



# MISHKEEGOGAMANG Community Update



## “THE BIGGIE”

Hockey Fever Strikes  
Annual Northern Bands  
Tourney in Sioux Lookout

### Go Falcons Go!

“The Biggie” is a big deal for local communities, with 32 teams competing in the week-long tournament this year. Some people even call it the Stanley Cup of the north. It’s officially titled the Northern First Nations Hockey Tournament, and has taken place every spring since 1980. The Mishkeegogamang Falcons made it to the A-side final twice in the last ten years, also got to the final rounds in 2011 – could this be the Falcon’s year to win the cup? This newspaper was making its way to Mish during the event (March 12-18), but standings will be posted at [www.firstnationshockey.ca](http://www.firstnationshockey.ca). In the meantime, you can admire Mervyn Masakeyash’s fine butterfly goaltending form in the photo above, taken during a warm-up game in Pickle Lake a couple weeks before the Biggie. Better yet, Daisy Munroe has sent in an inspirational and funny story about the Falcon’s early years in the tournmanent – check it out on page 6.

## Harper’s First Nations Summit: Grand Ceremony Without Gov’t Substance?

First Nations leaders from across Canada gathered in Ottawa on January 24 for a unique summit called by Prime Minister Stephen Harper. Chief Connie Gray came away from the meeting with mixed feelings:

“I think the ceremonies at the summit were really powerful. The words spoken by leadership like the national chief and various speakers that spoke had quite an impact on people. Even just re-setting the wampum – you could feel the power in the room and how the ancestors must have felt when they said to the settlers that we want to share the country and walk with you. The spirit was there, the spirit of the peoples were there.

As far as actual commitments, I don’t know about the other side – I think the intent was there but they are bogged down by their own systems and apparently are unable honour the spirit of the



treaty as it was signed. In my view, even if the Prime Minister decided to make real change to the system that would actually benefit our people instead of keeping them in poverty, he would not be able to do it alone, even with a majority government. The system itself is incapacitated, and until it is fundamentally changed, the heart may be there for some individual politicians, but the system is ultimately run by its people.

We keep hearing about the “Indian Problem,” but if the resources were in place to properly fund the communities for what they need to do to heal and grow, we wouldn’t have so many problems that keep repeating themselves! And they will keep repeating until we make those systemic changes. Canada is a first world nation which has treaty with its own first nations. That doesn’t mean they do everything for us – there’s some things we need to do too. But that doesn’t mean we should be living in squalor as



Chief Connie Gray-McKay and the Prime Minister at his Crown-First Nations Summit  
Above: AFN Grand Chief Shawn Atleo during a smudge ceremony with Mr. Harper

## Gas is Back in Mish



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After too long a wait, no less than three stores have opened up for business in Mishkeegogamang lately. Maxine’s Gas Stop is the newest enterprise on the scene and had the best gas prices outside of Dryden in late February. Laureen’s store is also back up and running, and the Bottles opened up at Eric Lake. Check page 4 for more details.



# Around the Community

## Echo Youth Conference a Hit

About 15 young people from Mish attended Echo North, a three-day conference for youth, at Victoria Inn in Thunder Bay Feb. 17- 19. The unique Christian conference featured youth talking to youth about key issues, and had several speakers on topics such as youth empowerment, the importance of education and healthy living.

Ken Wavy, one of the leaders of the Mish group, said he had a good time at the conference. “It was awesome. We took them around all over the city and spent lots of time with them. We were basically just hanging out, encouraging them, telling them about the dangers of alcohol and drugs. They were really into Value Village and checking out all the junk there, but that was fine. It was all about spending time with them and making connections.”

## Former Councillor Sentenced

Former Mishkeegogamang councillor Laureen Wassaykeesic was removed from her position and sentenced to three months for fraud and theft of band funds. In terms of a by-election to fill the council’s vacant seat, Indian and Northern Affairs Canada sent the following information on November 24:

*Pursuant to Section 78 (2)(a)(i) of the Indian Act, the office of Chief or Councillor becomes vacant when the person who holds that office has been convicted of an indictable offence.*

*We note that the term of office for Mishkeegogamang First Nation expires on August 9, 2013. Given that the Band Council maintains quorum, a by-election is not required at this time.*

## Joanne Shatterly Passes Away

Joanne Shatterly, who spent many years in Mishkeegogamang, passed away on January 19. Joanne was the mother to Liz Shatterly, who passed away two years ago. The Shatterlys were a second family to Chief Connie Gray-McKay. Joanne passed away with her husband Bob and her granddaughter Brandy by her side. A memorial service will be held for her in Tofield, Alberta, when the late Liz Shatterly’s flea market opens again in May.

