



**FEBRUARY IS HEART HEALTH MONTH**

Newsletter Date

**Natural Resources Canada**

**2010/03**

**January 19, 2010**

## Minister Raitt Announces Appointment of Member to the National Energy Board

**OTTAWA** — The Honourable Lisa Raitt, Minister of Natural Resources, today announced the appointment of a temporary member, Mr. Hans Matthews, to the National Energy Board (NEB).

Mr. Matthews is a professional geologist with more than 25 years of experience. He has been the President of the Canadian Aboriginal Minerals Association since 1992. Mr. Matthews has also held executive positions focused on natural resource and environmental management, economic development and strategic policy and planning. He is a member of the Wahnapiatae First Nation, Ontario, where he resides.

"I am very pleased to confirm the appointment of Mr. Matthews to the NEB," said Minister Raitt. "He brings with him a wealth of experience and expertise in resource management and in working with aboriginal communities."

The NEB is an independent federal agency that regulates Canada's oil, gas and electric utility industries. It promotes safety, environmental protection and economic efficiency with respect to the regulation of pipelines, energy development and trade. The NEB reports to Parliament through the Minister of Natural Resources.

Media may contact:

Jocelyne Turner  
Press Secretary  
Office of the Minister  
Natural Resources Canada  
Ottawa  
613-996-2007

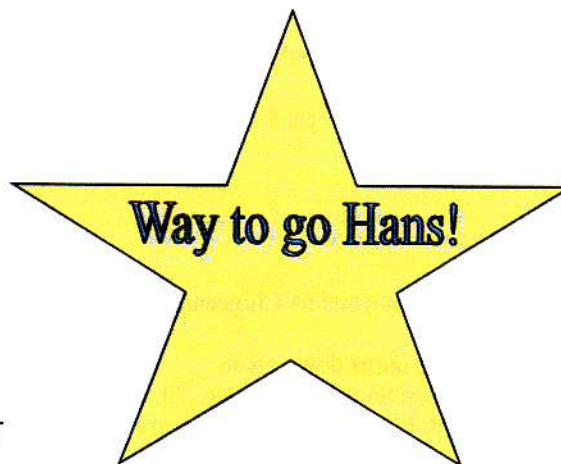
or  
Media Relations  
Natural Resources Canada  
Ottawa  
613-992-4447

The general public may contact:  
Mon.-Fri., 8:30 a.m.-4:30 p.m. EST  
Telephone: 613-995-0947  
TTY: 613-996-4397

(teletype for the hearing-impaired)

E-mail: [questions@nrcan.gc.ca](mailto:questions@nrcan.gc.ca)

**NRCan's news releases and backgrounders are available at**  
[www.nrcan.gc.ca/media](http://www.nrcan.gc.ca/media)



FEBRUARY CALENDAR	2
WORD SEARCH & COMMUNITY BUILDING COMMITTEE REQUEST	3
CHILD & CULTURAL WORKER INTRO	4
THE PARTS PERSON TRADE	5
MOTORCYCLE TRAINING	6
HEALTH & SAFETY TRAINING	7
CONTINUING EDUCATION APPLICATION FORM	8
ABORIGINAL RECRUITMENT FAIR	9
HEATING SAFETY OFN—INTEGRATED HEALTH PROMOTION STRATEGY	10
	11
ABORIGINAL YOUTH BUSINESS CONFERENCE	12
AYBC REGISTRATION FORM	13
PST/GST/HST SEMINAR	14
COLLEGE BOREAL TRAINING	15
OPEN HOUSE	16
CATERING PROPOSAL	17
BUILDINGS AND HOMECARE WORKER POSTING	18
WATER SAMPLING TRAINING	19
MITT MAKING UPDATE	20
TOONEY TOSS THANKYOU	21
BEST WISHES	22
VALENTINE JOKE	23

# MIKWA GIIZIS

# February "Bear Moon"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <b>Kakjiish Giizhgat (Groundhog Day)</b>	3	4	5	6
7	8	9 <b>Cultural Committee Mtg. 6 pm at the gazebo</b> <b>Chief &amp; Council Mtg. 6 pm at the fire hall</b>	10 <b>Parents &amp; Tots Meet &amp; Greet 11 a.m. at the gazebo</b> <b>Parents &amp; Youth Meet &amp; Greet 4:30 pm at the gazebo</b>	11	12 <b>Open House 12 noon - 7 p.m. at the fire hall</b>	13 <b>Open House 9 a.m. - 4 p.m. at the fire hall</b>
14 	15 <b>Family Day Office closed</b>	16 <b>Congregate Dining 5:30 pm at the gazebo</b>	17	18	19	20
21	22	23	24	25	26	27

## Schedule of Events

- January 9, 2010 - Chief & Council Meeting at the fire hall
- January 9, 2010 - Cultural Committee Meeting - 6 pm at the gazebo
- January 10, 2010 - Meet & Greet at the gazebo - 11 a.m. for Parents & Tots and 4:30 pm for Parents & Youth
- January 12, 13, 2010 - Open House - Friday 12th - 12noon-7:00 pm & Saturday 13th, 2010 - 9:00 am - 4 pm in at the fire hall
- January 15, 2010 - Family Day - Office Closed

## A bit of history...

February 4, 1861 - General council of Wikwemikong and M'Chigeeng chiefs oppose any government attempts to cede Manitoulin Island

February 5, 1911 - Girls school at Wikwemikong burns down again

February 9, 1857 - Anishinaabe Chiefs cede Owen Sound (Treaty No. 70, 82)

February 10, 1877 - Manitoulin chiefs meet with Indian agent to explain treaty relationship, show the medal given in 1764 as proof of alliance

February 10 1763 - Peace of Paris, ending the Seven Years War, signed by Britain, France and Spain

February 28, 1882 - Ojibwe Chiefs of Manitoulin states that all of their band members should receive Robinson Huron Annuity and that the interest payments for the island should be increased.



Healthy Heart Wordsearch.

A Healthy Heart is a happy heart!

Words can be backwards, forwards and diagonal. Good Luck!

