on windows) notify housing dept.
- o Check all faucets for signs of dripping.
- o If you have a plumbing fixture that you do not use frequently, such as a laundry tub or spare bathroom sink, run some water briefly to keep water in the trap.
- o Clean drains in sinks, bathtubs and shower stalls.
- o Check electrical cords, plugs and outlets for all indoor and outdoor seasonal lights to ensure fire safety; if worn replace immediately.

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5, Exciting News – Atikameksheng Anishnaawbek received approval for the Rapid Housing Initiative on November 29, 2021 for the construction of a Five-Plex (1-bedroom units); two detached units one 5-five bedroom unit and one 3-bedroom unit.

- The five-bedroom unit will be designated as a Foster Care Home and will collaborate with Nogdawindamin on the recruitment for the Foster Care Home.

- The three-bedroom home will be designated as a Transitional Home

The project will include a community-based carpentry fundamentals training program through a partnership with North Shore Tribal Council Naadmaadwiuk Employment and Training and College Boreal. Information session will be held for the recruitment for the training will be held in February 2022 with expected start date to be determined. The practical work will be with Rapid Housing Initiative and Section 95 Housing Phase 9 and Phase 10.

Under the guidance of a qualified and skilled carpenter, this 16-week program will prepare students for a wide variety of opportunities in the carpentry field. Students will learn trades mathematics, how to use hand and power tools and receive proper safety training related to the trade. They will also gain skills in rough carpentry, finish carpentry, insulation install, exterior siding install, roof finishes and renovations.

Each participant will receive a student kit, which will include the following:

- In class kit: binder, paper, pen, pencil, eraser and calculator.

- Personal protective equipment (PPE): hard hat, work boots, gloves, safety glasses, safety vest

- Tool kit: tool belt, hammer, measuring tape, utility knife, chalk line, plumb bob, basic screwdriver set, speed square, framing square, carpenter's pencil, etc.

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Upon successful completion of the program, participants will receive a certificate of achievement from Collège Boréal, along with related wallet cards. Participants can, if they choose to, continue their learning journey in the 403A – Carpentry Apprenticeship program as some training hours can potentially be transferred*

1.Chapter Seven; Infrastructure Development and Manager
Goal 4: To develop and 30-year housing Strategy/Plan

The 30 Year Housing Strategy has been identified in the Comprehensive Community Plan dated March 2020. Work has commenced to undertake a comprehensive housing review to include but not limited current housing conditions, demographic, and housing market demands; identify critical housing gaps and funding issues, capacity development and training; performance of current subsidies for CMHC housing projects; and Seniors

The housing strategy will provide Atikameksheng with a clear roadmap to build a comprehensive community- based housing program this is reflective of Atikameksheng's vision for a sustainable housing program.

The key objective of this project to undertake a Housing Needs Assessment in creating a comprehensive twenty (30) year housing plan through consultation with staff, community members, and off-reserve members to strengthen long-term capacity sustainable development and good governance with respect to housing.

The expected timeline for completion is six months. We will be updating on the progress of the 30 Year Housing Strategy in the coming months.

Restorative Justice Update



Restorative Justice Program Community Update



- Special Thanks to Gimaa and Council for their continued support for this important initiative.
- We have received a BCR from Dokis First Nation to accompany the others from Magnetawan and Wahnapiatae First Nations in support of the RJP proposal.
- 2 funding requests have been submitted and we are awaiting funding approvals and will keep you up to date, as we hear of the successful bids.
- With the Support of Carmen Nootchtai, Director of Community Health and Wellness, Bronson Bob and I have continued to move forward with potential partnerships with Niigaaniin, in their Mino Bimaadizindaa Program and their Gladue Writers as we move forward.
- In early Dec. 2021, we met with the N'Swakamok Native Friendship Center, Court workers to establish "best practices".

Welcome to Atikameksheng Anishnawbek - Angelica Sellen

Aanii, Boozhoo!

My name is Anjelica Sellen.

I will be the new Health Administrative Assistant here at the Shawenekezhik Health Centre.

I will be assisting the Director of Health & Community Wellness, Community Health Nurse, and the Health Services Clerk with their administrative duties.

My mother is April Dickson, and my grandparents are Marlene Pahpeguish, Irene and Emmett Paishegwonabe, Alex Pahpeguish and Lena Petahtegoose baa.

I am a proud member of Atikameksheng Anishnawbek, and I am a graduate of Cambrian College's Business Administration program.

I enjoy hunting, travelling, fishing, hiking, and the outdoors.

Please feel free to reach me by work phone at 1-249-377-7081, or by email at adminasst.health@wfn.com

Miigwetch!

Looking forward to working with you.



Makwa Giizis Drum Social



Atikameksheng Anishnawbek
Cordially Invites Everyone to

MAKWA GIIZIS

Drum Social

SATURDAY, FEBRUARY 12

LIVE STREAM - STARTS AT 7PM EST
MC BRANDON PETAHTEGOOSE
ELDER JOAN ELLIOTT

**ALEX SMITH, CHEEVERS TOPPAH, & NITANIS KIT LARGO
CHRIS JOHNSTON - CARSON KIYOSHK JR
& SPECIAL GUESTS:**

NORTHERN CREE

Join us LIVE on Facebook and Youtube
FB & YT page: Atikameksheng Anishnawbek

Made with PosterMyWall.com

CCP Community Plan Consultations

Comprehensive Community Plan Consultation Sessions

ATTENTION: SCHEDULE CHANGE

Please join Administration, Governance, Gimaa and Council for a Virtual Consultation Week from **February 7th to 10th**.

The staff of A.A will be presenting their Workplans for 2022/2023 and we need your input.

Each nightly session will feature presentations and Q&As with different departments. Choose which presentation you wish to participate in at the beginning of the meeting. Please see the schedule below for more information.

The Zoom link is listed below and available in the Members Portal.

Date	Time	Room 1	Room 2	Room 3	Room 4
<u>Feb 7th</u>					
Presentation	6 pm to 8 pm	CCP Strategic Advisor			
15 Min Break	8 pm to 8:15 pm				
Q&A Period	8:15 pm to 9 pm				
<u>Feb 8th</u>					
Presentation	6 pm to 8 pm	Health & Wellness	Finance & Admin	Lands & Economic Development	Gimaa & Council
15 Min Break	8 pm to 8:15 pm				
Q&A Period	8:15 pm to 9 pm				
<u>Feb 9th</u>					
Presentation	6 pm to 8 pm	Housing & Infrastructure	OPEN MIC Finance & Admin Health & Wellness	Governance	Education & Social Services
15 Min Break	8 pm to 8:15 pm				
Q&A Period	8:15 pm to 9 pm				
<u>Feb 10th</u>					
Presentation	6 pm to 8 pm	OPEN MIC Lands & Ec Dev Housing & Infrastructure Education & Social Services	OPEN MIC Education & Social Services	Governance	
15 Min Break	8 pm to 8:15 pm				
Q&A Period	8:15 pm to 9 pm				
For more information, please contact Shawn McLaren @ communications@wfn.com https://us02web.zoom.us/j/87174335026					



ATIKAMEKSHENG
ANISHNAWBEK