## Do You Have Bed Bugs?

Bed bugs have started cropping up all over North America, and Mishkeegogamang has been hit as well. They were first discovered here last summer, and six homes were found to have bed bugs by the middle of February. If you or anyone in your family has been in contact with bedbugs, please contact the band office as soon as possible. For more information, the National Aboriginal Health Organization has this article on its website: <http://www.naho.ca/blog/2012/02/14/healthhousing-mishkeegogamang-faces-bed-bug-infestation/>

# Leonard Wavy Gets Down to Business



Even though he spends a lot of his free time fishing, Leonard Wavy managed to squeeze in the work of getting his GED, upgrading his water certification, and shooting a few moose along the way. Dan Sabko mentioned how impressed people were with the effort Leonard put in to get his Gr. 12 and complete the Water Treatment Level 1 examinations. The Keewaytinook Centre of Excellence included Leonard in their January newsletter:

*Congratulations to Leonard Wavy from Mishkeegogamang First Nation. Leonard has received his GED (Grade 12 Equivalency) and is now a fully certified operator in his community. Leonard has been working in the public works field for 6 years. He has received his OIT and his Entry-Level course and Class 1 certification.*

*Leonard enjoys spending time with his family. His hobbies include fishing and most outdoor activities. He has just completed a major renovation of his house and plans to continue with his training and obtain his Class II certification in Water Treatment. Job well done!*



The entire health staff spent the afternoon of Feb. 21 on an icefishing expedition that was great fun (even if Edna caught the only fish!) Charlie Lawson was on hand to direct traffic, and Dr. Koval and visiting resident Dr. Taz Kherani were also there to try their luck with a fishing line. “They really weren’t biting too good but it was an awesome day anyway,” said Health Director Edna Skunk. “It was nice for everybody to have a chance to get out there together and just feel the wilderness. I view it as a team-building thing – we have some good laughter, build a fire and have some tea and fry up some fish. We’ll be doing it again sometime in March that’s open to everybody, probably up around Cedar Rapids.”



## Mishkeegogamang Community Update

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Contribute to the Newspaper:  
Everyone is welcome to submit an article, photo, or write a letter to the Mishkeegogamang Community Update. Share your opinion or ideas with other readers. Editors reserve the right to edit for clarity and length.



# NAN Youth Contest: Prizes for Your Photos and Stories!



Are you are Mishkeegogamang youth? Do you want to be recognized for your thoughts or photos and win some cool prizes? If you answered yes to both those questions, the Nishnawbe Aski Nation (NAN) is looking for your story, and they want you to tell it through through images and words.

NAN coordinators are also inviting NAN youth to enter the NAN Youth Facebook Draw. To enter, simply type “NAN Youth Page” on Facebook, join the group, and you will be automatically be entered to win. Prizes for both the contest and draw include Acer laptop computers, Apple iPods and Canon digital cameras.

“This a great way for youth across the NAN territory

to connect with one another using technology but also to share their stories and photographs about growing up in their communities,” said NAN Deputy Grand Chief Les Louttit.

The NAN Youth Draw and PhotoVoice Contest are open to both on and off-reserve NAN Youth, 29 years old and under. You can also submit your PhotoVoice entry without using Facebook. The deadline for both entries is March 31, 2012. The winners of both the contest and draws will be announced after April 5, 2012.

PhotoVoice has become a popular tool among younger generations to share their thoughts and ideas. It combines photography and storytelling to create an effective and

appealing visual message or story. The purpose of the NAN PhotoVoice Project is to collect photoVoice stories from NAN youth who wish to share what being a First Nations person in Canada means to them. Photographs and stories can be of anything youth choose that relates to being a First Nations person in Canada.