Try to find all 28 words.

S	H	D	H	E	A	R	T	D	I	S	E	A	S	E
W	R	I	S	K	F	A	C	T	O	R	S	N	G	F
B	V	E	G	E	T	A	B	L	E	S	N	E	A	E
L	W	T	B	M	I	R	S	X	O	P	O	M	N	L
O	H	H	C	M	U	F	E	T	R	D	I	O	Q	A
O	O	U	E	D	U	R	I	E	I	L	T	W	U	C
D	M	L	X	A	C	N	V	S	Y	U	I	R	I	I
P	E	K	O	I	L	E	R	H	H	S	R	O	T	S
R	G	X	S	T	N	T	I	U	S	L	T	F	S	Y
E	R	E	W	T	I	S	H	E	O	T	U	D	M	H
S	A	E	I	E	T	V	N	C	A	Y	N	E	O	P
S	I	O	T	O	I	T	A	F	A	L	W	R	K	T
U	N	R	R	A	I	G	W	T	A	R	O	O	I	E
R	R	Y	J	F	W	O	H	Q	E	Z	E	G	N	G
E	G	C	H	O	L	E	S	T	E	R	O	L	G	K

- AGE
- BLOODPRESSURE
- BMI
- CHOLESTEROL
- DIET
- EXERCISE
- FAMILYHISTORY
- FISH
- FITNESS
- FRUITS
- GETPHYSICAL
- GOREDFORWOMEN
- HEALTH
- HEALTHCARE
- HEART
- HEARTDISEASE
- KNOWYOURNUMBERS
- LOWFAT
- MOTIVATE
- NUTRITION
- PREVENTION
- QUITSMOKING
- RISKFACORS
- VEGETABLES
- WATER
- WEIGHT
- WHOLEGRAIN
- WOMEN

**“Ring Bearer”**

A little boy was in a relative’s wedding. As he was coming down the aisle, he would take two steps, stop, and turn to the crowd. While facing the crowd, he would put his hands up like claws and roar.

So it went, step, step, ROAR, step, step, ROAR, all the way down the aisle. As you can imagine, the crowd was near tears from laughing so hard by the time he reached the engaged couple.

The bride leaned over and asked what the boy was doing.

He proudly replied, “I’m the Ring Bear!”

**LOOKING FOR  
1 MORE RESIDENT BAND MEMBER  
TO SIT ON THE  
COMMUNITY BUILDING COMMITTEE**

**Interested band residents please  
contact Irvin George - Band manager  
@ 858-0610 ext: # 113**

Greetings Everyone!

Finally, we have a long-awaited for, child and Youth Worker! Wahnapiatae First Nation welcomes Marty Wilson to work in the Child and Youth Worker position. Marty brings with her, a wealth of education including a Native Child and Family Worker diploma, Bachelor of Native Studies, Bachelor of History and a Bachelor of Education. She has teaching experience and worked with children and youth in social agencies and organizations in the Sudbury area. We look forward to working with Marty and assisting her with implementing quality Children and Youth programming. An invitation for you to come out and meet her will be next Wednesday, February 10, 2010 at the gazebo starting at 11 a.m. for Parents & Tots, and at 4:30 pm for Parents & Youth.. We will have her here on a contract to the end of March 2010 and hopefully well beyond.

Lynn Cote  
Health Director



Aanii,

My name is Marty Wilson and I am very happy to be the new 'Child and Youth Worker'. I am originally from M'Chigeeng First Nation but live in Sudbury. I am looking forward to getting to know the community members and working with the community.

Miigwetch,  
Marty

## Congregate Dining

**Tuesday, February 16, 2010**

**5:30 pm at the gazebo**

**Chicken Breast (smothered in mushroom gravy)**

**Garlic Mashed Potatoes**

**Fresh String Beans**

**Frozen Yogurt and Mixed Berries**

**(Please call Wendy at 858-0610, ext: 107 and book your spot.)**

**Limited Seating**

# Parts Person Online Training – Phase I

## Learn at your own pace!



### The Parts Person Trade

- Receive and sort incoming parts and supplies
- Store items in an orderly and accessible manner in a warehouse, tool room, parts room, or other area
- Process incoming requisitions and issue or distribute parts and supplies for internal usage
- Maintain records of orders and the amount, kind and location of parts supplies on hand using manual or computerized inventory system
- Prepare requisition orders to replenish parts and supplies
- Provide customer support service and merchandising by selling spare and replacement parts for motor vehicles, machinery and equipment in a retail setting
- Advise retail customers or internal users on appropriateness of parts, supplies or materials requested

Module	Content
CRC1000EN – Applied Work Practices I	<ul style="list-style-type: none"> <li>• Shop Safety</li> <li>• Applied Computer Skills</li> <li>• Applied Calculations</li> <li>• Safety Restraint Systems</li> </ul>
CRC1001EN – Applied Learning and Communication Techniques I	<ul style="list-style-type: none"> <li>• Applied Learning and Communication</li> <li>• Memos and Letters</li> <li>• Interview Preparation</li> <li>• Human Relations</li> <li>• Customer Relations</li> <li>• Motivation and Leadership</li> </ul>
CRC1002EN – Merchandising and Inventory Management I	<ul style="list-style-type: none"> <li>• Parts Organizations</li> <li>• Warehouse Storage Procedures</li> <li>• Shipping and Receiving</li> <li>• Parts terminology</li> <li>• Catalogue Systems</li> <li>• Inventory Control Procedures</li> </ul>
CRC1003EN – Component Technology and Technical Skills I	<ul style="list-style-type: none"> <li>• Engine Components</li> <li>• Belts, Pulleys, Lines and Fittings</li> <li>• Driveline Components</li> <li>• Fuel System</li> <li>• Exhaust System</li> <li>• Emission System</li> <li>• Braking System</li> <li>• Steering Components</li> </ul>



**Collège Boréal**  
[www.boreal.qc.ca](http://www.boreal.qc.ca)  
 1.800.381.6073

For more information concerning  
 our **parts person training**,  
 please contact us at 705-560-6673, ext. 2807

## Motorcycle Training



### EDA 1041 – Course fees: \$399

This course is a preparation for obtaining the M2-Exit (M2) motorcycle driving permit.

