



# BINGWI NEYAASHI ANISHINAABEK

146 Court Street South, Thunder Bay, Ontario P7B 2X6  
Phone: (807) 623-2724 Fax: (807) 623-2764

## CHIEF AND COUNCIL ~ MESSAGE

We would like to thank all the band members who attended the Band Meeting on August 29, 2009. There was great attendance by members and a lot of information was delivered to the membership. If you would like a copy of the minutes or didn't get a copy of the audit and would like one, please contact the band office.

### Land Update:

There have been some significant steps that have been recently accomplished. We are currently waiting for the Privy Council to come back from holidays in order to either approve or reject the recommendation to transfer the lands. Please look to the land update in the newsletter for more information.

### Backpack Drive:

The 2009 Backpack Drive went off without a hitch. Over 88 children were assisted this year! If you have yet to pick-up your child's backpack, please do so as soon as possible.

### New Relationship Fund Update:

Another proposal was submitted to The New Relationship Fund and we were successful in receiving 2 of the 3 components. The dollars will provide training for some staff as well as an Intern for Bingwi Neyaashi. Please look to the job posting for more information.

### Employment and Skills Inventory Survey:

Included with this newsletter is the RDA's Employment and Skills Inventory Survey. As Mike is having some difficulty getting survey's back, we have decided that anyone who returns the survey by the deadline will be entering into a special draw. For more information, please look to the RDA's update.

Lastly, there are a lot of opportunities available to band members in this newsletter. Some of them are job postings, various committees to sit on, a lap-top giveaway, bus passes and parking passes for post-secondary students, and much more. Please be sure to read the whole newsletter to ensure that you don't miss out on these great opportunities.

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Bingwi Neyaashi Anishinaabek

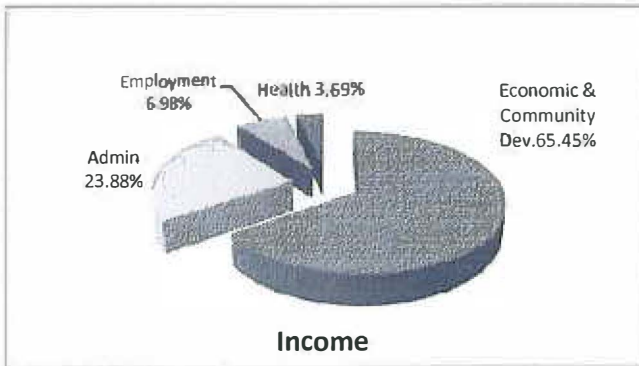
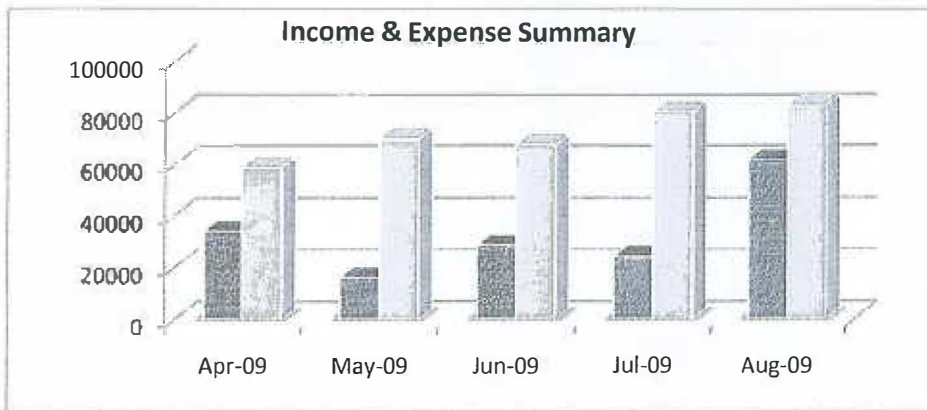
Income/Expenses

April thru August 2009

Finance Update

The First Nation's income is considerably less than that of last year around this time. There are several variables that have had an impact on this. First of all, in June 2008 each OFNLP partner received a distribution of the OLG 35% Segregated Account. Also, this year, our Employment & Training and Health funds have been slow in being distributed to us. On a more positive note, we are in receipt of funding from the Ministry of Aboriginal Affairs from the New Relationship Fund. Finally, the First Nation's expenses are in line with that of last year at this time.

