

December 2022

MAZINAIGAN TAGWAGIN - FALL

The official newsletter of Wolf Lake First Nation



**WOLF LAKE
FIRST NATION**

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FROM OUR CHIEF AND COUNCIL

Chief Lisa Robinson

We hope that you and your loved ones are doing well. We are so proud of our youth, and hunters Chad and Conway McKenzie for their successful hunt and sharing of their harvest. Moose and fish were provided to community elders – it was greatly appreciated! Chi-meegwetch!



Youth Hunters at Grassy Lake.

FROM OUR CHIEF AND COUNCIL

Chief Lisa Robinson

The Algonquin Nation Secretariat (ANS) hosted the annual National Claims Research Workshop conference in Ottawa. I was honoured to present ‘The Story of Wolf Lake’ video as part of the Algonquin Showcase – it was fitting with the theme of the conference ‘Reconnection to the Land and to the People’.



Chief Wawatie, Vice-Chief Chevrier, Chief Robinson, ANS National Claims Research Workshop. Ottawa, October 20, 2022.

Temiskaming First Nation hosted the 42nd Algonquin Nation Programs and Services Secretariat (ANPSS) Annual General Assembly ‘Mamawi Miikiimodaan Gidji Minwaashig Niigaan – Working Together for a Better Future’. Leadership from our member communities of (Algonquins of Barriere Lake, Temiskaming and Wolf Lake) along with our board members presented the strategic plan ‘Working and standing together for a better Anishinabe future’.

The strategic plan will drive our ANPSS’s organizational goals to support the empowerment of our members, our communities, and leadership. We would also like to acknowledge the new board representatives from our communities and are proud to announce that Ashley Desjardins is the Youth Representative on the board.

FROM OUR CHIEF AND COUNCIL

Chief Lisa Robinson



ANPSS Board of Directors: Chief Miljour, Chief Wawatie, Darlene Chevrier (Women's Rep), Ashley Desjardins (Youth Rep), Chief Robinson, Hervey Papatie (Elder's Rep).



ANPSS Annual General Assembly, hosted by Temiskaming First Nation, October 25th, 2022.

FROM OUR CHIEF AND COUNCIL

Chief Lisa Robinson

Council has been busy working on our Economic Development Strategy. Currently we are exploring opportunities to expand and grow Wolf Lake's economic development portfolio. There are also plans underway for renovations and upgrades to the Algonquin Canoe Company and Camp LaLucarne. Part of the strategy will also include opportunities for members to develop their entrepreneurial interests and access funding to support endeavours, and the creation of job opportunities for members.

Our council has also recently been working with the Municipality of Temiscaming in partnership to develop a proposal for the installation of docks at the marina. The idea is to have facilities to attract visitors to our area by boat from the northern area of Lake Temiskaming to our area.

Wolf Lake has been working along with our project partners of Kebaowek, Mashteuiastsh, and the MRC Temiscamigue to make Project Onimiki happen. This project has gained much interest and traction. This mini hydro development (formerly the Innergex project) will be a significant own source revenue for our community which may help support areas where we lack financial resources and further our economic development. For more information about the project, please visit <http://onimiki.ca/en/>

Our Council and Staff have also been working on an operational strategic plan for Wolf Lake First Nation. Developing a path forward to guide programs and service is very important for everyone. Where do we want to go in the next 5 to 10 years as a community? What programs and services need to be developed or expanded on? Are there new programs to be developed? We anticipate community engagement discussions in 2023 to gather input and recommendations for what will become our community strategic plan.

Our Council and Staff are also assessing our program delivery models. Based on the assessment completed so far, we look forward to strengthening and implementing a restructure plan. As we move into 2023, we will continue the restructuring and initiatives to enhance all aspects of program delivery for our community members.

We have been busy for the past year working on a Comprehensive Community Plan for Wolf Lake First Nation. Our CCP Coordinator has started the engagement process with community members and work will continue into 2023. We encourage all community members to provide your input into the development of our long-term community plan.

As we near the close of 2022, I reflect on how important and appreciative I am for all our people of Wolf Lake and our community. We have made advances and I look forward to continuing the important work and initiatives to continue to move our community forward.

On behalf of Council, we wish you a holiday season filled with happiness, peace and the warmth of family and friends. Merry Christmas and Happy New Year.

BAND MANAGER UPDATE

Martha Polson

Dear members,

I am pleased to provide this update to you and to thank you for your participation in the many events that we have been able to provide to you members during the last year. At times it has been difficult to reach some members, but the staff will continue to make efforts to reach as many members as possible.

With the loosening of the Covid-19 restrictions we have been able to continue with most programs throughout the summer. Now the fiscal year end is fast approaching, and the programs are nearing completion. Most of these programs can be renewed but for others such as the funds for Covid-19 and the Food Program please be aware there will be a decrease in funds in the new fiscal year and eventually they will no longer be available. We will nevertheless continue to search for other organizations that may offer similar programs.