### 2010 course dates:

**Weekend Sessions:** Friday from 6:30 p.m. to 9:30 p.m., and Saturday and Sunday from 8:50 a.m. to 4:30 p.m.

#### Sudbury: Schedule

May: 27, 28, 28-29  
 June: 11-13, 19-20, 25-27  
 July: 9-11, 16-18, 22-25  
 August: 6, 9, 13, 15, 20-22

#### North Bay: Schedule

May: 28-30      June: 25-27  
 July: 23-25      August: 21-23

#### Timmins: Schedule

Course: 25-27      August: 13-15

#### Kapuskasing: Schedule

Course: 16-20      August: 23-27

#### London: Schedule

Please call this campus for course dates.

#### New Liskeard: Schedule

May: 14-16      June: 11-13  
 July: 16-18      August: 23-25

### M2-Exit-licence "M" EDA - 1319

Available by request in Sudbury, North Bay and New Liskeard.

### Frequently asked questions:

#### What do I get?

You get 3 hours of classroom time and 14 hours on-bike, including testing for your M2 licence on-site. You will earn your M2 licence upon successful completion, and a certificate qualifying you for a significant insurance reduction.

#### When does the licence start?

The M2 application (certified) can be handed in the MTO 60 days after you obtained your M1. So ideally, get your M1 two months before the training course. M1 licence limitations apply until the M2 has been obtained. Notice that some insurance companies will give you an insurance discount only after you have your M2.

#### What do I need?

See details regarding M1 written test at MTO Branch Exam Centre. We require students to wear a DOT approved helmet, leather gloves, a heavy-duty jacket, pants and boots. The boot must at least cover the ankle bone. Students must sign a waiver acknowledging their adoption of the risks involved in taking the course.

## ATV Training



### EDA1406 – Course fees: \$150 per person, corporate rates available. 2010 course dates: Upon request.

This 4-hour ATV Rider Safety course will train in effective operation skills and will reduce potential for injuries.

### Frequently asked questions:

#### What do I need?

Registration or rental agreement and insurance must be presented on the day of the course by every participant. ATVs and fuel provided by the client unless other arrangements have been agreed upon with the course provider.

#### What protective equipment is required?

A CSA approved helmet, eye protection (goggles or face shield), leather gloves, long sleeve shirt or jacket, over-the-ankle shoes or boots (no high heels or sneakers) and long pants.

#### What do I get?

The Learning Curves course teaches riders how to operate an ATV safely and avoid injury. Participants will get the course learning material and handback, hands-on training and a certificate of achievement.

\*Course offered year-round on Fridays

For more information contact us at 705.667.5850

**To register for  
 Motorcycle  
 or ATV Training  
 please call the campus  
 nearest you:**

**Hearst:**  
 705.362.6673, ext. 5000

**Kapuskasing:**  
 705.337.6673, ext. 5420

**New Liskeard:**  
 705.547.4421, ext. 5200

**Nipissing:**  
 705.753.5420, ext. 5320

**Sudbury:**  
 705.560.6673, ext. 2808

**London :**  
 519.451.5194, ext. 7111

**Timmins:**  
 705.267.5850, ext. 5512



## Collège Boréal - Health and Safety Training

Cours disponibles en français	Courses offered in English
Agent de site - EDP1290	Site Operator - EDA1300
Ajustement des freins - EDA 1289	Air Brake Adjustment - EDA1301
Arrimage sécuritaire des produits forestiers - EDA1343	Safe Cargo Securement of Forest Products EDA1344
Comité mixte sur la santé et sécurité - EDA1284	Basic Certification (JH&SC) - EDA1288
Echafaudage à tube et collier - EDA1280	Tube and Clamp Scaffolding - EDA1302
Équipement élévateur-théorie de base - EDA1323	Elevating Equipment - Basic Theory - EDA1332
Opération sécuritaire d'un chariot-élévateur à fourche - EDA1324	Safe Operation of a Forklift - EDA1333
Opération sécuritaire d'un chariot-élévateur télescopique - EDA1325	Safe Operation of a Reach Forklift - EDA1334
Opération sécuritaire d'un chariot-élévateur tout terrain - EDA1328	Safe Operation of a Rough Terrain Forklift - EDA1335
Opération sécuritaire d'une plateforme élévatrice à ciseaux - EDA1327	Safe Operation of a Scissor Lift - EDA1336
Opération sécuritaire d'une plateforme élévatrice télescopique - EDA1328	Safe Operation of a Telescopic Boom Lift - EDA1337
Opération sécuritaire d'une plateforme élévatrice articulée - EDA1329	Safe Operation of a Articulating Boom Lift - EDA1338
Opération sécuritaire d'une chargeuse à direction à glissement - EDA1330	Safe Operation of a Skid Steer Loader - EDA1339
Espaces clos - EDA1291	Confined Spaces - EDA1303
Exploitation mécanisée - Module de base - EDA1285	Mechanical Harvesting - Common Core - EDA1289
Freins à air comprimé - Permis Z - EDP1083	Air Brake (Z) Endorsement - EDA1159
Gréage - EDP1286	Rigging - EDA1276
Installation des roues - EDA1282	Wheel Installation - EDA1304
Levage - EDA1266	Hoisting - EDA1280
Manutention des matériaux - EDA1287	Materials Handling - EDA1297
Manutention sécuritaire du propane - EDP1287	Safe Propane Handling - EDA1281
Module de base - Mine à ciel ouvert - EDA1293	Common Core - Surface Miner - EDA1305
Opérateur de grue mobile 0-8 tonnes pour construction - EDA1267	Mobile Crane Operator 0-8 Ton Construction - EDA1282
Opération sécuritaire de la chargeuse - EDP1292	Safe Operation of a Loader - EDA1308
Ozone alerte - certification - EDP1291	Ozone Depletion - Certification - EDA1308
Réattestation - ozone alerte - EDA1294	Recertification - Ozone Depletion - EDA1299
Secourisme général et RCR de l'ambulance St-Jean - EDP1288	St John Ambulance First Aid And CPR - EDA1285
Secourisme général et RCR de la croix rouge - EDP1288	Red Cross First Aid and CPR - EDA1285
Prévention des chutes - EDA1273	Fall Protection - EDA1293
Prévention des feux de forêt S-102 - EDA1331	S-102 Forest Industry Fire Training - EDA1340
Santé et sécurité pour superviseurs - EDA1288	Health and Safety for Supervisors - EDA1298
Maniement sécuritaire de la scie à chaîne - EDA1269	Safe Chainsaw Operation - EDA1277
Scie à chaîne - techniques d'abattage - EDA1270	Chainsaw - Felling Techniques- EDA1278
Emploi professionnel de la scie à chaîne - EDP1269	Professional Chainsaw Operation - EDA1279
Sécurité dans les tranchées - EDA1285	Trenching Safety - EDA1307
SIMDUT - EDA1274	WHMIS - EDA1286
Transport des marchandises dangereuses - EDA1271	Transportation of Dangerous Goods- EDA1284
Verrouillage et étiquetage - EDA 1272	Lockout and Tagout - EDA1275

