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M I S H K E E G O G A M A N G O J I B W A Y N A T I O N

Community Update

High School at Home

BY ERIN BOTTLE

Mishkeegogamang has an opportunity for high school students to do their course work in a classroom setting right here in the community. This blended learning environment is an internet high school program that offers students the best of both worlds: a great education while in the home community and technical skills to give the students a place in the modern world.

In all, 11 communities in northwestern Ontario have their own internet high schools: Bearskin Lake, Deer Lake, Fort Severn, Fort William, Keewaywin, Mishkeegogamang (two sites), North Spirit Lake, Poplar Hill, Sachigo Lake, Saugeen, Weagamow Lake.

In Mishkeegogamang, there are two classrooms - one in the Wahsa building on the Main Reserve and the other at Ten Houses in the Band Office. Lorne Goring is new to Mishkeegogamang this year and he teaches business courses at Wahsa, while teachers for the other courses are available to students online. There is another teacher at the Ten Houses Knet location as well as one in each of the other 10 Knet sites.

Currently Knet is offering Grades 9 and 10 courses, giving young people an opportunity to study in their home community for a couple of years longer than they used to be able to. Given the residential school experience, it seemed unreasonable to expect parents to send their children far from home to attend school, especially at the age of 13 or 14.

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Happy to be Back to School. School started at the Missabay School on September 8.

Never Too Late for an Education

Blair Fowler's is a well-known face around the Mishkeegogamang First Nation. He has, after all, been teaching students here for over 18 years and before that he worked in mines in the area.

At the age of 30, Blair decided to go back to school and get his education degree. Jobs were scarce in southern Ontario when he graduated so when he got a lead about a possible job in Mishkeegogamang, Blair applied. He was hired by Josie Kaminawaish, who was the Education Director at that time.

Blair said he taught Grade 8 that year and recalls that the school had burned down the year before and students had missed half a year of school because of it. Until the new school was built, students were taught in various cabins and buildings on the First Nation. "It was very scattered," he said.

Beginning his 19th year as a teacher here, Blair stressed the importance of knowing the home life and background of his students. "I pretty well know everybody in the community, which helps a lot," he said.

It is encouraging to see teachers returning to the community for a number of years and especially to see teachers that have grown up in Mishkeegogamang.

According to Blair, teachers on the reserve staff are not paid on par with Ontario teachers, so teachers shouldn't be coming up expecting "the big money." A lot of teachers come for a year or two and then leave, but he hopes they take back to the south what they have learned during their time on the Reserve "because people there don't have a clue what's going on."

Teaching in Mishkeegogamang, Blair hasn't had to worry about going on strike or students coming to school with guns and knives. "The school has always been a safe place for the kids," he said. They might not bring a lunch, but they will not leave the school hungry, thanks to a good, coordinated breakfast and lunch program.

Blair said he goes home to Sudbury for holidays, but keeps coming back because he has always been made to feel accepted here. "I never had any major incidents that would

make me want to leave," he said. "I've never had major problems with parents." He said he has found the people of the community to be supportive. "Treat people nice and you get it back. People are nice to you."

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Visit: www.pcgold.ca

Happy to be Back to School

School started at the Missabay School on September 8. Some difficulties with the buses and water issues meant a short first week, but 165 students are back to school now with 32 staff members for K – 8.



Michelle Theriault Grade 5



Ashley Tamlin K5



K4 students



Charlotte Muckuck K4



Madeleine Oswald Grade 7



Betsy Lucko Grade 1



A Letter From the Principal

Dear Parents, Guardians, and Students:

As we begin the 2009-2010 school year, we do so with excitement and anticipation. We have several new staff members this year and we look forward to the challenges ahead and the chance to celebrate the wonderful things that happen at the school.

Missabay Community School is an incredible facility with caring staff. The staff offers many educational opportunities in a variety of learning environments. The educational programs are designed so your child has the opportunity to reach his or her highest potential. The school is one of the cleanest schools I have been privileged to work in. The design of the school allows teachers to work collaboratively yet focus on the individual student to provide the best possible education. The outdoor surroundings allow the students to learn beyond the four walls of the classroom and the school's success in learning is achieved when there is a partnership between the school and the parents. It is our belief that students are more successful when we work together. Through cooperation and collaboration, all students will develop skills of respect and responsibility and will meet their educational goals. It is extremely important that parents and teachers maintain open and ongoing communication.

The School Handbook is designed to provide quick and easy access to most of the information that you will need throughout the school year. Please read it carefully and keep it for future reference.

We are always open to new ideas and welcome your input and suggestions. If you have any questions or concerns please feel free to contact the school. We anticipate a rewarding school year and look forward to developing a strong community partnership.

Wayne Thorne, Principal
Missabay Community School



Blair Fowler, Transitional Grade 8 teacher, with student Morgan Lastheels.

Never Too Late for an Education

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Some of the students he has taught have graduated from high school and have gone on to post-secondary school. Blair said many more are just a few credits short and he would encourage them to finish. "It's never too late," he said. "People might say education is not important but today you need at least a Grade 12 education. I went back to university when I was 30; now that's not uncommon at all."

Blair said the ongoing core staff, including Josie, Ida, Rachel, Charlotte, Anastasia, Lena and Daisy, as well as a great, dedicated maintenance and cleaning staff are all a benefit to the school.

Blair has seen a number of positive changes in the community since he started to work here. There is the new school, the clinic and the band office. Now there are a number of new housing starts as well. Hiring local staff is also a big plus. "There could and should be more," he noted, "but I think it's just a matter of time before that

happens."

Working at the Missabay School isn't all sunshine and roses. Social issues abound and some children living in overcrowded conditions don't even have a place to do their homework. And it's difficult to get specialized services, such as speech pathology, before the children reach school age. That often means kids fall between the cracks because they haven't been identified with hearing and speech problems soon enough.

This year Blair is teaching transitional Grade 8 at the Wahsa Centre, helping students upgrade in their language arts and math skills as well as in reading comprehension.

Blair said he just does his job the best he can and never gives up. "Not all the kids are going to be reached, but at the same time, it's never too late for education. There are going to be steps forward and there are going to be steps back, but as long as you are making general progress, that's what counts. That's what I see," he said.