Update on businesses:

Camp La Lucarne

The operations at Camp La Lucarne have not gone as well as last year. We were not able to keep the caretaker and cook we hired at the beginning of the season. Through mid-season we were able to keep the restaurant open on weekends with the help of a temporary cook and she also tended to cleaning the cabins. This shortage of staff resulted in a decrease of revenues for the season. The bookings were well managed, and we were able to offer cabin rentals to our regular customers.

In January we will move forward with the process for the renovation plans on the restaurant and cabins. The cabins will be modular in type and will likely be built offsite. An engineer will design the foundations and overlook the updating of the septic system. As the process begins in January I will be in better position to offer you more information.



BAND MANAGER UPDATE

Martha Polson

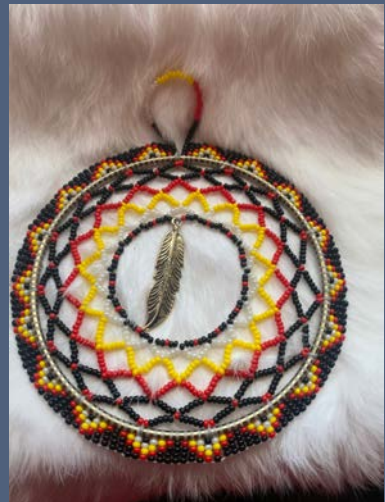
Some additional information on the Algonquin Canoe store:

In the new year we will focus on improving our media to increase our sales capacity and also we will focus on developing our tourism outreach. At the moment we are in search of some other trainees in this department. If you are interested in seeing tourism develop within our organization, please leave your name with Tamara King at tamaraking@wolflakefirstnation.com.

The trainees in the Crafts department, Jaime-Lynn St-Denis and Louise Jawbone, have filled the Christmas orders for many moccasins and will continue after the holidays, with their trainer Carly St-Denis, to produce inventory for the store in the coming months. You will see depicted around this newsletter more of their beautiful handiwork.

You will find more information about the Algonquin Canoe store in the update from Tamara King.

As we enter the holiday season, I send my best wishes to you all and should you need to contact me you can reach me at: mpolson@wolflakefirstnation.com or 819-627-3628 ext: 101. Please remember that our phone system is set up to send your messages directly to our emails.



BAND MANAGER UPDATE

Martha Polson



ACC UPDATE

Tamara King

Kwey Kakina, it's been a busy few months! The summer was kicked off with ORCKA canoe training for a few of our youth. Please congratulate Liam King, Morgan Lefebvre, Aiden Chaput, Joshua King, Eisen King-Fortin and Shawna Desjardins for completing Basic Level 1 and 3. I myself, was able to upgrade my previous canoe training and am now a certified Day Trip Leader.

Shawna Desjardins was hired as our summer student and has done a wonderful job with her customer service skills and learning about social media marketing. Other staff we've had over the summer was Connie Lafrance and Kerrie King. We were lucky to have staff with multiple skills to fill in when needed at Camp Lalucarne, miigwetch ladies!!

With our retail sales, we've seen similar profits as the previous year. We continue to fill our shelves with more Indigenous products from both individuals and larger companies. We also want to focus more on our ecommerce site!

For boat rentals, we've seen a slight increase this year from last. I feel the outfitting/touristic side of the business is lacking. To fix this, we need to continue the training we started last summer in hopes to offer guided trips this upcoming summer.

Training our youth in canoeing/kayaking will benefit both the company and the individual by not only having competent, knowledgeable staff as part of our team, but giving our youth the opportunity to build their confidence, employability and leadership skills. When we come back from the holidays, I'm hoping to find time to apply for the funding opportunities to help our business achieve this.

Lastly, if you're interested in any part of the business activities we carry out here, or have ideas to share to help us improve, we would love to hear from you! Other ways you can help us to like/comment/share our social media posts!

Miigwetch for your time and we hope you have a wonderful New year ahead of you!

Sincerely,

Tamara

tamaraking@wolflakefirstnation.com

705-981-0572

MEMBERSHIP SERVICES UPDATE

Ashley Desjardins

Kwe Kwe,

It has now been over a year since I started working as the Member Services Coordinator, mainly handling Membership, Education and Medical Transportation. I am also proud to share that I have been elected as the Youth Representative for Tribal Council at the 42nd Annual General Assembly.

It has been a busy year with a lot of training and learning on my end. I have completed my Indian Registry Administrator (IRA) training and obtained my IRA certificate. As the IRA my main duties are to maintain the Indian Register and membership by assisting and reviewing applications for registration and status cards, while also reporting any membership changes.

ISC has begun to advise that members switch to the Secure Certificate of Indian Status (SCIS), as the Certificate of Indian Status (CIS) will start being phased out and eventually become obsolete. For any member who would like assistance in applying for their SCIS card, please contact me and I will be happy to assist.



Example of the SCIS

While there is no official training for the Education aspect, I have learnt a lot and have been facilitating the post-Secondary support program. I would like to congratulate this year's graduates. I'm sure we can all relate to the extra inconveniences due to the pandemic, coming out of the pandemic as a graduate is something you should all be extremely proud of.

I am so excited to see what I can do in my role as Youth Rep and get more involved with our tribal council and our youth.

Please let me know if there is anything I can do or if you have any questions.