**For more information, please contact Jean-Yves Aubertin at 560.6673 ext. 2807**

**How to Apply:**

Complete  
Part 1 Application Form  
Part 2 Programs (check program selected)

Return Part 1 and 2 to Collège Boréal  
Fax 1-705-560-1511  
Mail 21, boulevard Lasalle, Sudbury ON P3A 6B1

**PERSONAL INFORMATION**

Name \_\_\_\_\_ Date \_\_\_\_\_

Street Address/Apt #/P.O. Box \_\_\_\_\_

City/Town \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Fax \_\_\_\_\_

Business Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Cell Phone \_\_\_\_\_

Date of Birth Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_ Social Insurance Number \_\_\_\_\_

**ADMISSIONS REQUIREMENT - EDUCATION** (Check only one box)

- Have an Ontario Secondary School Diploma (OSSD) or equivalent, or  Mature Student: 19 years of age or more and do not have an OSSD or equivalent

**FUNDING INFORMATION** (Check more than one box if applicable)

- |  |  |  |                                      |
|--|--|--|--------------------------------------|
| <input type="checkbox"/> Government Funding Ontario Skills Development | <input type="checkbox"/> First Nations/Métis   | <input type="checkbox"/> CASS - Funding for Farm Producers | <input type="checkbox"/> WSIB        |
| <input type="checkbox"/> Social Services                               | <input type="checkbox"/> OGI/Friendship Centre | <input type="checkbox"/> Family/Friends/Personal Savings   | <input type="checkbox"/> Skills Link |
| <input type="checkbox"/> Student Loan/Bank                             | <input type="checkbox"/> Insurance Company     | <input type="checkbox"/> Credit Card                       | <input type="checkbox"/> Employer    |

Agency Name \_\_\_\_\_

Counsellor/Contact Person \_\_\_\_\_

Street Address/P.O. Box \_\_\_\_\_

City/Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Extension \_\_\_\_\_

Fax \_\_\_\_\_

**START DATE**

Program Start Date \_\_\_\_\_ Campus Location  Sudbury

Please note: Program curriculum is in English

**Collège Boréal**  
1-800-381-6873

**5th Wheel Training Institute**  
1-888-647-7202

Collège Boréal, in partnership 5th Wheel Training Institute, collects, stores and uses personal information only for the purposes of administering student admissions, enrolment and education. The information collected is confidential and will not be disclosed to third parties without your written consent.



MEET.INSPIRE.HIRE.

# INCLUSION WORKS 10

APRIL 27 - 29, 2010 • WESTIN HARBOUR CASTLE • TORONTO, ON

# ABORIGINAL RECRUITMENT FAIR

CANADA'S ONLY DYNAMIC JOBFEST FOR ABORIGINAL POST-SECONDARY GRADS AND SOON-TO-BE GRADS...

## MEET EMPLOYERS LOOKING TO HIRE YOU

Get face time with corporate, Aboriginal and government leaders

Grab the edge on today's tight job market

Hook up with career, mentor and peer connections



## YOU COULD BE A TOP PROSPECT ATTENDING INCLUSION WORKS '10 IN TORONTO

It's more than an event - IT'S AN EXPERIENCE!

Recruitment Fair - April 27, 2010  
FIND OUT MORE AND APPLY ONLINE  
[aboriginalhr.ca](http://aboriginalhr.ca)

APPLICATION DEADLINE:  
February 1, 2010



Aboriginal Human  
Resource Council  
connections • partnerships • solutions

[aboriginalhr.ca](http://aboriginalhr.ca)  
○ ○ ○ ○

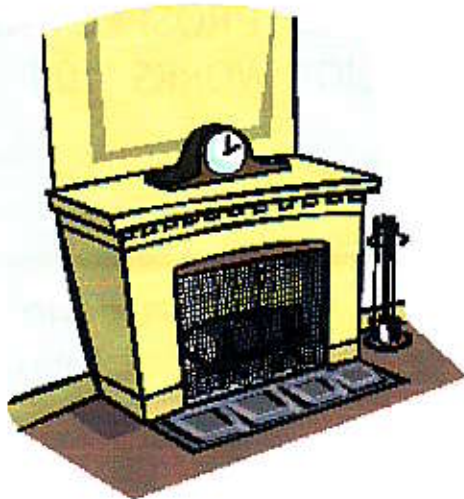


## Heating Safety

**Heating equipment** is a leading cause of home fire deaths. Almost half of home heating equipment fires are reported during the months of December, January, and February. Some simple steps can prevent most heating-related fires from happening.