For more information about these contests or to submit PhotoVoice entries send questions/submissions, here’s some contact info:

Stephan Kudaka, Young People’s Council Coordinator, 1(800) 465-9952 (toll free) or skudaka@nan.on.ca.  
Jamie Monastyrski, NAN Director of Communications (807) 625-4978 or jmonastyrski@nan.on.ca

## Cool Ice Sculpture Competition Heats Up



Tommy Spade wants to add add “2012” to the “1967” at bottom right. That’s the last year the Leafs won the Cup, and even though might be waiting awhile for a playoff-caliber Leafs team, his grandson was already itching to help add the blue paint to this masterpiece.



Billy Kwandibens was proud of 8-year-old “Gagash” Kwandibens, whose tank sculpture still looked dangerous even with a fresh coat of snow.

There were some fantastic prizes up for grabs in this year’s snow sculpture contest, so you can bet all the sculptures were polished and shining for the judging in early March. The winner picked up a 50” flat screen and entertainment centre, and six other great prizes were up for grabs. The contest may be over for this year, but it’s never too early to start dreaming up an idea for the next one! For a complete list of winners and prizes will be put up on the “Latest News” page at [www.mishkeegogamang.ca](http://www.mishkeegogamang.ca).



Trevor and Dimitri turned a lot of heads on Sandy Road with their red-hot rendition of Lightning McQueen

## First Annual Thunder Bay Christmas Bash

The Christmas Party for members of Mishkeegogamang Ojibway Nation who live in Thunder Bay was a good success, considering it was the first one of its kind. Chief Connie Gray-McKay, who attended along with Councilor Maryanne Panacheese, Dianne and Robbie Bottle, and Jim and Alice Bottle, hopes to make it an annual event.

“The great thing about the Christmas party,” said the Chief, “is that people get together that might otherwise not meet.” She enjoyed meeting many of the 120 people who attended, some of whom she hadn’t seen for a long time. One elder, Elizabeth Augustine, attended, and two others had planned to come but in the end didn’t make it. Councilor Maryanne Panacheese helped to arranged for the catered turkey dinner, young people helped to wrap presents and set up tables, and later on the children (“little Christmas elves”) handed out presents. Each person got a 2012 Mishkeegogamang calendar along with other gifts.

Chief Connie has ideas for how to make this event even better this year. She’d like to see better communication with the people in Thunder Bay to get even more people out. A coordinator will ensure there’s an MC, a DJ, some music and singing, and more activities so people can get to know each other better. The plan for next year is also to rent a facility where the group could do its own cooking. If you’d like to help with this event in 2012, be sure to get in touch with the band office early in fall.



## Mishkeegogamang Elders Christmas on Wheels

A great Christmas dinner for elders took place on December 23 that was put together by OPP Mishkeegogamang detachment Cst. Mel Coles. The constable managed to get a whole lot of ducks in row and came through with a total of six turkeys, 50 pounds of potatoes, 8 packages of stuffing, cranberries and mixed vegetables that resulted in a total of 49 meals. The feast was prepared at the Mishkeegogamang Band Office kitchen and delivered to the elders by NAPS Cst. Kelly Marchand and OPP Cst. Diana Dauphinee. The entire endeavour was a was a complete surprise for the elders, and some were completely



blown away by the to-the-door delivery of the feast. Officers on delivery duty reported being met with smiles, handshakes, and many thanks.

All of the Mishkeegogamang detachment members would like to acknowledge all the volunteers and companies who helped bring this Christmas treat together: Connie Gray-Mckay, Mrs. Bonnie Coles, NAPS Auxiliary Constable Michael Pelletier, Emma Pashewan, Glenda Verge, the Northern Store, Frontier Foods, Casuals Convenience, and the Winston Motel.



# Explosion of Retail Outlets in Mishkeegogamang



After nearly two years, Laureen’s Grocery and Gas is back and stocked up with tons of stuff – no need to head to the Northern Store in Pickle anymore! Gas prices at Laureen’s are competitive and Shawn Wavy says business is brisk, especially now that spring is in the air. According to Shawn Wavy, big events in Sioux or Dryden really increase stop-n-go traffic from northern communities

Jim and Alice Bottle’s store at Eric Lake offers snacks and smokes, and Jim is installing larger tanks for gas as well. Not only does Mish have three new stores, but prices are great - J&A Gas has the cheapest smokes this reporter could find anywhere.

Maxine’s Gas Stop has been up for a few months now and was started by Maxine Wassaykeesic and Michael Skunk. “It’s really starting to pick up now that more people are finding out they can get gas here at the best price around,” Michael said. “They like the lower price, and even people from Pickle are starting to come here for gas.”