Miigwetch

Ashley Desjardins
Member Services Coordinator



Adesjardins@wolflakefirstnation.com



819-627-3628 Ext.5

Wolf Lakes Recent Graduates:



Jenna Langlois

Jenna is expected to graduate from Canadian Career College and obtain her Personal Support Worker. She plans on working in the long-term care facility at the Témiscaming Hospital. Jenna's goal is to continue working with Elders and people with disabilities. She really enjoys working with the Elders so she can talk to them and hear all the amazing stories.

Congratulations Jenna!

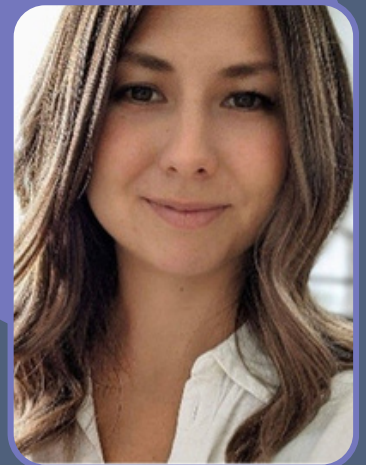
Jessie Bond-Goulet

Jessie has recently completed the First Nations Health Manager's Program, an educational program leading to the Certified First Nations Health Manager (CFNHM) professional designation.

She will be attending the awards banquet and convocation during the FNHMA's National Conference in Victoria where she will receive her diploma.

While completing the First Nation's Health Manager's Program Jessie has also started the Public Administration & Governance Certificate at McGill.

Jessie currently works as the Director of Operations and Registered Nurse at the Anishnabe Long-Term Care Centre where she can directly transfer the skills learned through her continuing education.



Congratulations Jessie!

Kelsea McKenzie



Kelsea has graduated from Canadore College and obtained her Environmental Technician – Protection and Compliance Diploma. She will now be working towards obtaining her Bachelor of Science-Environmental Biology & Technology dual degree with Nipissing to work towards becoming a marine biologist.



She will continue to work on environmental assessments with the Timiskaming Quebec Dam while pursuing her undergrad. Kelsea's goal is to lead an all-Indigenous, travelling, environmental monitoring team and to help bring clean drinking water to First Nation communities.

Congratulations Kelsea!

Mackenzie Desjardins

Mackenzie has graduated from Canadore College and obtained her Behavioural Science Technician Diploma. She is currently working in her field at a foster care home and works with a youth with special needs. Mackenzie's goal is to continue working with youth with developmental disabilities and to improve their daily living skills.



Congratulations Mackenzie!

Tyra Perrier



Tyra has graduated from the Native Education and Training College and has obtained her Mental Health and Addictions Worker Diploma. She has been working as Wolf Lakes NNADAP Worker. Tyra's goal is to help people live healthier lives in every way, mentally, physically, and emotionally. She would also like to work with youth to help educate them on mental health and addictions.

Congratulations Tyra!



OFFICE ASSISTANT UPDATE

Tia Goulet

THE INTRODUCTION

Hello everyone,

My name is Tia Goulet, and I am the office assistant. Some of the members could be unaware of this. The Wolf Lake band office posted the job of office assistant on the Wolf Lake Members only page. I was happy to see the post, to see they are trying to get more members involved at the office and I applied.

After going through the interview and patiently waiting. I found out I would be starting as the office assistant/receptionist in January. Sadly because of the office closure until February 28th, 2022, I did not really get the chance to be in office as much as I would have liked to.



THE FIRST 11 MONTHS

Now that the office has been open, and we are all used to being back in our normal work situation. We have worked on some things to bring the community back together and some of you may have noticed me out helping.

I was there on indigenous people's day, running and judging the moose calling contest alongside my co-workers, I was also helping my co-workers at the blow-up station. Making sure all the kids were taking turns and playing safe with each other.

I was also there on truth and reconciliation day helping anywhere I could, in the early morning set up in Kebaowek, the afternoon set up in the park and in Lumsden. I was even one of the members handing out cookies.

I'm not always out helping, most of the time I am in office assisting my co-workers daily and answering the phones. Not only am I here to help those within our band office, with their work as needed but I also try my best to help the members that reach out to me.

OFFICE ASSISTANT UPDATE

LITTLE REMINDERS

Now with the way the phone system is set up when you call in, you will hear everyone's extensions:

- Chief is extension 1
- Band Manger Martha Polson is extension 2
- Councilor Sonia Young is extension 3
- Finance Officer Jennifer Young is extension 4
- Membership Clerk/ Education Ashley Desjardins is extension 5
- Comprehensive community planner Craig Rossignol is extension 6
- Mahingan Sagahigan wellness center Melissa Robinson is extension 7
- Forestry Services Brenda St. Denis is extension 8
- Forestry Services Kelsea McKenzie is Extension 9
- Front Desk Tia Goulet is Extension 0

You will have to pick the one you want to talk to and if they don't answer, please leave a message and that person will get it immediately. It's the way the system is set up, so we do not miss messages from our members.