### SAFETY TIPS

- **Keep** anything that can burn at least three feet away from heating equipment, such as the furnace, fireplace, wood stove, or portable heater.
- **Only use** heating equipment that has the label of a recognized testing laboratory.
- **Never use** your oven for heating.
- **Have** a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- **Maintain** heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional.
- **Turn** portable heaters off when leaving the room or going to bed.
- **For fuel burning space heaters, always** use the proper fuel as specified by the manufacturer.
- **Make sure** the fireplace has a sturdy screen to prevent sparks from flying into the room and burn only dry, seasoned wood. Allow ashes to cool before disposing in a metal container, which is kept a safe distance from the home.



- **For wood burning stoves, install** chimney connectors and chimneys following manufacturer's instructions or have a professional do the installation.
- **Make sure** all fuel-burning equipment is vented to the outside to avoid carbon monoxide poisoning.
- **Install** and maintain carbon monoxide (CO) alarms to avoid the risk of CO poisoning.
- **If you smell** gas in your gas heater, do not attempt to light the appliance. Turn off all the controls and open doors and windows. Call a gas service person.
- **Test** smoke alarms at least monthly.

— Your Source for SAFETY Information —

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169 • [www.nfpa.org/education](http://www.nfpa.org/education)



The Ontario First Nations  
Integrated Health Promotion Strategy  
Needs a logo for the website

OURTIMEOURTIMEOURHEALTHOURHEALTH.ORG.ORG

The site will be a resource for promoting Healthy Eating, Physical Activity and Smoking Cessation for First Nation Communities  
***Logo contest open to all First Nation citizens in Ontario!***

***All entries must :***

**Include the phrase 'Our Time, Our Health'**

**Depict the 3 components of *healthy eating, active living, and smoke-free communities***

**Files must be in jpeg format, 600x300 pixels**

Send your entries to **Monica Mixemong** - [monica@coo.org](mailto:monica@coo.org)  
or mail in a hard copy to

**Chiefs of Ontario 111 Peter Street, Suite 804, Toronto ON, M5V 2H1**

For further information, call **Monica** at 416 597-1266 or Toll Free 1-877-517-6527

Top 3 entries will be voted on at the Chiefs of Ontario  
Health Forum

in Toronto - February 24th 2010!

**FIRST TOUCHFIRST PRIZE IPOD TOUCH**

*All submissions become property of the Chiefs Of Ontario*

***Deadline to submit entries is***

***February 15, 2010 by 5 pm***



ATTENTION ASPIRING AND EXISTING  
YOUTH ENTREPRENEURS BETWEEN THE AGES OF  
15-35!



**REGISTER NOW  
FOR THE  
Aboriginal Youth  
Business Conference**



**March 18th & 19th, 2010  
Radisson Hotel - Sudbury, Ontario**



**TOPICS:**

- BUSINESS OPPORTUNITIES
- HOW TO START AND FINANCE YOUR BUSINESS
- SELF-ASSESSMENT - TAKING THE RISK, ARE YOU READY?
- EVALUATING YOUR BUSINESS - KNOWING YOUR COMPETITION
- ENHANCING YOUR BUSINESS THROUGH MARKETING
- REVIVING YOUR BUSINESS
- EMPOWERING / MOTIVATING YOUR EMPLOYEES

**MEALS, ACCOMMODATIONS AND TRAVEL WILL BE PROVIDED WITH REGISTRATION**

**GREAT PRIZES, INFORMATION AND NETWORKING OPPORTUNITIES**

**FOR MORE INFORMATION PLEASE CALL 1-800-865-2248 OR 1-800-361-9258**

Indian and Northern  
Affairs Canada

Affaires indiennes  
et du Nord Canada



**WAUBETEK**  
Business Development Corporation  
A Canadian Firm - Entreprise canadienne



FedNor



**GEZHTOOJIG**  
Indigenous & Inuit

# “Aboriginal Youth Business Conference”

March 18<sup>th</sup>-19<sup>th</sup>, 2010

Radisson Hotel

Sudbury, Ontario

## Conference Registration Form

Please complete entire registration form and return by e-mail or fax (contact information is listed below). Registration deadline is **March 1<sup>st</sup>, 2010** – please submit form before that time as registrations will not be accepted after the deadline. Also note that meals will be provided during the conference as well as one night accommodation and travel for participants.

**Delegate Contact Information (all sections must be filled out in order to process your registration):**

Name: \_\_\_\_\_

Youth Group Affiliation/ First Nation: \_\_\_\_\_

Street/P.O. Box: \_\_\_\_\_

City/Province/Postal Code: \_\_\_\_\_

Phone (Day): \_\_\_\_\_ (Evening): \_\_\_\_\_

E-mail: \_\_\_\_\_

Number of participants travelling together: \_\_\_\_\_

Participants will be travelling from: \_\_\_\_\_ returning to: \_\_\_\_\_

Do you require accommodations? Yes \_\_\_\_\_ No \_\_\_\_\_

Will you be sharing a room with another participant? If yes, please indicate the name of participant \_\_\_\_\_

Age (please check one): 18-35 yrs.  15-17yrs.  \*\*\*Anyone under the age of 18 is required to fill out a consent form\*\*\*

**Workshop Topics (please indicate which topics you are interested in by order of preference 1-6):**

- Enhancing Your Business Through Marketing
- Developing Your Business Image (technology, dressing for success, business etiquette)
- Empowering/Motivating Your Employees
- How To Start Your Own Business (business proposal writing)
- Financing Your Business –Where To Go And How To Get It?
- Taking The Risk, Are You Ready? (equity, job security)

## General Conference Information

### Location/Accommodation :

85 Ste. Anne Road  
Sudbury, Ontario P3E 4S4  
Toll free : 1-800-395-7048  
Telephone : (705) 875-1123  
Fax : (705) 875-7727

### Registration :

Conference registration will be located outside of the Palladium ballroom at the Radisson hotel. The registration desk opens Thursday, March 18th, 2010 at 12:00pm.