## Message from the Head Councilor

January 9, 2012  
To the Editor  
Mishkeegogamang Newsletter

In 1998, the first disbursements of the Hydro Settlement Monies were made not only to band members but to the Canadian Imperial Bank of Commerce for money owed to them under dubious circumstances. This continued for several years until 2007 when after two community meetings where not even half of the band’s membership was in attendance, a decision was made to discontinue disbursements to those band members under 65 years of age.

Councillor David Masakeyash said to those of us in attendance at the meetings that the decision would remain in effect for two years and that after the two-year period, disbursements would resume for those under 65 years. Well, 2009 came and went several years ago and we still haven’t seen anything yet for the rest of the membership.

It was also said at those meetings that the money was needed to pay the legal as well as other costs associated with pursuing the Canada claim, but this claim is dragging on. Hopefully the final decision will be in our favour.

The Hydro Settlement Agreement was negotiated on behalf of the band membership. It was ratified by the majority of the electors of the band prior to its implementation. Why is one band councillor allowed to make decisions regarding the use of the funds? The

funds are held in a Guaranteed Income Certificate with signing authority held by councillor David Masakeyash. Why is that allowed? He is one councillor. Remember, the hydro funds belong to all our band members, not the councillor. The band members have the right to say what they want their money spent on.

Another disbursement for the elders is being planned with the possibility of a cheque in the next few weeks arriving in the mail or to be picked up at the band office. I’m happy for our elders; they deserve it. But what about the rest of us? Many of our people live below the poverty line here on the reserve and outside in the cities and towns. Don’t they count? They deserve something too. Those of us lucky enough to get a cheque every two weeks can probably get by, but there are many more struggling to get enough money to buy food, clothes, rent and other bills. They should get disbursements like the elders. After all, it is their money.

As a band councillor, I’ve repeatedly asked for a community-wide meeting on reserve and then in Pickle Lake, Sioux Lookout and Thunder Bay, but I’m continually ignored. I challenge any of the Council members to dispute that.

I call upon the Chief and Council to resume the disbursements to those band members under 65. The Hydro Settlement money is their money.

Thank-you.

Tom Wassaykeesic



*Yolanda Skunk and Shawn Wavy have been working at Laureen’s Grocery and Gas for about three months*  
*Left: Michael Skunk fills up the tanks at Maxine’s Gas Stop*

## Message from the Chief

We’ve heard a lot about the issue of hydro funds and it’s clear that there’s disagreement. But there are a lot of people in the community who don’t think that hydro money should be used for small individual payouts, and they too deserve to be heard. As well, Chief and Council represent many young ones who can’t speak for themselves. It’s our business to try to make good decisions for the well-being and future of those children.

Sometimes it seems that hydro payouts is the one big issue that people want to talk about. But the community has other issues that are far more pressing. Some questions that I would like to address are: Why are people freezing to death in their back yard? Why are people selling their welfare cheques? Why are people in our community starving? Why is our hydro getting disconnected? Why are we always saying we have no money, when we have adequate child tax credit? Why are we burning down buildings that serve our babies? Why are we burning a church down? Why is the issue of people dying in front of us not an important issue? Let’s get busy and deal with the really big problems. We have lots of critics, but where are they when push comes to shove – when it comes time to get things done? I’d like to send out a challenge to every person in our community to get involved with the work that needs to be done. Chief and Council are trying hard to address the many needs of the community, but we can’t do it alone.

If you’re wondering where you can get involved, here are some ideas: Volunteer for committees, come to meetings and classes and events, help with funerals and community feasts. In a crisis, where

someone’s dying, go sit with the family, or bring them food. Clean up homes when someone’s passed away, get wood for elders. Support the teachers and other community workers. Most of all, be responsible for your own household and family. Make sure the right things are happening there.

We have heard over the past few years that more community meetings are needed, and I agree. We are hoping that Chief and Council can meet with smaller family or neighbourhood groups over the next few months and then bring ideas from these smaller meetings to an all-community meeting.

An especially important round of community consultations will take place with regard to the Canada Claim lawsuit in the next few months. A Trust is being set up that will administer funds resulting from the claim, and community members need to voice their opinions on how to spend or invest that money. I’d like to encourage you all to get involved. Find out what’s happening and offer your ideas.