Outstanding Students

SUBMITTED BY BETSY LUCKO
(GRADE 1 TEACHER)

Every month the teachers at Missabay Community School will award one student from each grade the "Outstanding Student Award." The students who receive this award are magnificent students who make teaching and learning enjoyable! Keep up the great work!

The Outstanding Student Awards for the first week of school go to:

K4 - Shyann Kaminawaish
K5 - Desriel Kwandibens
Grade 1 - Tyler Kwandibens
Grade 2 - Grace James
Grade 3 - Joaquin Neekan
Grade 4 - Leanne James
Grade 5 - Anna Spade
Grade 6 - Eli Masakeyash
Grade 7 - Randall Fox
Grade 8 - Wilson Fox



Tammy Mulrooney reads with her Grade 2 students on the first day of school, September 8.



Waylona Neekan is coordinator for the distance education program at the Wahsa location.

Distance Education High School Could be a Good Option

Living on a First Nation hundreds of miles from the nearest high school can make it difficult for young people, especially adults, to complete their education. Waylona Neekan, Coordinator for Distance Education High School at Mishkeegogamang, said one good option is available at the Wahsa Distance Education Centre on the Main Reserve.

The Wahsa program allows students to complete their high school studies at home. "There are people who don't want to move away from home and family," said Neekan, adding this is a great option for stay-at-home parents and working adults who want to take high school courses on the side.

Independent courses are available all year round and radio courses take place from September to June. Neekan said students can come into the centre and connect via radio. Courses are scheduled for nine weeks from Monday through Thursday with each course lasting between one and two hours. If students miss the radio broadcast, they can catch up on the courses on the internet. At the end of nine weeks students write an exam for a high school credit.

Students have access to support staff including teachers who are based in Sioux Lookout, but schedule community visits every two months.

High School at Home

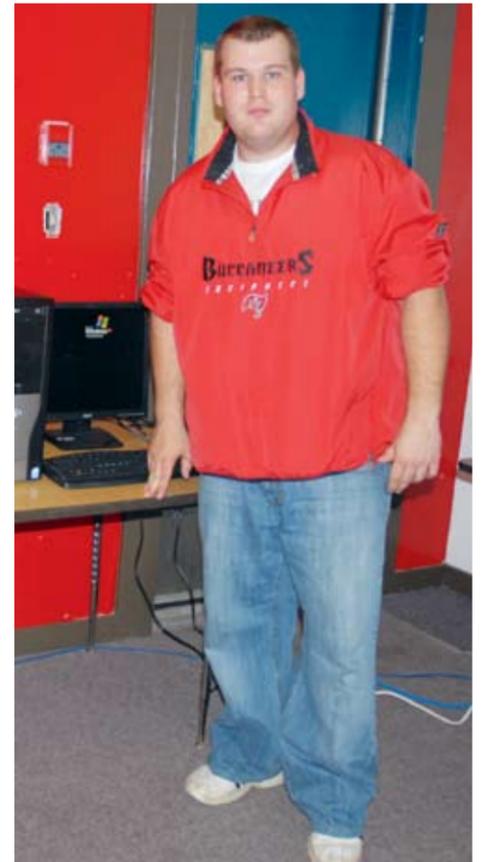
Continued from page 1

Keewaytinook Internet High School (or Knet for short) began in 2000 when Keewaytinook Okimakanak chiefs envisioned a secondary program that would use the internet and computerized learning to give their students the option of staying in their own community for their first years of high school.

Another option available through the program is Prior Learning Assessment Recognition (PLAR), where students over the age of 18 can get credits for life experience. With an assessment, adults can get up to 16 credits in Grades 9 and 10, enabling them to have fewer courses to complete towards their high school diploma.

Students are taught and mentored in the classrooms from 9 a.m. to 4 p.m. each day. They can also attend two evenings each week. The students receive their curriculum online and complete their activities before returning them to their teachers online. They can also take part in extra-curricular and community events to give them experience.

Knet is inspected by the Ministry of Education and has had favourable reports in the past eight years of operation. Last year almost 200 students were enrolled from the 11 communities and Saugeen celebrated its first local graduate. You can sign up for the Knet High School by bringing your Health Card and Status Card to Blair Fowler at the Wahsa building or Durrell Gray at the Band Office (928-2414). This is a great opportunity to complete your high school credits and obtain your Ontario Secondary School Diploma.



Lorne Goring is the new teacher in the classroom at the Wahsa location of Knet, Internet High School.



Donald Spade has been painting signs for Mishkeegogaming including a series to be posted at the Pashkokogan site.



Kenneth Wavy, who heads the Mishkeegogamang Taashikaywin Project, during last year's traditional break. Signing of the terms of reference for the project is planned for October 23.

"If You're Pregnant, Do Not Drink"

A walk was held on Monday September 17, 2009 to create awareness about Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE). The turnout was great! The following people participated in the walk: Philman, Edward Keesickquayash, Destai Skunk, Jeff Neekan, Maxine Was-saykeesic, Munzie Skunk, Meequin Kaminawaish, Sonja Kakekay-skung, Terrence Muckuck, Jerinina Neekan, Maureen Skunk, Vivian Lastheels, Lawrence Neekan, and Sophie Neekan.

The participants carried signs that read: "Our Children are our Future," "Take Care of our Children for a Better Community," "If You're Pregnant, Do Not Drink," and "It's up to You to Prevent FAS/FAE."

The walk began at the graveyards at 2:30 p.m. About 25 cars went by, encouraging the walkers with honks and cheers. The Early Years Centre marked the end of the walk at 4:45. Soups were served and Lawrence Neekan offered the prayer.

FAS and FAE are fully preventable, and awareness is the first step in prevention. Fetal Alcohol Syndrome and Fetal Alcohol Effects are caused by a mother drinking alcohol during pregnancy.

Alcohol damages the developing brain and nervous system of the baby, causing lifelong difficulties.

Pickle Lake Male Fined \$10,000 for Bootlegging

OPP news release

(Pickle Lake, ON) – 70-year-old Pickle Lake resident Dave Lockwood appeared in Pickle Lake Court on August 19th and pled guilty to unlawfully selling liquor, contrary to the Liquor License Act. The charges stemmed from an August 18th, 2008 investigation conducted by the Pickle Lake OPP. Lockwood was ordered by the Court to pay a \$10,000 fine.