### For questions or more information, please contact:

Waubetek Business Development Corporation  
Phone : (800) 665-2248 Fax: (705) 285- 4584  
Email: [maiabens@waubetek.com](mailto:maiabens@waubetek.com)

or

Gezhtoojig Employment and Training  
Phone : (800) 381-9258 Fax : (705) 524-5152  
Email : [charlener@gezhtoojig.ca](mailto:charlener@gezhtoojig.ca)

**Please send Registration Form to the Waubetek Business Development Corporation (info listed above) – Mīgwetch!**



**“Those Who Are Successful”**

Hello! Aanii!

The Business Advisory Services department at Gezhtoojig would like to share some information with you about seminars that the Canada Revenue Agency (CRA) holds. These seminars are intended for **individuals who are starting a new business or have started a new business in the past few years**. CRA will be holding two different seminars in February and March. The first seminar is called “PST and GST/HST Seminar”, and the second one is called “Small Business Information Seminar”. They are detailed as follows:

### **PST AND GST/HST SEMINAR**

**At this seminar, CRA will:**

- Show you how the taxes work;
- Help you understand the difference and similarities between PST and GST/HST;
- Clarify your responsibilities for collecting and remitting taxes;
- Explain tax credits and overpayments; and
- Answer your questions.

<b>Location:</b> Provincial Building 199 Larch Street Sudbury, ON	<b>Dates and Time:</b> Tuesday, Feb. 23, 2010      9 a.m. to 12 p.m. Tuesday, Mar. 23, 2010      9 a.m. to 12 p.m.
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**Registration:**

Due to limited seating you must pre-register.

Toll Free: 1-866-668-8297      ext.24108

Telephone: 613-842-7048

## Drywall, Installation and Finishing

Collège Boréal, through its Continuing Education and Corporate Training Department provides a 13 week Drywall, Installation and Finishing Training program.

At the end of the program, successful participants will receive a Certificate of Achievement from Collège Boréal accompanied by an official transcript.

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### Duration & Start Date

This program consists of 120 hours of theory and 360 hours of practical training for a total of 480.

Contact us to inquire about the next start date.

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### Content

The training provides provided during Collège Boréal's Drywall Application and Finishing course is mostly practical in nature and covers the following 12 modules :

- Introduction to the Drywall Trades
- Health & Safety (Fall Arrest, WHMIS, Propane Handling)
- Materials
- Tools
- Trade-Related Mathematics / Measurements
- Plan Reading
- Cleaning Techniques
- Sanding
- Estimating
- Framing Systems
- Drywall Handling
- Drywall Finishing

Each module would be broken down into main topics and sub-topics. Most would include pictures, some class exercises, some homework assignments, video viewings and a PowerPoint presentation.

## Brick & Stone Mason

Collège Boréal, through its Continuing Education and Corporate Training Department provides a 13 week Brick and Stone Mason program.

At the end of the program, successful participants will receive a Certificate of Achievement from Collège Boréal accompanied by an official transcript.

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### Duration & Start Date

This program consists of 120 hours of theory and 360 hours of practical training for a total of 480 hours.

Contact us to inquire about the next start date.

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### Content

The training provides provided during Collège Boréal's Brick and Stone Mason course is mostly practical in nature and covers the following 6 modules :

- Tools & Equipment
- Job Layout
- Mortar
- SI Measurement
- Clay & Concrete Products
- Cleaning Masonry
- Practical Building
- Health & Safety (Fall Arrest, WHMIS, Propane Handling)

Each module would be broken down into main topics and sub-topics. Most would include pictures, some class exercises, some homework assignments, video viewings and a PowerPoint presentation.

In addition to the 6 modules mentioned above, participants will undertake a Basic Review which summarizes the program.

**To inquire about these courses, please contact us at 1.800.361.6673 ext 2807**

# OPEN HOUSE

## March 12 & 13, 2010



WFN Chief and Council and Administration would like to invite you to participate in the Open House being held on March 12 & 13, 2010 at the WFN Fire Hall.

### FRIDAY EVENTS:

Friday March 12, 2010

12:00 p.m. – 7:00 p.m.

- **12:00 p.m.**  
Catered Lunch and Learn Session:  
*Waste Diversion*
- **Afternoon**  
Information Booths/Displays  
Meet and Greet  
Community Feedback
- **6:00 p.m.**  
Catered Dinner

### Information Booths (to be confirmed):

WFN Sustainable Development Department  
WFN Health Department  
WFN Administration Department  
Mining Industry Working Group  
Xstrata Nickel  
FNX Mining Company Inc.  
Mohawk Garnet  
Wallbridge  
Vale Inco

### SATURDAY EVENTS:

Saturday March 13, 2010

9:00 a.m. – 4:00 p.m.

- **8:00 a.m.**  
Catered Breakfast
- **9:00 a.m.**  
Xstrata Nickel Rim Site Tour:  
Bus departs WFN at 9:00 a.m.
- **1:00 p.m.**  
Catered Lunch and Learn Session:  
*Land Use Planning*
- **Afternoon**  
Information Booths/Displays  
Meet and Greet  
Community Feedback

### For more information contact:

CHERYL RECOLLET,  
Environmental Coordinator  
Wahnapitae First Nation

[cheryl.recollet@wahnapitae.com](mailto:cheryl.recollet@wahnapitae.com)

(705) 858-0610





## Request for Proposals: Catering for Open House March 12 & 13, 2010

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The Wahnapitae First Nation is hosting an OPEN HOUSE for community members on March 12 & 13, 2010. The open house will require meals for the duration of the event. The following meals are required for 50 people, plus dessert and beverages.

March 12, 2010: LUNCH  
March 12, 2010: DINNER  
March 13, 2010: BREAKFAST  
March 13, 2010: LUNCH

Interested parties should submit a proposal to the Wahnapitae First Nation, addressing the following items:

- Catering Fees
- Equipment supplied by the Caterer
- Menu Items for each meal
- Cost per person

Interested parties should forward completed proposals by February 19, 2010 to:

**Peter Recollet**

Director, Sustainable Development  
Wahnapitae First Nation  
[Peter.recollet@wahnapitaefn.com](mailto:Peter.recollet@wahnapitaefn.com)  
705-858-0610

Only the selected candidates will be contacted.