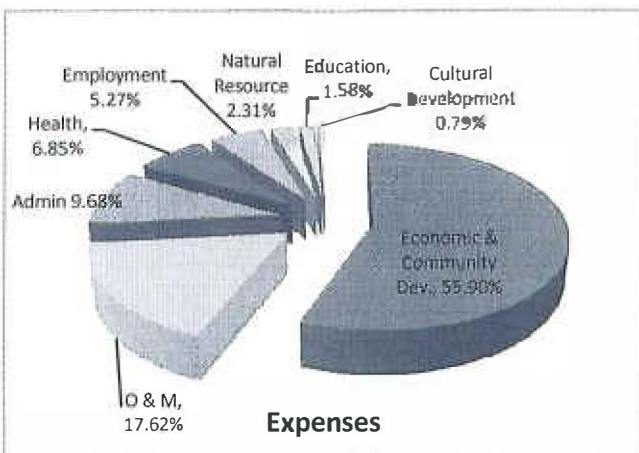
Kelly Banning  
Finance Director



**Income**

April thru August 2009

Economic & Community Dev.	65.45%
Administration	23.88%
Employment	6.98%
Health	3.69%
<b>Total Income</b>	<b>\$164,665.24</b>



**Expenses**

April thru August 2009

Economic & Community Dev.	55.90%
O & M	17.62%
Administration	9.68%
Health	6.85%
Employment	5.27%
Natural Resource Mgmt	2.31%
Education	1.58%
Cultural Development	0.79%
<b>Total Expenses</b>	<b>\$358,450.63</b>

Bingwi Neyaashi Anishinaabek is advertising, within the membership, to hire a Senior Advisor. This position within Bingwi Neyaashi is possible due to a funding proposal that was approved from the New Relationship Fund. This is a six-month contract position and its continuation is only possible if further funding is obtained.

Interested applicants can send a letter of interest, along with resume, via regular mail, fax or email to Laura Airms: lairms@gmail.com.

**Deadline for the Senior Advisor Position is Wednesday, September 30, 2009 @ 12:00 p.m.**

**Position Title: SENIOR ADVISOR**

**Position Summary:** The role of the Senior Advisor is to provide support and advice to the Chief and Council across a wide range of activities that occur within the Bingwi Neyaashi Anishinaabek mandate. The successful candidate will have a plethora of experience in working with First Nations on a number of resource issues, and community development. The candidate must be political aware and savvy. This demanding position will require at times a flexible schedule to travel and to work long hours pursuing economic development opportunities within First Nations, provincial/federal governments and industry circles. This person must be able to communicate in a constructive and productive manner with all entities and people associated with Bingwi Neyaashi Anishinaabek .

Position Start Date: October 12, 2009

**Duties and Responsibilities:**

- Reporting to and Advising Chief and Council on:
  - Community Development
  - Mining - regional
  - Wind Power – community and regionally
  - Hydro Development – Little Jackfish River
  - Policies
  - Forestry – Cedar Value Added
  - Tourism
  - First Nation Politics
  - Assist Finance department with INAC reporting
  - Assist in directing community staff
  - Travel regionally, provincially and occasionally nationally and internationally to advance the interests of Bingwi Neyaashi Anishinaabek
  - Work with the Lake Nipigon First Nations on joint venture-projects

**Required Skills and Experience:**

- Be a graduate of a post secondary University institution
- Minimum five years resource based negotiation experience
- Minimum five years industry/government negotiations experience
- Highly Personable
- Experience sitting as a Board Member
- First Nation advocacy experience
- Working with other First Nations (regionally, provincially and nationally)
- Business Planning and Implementation Experience
- Successful Proposal writing experience
- Strong written skills for political writing
- Strong presentation skills
- Background in Policy development
- Must possess leadership qualities
- Great organizational skills
- Strong verbal and written communication skills
- Forestry, Mining, Wind and Hydro Development, community development experience considered strong assets

Bingwi Neyaashi Anishinaabek will look to its membership to fulfil this position; however, if a qualified candidate cannot be found within our community we will look to an Aboriginal person outside of our community and finally open to general public if a suitable Aboriginal person cannot be found.

**Please forward your resume and letter of interest to:**

**Bingwi Neyaashi Anishinaabek**

**Attn: Chief and Council**

**146 S. Court Street**

**Thunder Bay, On, P7B 2X6**

**Fax: 807-623-2764**



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**Economic Development Update:**

**FORESTRY:** Bingwi Neyaashi Anishinaabek has been working closely with Forintek and a marketing specialist to create a solid business foundation to ensure the cedar value added sawmill becomes a long-term sustainable entity. The next step is to consolidate the old business plan with the current marketing and technical plans to ensure that the final rendition is 'bankable' – meaning the financial institutions must be comfortable in funding such a project.