Back row (l-r) Mike Shetterly and Cindy Middle row: Joanne, Bob, baby, Brian Shetterly Mike's son), Connie Grey-McKay, Bill Shetterly Front row Brandy (Mike and Cindy's daughter) Eve, Wanda (Bob's cousin) Emma (Bill's wife) and Donna Roundhead.

Sudden Passing Saddens Community

The community was saddened in August to learn of the sudden passing of Liz Shetterly, the 53-year-old daughter of Bob and Joanne Shetterly. The Shetterly family came to the Mishkeegogamang area and opened a store on the "island" between the Main Reserve and Ten Houses in 1974. Chief Connie Gray-McKay lived with the family for 18 years, from the time she was 10 years old until she was 28. Liz Shetterly was like a sister to the Chief, who attended the funeral at the Shetterly's ranch near Tofield, Alberta. The chief was accompanied to Alberta by her mother Sarah, Donna Roundhead, who also lived with the Shetterlys for a time when she was young, and Donna's daughter Jadie. The Chief received the following letter from the Shetterly family:

To the People of the Mishkeegogamang Nation:

It was so nice reading all the signatures of old friends. We thank each of you for your condolences. We are especially grateful for the presence of Donna and Connie, your chief and our "other daughter."

Bob always says the best years of his life were those we spent at Osnaburgh and I agree with him. We met many fine people who became our good friends and we think of them often.

We will always wish for the best for all of your Nation.

Your friends,

Bob and Joanne Shetterly
Will and Emma Shetterly
Mike and Cindy Shetterly
Brian and Eva Shetterly and Riley
Brandt Shetterly

Youth Program a Success

The Mishkeegogamang Ojibway Nation fully supports the First Nations Natural Resources Youth Employment Program (FNNRYEP). The program is conducted in July and August at a field camp where staff supervises daily work/training schedules as well as recreation for the youth on site. They also have a Natural Resources Science Camp week at Confederation College where youth can participate in hands-on workshops and demonstrations.

Chief Connie Gray-McKay said 20 youth from Mishkeegogamang have participated in the program over the past 10 years. Completing the course has "increased self-confidence and developed team building skills as well as a strong work ethic," she said. These youth have inspired and motivated other youth in the community to pursue education and training, Chief Gray-McKay said, and several have returned to the program as peer mentors.

House Fire Tragedy

A house fire in Pickle Lake claimed the life of a young Mishkeegogamang tribal member on August 22nd. The cause of death was determined to be smoke inhalation.

Emergency service personnel were called to the fire on Ramona Avenue at approximately 8:25 p.m. Upon arrival, OPP officers noticed that the home was completely engulfed in flames. Witnesses at the scene initially informed the officers that everyone had been able to exit the home, but subsequently reported that one male was not accounted for. The fire was extinguished by approximately 9:25 p.m. at which time the fire services personnel were able to enter the building and find the deceased.

A 19-year-old female was arrested at the scene and charged with breach of undertaking.

(When someone is released from jail before their trial, the court may tell them they can't do certain things such as leave the province, drink alcohol, etc. If they don't follow these rules, they are charged with breach of undertaking.)

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In a letter of support to the Confederation College Forestry Centre in regards to the youth program, Chief Gray-McKay said the FNNRYEP benefits the community socially by offering youth positive challenges, economically by bringing money into the community, and emotionally by offering youth an alternative learning environment that opens their eyes to the range of education, careers, and jobs available in the field of natural resources.



Mishkeegogamang brushing crew hired by PC Gold.



Gold in Riopelle Vein.

Working together with Mishkeegogamang

PC Gold Inc. is working hard to be a good neighbour in a way that goes well beyond the requirements of a Memorandum of Understanding (MOU) that the company signed with Mishkeegogamang in May this year.

Besides brush cutting, the company is employing band members for road work and line clearing, core cutting and sampling, cleaning services, and other activities.



Examining drill core from hole.

Mishkeegogamang Environmental Services Initiative

A joint venture between PC Gold and the band has established "Mishkeegogamang Environmental Services," which will periodically hire young people to carry out community clean-up initiatives. Ten young people were hired in mid-August to early September to carry out a trash pick-up around the reserve, including around homes and along the highways. The intent is to instill pride in the community and emphasize the link between traditional First Nation concern for the environment and the responsibility to keep the environment of the reserve clean and trash-free. PC Gold is funding the environmental services initiative 50/50 with the band. The August to early September cleanup was very well received and there are plans to follow it up with the purchase of "highway vests," stamped with the Mish and PC Gold logos, which will be used by those participating in the next community clean-up after the snow melts next spring.

The "Tidiest Property on the Reserve" Competition

In the meantime, PC Gold has also volunteered to fully fund a competition, "The Tidiest Property on the Reserve," to be held in early November this year. Winners will be those whose home and surrounding property is tidiest and free from all litter. First prize will be \$500, and the runner-up prize \$200. A member of the band will be chosen to judge the contest.

Supporting Local Skills and Selling Mishkeegogamang Arts, Crafts, and Services

As well, PC Gold has come up with a novel idea for spreading the benefits of its activities as widely as possible. The company's website gets a lot of traffic from many parts of the world. At no cost to Mishkeegogamang, PC Gold has redesigned its website home page to provide a highly visible "banner ad," including the Mish

logo, front and centre, which will draw attention to Mishkeegogamang arts, crafts, and services for sale. Visitors to the PC Gold website who click on the banner ad will be taken directly to the Mishkeegogamang website. There, they will come to an "on-line shopping" page on the Mish website, which will feature photos and other details of the high quality products, crafts, and services to be offered for sale by those band members who may wish to participate.