## **Part-time Contract Employment Opportunity**

### **Buildings and Homecare Worker**

Wages: \$15 per hour @ 8 hours per week

Wahnapitae First Nation is seeking a reliable and capable individual to work as the Buildings and Homecare Worker. Under the direction of the Health Director and while adhering to Wahnapitae First Nation band policies the individual will clean and provide minor maintenance in private homes and band buildings.

#### **Job Description:**

Responsible for clientele household cleaning under the guidelines of the Home and Community Care program

Responsible to clean offices and program space including the band office, health trailer and Gazebo

Ability to perform minor maintenance

Record and submit weekly reports to the Health Department

#### **Requirements:**

Must be 18 years of age or older

Have experience in household cleaning and minor maintenance

Ability to uphold and maintain confidentiality

Ability to work in a professional manner

Willing to be trained and become certified in First Aid and CPR

Must be bondable

Flexible schedule and available to work weekdays, evenings or weekends

Applicants may submit their cover letter and resume with three work references to:

Irvin George, Band Manager  
Wahnapitae First Nation  
36 Loon Way Road W.F.N.  
Capreol, ON  
P0M 1H0

Applications must be received in the band office no later than 4:30 p.m. on Friday, February 12, 2010.

**WATER SAMPLING TRAINING:**

WFN is looking at training four (4) individuals in legal water sampling procedures. These individuals will be identified as back-up water sampling individuals who can carry out water sampling activities for our identified sites (on and off reserve). As part of this training, the individuals will also receive: WHMIS, FNX Site Orientation, and NORCAT.

Interested individuals should forward your resume and a letter detailing why you would like to receive this training to:

Cheryl Recollet,  
Environmental Coordinator  
Cheryl.recollet@wahnapietaefn.com



## REMINDER

All Medical Transportation verification slips must be handed in on Friday in order to have your cheque processed for the following Thursday. If you hand in your verification slips in after Friday you will not receive your cheque until the following week.

# Mitt Making Update



**Hiawatha giving Denise a helping hand**



**Peter, Evelyn, Denise & Hiawatha cutting out their patterns**



**Evelyn starts sewing**



**Hiawatha sewing mitt liners**



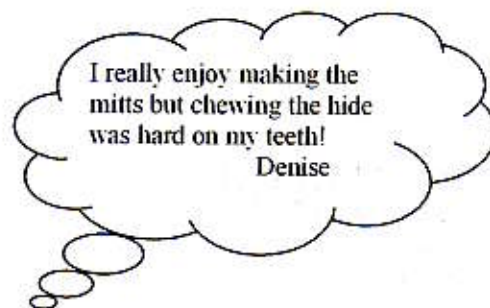
**Picking out designs**



**Sewing on wolf fur**

A Mitt Making Workshop was held on January 25th & 27th, 2010 at the gazebo. The workshop was facilitated by Hiawatha Osawamick. We traced and cut out our patterns and started sewing. Going through three layers of hide is a bit challenging but the end product will be worth every poked finger and bent needles. Two evenings was not enough time to complete the mitts, especially for first timers. Hiawatha has agreed to come back in a couple of weeks to help us complete our mitts. In the meantime we are meeting occasionally to give each other support. Hiawatha is expecting her second child this week and we would like to wish her good luck with her little one.

Miigwetch,  
Wendy Tyson - Community Wellness Worker



I really enjoy making the mitts but chewing the hide was hard on my teeth!  
Denise

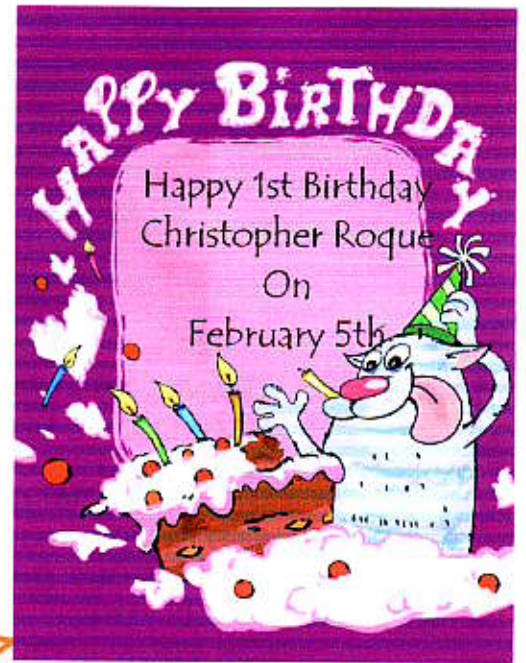


THANKS TO EVERYONE WHO SUPPORTED JASON MCGREGOR'S HOCKEY TEAM - CAPREOL HAWKS - TYKES. THEY HELD A TOONIE TOSS AT THE OLDTIMERS TOURNAMENT IN CAPREOL ON SUNDAY, JANUARY 24, 2010. JASON AND HIS TEAMMATES HAD A BLAST SHOOTING ALL THE TOONIES OUT ON THE ICE AT THE TARGET. THE WINNER OF THE TOONIE TOSS WAS JOAN QUELLETTE. MIIGWECH FOR YOUR SUPPORT AND PURCHASING TICKETS.