The way I’d like to do it is to arrange smaller meetings with groups and family first. A lot of people don’t come to community meetings because they don’t feel comfortable or safe voicing their opinions. It would take more time to have a series of smaller meetings, but at least people could say what they want to say safely. Many of our community meetings have the same people voicing the same things and people get tired of listening to it. Having little meetings leading to a big meeting may take longer, but it will give people more time to think and talk about the issues and the best ways to address them.

*Three Mishkeegogamang band members in 1929 with a government commissioner who came around to convey an amendment or adhesion to the treaty. The adhesion brought both reserves into the newly extended provincial boundaries and also stated the government’s claim to “water and lands under the water,” which the original treaty hadn’t specified. Former Chief Roy Kaminawash stated that this adhesion didn’t apply to Mish because it was signed at Big Trout Lake, and Mish never signed*



*This is the current edition of the Rat Rapids dam, which has caused much tragedy for the community and is still a source of division more than 75 years after it was built*



# Local Hero Tours Ottawa First Class and Receives Bravery Commendation



Bernard Keetash was officially presented with the Medal of Bravery by the Governor General at Rideau Hall in Ottawa on February 24. Keetash, Mark Montour and Jeffrey W. Neekan Sr. all received medals but only Keetash attended this ceremony. He



invited his friend Jeff Loon on the expenses-paid trip. They drove to Thunder Bay, then flew to Ottawa and stayed for three nights at the elegant Lord Elgin Hotel in the heart of the city, which Keetash pronounced to be “all right – no complaints.”

The three men received the Medal of Bravery for rescuing a 13-year-old boy from a burning house at Mishkeegogamang on Jan. 26, 2008. “I don’t consider myself a hero,” Bernard said. “It was just a fast reaction.”

# More Questions Than Answers at Crown-FN Summit

CONTINUED FROM PAGE 1  
we try to rebuild our communities.

As an individual, I thought the Prime Minister knows the right thing to do, but the structures he works within are not set up to systematically address the issues. In fact, the structure is systematically racist. There’s no way we can move forward with the Indian Act in place and administered the way it is.

I believe that in its current form, the Indian Act is a show-stopper. We have to put it in the past as a people and educate ourselves about what our governance systems were in the past, clan systems and so on. Because naturally, our families have had a spokesman, a clan spokesman, and you still see that with certain family members that speak out. We need to be talking to people more and asking ourselves what it is going to take to change this community.

How do we begin to nourish our own systems of looking after our communities? How can our own systems work within the larger system to advocate for our families and children? We need to start asking those kinds of questions more, get together more and work on answering them.

# Christmas Decoration Contest Lights Up the Community



### Christmas Contest Prize Winners

1st prize: Steven Lawson Fridge and stove Goldcorp/Musselwhite	5th prize: Vivian Lastheels Kitchen table and chairs Rosetta Projects, Feherty and Associates and Habib Architects
2nd prize: Theodore Mishenene Washer and dryer Norant Mining	6th prize: Maureen Mishenene Power saw and gas Northern Waterworks
3rd prize: Gina Neekan and David Masakeyash Generator Band office	7th prize: Gray-McKays – Hannah and Savannah and Henry Baker Jigger and fish net Northern Waterworks
4th prize: Jeff Loon and Destiny Skunk Propane oven and deep freeze Mistik Lumber	8th prize Maureen Skunk \$500 gift certificate Northern Store







# FALCONS AT THE BIGGIE

## Daisy Munroe’s Memories of the Missabay Falcons

As winter roads open, the frozen reserves awake from their isolation. Young and old are busy brushing the dustballs off their ears, vans and trucks. It’s time to head south for luxury shopping at Dryden’s Wal-Mart and fancy take-out Chicken Delight at Central Patricia.

There is a major happening in the air among the hockey players. A March Northern Bands hockey tournament in Sioux is approaching. Child neglect, family violence and drunkenness have branded the reserve with a very negative and feared reputation and caused it to be known as Canada’s #1 worst reserve. Here in the heart of Oz, a bunch of guys decided to form and enter a team called “Missabay Falcons” in honour of the blind Chief Missabay who signed the 1905 Treaty in Mishkeegogamang. The Missabay Falcons practiced sparely on an open rink. Usually half a team would show up, and other times the whole team showed up by some miracle.