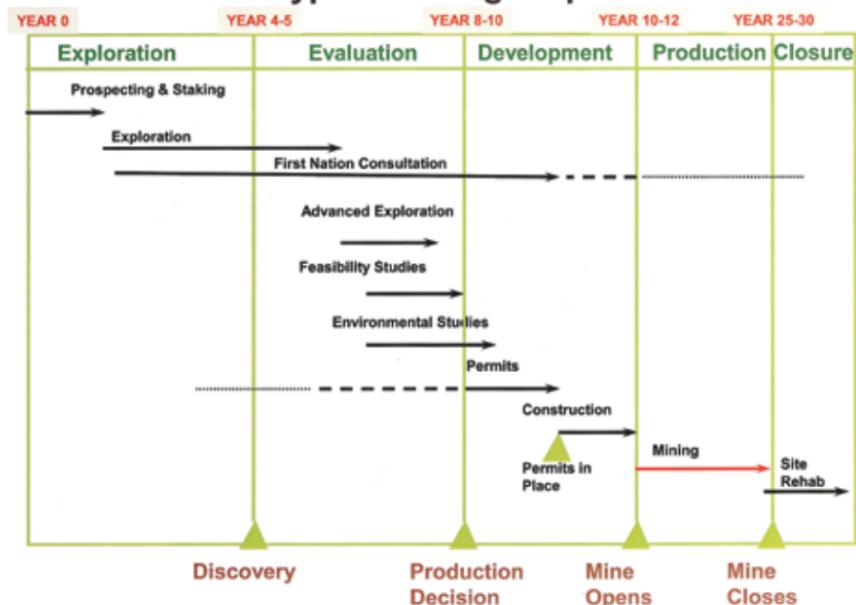
At present, with joint funding from PC Gold and the band, Lynda Spade is carrying out a community-wide skills survey to identify Mishkeegogamang people who may wish to make their various skills, products, or crafts available for sale. Anyone not previously aware of this joint venture initiative should contact Lynda. All ideas, and the participation of young and old alike, are welcome. It is hoped that the initiative will bring potential buyers from around the world together with local sellers from Mish.

Joint Funding of Newsletter

Last but not least, PC Gold has also committed to jointly funding quarterly issues of this newspaper as a way of keeping the community abreast of its activities in the area.

PC Gold President & CEO Kevin Keough says the company has no ulterior motives for working together with Mishkeegogamang other than respect for the traditional users of the land, a desire to do what's right, and a belief in "walking the walk." "I want PC Gold to appear for what it is - simply a good little company doing what it can to be helpful to the people of Mishkeegogamang," he said. Keough feels an affinity for First Nations people and believes he has some small understanding of the challenges their communities have faced in recent generations. His own ancestors, who were from Ireland, were forced into exile either by famine or for their role in rebellions. In the process they lost forever their land and their language, and a large portion of their cultural heritage.

A Typical Mining Sequence





Major Drilling foreman Ali with some of his crew's output.

Memorandum of Understanding

PC Gold works from the understanding that the Pickle Crow gold mine property is "in the heart of Mishkeegogamang's traditional territory" and that the company's activities should be a real force for good in the area. The company has not been shy about making its views known to its peers in the junior exploration sector, and has been open about the details of the Memorandum of Understanding (MOU) it signed on May 11 this year with Mishkeegogamang.

Among other things, the MOU calls for two per cent of all the company's on-site exploration expenditures at Pickle Crow to go toward establishing a Mishkeegogamang Community Fund. The company recently sent the band an initial cheque for over \$13,000, demonstrating its commitment to doing what it says it will do. Interestingly, the MOU also called for issuing the band 200,000 PC Gold warrants, which was done. These warrants are basically pieces of paper that provide the band with the opportunity to buy PC Gold shares at 49 cents each any time over the next five years. If the company's shares go up in value, the band can make money by "exercising" the warrants at 49 cents and obtaining shares, then selling them for the higher price. Of course, once the warrants have been exercised the band can also simply hold on to the shares for as long as it wishes, participating in the ongoing development of PC Gold as a shareholder. Because the company's shares are now worth more than 70 cents, the band already has a so-called "paper profit" on the warrants if it were to choose to exercise them today.



Mine drill with director Bill Fisher, project geologist Jason Arnold and two drillers

Pickle Crow: There's a Lot Left In It

PC Gold, the new Toronto Stock Exchange (TSX)-listed junior mining company now working in the Mishkeegogamang area, is betting that there's a lot of gold still to be found in and around the old Pickle Crow Mine near Pickle Lake.

Pickle Crow produced 1.45 million Troy ounces of high-grade gold from 1935 until it closed down in 1966 and was then allowed to flood. Parents and grandparents of some Mishkeegogamang residents alive today worked there years ago, and a new generation from Mishkeegogamang is working there now.

"There's a lot left in it, and a lot left around it," reads PC Gold's investor fact sheet. Though all the buildings from the old days were cleaned up and removed long ago, the mine site remains accessible by a good gravel road, thanks in part to the hard work of skilled young brush cutters from Mishkeegogamang. PC Gold bought the Pickle Crow mine property from two previous owners in 2008 and then listed on the TSX as a way of raising the money needed to explore it. The company believes there's a good chance they can expand gold zones known to be left in the mine from the old days, and

plenty of potential to make new discoveries. At this point, the company's goal is simply to determine how much gold remains below or around the old mine, mainly by doing a lot of drilling from the surface.

The company's exploration program at Pickle Crow, which is now in full swing, will ultimately involve drilling down as deep as 2.5 kilometres from the surface - far below the old mine and some of the deepest drilling in the country. Right now though, the company is drilling near surface targets in the Albany Shaft portion of the property, with good success. The deep drilling work will get underway in late September.

The company has just come through a tough year caused by the melt-down in financial markets last fall which threatened its survival. However, it managed to get through the disruption and raised more money in a couple of financings earlier this year. It's now hopeful that its exploration efforts at Pickle Crow are going to pay off in a way that is good for the area.

PC Gold has no properties other than Pickle Crow and doesn't make any money. It's just one of many so-called "junior" resource companies in Canada that raise

money from investors with the intent of spending it all on searching for metals or minerals. Companies like PC Gold do the "looking" and the "finding," but they don't usually do the mining. Mining requires very large sums of money, so it's typically done by the big companies with deep pockets like Goldcorp. "Juniors" typically don't have a lot of money so they try to spend carefully.

In PC Gold's case, they've chosen to focus all of their efforts and limited financial and human resources on Pickle Crow. Of course, there are risks to this approach, but there are also advantages. PC Gold believes the risks are outweighed by the higher-than-average chances of success with the Pickle Crow gold mine property.