Now I know many people do have issues with this set up and would rather deal with a person and not a machine. In that case just hit 0 and I will help you to the best of my abilities. I enjoy assisting our members just as much as I enjoy assisting those here in the office.

If you cannot get a hold of me over the phone, please don't be shy and shoot me an email at tiagoulet@wolflakefirstnation.com I will do my best to help you.

Office Assistant
Tia Goulet

TIGWAGIN (FALL) UPDATE FROM HEALING AND WELLNESS WORKER

Melissa Robinson

YOUTH OF THE TRAILS PROGRAMMING (AGES 6+) FUNDED THROUGH BELL DIVERSITY FUND

Youth of The Trails is a two year grant through the Bell Diversity Fund. This project provides funds for Indigenous youth to partake in special events, activities and allows us to create opportunities that would not be able to happen without their funding. This funding agreement is flexible, meaning that we are allowed to include youth from other First Nations to participate which is why you will see some collaboration with other communities at times. Some of the activities we have planned over the last few months include:



Nibin (summer) began with a trip to Ottawa to visit Calypso Water Park, Flying Squirrel Trampoline Park, Canadian Museum of History and Lady Dive Tours- a tour that begins by bus and ends in the Ottawa River when the bus becomes a boat! We had roughly thirty-seven youth attend the trip and it was great to see so many smiling faces.

Chi miigwetch to the parents, grandparents, aunts, uncles and cousins who made this trip possible by accompanying your families to Ottawa. We look forward to planning another fun trip next year!



TIGWAGIN (FALL) UPDATE FROM HEALING AND WELLNESS WORKER

Melissa Robinson

YOUTH OF THE TRAILS PROGRAMMING (AGES 6+) FUNDED THROUGH BELL DIVERSITY FUND

On August 9-11th we hosted a Cultural Camp for ages 10-17 for youth from Wolf Lake First Nation (WLFN) and Kebaowek First Nation (KFN). The camp was successful, and the youth had a great time. The participants enjoyed many fun activities: shaker workshop facilitated by Rod St. Denis, a Full Moon Ceremony hosted by Stephanie McMartin, Evening fishing with Richard Mines Jr and Matthew King, and lots of swimming and water activities.

This tigwagin (fall) youth from KFN & WLFN travelled to Watson Lake Cabins for a moose hunting trip. In total we had 10 youth join the trip, with experienced guides Chad Mckenzie and Conway Mckenzie. In addition to this we took them out setting nets and were successful in harvesting some fish to share with the community, as well as partridge.

Unfortunately we did not harvest a moose at this time, but when we returned the hunters were successful in providing moose meat for the community. Packages have been delivered to local Elders. We do still have some packages to share with the community and Elders, so if you are interested in receiving one please don't hesitate to reach out.

Join the private Mahingan Sagahigan Youth Group on Facebook or follow the MSHWC Facebook Page to stay in the loop for updates and programming for youth.



TIGWAGIN (FALL) UPDATE FROM HEALING AND WELLNESS WORKER

FOOD SECURITY

Chi-miigewetch to Second Harvest and Indigenous Peoples Resilience Fund for making it possible for WLFN to address issues of food security within our community. One of the ways we address this is through providing healthy meals to local Elders (located in Kipawa, Temiscaming, Thorne, North Bay) once a month.

Oak East Eatery has been providing meals for North Bay, while Carolyn Pariseau will be taking over the meals for Kipawa, North Bay and Thorne this month. To make things easier on our staff, meals for Temiscaming/Thorne/Kipawa Elders will always be delivered on the second Thursday of each month, and for North Bay we will deliver meals on the third Thursday of the month. We will continue to post reminders on our Facebook page the week before and let community members know what the meal will be each month.

Meals will be delivered between 3pm-4pm, if you are not home during these hours please contact the MSHWC office at 819-627-9221 and arrange pick up. Our office will be open until 5:30pm on Elders Meal Delivery days to accommodate community members.

In addition to providing Elders meals, we have begun a once a month snack program for school aged children. The snack program provides healthy snacks to local community members, if you are interested in participating but are not local please email mshwc@wolflakefirstnation.com to receive the recipes once a month, along with a gift card.

Lastly, we want to remind local members located within a 65km radius that they are able to access gift cards for Independent Grocer, No Frills, or IGA through a food security program. There are specific qualifications to be able to access this program, and forms can be received to register through Health Coordinator, Sonia Young.

These gift cards are handed out once a month to supplement food purchase or personal hygiene items for Elders, students and low-income households. In special circumstances, community members are able to apply for emergency gift cards by reaching out to Sonia.

Without the help of Second Harvest and Indigenous Peoples Resilience Fund we would not be able to offer programming, and services like this. These funds are sourced by our staff through searching for different funding agencies, writing proposals and applying for the funds each year which is why we are limited to the budget we have.

If you live outside of the local area, we do invite you to reach out to us if you are struggling and we can connect you with various food banks, soup kitchens or Friendship Centre's in your area that may be able to help out.



SWIM FOR HEALTH

MAHINGAN SAGAHIGAN HEALTH AND WELLNESS CENTRE WILL BE COVERING THE COST OF 1 POOL RENTAL FOR WOLF LAKE FIRST NATION MEMBERS AND THEIR FAMILIES FROM NOVEMBER TO MARCH.