The community supported the team by playing bingo and buying raffle tickets. Time came to book rooms. I called every hotel in Sioux and the answer was always

the same – no. “No! We cannot risk rooms getting trashed.”

Finally I called Hudson hotel and the owner was very happy. “Yes, oh yes! You guys can book the 10-room hotel with breakfast and supper for a week in the amount of \$2500.”

I agreed to chaperone 24 team players plus extra die-hard fans to make sure the

place wasn’t wrecked. The team were all excited. “A whole hotel!”

We all bunked double, triple and re-doubled and re-tripled on mattresses, bedboards and blankets. My room had a blanket for a door so I could hear clear down the hall. The team went out to check the rink, teams, fans and town. Around midnight, the players started to drift in with no incidents. At 2 a.m. I was awakened by a rough banging in the hall. A few loud words and threats, and the guys went off to bed. These were not just boys but were tall, broad and large hockey players, but I was determined to do my

job.

“No one will get \$10 lunch money if you guys don’t stop and get to bed!” That did it. The next day the team was up early. Over breakfast the guys shared laughter and last night’s bad jokes on them. The first year games were a lost cause. The players were hung-over, didn’t show up, or were lost

somewhere in town. Over the years the Missabay Falcons entered and lost but never gave up. Then in 1985, the team decided, “No one will drink during the hockey tournament.” I called and booked. Still the stigma was there. In my desperation to help the team to keep their decision, I booked Cedar Bay lodge which was a distance from town. I vowed to keep security with the help of my sons and some young people.

It was March 1985. A fabulous year for



the Falcons. The team made it all the way to the B-side championship with the Fort Hope Braves. There was a lot of excitement back home. So much that the Band rented a bus for the fans to come and watch the final game. Missabay Falcons won their final game with spectacular play and sportsmanship to the delight of the people. The Falcons were invited to a banquet and trophy presentation and were awarded medals for best coach, player, goalie, forward and highest scorer. Fans and players were beaming all over with happiness and outstanding accomplishment.

Time came to load the bus and vans. The coach opened the van door and out fell a security guy all happy and drunk. “Hey coach, I looked after the beer.” The van was loaded with 24 cases of beer. My curiosity of what kept these guys motivated for a week was answered. They boarded the vans and were gone living their ‘legend.’

I feel both sad and happy as I listen to the 2003 March hockey tournaments. The original Missabay Falcons are old or gone but the team name is still alive.



# Early Years Trailer Destroyed by Fire



A fire in the early morning of January 28 destroyed the trailer that had been used for the Early Years program. NAPS Sergeant Merle Loon said the police suspected that someone may have started the fire, but there is no evidence. The trailer and all its contents were destroyed. Anyone with any information about the fire should contact the band office as soon as possible.

Operations and Maintenance director Jeff Loon said they weren’t able to use the fire truck to put out the blaze because pipes on it were frozen. The fire truck is stored in the Operations and Maintenance garage, which isn’t heated. Loon said the fire truck is a “handy piece of equipment” in summer, when it has been used to put out grass fires, but, he said, in winter “we basically just park it there.” He would like to see a good year-round facility with heating so the fire truck could be used at any time.

The Early Years program has moved into the Youth Centre.



A reward is being offered for information leading to the conviction of those responsible for the Early Years fire, as well as the blaze that destroyed the church on the main reserve before Christmas

## OPP Toy Drive

The OPP toy drive was much appreciated again this Christmas. Constable Mel Coles of the Mishkeegogamang Detachment was the driving force behind this toy drive, working in partnership with members of the community and the Pickle Lake O.P.P. and Northern Store. Thanks to the efforts of everyone involved, over 120 toys were delivered by police to Tikinagan Child and Family Services and distributed on December 17.





# Create Your Dream Job!

*Are you a Mishkeegogamang Youth? Would you like to create your dream job this summer and get up to \$3000 to run it? Then you'll want to read this press release that was sent to the band office:*

## Welcome to Summer Company 2012!

This is an exciting opportunity for students, 15 to 29 years old, who want to start and run their own summer businesses. With hands-on business coaching, training and mentoring, Summer Company helps turn ambitious students into entrepreneurs.

If your application is accepted, you'll be eligible to receive up to \$1,500 to put toward start-up costs and up to \$1,500 upon successful completion of the program.