The strategy of focusing just on Pickle Crow is good for the communities of Mishkeegogamang and Pickle Lake because it means all the company's expenditures are concentrated in the area. Moreover, as a little company with no bureaucracy, it can be much more attentive and responsive to the needs and concerns of local residents than the so-called "major" mining companies that have to seek approval for anything they do from multiple layers of management.

Everyone Encouraged to get a Flu Shot

A flu vaccine clinic will be held at the nursing station in October, and everyone is encouraged to get a flu shot. This vaccine is for the regular flu – a separate vaccine for H1N1 will be coming later. Community Health Nurse Lois Pelletier said it's very important for elders, pregnant women, and children to get the shots, but after that "we want everybody to have one," except for babies less than six months old.

Nursing station staff have received teleconference training in flu pandemic procedures for several years, so they are well prepared for the usual fall and winter flu season. The good news, said Pelletier in mid-September, is that all they've seen so far is a few colds.

What is a pandemic?

There's lots of news these days about a possible H1N1 flu pandemic. What is that exactly? A pandemic is an outbreak of an infectious disease that spreads throughout a very large region, like a whole continent, or maybe even worldwide. Although H1N1 has spread around the world, most cases are mild, and those who have died from it have usually had pre-existing medical problems.

Flu spreads by coughing, sneezing, and touching contaminated surfaces and then touching your nose or mouth. It's important to wash your hands often and avoid touching your nose or mouth.

If you do get the flu, stay at home. Don't go to school, work, or into crowds while you're sick. Sneeze or cough down into the crook of your arm so you don't spread the germs.

Maximized Living Conference

Chiropractor, Dr. Joel Bohemier will present at a community Maximized Living conference at the Missabay School Saturday, October 3rd. The day's activities will begin at 9:30 and will include a cooking class with Kim Kopack. Everybody is welcome to attend.



Clayton Kennedy started his position as Band Manager on Sept. 8

New Band Manager for Mishkeegogamang

Clayton Kennedy is well-experienced in the field of band management, but this is his first stint with Mishkeegogamang.

Kennedy was hired, through a screening process and a telephone interview, to work with the First Nation in the management position. Among other qualifications, he has been a financial advisor, band manager, co-manager and trust administrator for several northern First Nations. Most recently he was project facilitator for the Eagles Earth Opportunities Study for Constance Lake First Nation.

Although he is experienced, Kennedy does not expect to single-handedly run the business of the band. "This is not a one-man show," he said. "We will need cooperation, learning, and open communication."

Kennedy said with the help of program managers, he expects to build a strong organization that can run programs to meet the needs of the community.

"From a management perspective, I have the expectation that all members are treated fairly and equitably according to the program guidelines," said Kennedy. He added that although the Chief and Council have program portfolios and will be consulted as

issues arise, he expects the band operations to be in the hands of "competent program managers and staff."

"Chief and Council deal with policy and program development. They have political processes to follow as well as third party discussions and negotiations as they arise."

Kennedy said under his guidance there will be regular program manager meetings to keep managers abreast of upcoming changes and have a time for exchange and learning. "I hope to teach them about organizational behaviour and communications. These meetings should be a time for identifying program issues and problem solving. Decision making in a group is usually more powerful than as an individual."

Kennedy said he will encourage people to ask questions. He said he believes the only way to learn is to make mistakes and to ask questions.

His work with First Nations has given Kennedy a perspective on the larger picture as well. "I believe First Nations people have been given a raw deal. The treaties were taken advantage of and today national formulas for funding are inadequate," he said.

Nursing Shortage in the North

A serious nursing shortage in Northern Ontario this past summer resulted in some nursing stations having to close for a time. Others pooled their resources. Mishkeegogamang nurse Daisy Sugarhead flew up to Cat Lake to help out there for a few weeks, and then Community Health Nurse Lois Pelletier went up for a month to be the Nurse In Charge (NIC). The Cat Lake nurse who didn't wish to be the NIC there traded positions and came to Mishkeegogamang for that time.

Scenarios like this "happened all over

the North," said Pelletier, who has been in Mishkeegogamang for four years. The closures were only in the smallest satellite communities; Mishkeegogamang, with its population of 1,400, would be very unlikely to have its nursing station closed. Pelletier didn't consider the brief move to Cat Lake a hardship. "It was no problem. I think we managed," she said cheerfully.

The Mishkeegogamang nursing station in general is adequately staffed. "It goes up and down," said Pelletier. "It can be crazy busy, but most of the time it's manageable."

Telehealth News

by Darlene Panacheese

Telemedicine Coordinator/
Team Leader

Coming up

A refresher course on the H1N1 protocol (hand hygiene, respiratory etiquette) for all nursing staff and anyone else interested.

Ongoing Events

Elders Visitation happens every third Thursday of each month at 9:30 a.m. until about 12:30 p.m. A different topic is featured for each event (laughter is good medicine, traditional medicines etc.) After the event the elders visit with each other and Home and Community Care usually has a light lunch for them, such as soup or sandwiches. Turnout has been good and the elders enjoy themselves.

I have doctor/diabetes video consults scheduled almost every week. What I do is contact the patient that's scheduled to be seen and confirm the appointment with the patient and the schedulers. On the day of the appointment, I get the driver to pick up the patient and bring them to the nursing station. The doctor or nurse and client then consult via video in the Telehealth office and I usually translate for whoever needs translation. There are family visits as well, or even if anyone wants to visit someone from another reserve, I am the one to make it happen. Just come and see me at the office and I will be more than happy to help you out.

I get posters from educational schedulers and presenters which I usually fax out and I will also include them in the newspaper. If anyone is interested in attending any sessions, I register for the event. If anyone has any other ideas for sessions they would want to see or even do a presentation, let me know. I'll be available to help out on the video conference request forms.

Call me if you have any questions/concerns, at 807-928-2298 or email

darlenepanacheese@knet.ca



There has been unusually high water in the area this summer because of higher than average rainfall. Ronald Roundhead says traditional ways of relating with the environment will need to adapt to a changing climate.

Ronald Roundhead Speaks Out About Traditional Healing

Healing takes time. Generations, sometimes. That's one of the important lessons from his ancestral system that Ronald Roundhead learned, spending three quarters of his life living in the traditional territory of the Mishkeegogamang First Nation.