WE HOPE COMMUNITY MEMBERS STAY ACTIVE AND ENJOY THE POOL DURING THE WINTER MONTHS TO MAINTAIN POSITIVE MENTAL HEALTH.

RESERVATION ONLY

PLEASE CALL THE CENTRE AT
819-627-3230
TO MAKE YOUR RESERVATION

TIGWAGIN (FALL) UPDATE FROM HEALING AND WELLNESS WORKER

KNOWING OUR SPIRIT- A PROJECT FUNDED THROUGH NATIONAL INDIAN BROTHERHOOD

Knowing Our Spirit is a three year project that is funded through the National Indian Brotherhood. This project funds the position of our Healing and Wellness Worker as well as some of the activities planned by Mahingan Sagahigan Health and Wellness Centre. This funding agreement allows us to coordinate activities for the entire WLFN community and their families as long as they are cultural activities.

BRENNAN LAKE CAMPING TRIP

In May, our Healing and Wellness Worker, Melissa Robinson, and Kebaowek's Cultural Coordinator, Verna Polson partnered together to host a community gathering in Brennan Lake. The weekend was filled with beautiful weather, visiting and lots of fun for those who attended. We spent the weekend camping in tents, unfortunately we did not beat the black flies but it was still an enjoyable weekend for all! Rod St.Denis and his daughter Claudia Heffern offered basic canoe training for the Mahingan Sagahigan Youth Group, they hosted canoe races and even the Elders got in on some of the fun!

Myles Joly and Ben Mongrain offered their time to take Elders out for a sail and visited the Old Farm. Chi-miigwetch to Verna Polson and her kitchen helpers Wanda Hunter, Rhonda Reynolds and Matthew King who took turns preparing meals for the group all weekend, to Eddy Young, Matthew King and Ben Mongrain who made sure we had fish for the weekend, to David St.Denis, Naomi Robinson, Reggie MacDonald who assisted with setting up camp, to Jeremy Rannou, Ben Mongrain and Myles Joly, Lois Tepiscum and Lori Tepiscum who also helped out with shuttles, and clean up and to Keith Bernard who joined us for some fun and captured some great photos from the weekend!



TIGWAGIN (FALL) UPDATE FROM HEALING AND WELLNESS WORKER

FAMILY FUN FISHING DERBY 2022

For the second year in a row we invited WLFN members and their families to join in on some fun for a weekend of fishing. This years Family Fun Fishing Derby was a weekend filled with rain and wind but there were still a good number of families who made it out fishing! The best part of the weekend is always reviewing the footage sent in over the weekend, great to see people of all ages out enjoying time on our territory. This year's derby was another successful weekend and we would like to congratulate all of the participants who won!

First Fish: James Mintz, Pickerel, 736am.

Heaviest Pickerel: John Mahaits, 8.27 lbs

Longest Pike: Samantha Chenier

Biggest Bass: Richard Miness Jr 3.197 lbs

Smallest Pickerel: Tie between Jenn Young and Zoe Morris - 0.1323 lbs - winner was chosen by entering names into wheel of names: Jenn Young!

Last Fish: Ty Morris, Pickerel, 2.57 pm



TIGWAGIN (FALL) UPDATE FROM HEALING AND WELLNESS WORKER

MINA'IGAN SALVE WORKSHOP WITH BEEDAHBIN PELTIER

MSHWC invited Beedahbin Peltier, from Wikwemikong First Nation to visit our community and teach us how to make a bone salve to help with healing from arthritis. The salve was made over a three day period by harvesting various barks from a few different trees, and slowly cooking it over low heat, and straining before adding the next trees bark. This was a long process that required help from a small group of Wolf Lake First Nation and Kebaowek First Nation members.

We were lucky enough to spend some time on the land as well and learn about a variety of different plants and trees in our area that can be of use. Once the workshop was complete each participant received a few jars to take home to share with their families, and MSHWC has a few left over to gift to community members in need. We have received feedback from a community member who has rheumatoid arthritis who says the salve works like magic! Her pain was relieved almost immediately.

Since this workshop has taken place we have received inquiries from a number of different community members asking us to make another batch. Our staff will begin harvesting the materials needed and slowly working on a second batch of Mina'igan over the winter to share with community. If you suffer from arthritis and would like to receive some please contact Melissa, at 819-627-9221 ext. 101



TIGWAGIN (FALL) UPDATE FROM HEALING AND WELLNESS WORKER

JORDANS PRINCIPLE FUNDING

In the last year or so Jordan's Principle has become a program that is heavily relied upon within our community.

Jordan's Principle makes it easier for us to help children in many different areas such as: purchasing prescriptions that are not covered, purchasing medical equipment or equipment for classrooms, covers the cost of meals, transportation and accommodations for medical appointments, speech therapy, counselling sessions, orthodontics, dentist appointments that are not covered, purchase of technology such as: ipads, computers, etc. that may be needed for school, various educational or psychological assessments, they have covered afterschool programs or sports, and in special circumstances they have even assisted with the purchase of clothing or groceries in emergency situations.