There's a video introduction to the Summer Company Program on this webpage:

[http://www.ontariocanada.com/ontcan/1medt/smallbiz/en/sb\\_ye\\_sumerco\\_en.jsp](http://www.ontariocanada.com/ontcan/1medt/smallbiz/en/sb_ye_sumerco_en.jsp)

The website also includes guidelines for applying and success stories about people who have built successful businesses with just a small loan and some hard work. The deadline for applications is May 7, 2012. Space is limited, so make sure to send in your information as soon as possible.

For more information, you can also contact Melanie Debassige from the Ontario First Nations Economic Developers Association at 705-377-4333 or [m.debassige@ofneda.com](mailto:m.debassige@ofneda.com)



Where you headed? This little dude may not be old enough to start a delivery service, but you might be!



# Pediatric Physician Bids Farewell to Mish

Dr. Tamizan Kherani, a pediatric resident from the University of Alberta, spent most of February in Mishkeegogamang with community physician Dr. Marilyn Koval. “Taz” is completing her residency through a program with the Northern Ontario School of Medicine, and is now working at the Hospital for Sick Children in Toronto. With just a few days left to go before moving on, Dr. Kherani described her time in Mish:

“I’ve been here for 3 weeks visiting the community and had the chance to see patients and meet a lot of different people as well. It’s definitely been a very enjoyable experience. What’s been nice is that there’s been lots of community events and chances to spend time with people. We’ve been doing also walks with the staff and Dr. Koval had me out snowshoeing alot which was totally new and really fun. I’m even able to identify rabbit tracks now! It’s nice to end our day coming back to the station after snowshowing and seeing the sunset behind the station. We don’t get anything like that

in the city. It’s just so peaceful and beautiful here.

We also went ice-fishing which was fanstatic – hearing about peoples’ lives, what it was like back in the day and living more traditionally. You got a sense of how importnat that was to them. And passing that knowledge on to their children seemed to be equally important, being able to have pride in saying ‘my children know how to live in the bush too.’

Everyone that works here at the health center is such a joy to work with and it’s a phenomenal environment. They’ve all done so much for me, but it’s also been great to have a chance to know them and hear how their live have been like. It’s been a fabulous experience here in Mish and it would be really nice to come back some time in the future. I’d like to thank Dr. Koval for mentoring me and providing me with that opportunity to meet so many people and to have experienced the community this way.”

# What to Do (and Don't) For Bedbugs

Bedbugs have returned to towns and cities all over North America, and Mishkeegogamang is unfortunately sharing in that problem. Bedbugs were first discovered here about a year ago and since then six houses have been infested with them.

The community has bought three spraying machines to deal with the problem, and several people are being trained to use them. Bedbugs are nasty, persistent little critters, but there are ways to beat them. Check out the tips below to learn what to watch for and what to do if you do get bedbugs in your home. If you get bedbugs:

## Do

Report the problem to the band office. They will send a trained pest control officer. Vacuum everything thoroughly, including cracks

and seams.

Deal with your bedding and clothes. Wash them in very hot water and put them in a very hot dryer for at least an hour. Then bag them if you're in a place where there still could be bedbugs.

## Don't

Don't move to another bed immediately. You can easily take the bugs with you and spread the problem.

Don't bag everything in your room. This might just seal the bedbugs in. They can live up to a year without food.

Don't spray bug killer around on your own. These are very tough bugs and it could just make things worse by scattering them around the house.

Don't assume that the bugs are only where people are noticing bites. It's an allergic reaction. Some people who are bitten might not even know it.





# Morning Walkers Unite for Health



For the first three Wednesdays of February, Mishkeegogamang Health Centre Staff have enjoyed the breathtaking setting of the morning moon, a bunch of laughs and a great breakfast. Led by Daisy Spade, Diabetes Worker and Marilyn Koval, Community Family Physician, staff have enjoyed a half hour of walking and three different breakfasts: Breakfast Burritos, Steel Cut Oats and Stewed Prunes and Homemade Granola with fruit (blueberries and raspberries from last year’s harvest) and plain yogurt. In addition, the staff saw a compelling YouTube video by a medical school classmate of Dr. Koval’s called “23 1/2 hours.”