"Anishinabe people are so integrated as a unit. If anything happens to one aboriginal person in the community, the whole community is impacted," he said.

Healing from the results of the 1960 Scoop and residential schools as well as other impacts of contact will take time, even generations, said Roundhead. "Even though there was an apology from the government that may help some people, for some there are ongoing, lingering sorrows that will continue to impact their families. It might take seven or eight generations down the line."

Roundhead said in order for healing to happen, the elders need to come forward, to "come out of the closet and teach us."

"It's here. The healing is here. The community has it, that's how I see it," he said. "I know this community. If we jump on the issue we can still turn it around. We have to utilize our elders and develop an archive of the [teachings in the Ojibway language]."

Roundhead said people have to realize that there are differences between the

Anishinabe people and the rest of the world. "Our blood is the same, we breathe the same air, but we are different," he said. "They are farmers, I am a hunter. You can't mix up oil and water; they're never going to mix."

The same goes for the various programs and policies being used on the First Nation. Roundhead said systems such as the child welfare system have been brought in from the outside and, even when controlled locally, are still foreign systems. "My way of thinking about being a parent, about how to discipline a child, doesn't fit into their system."

Roundhead goes on the local radio station every Tuesday at 7:00 p.m. to discuss a variety of subjects that pertain to the Mishkeegogamang people. Change, he said, will have to come from the grassroots level.

The people of Mishkeegogamang have to deal with the past, but also face the future in an increasingly technical time. Roundhead applies lessons from the elders to the computer era. "Everything in life," he said, "always had two sides, the positive and the negative. The computer system may be a very useful, working tool if put to good use, but it can also be a very spiritually eroding device when used in a negative way. It can break a family up. It can break a human spirit or a group if used in the wrong way."

Another issue the community will have to deal with is climate change. "I know it's not a theory, it's there," said Roundhead. "First Nations need to adjust the way they were doing things, and the way they think when it comes to survival in the traditional homelands. We have to go along with the evolution process."

Traditional practice means different things to different people, Roundhead said. "Our systems vary and I respect that. Some smudge, some go to the sweat lodge, some visualize traditional practice as being out there hunting. For me, when I'm on a retreat, I don't run from ridge to ridge and lake to lake hunting. A traditional retreat for me is a time for cleansing with the air, with the water. Being out there, listening to the sound of silence, to me, that's healing. That's been carried on from my side of the family from generation to generation and I intend for my children and grandchildren to carry that on."

"I'm a bit over half a century old," he said. "I've seen a lot of changes and a lot of hurt, but one thing is positive. The people here are very strong and about 85 percent of this community still speaks the language. We will survive. This community will survive for the next 500 years. We're not going to go anywhere."

Residential School Survivor

I am a survivor

You know sometimes, when I backtrack, it is like yesterday.

I can feel the hurt, shame, degrading, anger, betrayal, all anew.

How do I carry on? Who knows

Time stops

My body aches. It's as though I carried a heavy load the day before and I am carrying twice as much

Today. It's ugly, it's dirty.

My throat hurts as if I am being choked. I can't talk.

My eyes hurt, they burn and flood inside, I can't see what's ahead.

My mind, concentration, people, laughter, music, children, scenery, it's all hard to grasp.

Death is here, but how do you die when you are already dead.

Almost as though it's not there, I'm not here.

It's dark here, it's gross, it's dirty, it's cold, it's lonely, it's so awful here, make it go away.

I hear those whispers: I really never had anyone. He was right.

My eyes fill and my body paralyzes.

I see a distant trail with a light at the end, only I have to climb this very steep muddy hill

Before I get to it. I can almost reach the top of this hill, but I get drawn back in.

There are many of us that go here. We don't see each other because we are forever

Covered by the shame. We go alone. It's lonely here, and we can't get out till it's passed.

My stomach begins to turn and ache as I get hold of reality.

How have I been able to make it this far?

Slowly I catch my breath. I tell myself I am not crazy.

I AM A SURVIVOR.

Member prefers to be anonymous



Eva Skunk, 84, wants to help the community by sharing her knowledge about growing up in traditional Mishkeegogamang territory. Interview translated by Josie Kaminawaish.

Eva Skunk Remembers The Past

A birthday party where the birthday girl gives out, instead of receiving presents? A whole winter without a sweet thing to eat? These are just a couple of tidbits Eva Skunk would like to share with young people about the life she knew as a girl growing up in the traditional territory of the Mishkeegogamang people.

Eva is very concerned about the lack of information young people have about the old way of life. Learning the traditional lessons, she strongly believes, will help young people survive on their own as adults.

It worries Eva that that the youth don't speak the language because they might not understand what she and other elders are trying to tell them. She fears a lot will be lost in the translation to English. "If you know the language and the customs, you are very strong at heart."

Still, she is determined to begin to tell her story and agreed to give a short interview for this newspaper.

Eva was born 84 years ago, way out in the bush. Her parents were on their way to "a place to reside or to trap or hunt," and it was cold, a time when there was snow on the ground and they were able to walk on the ice. Her mother carried a rabbit skin blanket to wrap her new baby in when she arrived.

They were strong and healthy in those days. It was rare for somebody to be sick so Eva doesn't really know what they used for medicines. She remembers there were occasions when somebody had a cold and they would make a steamy "sauna" by putting a blanket over a bowl with boiling water and cedar. The water was heated by placing a hot