Jordans Principle services anyone under 18 years of age, that is a registered member of a First Nation or a recognized member of a First Nation. For example, a step-child, grandchild, adopted child, etc. that is not eligible for status may apply. It is also important to recognize that is not WLFN staff that approves or denies applications, the funding only flows through our organization, the government makes the funding decisions regarding applications once they are sent in. If an application is denied, there is always an option to appeal and reapply as well.

Jordan's Principle is a unique program that allows our community to ensure that the children of Wolf Lake First Nation are receiving the very best care, and that all of their needs are met. It allows us to help children in unique circumstances.

If you have a child, or know of a child that could benefit from the program please reach out to Melissa to set up an appointment at mrobinsonking@wolflakefirstnation.com

TIGWAGIN (FALL) UPDATE FROM HEALING AND WELLNESS WORKER

INDIGENOUS PEOPLES DAY

Indigenous Peoples Day 2022 was a joint collaboration between Wolf Lake First Nation and Kebaowek First Nation. The day began with a Sunrise Ceremony with Elder Noella Robinson, a hockey skills workshop and motivational speech from special guests Ted, Jordan, and Brandon Nolan- we would like to make a special acknowledgement to Bell Diversity Fund for making this visit to the community possible without their funding WLFN would not have been able to make this dream come true for our youth.

Throughout the day various workshops took place hosted by Rod St Denis, a mini pow wow with MC Lindsay Cote and our head dancers Kelsea McKenzie, Jersey Chaput, Tessa Polson, and Kaleigh Simpson-Chief, a feast catered by Carolyn Pariseau and fireworks to conclude our celebration. The gathering was a special time for our people to come together and gather after a couple of years of not being able to celebrate together.

We would like to take this opportunity to say miigwetch to the organizing committee who spent months meeting together in preparation for this day, to Elder Noella Robinson for offering ceremony and prayer throughout the day, to our special guests Ted, Jordan and Brandon Nolan who brought many gifts for the youth of the community, the drivers and cook/kitchen help at Camp La Lucarne who welcomed our special guests to the community, to all of the volunteers who assisted with setting up for IPD 2022, those who ran booths and workshops throughout the day, those who cooked and served food for the community and those who helped with clean up after our celebration ended.

All of your hard work does not go unnoticed and we appreciated it very much. Great team work!





MOOSE MEAT FOR WLFN COMMUNITY

Miigwetch to Chad Mckenzie and Conway Mckenzie for a successful moose hunt to feed our community.

If you are an Elder, or community member that would like to receive a package of moose meat please comment on this post or call 819-627-9221. Local members can pick up packages at our office beginning next week, if you don't have access to a vehicle delivery can be arranged. Out of town members can contact us to have a package set aside and picked up at a different time. *Miigwetch.*

NNADAAP UPDATE

Tyra Perrier

Kwey Kwey, Hello everyone,

In August the Wanaki Center came to Temiscaming. The Wanaki Center is a treatment facility for all First Nations and Inuit adults seeking to heal from alcohol and substance addiction.

They provide programming for substance abuse and promote the physical, mental, spiritual, and emotional well-being of individuals

For world suicide prevention day on September 10th, 2022, the MSHWC handed out 20 kits filled with self-care items.



Mahingan Sagahigan
HEALTH & WELLNESS CENTRE

Wanaki Visits

Kwey Kwey, Hello everyone,

Mental wellness is a something that everyone strives for. It is not something you can work on for a day. It's a continuous cycle of good and bad days.

If you find yourself struggling with mental health and dependency, a great support for your recovery journey is the Wanaki Centre. The Wanaki Centre is coming to visit Temiscaming August 11th 2022 to share the programs the treatment centre has and activities they host.

The Wanaki Center is a treatment facility for all First Nations and Inuit adults seeking to heal from alcohol and substance addiction. They provide programming for substance abuse and promote the physical, mental, spiritual and emotional well-being of individuals.

Join Wanaki members and other front line workers from Wolf Lake First Nation, Kebaowek First Nation, Temiskaming First Nation, Long Point First Nation, and the mental wellness team from the Temiscaming hospital.

Kwey Kwey, Hello Everyone

This year the MSHWC will be giving out wellness kits to raise awareness of suicide.

It is important to take care of yourself ❤️

Sometimes we're so used to giving what we have to others, sometimes we can forget to care for ourselves, forget to love ourselves and often help ourselves when we begin to struggle, because we're so invested in caring for others that need help. Be kind to yourself so you can be the best version of yourself to your loved ones.

There is a limited amount of kits available (30)

For members and their families

Please comment below or email
Tperrier@wolflakefirstnation.com

Talk Suicide Canada- 1833-456-4566
For Residents of Quebec 1866-277-3553
Kids Help Phone 1800-668-6868

NNADAAP UPDATE

In October the MSHWC organized a scavenger hunt and raised awareness for world mental health day on October 10th.

There were six posters around six different locations. On the poster, there were different inspiration quotes to widen perspectives of mental health. All the participants names were put into a draw to win a prize.

On November 9th there was a family cooking activity. A limited number of kits were available due to a budget that had to be followed.