Last year, the Council had met with a number of government agencies to seek funding. The funding organizations requested that we expend more energy in developing the marketing aspect of the business plan. During this process, we had determined with our research partners to break up the development into two phases. The first phase would see the creation of the value added aspect of the mill which would include planners, edgers and saws to be able to create the 'value added' product. We would also be purchasing a drier to dry our material on site and would look to a small mill producer to supply our community with green wood. The second phase would be implemented once a steady market is established in which we would purchase the actual saw mill to produce our own dimensional lumber.

A couple of the products that our community is currently exploring are cedar sauna kits and sand boxes. During the last community meeting, there were concerns raised from the floor about linking our culture around our sweat lodges and the sauna. There was some great input from the floor. In the end, we've decided to head the concerns our membership by not including any cultural ties with regards to our sweat lodges and the saunas. Miigwetch

**WIND POWER:** Our community leaders in the region from the other five First Nations have been undergoing negotiations with our pending partner Geielectric. Once these discussions have been finalized, our community will be erecting a MET tower to being to measure the wind speeds for our community. We are planning on erecting the Wind Towers before the snow flies.

**TOURISM:** We have resurrected our Copper Thunderbird EcoResort with local governments and funding agencies. There seems to be a genuine interest on behalf of the governments to support our project. We are planning a meeting at Bingwi Neyaashi Anishinaabek pending reserve lands in early October to showcase the beauty of our land and the possibilities of creating this and other economic opportunities. Our council will have a better understanding of the overall interest in a months' time and will report back to you in the following newsletter.

**BIOFUEL:** Our community in conjunction with Red Rock First Nation, Biinjitiwaabik Zaaging Anishinaabek and Animbiigoo Zaagi'igan Anishinaabek were successful in obtaining funds through the First Nation Forestry Program to take a closer look at the biofuel opportunities in our region. The initial thought around this resource is to utilize the forest waste in and produce bio-pellets or bio-coal. An up close examination over the coming months will assist our communities in determining the most feasible course of action.



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**NOKIIWIN TRIBAL COUNCIL - POSTING**

The Nokiiwin Tribal Council has just wrapped up its second successful AGM at the community of Biinjitiwaabik Zaaging Anishinaabek earlier this month.

There have been a number of positions filled at the NTC, and they are: Marlene Sabourin - Executive Director, Paul Seguin - Technical Services Advisor, Deanna Therriault - Economic Development & Community Planning Advisor, and Scott Maracle - Financial Advisor.

JP Gladu has been sitting on the board the past year and a half assisting in the establishment of a foundation to ensure the Tribal Council gets off to a strong start. The Tribal Council is made up of five First Nations: Biinjitiwaabik Zaaging Anishinaabek, Kiashke Zaaging Anishinaabek, Bingwi Neyaashi Anishinaabek, Animbiigoo Zaagi'igan Anishinaabek and Pic Mobert.

Our Council is currently looking to replace JP on the NTC as the Director representing Bingwi Neyaashi Anishinaabek and hope that interested members will put their names forward.

Please refer to posting in the newsletter.

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**BACK TO SCHOOL - BUS PASSES/PARKING PERMITS**

As the new school year has started, Chief and Council have begun to be approached by post-secondary students requesting financial assistance with semester bus passes and parking permits. Chief and Council have decided to provide financial assistance to those band members commencing with the 2009/2010 school year as Seven Generations does not cover these added costs. The student must be a Bingwi Neyaashi Anishinaabek band member and must be a full-time student. Please contact the band office to obtain a band request form if you wish to receive assistance.



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**HOUSING COMMITTEE**

In our Spring 2009 Newsletter, we advertised a new committee that would soon be developed called the 'Housing Committee'. Several interested band members did come forward to participate on the committee.

However, after discussing with Indian and Northern Affairs, community planning consultants and other First Nation's concerning their housing committees, we have come to the conclusion that it is not the right time to have a housing committee. There is so much more work needed to be done with the Capital Community Planning stage before we begin to discuss housing needs.

Therefore, we will keep the letters of interest until it is time to begin the process of discussing housing needs for the membership. We wish to thank the interested band members for their interest in playing an active role in our community.

Bingwi Neyaashi Anishinaabek is advertising within the membership to hire an **Intern**. This position within Bingwi Neyaashi is possible due to a funding proposal that was approved from the New Relationship Fund.

Interested applicants can send a letter of interest, along with resume, via regular mail, fax or email to Laura Airns: lairns@gmail.com. Deadline for the Intern Position is Wednesday, September 30, 2009 @ 12:00 p.m.