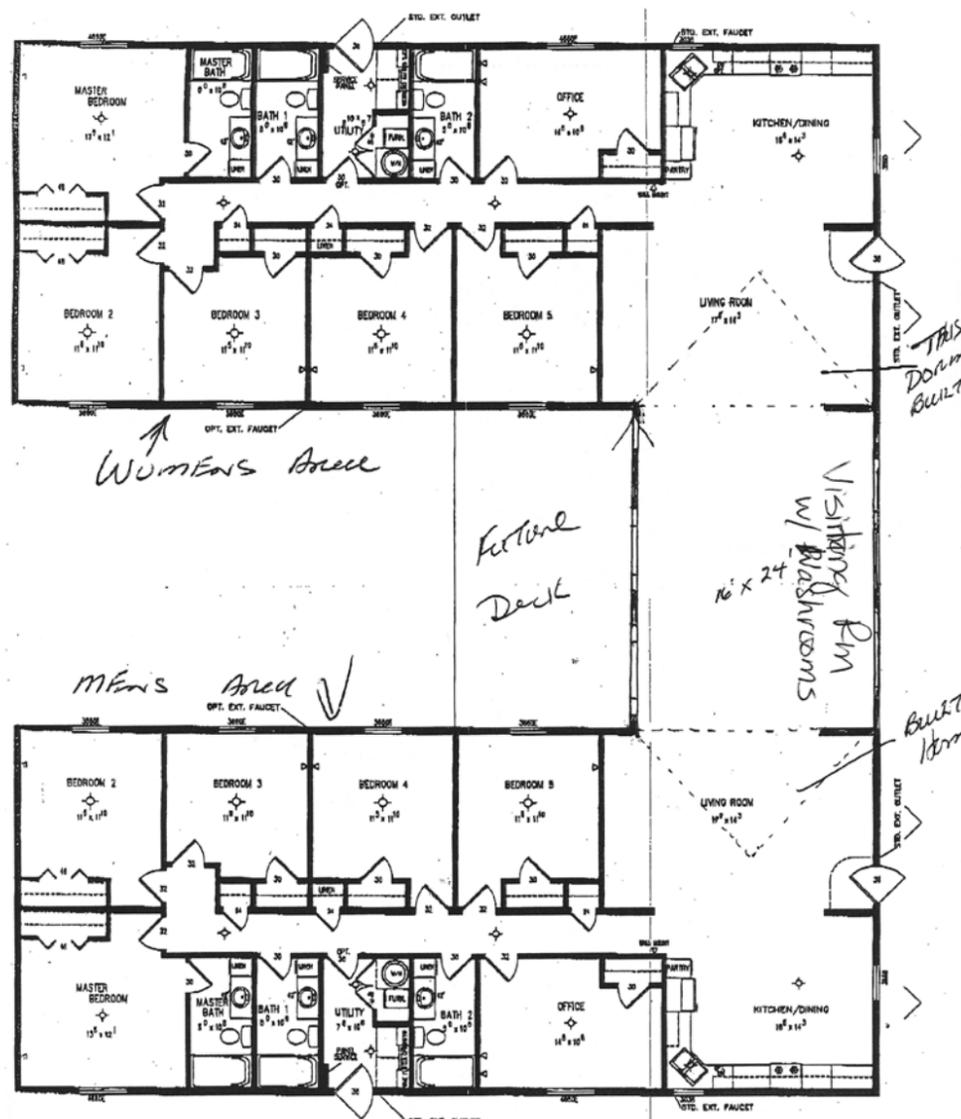
rock in the water.

Josie Kaminawaish said people did a giveaway on their birthdays to give thanks for their life. This would also be a time to make resolutions for the individual's New Year. For her birthday, Eva's father gave her some candy, "like mints - old lady's candy," and she had to give a candy to each person.

They didn't have a lot of sugar in those days, so the birthday candy was a big treat. In the summer they cut birch bark trees and sweet sap came out. They also scraped the bark of poplar trees and chewed on that. There was a lot of variety in the summer time, but in the winter often the only food was a broth made from various animals or fish.

"They used to take moose bones, connecting joints, take those things and break them up with an axe or stone to pieces. Then they would boil that for a long time and it looked like milk, but it wasn't milk, and that's what they used to drink." The same thing was done with the leg and foot of the rabbit. No spices were added; everybody just drank the broth.

"In those days we didn't have anything like they have now in regards to food," recalled Eva. One day she met a white woman who gave her a banana. Eva didn't know what it was so the woman peeled it and gave it back to her. Still she didn't know it was food until the woman showed her to take a bite of it. Eva finally had a bite and hated it and wouldn't swallow. Eva chuckles at the memory, saying these days she likes to eat four bananas at a time!



The blueprint of the proposed Elder's Housing which is scheduled to be under construction this fall near the Missabay School.

Pickle Lake and Surrounding Area Community Policing

* WANTED *

"Community Member Participation" For Pickle Lake and Surrounding Area Community Policing Committee

Do you have any traffic concerns such as vehicle speed problem areas, walking to and from areas, or bicycling safety?

Are you concerned about snowmobile, boating or hunting Safety?

Do you see a circumstance in your neighbourhood that could create a potential problem of safety or crime?

If you can relate to any one of these or have a concern about the community or surrounding area and you take pride in your community and want to help make a difference, you can join the Community Policing Committee to work with the police to make that difference!

I personally want to invite you to a recruiting drive on Wednesday October 19th, 2009 from 7:00- 9:00pm at the OPP Pickle Lake Detachment to learn about the Community Policing Committee and to see if this is something you would be interested in joining.

Refreshments and snacks will be served.

If you have any questions or would like to join the committee please contact the OPP Pickle Lake Detachment at **(807) 928-2211**.

I look forward to seeing you.

Cst. Dianna Dauphinee
Community Policing Liaison Officer

Community Feels Safe

The community of Pickle Lake was surveyed to find out how satisfied citizens are with the services provided by Pickle Lake OPP. The survey was conducted by R.A. Malatest & Associates, an independent agency who conducted a telephone survey. All surveys were completed by randomly selecting phone numbers. All respondents were at least 16 years old and no member of the households surveyed was employed by the OPP.

Some of the survey highlights are:

- 91% felt "very safe" in their community
- 77% said the OPP were "somewhat involved" or "very involved" in their community
- 85% were "satisfied" or "very satisfied" with the OPP's ability to work with communities to solve local problems

- 86% were "satisfied" or "very satisfied" with the OPP's visibility in their community
- 93% were "satisfied" or "very satisfied" with the OPP's visibility on the highways
- 85% were "satisfied" or "very satisfied" with the OPP's response time to violent crime
- 71% believe domestic violence is a problem in the community
- 33% believe sexual assault is a problem in the community
- 17% believe drugs are a problem in the schools
- 8% believe youth gangs are a problem in the community

Some other areas of concern identified by residents are property crime, nuisance activities, alcohol/drug/substance abuse, child abuse, and elder abuse.