A poster for a scavenger hunt. It features a background illustration of a family (a man, a woman, and a child) in silhouette. The text is centered and reads: "Kwey Kwey, Hello Everyone", "Members and their families are encouraged to participate in a scavenger hunt to raise awareness for World Mental Health day on October 10th", "For the scavenger hunt members and their families will walk to 6 different locations to find 6 different inspirational quotes. All participants will be asked to take pictures of the 6 posters that they find.", "Participants who have completed the scavenger hunt will be able to put their name in a draw to win a prize 🎁", "The scavenger hunt will start from October 4th till October 10th", "A winner will be named on October 11th on the members only Facebook page.", and "Please send your pictures to Tyra at tperrier@wolflakefirstnation.com".

Kwey Kwey, Hello Everyone

Members and their families are encouraged to participate in a scavenger hunt to raise awareness for World Mental Health day on October 10th

For the scavenger hunt members and their families will walk to 6 different locations to find 6 different inspirational quotes. All participants will be asked to take pictures of the 6 posters that they find.

Participants who have completed the scavenger hunt will be able to put their name in a draw to win a prize 🎁

The scavenger hunt will start from October 4th till October 10th

A winner will be named on October 11th on the members only Facebook page.

Please send your pictures to Tyra at tperrier@wolflakefirstnation.com

A poster for a family cooking activity. It features a background illustration of a sun with rays. The text is centered and reads: "Hearty Skillet Supper and Salad", "Kwey Kwey, Hello everyone.", "Members and their families can receive a kit to make Hearty Skillet and Salad.", "There is a limited amount of kits available.", "Members and their families can pick up the kits at the MSHWC Wednesday November 9th between 12:30- 4:30", and "To sign up please comment below or email Tyra at Tperrier@wolflakefirstnation.com". Below the text are two photographs: one of a skillet with a hearty meal of lentils, potatoes, and carrots, and another of a green salad with croutons.

Hearty Skillet Supper and Salad

Kwey Kwey, Hello everyone.

Members and their families can receive a kit to make Hearty Skillet and Salad.

There is a limited amount of kits available.

Members and their families can pick up the kits at the MSHWC Wednesday November 9th between 12:30- 4:30

To sign up please comment below or email Tyra at Tperrier@wolflakefirstnation.com

NNADAAP UPDATE

On November 22nd and 24th MSHWC held an informational workshop on alcohol, opioids, marijuana, and nicotine for world addictions awareness week.

The Al-Anon meetings are every Thursday at 7:00pm. These meetings are meant for families who are struggling with an addiction. Everyone is welcome to join on Zoom. The link is in the poster, or you can find it on the MSHWC page, or you can email Tyra Tperrier@wolflakefirstnation.com

NATIONAL ADDICTIONS AWARENESS WEEK

Workshops with Rachel Smith
Learn about nicotine & marijuana (Zoom) Tuesday
November 22 @ 6:30

Workshops with Rachel Smith
Learn about alcohol and opioids (Zoom) Thursday
November 24 @ 6:30

Zoom link will be given closer to the date

Les Groupes Familiaux Al-Anon
De l'aide et de l'espoir pour les familles et les amis des alcooliques

Al-Anon Family Groups
Help and hope for families and friends of alcoholics

zoom

Group Sérénité vous invite à une reunion planifiée.
Alanon Serenity Group is inviting you to a weekly scheduled Zoom meeting.

Jeudi 19h00/Thursday 7pm

<https://us02web.zoom.us/j/8986543414?>

Meeting ID: **898 654 3414**
Passcode: **Serenity**

NNADAAP UPDATE

Arlene continues to visit Temiskaming for psychologist services.

If you would like to make an appointment, please reach out to Tyra by email - Tperrier@wolflakefirstnation.com.

Arlene comes to the community every second Tuesday.



MENTAL HEALTH PSYCHOLOGIST SERVICES

Arlene is an Anishinabe Kwe clinical psychologist from Timiskaming First Nation. She has been providing care in our community since May 2019. To access these services, you only require a first nation registry number, you do not need to be a Wolf Lake First Nation member to access this service.

Arlene will be providing mental health services for our community every second Tuesday. Arlene is taking appointments for next Tuesday, October 18th and every second Tuesday following. You have the option to attend an in-person session at our office, or to have your appointment over the phone, through zoom or Facebook messenger from the comfort of your own home.

If you would like an appointment
Please Call or Email Tyra Perrier.
819-627-9221
tperrier@wolflakefirstnation.com

TRADITIONAL MEDICINE AVAILABLE FOR WLFN COMMUNITY



This weekend traditional medicine was harvested on our territory for the community. Medicine is available that will help with: blood circulation, diabetes, gut health, mental health, lung health, remedies for cold/flu, heart, grief, cradle cap, colic in babies, liver health, etc. (Much more)

If you are interested in receiving medicine please reach out privately to Melissa.

Mrobinsonking@wolflakefirstnation.com

HEALTHY CHILD DEVELOPMENT COORDINATOR

Jackie Honen

KWE, WLFN families and friends!!! Just a brief update from the Healthy Child Development Coordinator for families with children ages 0-6. In May I provided Summer Busy Binders which included basic skills activity booklet. This kit included a variety of learning activities to prepare your child / children for school.