JASON, DEBBIE & LARRY MCGREGOR



# Best Wishes!



Happy Birthday  
Hans Mathews  
on  
February 1st

Happy Birthday  
Peter Recollet  
on  
February 5th

Happy Birthday  
Carolyn Recollet  
on  
February 12th

Happy Birthday  
Wally McGregor  
on  
February 17th

Happy Birthday  
Saxin Daoust  
on  
February 23rd

Happy Birthday  
Adam Roque  
On  
February 4th

Happy Birthday  
Debbie Recollet  
On  
February 17th

Happy Birthday  
Lyndsey Boudreault  
On  
February 15th

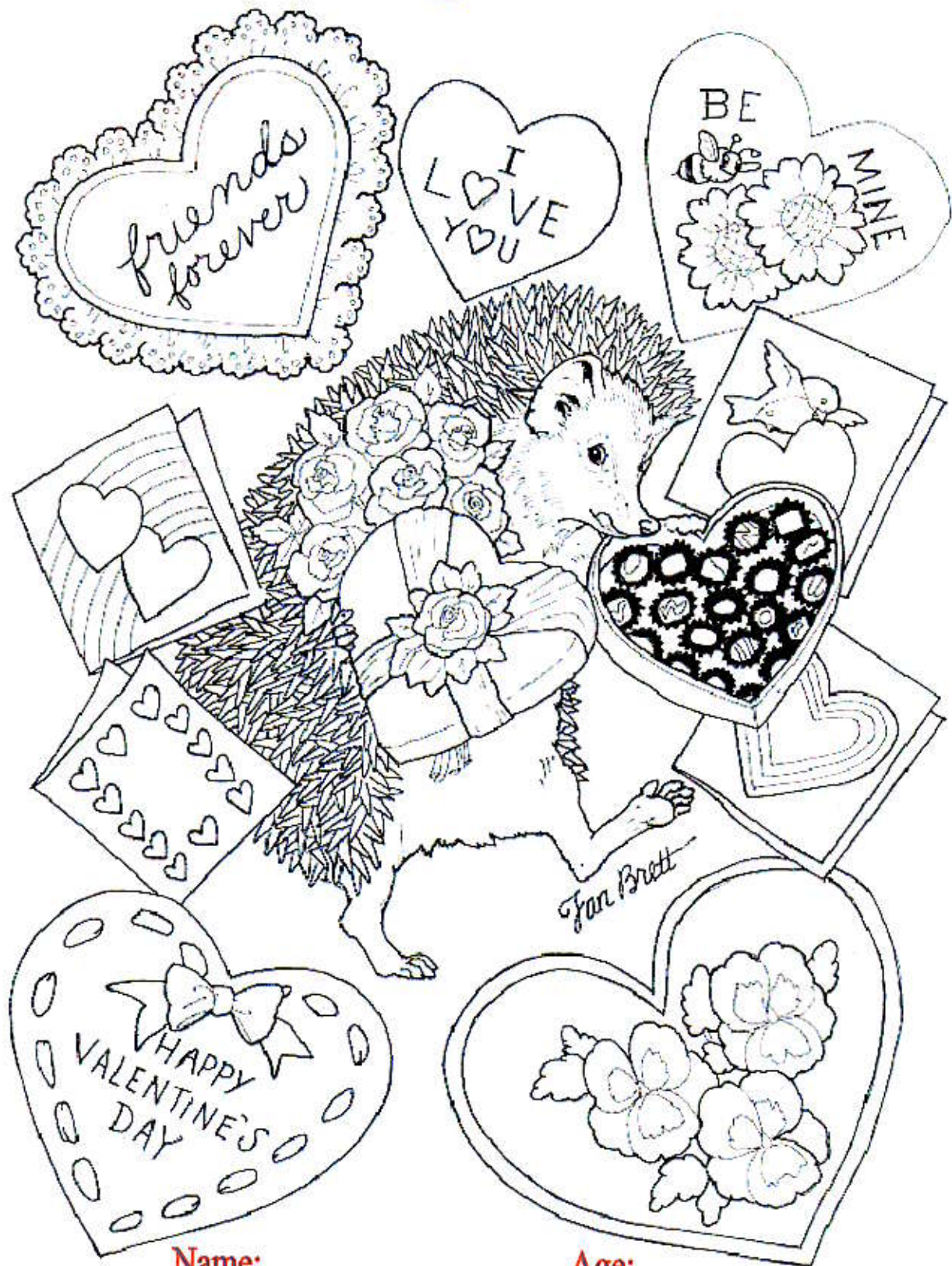
# A Little ha ha

## A Redneck Valentine

Zudzu is green, my dog's name is Blue  
And I'm so lucky to have a sweet thang like you.  
Yore hair is like corn silk a-flapping in the breeze.  
Softer than Blue's and without all the fleas.  
You move like the bass which excite me in May.  
You ain't got no scales but I luv you anyway.  
You're as graceful as okry, jist a-dancin' in the pan.  
Yo're as fragrant as SunDrop, right out of the can.  
You have all yore teeth, for which I am proud;  
I hold my head high when we're in a crowd.  
On special occasions, when you shave yore armpits,  
Well, I'm in hawg heaven, I'm plumb outta my wits.  
Still them fellers at work, they all want to know, what I did to deserve such a  
purdy, young doe.  
Like a good roll of duct tape, yo're there fer yore man, to patch up life's trou-  
bles and stick 'em in the can.  
Yo're as strong as a four-wheeler racin' through the mud, yet as fragile as that  
sanger, named Naomi Judd.  
Yo're as cute as a junebug, a-buzzin' overhead.  
You ain't mean like no fire ant, upon which I oft' tread.  
Cut from the best pattern like a flannel shirt of plaid, you sparked up my life  
like a rattletrap shad.  
When you hold me real tight, like a padded gun-rack, my life is complete; ain't  
nuttin' I lack.  
Yore complexion, it's perfection, like the best vinyl sidin'. Yore age, it keeps  
hidin'.  
And when you get old like a '57 Chevy, won't put you on blocks and let the  
grass grow up heavy.  
Me 'n' you's like a Moon Pie with a RC cold drank, we go together like a skunk  
goes with stank.  
Some men, they buy chocolate for Valentines Day; they git it at Wal-Mart, it's  
romantic that way.  
Some men get roses on that special day, from the cooler at Kroger, "that's im-  
pressive," I say.  
Some men buy fine diamonds from a flea market booth, "Diamonds are for-  
ever," they explain, suave and couth.  
But for this man, homey, these will not do, for you are too special, you sweet  
thang you.  
I got you a gift, without taste nor odor, better than diamonds, it's a new trollin'  
motor.



# Colouring Contest



Name: \_\_\_\_\_ Age: \_\_\_\_\_

Colour this page and bring to Wendy at the Health Trailer  
by February 11th & receive a Valentine Treat