Community Service Awards

Mishkeegogamang Chief and Council are accepting nominations for the following community service and achievement awards:

- **10-year Service awards**, for persons who have worked in the same area for 10 years or more
- **20-year Service awards**
- **Clifford Wassaykeesic Volunteer Memorial Award**, for community volunteers in any area
- **Employee of the Year award**, for outstanding commitment to their job and to people
- **Courage, Hope and Spirit award**, for commitment to local church, for those who demonstrated courage and hope to our people.
- **Outstanding Achievement by Youth**, for youth who have made extraordinary achievements.

To nominate someone, please fill in the form below and bring it to the band office by October 10/09

I wish to nominate _____

For the _____ award

This person deserves the award because _____

Nominated by _____

ATTENTION ALL HUNTERS

Naandiwenjigehwin

Moose Hunting Derby October 9-16, 2009
Entry Fee \$300.00 / per person, two-person teams
Hunters to hunt on equal quota system
Judging Committee will determine the winners
Panel of 6 men & 6 women on Committee

Rules & regulations must be adhered to & respected.
Winners will be announced at traditional feast.
Road hunting not permitted and subject to disqualification during judging phase.
1st Prize • Canoe, Paddles, Camping Gear – Dome Tent & Lifejackets
2nd Prize • Power Chain Saw & Axe
3rd Prize • Coleman Stove & Tent

Naandiwenjigehwin is to support our community in having a traditional community feast/cookout tentatively scheduled for October 19, 2009 in partnership with Missabay School

Deadline for Registration: September 30, 2009

Contacts: Erin Bottle (807) 928-2414/Home (807) 928-0150
Dianna Bottle (807) 928-9825
Registration Payments Contacts: Mark Monture/Dianna Bottle/Erin Bottle
Hunting Location Contact: Steven Lawson (807) 928-2123

* * * * *

Traditional Teachings in Conjunction with Naandiwenjigehwin Hunting Derby

OCTOBER 16TH, 17TH, 18th, 2009

For all interested persons of Mishkeegogamang young & old. All community people knowledgeable in sharing those teachings are encouraged to come forward. Volunteers needed for teachings, for traditional food preparation teachings, for community cookout, and panel of judges. Contact Erin Bottle at (807) 928-2414 during business hours or at home in the evenings (807) 928-0150

- Moose Skinning Teachings
- Rabbit Skinning Teachings
- Traditional Food Preparation Teachings
- Traditional Teachings on Animal Care with Respect to Bones
- Teachings on Taboos with Certain Animals
- More teachings depending on knowledgeable persons wishing to share these traditional teachings

Women on their Moon Time are not allowed to participate in skinning and preparing the traditional foods. It is because of the sacredness and power women have during this time we are to honour the animals hunted. We are to honour and respect those women during that powerful time. The women can observe in the teachings.



Team Contracting, owned by Barry Andrews, has been hired to finish the water and sewer tie-ins and lot preparations for 27 new homes. Andrews has five workers on staff. They finished the water and sewer project and are currently completing the lot preparations. Due to the program deficit, the band's Operations and Maintenance was closed and staff was given the opportunity to work with Team Contracting.



The dental hygienist saw a high number of young children as she checked teeth in early September.



Women volunteered their time to reorganize the Self Help store across from the Government Office at Ten Houses.

A Step Forward in the Process of Healing

Boozhoo, Wacheya, I am Ronald Roundhead, Social Development Worker (formerly known as NNADAP Worker). In the coming months we will be working with a holistic healing approach. The Wilderness Therapeutic Healing Approach will be used in facilitating the road and path to healing for our people as was done by our ancestors from time immemorial. The foundation of this approach is the belief that the Earth and nature have natural healing powers to heal one's soul and provide therapy.

In the coming months there are opportunities for our people to take initiative in their healing process by attending programming with the Social Development Department. We encourage our people to take a step forward in starting the process of healing and we encourage families as well.

CALENDAR

September: Workshop on Sexual Abuse & Lateral Violence tentatively held at the Resource Centre.

September 15 & 16, 2009: Father & Son Cultural Value Awareness session. Intake for this session is ongoing. Intakes are encouraged and are open prior to session.

October 6-8, 2009 Therapeutic Land Deliberation intake session, to be held out in the land. This program session will focus on youth.

October 17, 2009 Community Cookout as provided by frontline workers in ALL departments.

In Memory of Sam and Emily Skunk

BY JERININA NEEKAN

It was here, about this time, long ago. What a merry ride to travel on a boat with the family! Dusk was on its way as the sun set on the calm lake. Father sat behind me steering our 9 hp motor and mother sat at the front end of the boat. All the siblings huddled together in the center to keep each other safe and warm. Vroom, vroom, I'd hum to the sound of the motor. Water splashed lightly against the sides of the boat. I'd look all around me; every island had its own beautiful features of trees, rocks and land. A soft breeze would

blow in our faces.

Mama's scarf waved with her hair; I could almost smell her perfume. She was a plump lady, not fat. Mama wore a purple dress and flowered shirt. She'd only wear rubber boots for this trip, otherwise it'd be dress shoes. Yup, she was a lady.

Father, he always had a cigarette in his fingers or mouth, his white hair had become stained from the tar, and his fingers too had turned yellow where he'd held his cigarettes. He wore black or dark navy suits only, a cowboy hat, and wallet attached to his belt with a chain. He had one of those

metal butane lighters which went click, click with every use. He was a stern, strong, thin, tall man.

When it got cool, we'd stop to camp for the night. Everyone would move quickly, tents would be set up, Mama would gather branches for our tent flooring. A fire would be made and wood set aside. Water was hauled from the lake. Tea, bannock and tea-porridge were a treat. Mama made good bannock, Dad always brewed his coffee. Mmm and ahh, I can almost taste the bannock and smell Dad's coffee.

As night crept in, a loon call would echo

distantly on the lake. We'd settle into our canvas tents. Mama brought her famous homemade goose feather blankets especially for a night like this. We were warm and cozy, lying on a foam mattress. As the candle was put out, I looked toward my father's shadow from the campfire outside, as he tended to it for the night. Crackle, crackle, loon call and everyone else sound asleep. I soon would be too.

Thank you, Mom and Dad, for these memories.