Wolf Lake along with Kebaowek First Nation organized a very successful Indigenous Peoples Day. It was so nice to see our communities come together for a such a great event.

Another great event that we had the opportunity to have both communities come to together was the Ancestors Challenge. This Challenge was for the students/youth that competed in an obstacle course and other First Nation students/youth across Quebec took part in their communities as well. This took place at Kebaowek First Nation baseball field on July12th - July14th. Congratulations to all the participants and thank you to all who came out and volunteered.

As the fall months have arrived a few great activities was organized such a Pumpkin Carving / Painting and Pizza Party, an Algonquin Language Bingo / Pizza Supper and in mid November I will also be helping Melissa with a Ribbon Skirt Workshop for our youth in the community. I will continue having the Baby Bear Bakes every second week as well.

Meegwetch!
Healthy Child Development Coordinator
Jackie Honen

ANCESTORS CHALLENGE 2022



HEALTHY CHILD DEVELOPMENT COORDINATOR

BABY BEAR BAKES



HEALTHY CHILD DEVELOPMENT COORDINATOR

FAMILY PUMPKIN CARVING/PAINTING PIZZA PARTY NIGHT



ICE RENTAL

MAHINGAN SAGAHIGAN HEALTH &
WELLNESS CENTRE WILL COVER
THE COST OF ONE RENTAL FROM
NOVEMBER TO MARCH FOR WOLF
LAKE FIRST NATION MEMBERS
AND THEIR FAMILIES.

WE HOPE THIS HELPS COMMUNITY
MEMBERS STAY ACTIVE AND MAINTAIN
POSITIVE MENTAL HEALTH THROUGHOUT
THE WINTER MONTHS.

TO MAKE A RESERVATION
PLEASE CONTACT
THE CENTRE AT
819-627-3230



FORESTRY UPDATE

Brenda St. Denis

- Continue to have Harmonization meetings with the MFFP and Green Forest Products Inc on harvesting sectors for 2022-2023. The sectors we are discussing is in the northern part of the territory near Trout Lake where WL has asked for the wildlife department to review these sites to ensure habitat protection for small and big game wildlife.
- Road work was done on the Chemin Penetration (Bearn Road). Brushing was completed this spring on both sides of the road from the end of Red Pine down to km 70 Hunters Point bridge.
- Greenfirst is also looking at the possibility of finishing the same road (Bearn road) with crushed stone. There was around 10 km that still need crushed stone so there is a possibility it could be completed this summer from km 86 to 76. They are looking at an area at km 81 about 1 km in that is potentially suitable.

MAPPING SESSION ON ABANDONED SITES

A mapping session was held with Kebaowek at the community hall with someone from the Sustainable Development Institute to identify & map sites that have been abandoned or could be contaminated by either mining companies, forestry companies, illegal dumps, etc. 24 sites have been identified and have yet to be verified. The project will be done in phases, this was the first step to coordinate future cleanups

FIREARMS SAFETY COURSE

The new date for the course will be end of August or early September at the Kebaowek community hall. We have a limit of 30 people, with Wolf Lake members having priority.

Those members that have paid the \$40 deposit are on the list of participants, if you registered for the course but have not paid, I encourage you to do so before it is open to a wider population.

COTTAGE ID

Wolf Lake members are encouraged to contact the forestry department to have your camp/cottage registered. You will receive a sign to put in your window or even on a tree where you plan to build. This informs the Ministry that you are entitled to build and they will contact my office to verify.

TIMISKAMING QUEBEC DAM UPDATE

Kelsea McKenzie

It's field season! The Kitchi-Sibi technical team conducted a Species At Risk study on the endangered Lake Sturgeon (*Acipenser fulvescens*). The survey started during prime spawning temperature on June 10, 2022, when the water temperature reached 13 degrees and completed once the water temperature reached 18 degrees.

The biggest sturgeon we caught was approximately 4'7" and the heaviest was 36.8lbs. Our team set a total of 144 nets and caught a total of 13 Lake Sturgeon and had 1 recapture. We also caught a lot of logs and debris from the bottom of the Ottawa River which ruined some of the nets. While we were on the river, we were identifying and monitoring birds, as well as set up bird recorders around the site.



First catch! 4'7"



Juvenile catch - possibly male because of the light colour

TIMISKAMING QUEBEC DAM UPDATE

We are also monitoring the maternal bat roosting at the Marina and have detected 2 species - 1 of which are endangered, the Little Brown Myotis (*Myotis lucifugus*).

Since bats are only active at night, our team set up bat recorders that will be collected in 3-weeks and sent to our specialist at FriCorp in North Bay.

The Land Use & Occupancy survey is still in the process of being created as one of our members unfortunately fell ill. Once the questionnaire is finalized, I will provide updates as to when we anticipate this survey will begin.

Thank you for your patience.

Miigwetch,
Kelsea McKenzie



Another juvenile - possibly female because of the darker colour



Some of our team!

CONTACT INFORMATION

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