“It’s a very important and simple message for life-long wellness,” said Dr. Koval. “When you watch it (it’s just under 10 minutes), you’ll understand why we chose to walk for a half hour.” In addition to the 23 1/2 hour video, staff learned about a program called WALK THIS WAY which encourages and supports those who are interested in beginning a walking program. Packages are available at the health center to any Mishkeegogamang community member who wishes to start walking. Walk down there if you can! In the meantime, here’s a link for the video: <http://www.youtube.com/watch?v=aUaInS6HIGo>

## PC Gold Announces Change in Chief Executive Officer

Former Chief Executive Officer Kevin Keough stepped down from his position in early December, and Jean-Pierre (JP) Chauvin took over as interim head while the company’s Board of Directors select a permanent CEO. “On behalf of the Board, I would like to thank Kevin Keough for his significant contribution to the Company. Kevin did a tremendous job in founding the Company and serving as its initial President and CEO,” said Anthony Lloyd, Chairman of the company. “While the Company seeks a new President and CEO more uniquely qualified and experienced to execute on this next phase, Kevin leaves the Company well positioned to capitalize on the opportunity presented by the Pickle Crow project.”

Exploration at the PC Gold mine in Pickle Lake continues to produce impressive results, and new drilling in the Shaft 3 area as well as the No. 22 vein has shown good potential. “The results of the fall drill program highlight the potential of the Pickle Crow property. We are currently planning another drill program starting mid-February to follow up these new high grade intercepts in the No. 22 vein,” said JP Chauvin, President and CEO of PC Gold. “I am very pleased to see the restart of exploration in the Shaft 3 area. This area of the property has historically had the greatest number of gold bearing veins and our recent exploration focus continues to add to this tally.”

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## Housing Crisis Makes National News

“Chief wants an end to shacks and outhouses,” reads the subtitle of a recent CBC report on housing in Mishkeegogamang. Chief Connie Gray-McKay told CBC that the community needs 300 new houses. The media spotlight began when Attawapiskat declared a state of emergency last fall because of appalling living conditions. As a result, CBC sent a team of reporters to several communities in Northwestern Ontario, including Mishkeegogamang.

Tommy Spade was one of the community members CBC interviewed. With two families living in his house, and grandchildren running around, he often couldn’t get to sleep early. Eventually he built his own small 12’ x 14’ home out of

plywood and chipboard, giving him some privacy. Spade said he grew up living in this kind of house and raised his children in one too, so he doesn’t mind. He heats the house with about four cords of wood in winter.

Overcrowding and poor quality housing are two of the main problems that Chief and Council and Mishkeegogamang band members would like to solve. When too many people live in a house, it causes strains and stresses on people’s quality of life. Some houses don’t have basic facilities like indoor plumbing, electricity and insulation, making life in this challenging northern climate even more difficult.

Chief Connie feels that people like Tommy Spade should obviously

have better housing. She wants major changes to the way First Nations are funded. The \$600,000 the band gets annually from the government for housing doesn’t begin to meet the need. A burst pipe in the teachers’ housing complex in early January caused about \$300,000 in damages – half of the annual housing budget. Making the repairs is essential, since keeping good teachers in Mish is a high priority.

But decent housing for community members is just as important, and Chief and Council are scrambling to find ways of achieving it. The new trailers will help, once all the servicing is completed so they can be occupied.



Two of the new trailers that began arriving last fall at Eric Lake

### Quit Smoking With Emotional Freedom

Tom Hawk has a long background in addictions counselling, and he’s excited about a therapy technique called Emotional Freedom Techniques (EFT). Tom has been practicing it since 2000, when he discovered EFT at a drug addiction conference. Since then, Tom has helped over 1200 people using EFT, and he has been successful at helping people learn EFT themselves in order to quit smoking, deal with past trauma, and break addictive cycles. Mr. Hawk will be giving EFT seminars in Mish over the coming months, and he invites anyone interested in it to get in touch with him at the Resource Centre (928-2407).

“EFT is really incredible – there’s a growing list of practitioners around the world, nurses, doctors, psychiatrists, social workers who are now using it,” said Tom. “It can be a miraculous cure for quitting smoking, addictions, aches and pains, and in particular migraine headaches. One of the cool things about EFT is that it aligns your energies, and afterwards people just can’t quite understand that the problem has disappeared. They will literally try to recover that old negative emotion or pain because it’s so familiar, but they can’t because it’s literally gone.”

Happy Spring! See you next time...