**Position Title: INTERN**

**Position Summary:** The Intern will be working closely with our Senior Advisor on a wide range of projects. The Intern's main focus will be in the field of Economic Development.

**Position Start Date: October 12, 2009**

**Duties and Responsibilities:**

- Assisting and obtaining additional program dollars to continue work with regards to Economic Development
- Activities including partnerships in wind power development, tourism, value added forestry and commercial side development
- Assistance to band members in the development of business initiatives by providing technical support and resource information
- To assist in the detailed work of establishing corporate visibility in the region
- Assist in long-term planning in the areas of marketing, communication, public outreach and business development in the areas of Wind Power and our proposed Eco-Resort
- Assisting with the corporate identity development, marketing, and outreach of the Value-Added Cedar Mill
- Assisting with creating community awareness through education

**Required Skills and Experience:**

- Be a graduate of a post secondary institution (preferable in Business, Economics, Marketing or a related field)
- Proposal writing experience
- Political Letter writing experience
- Must possess leadership qualities
- Great organizational skills
- Strong verbal and written communication skills
- Must have reliable transportation

Bingwi Neyaashi Anishinaabek will look to its membership to fulfil this position; however, if a qualified candidate cannot be found within our community we will look to an Aboriginal person outside of our community and finally open to general public if a suitable Aboriginal person cannot be found. Timing is critical, Bingwi Neyaashi Anishinaabek will be accepting all applications, but will prioritize as mentioned above in order to ensure the best person for the job is hired by October 12, 2009.

**Please forward your resume and letter of interest to:**

**Bingwi Neyaashi Anishinaabek  
Attn: Chief and Council  
146 S. Court Street  
Thunder Bay, Ontario  
P7B 2X6  
Fax: 807-623-2764**

**Deadline: Wednesday, September 30, 2009 @ 12:00 p.m.**



Chief and Council are looking for an interested band member to sit on the board of **Nokiiwin Tribal Council** as a Director. This is not a time consuming position as the Directors meet approximately once a month for a 4 to 7 hours. The Director will also be expected to report back to Bingwi Neyaashi Anishinaabek Council. A travel stipend is provided through a per-diem to cover expenses. There is no honorarium.

Interested applicants can send a letter of interest, along with resume, via regular mail, fax or email to Laura Aims: lairns@gmail.com. Deadline for the Nokiiwin Tribal Council Director is Wednesday, September 30, 2009 @ 12:00 p.m.

**Position Title: Nokiiwin Tribal Council Director**

**Nokiiwin Tribal Council Summary:** Nokiiwin Tribal Council Inc. is a newly formed not-for-profit organization that has been developed to provide core advisory services to member First Nation's located within the Northern Superior Region in Northwestern Ontario. The five First Nations the Tribal Council services are: Bingwi Neyaashi Anishinaabek, Animbiigoo Zaagi'igan Anishinaabek, Pic Mobert, Biinjitiwabik Zaaging Anishinaabek, and Kiashke Zaaging Anishinaabek.

The Nokiiwin Tribal Council provides five core advisory services to member First Nations including community planning, economic development, governance, finance and technical services.

**Position Start Date: October 12, 2009**

**Duties and Responsibilities:**

- Keep Chief and Council updated with monthly reports
- to organize the NTC and its operations and establish all policies for the NTC
- To establish By-laws, rules and procedures for the management of the NTC
- To manage the NTC financial affairs
- To authorize expenditures on behalf of the NTC

**Required Skills and Experience:**

- Must be over 18 years of age
- Must not be a member of Council
- Must not be an employee of the Tribal Council
- Be a graduate of a post secondary institution and be able to provide a certified copy of their credentials
- Not bankrupt
- Must not be of unsound mind or have been so found by a court
- Must not be convicted of an indictable offence and provide a clean CPIC

Bingwi Neyaashi Anishinaabek will look to its membership to fulfil this position; however, if a qualified candidate cannot be found within our community we will look to an Aboriginal person outside of our community..

**Please forward your resume and letter of interest to:**

**Bingwi Neyaashi Anishinaabek**

**Attn: Chief and Council**

**146 S. Court Street**

**Thunder Bay, Ontario**

**P7B 2X6**

**Fax: 807-623-2764**

**Deadline: Wednesday, September 30, 2009 @ 12:00 p.m.**

## LITTLE JACKFISH RIVER HYDROELECTRIC PROJECT

As all Band Members are aware, Bingwi Neyaashi and 5 other First Nations (Animbiigoo Zaagi'igan, Biinjitiwaabik Zaaging, Kiashke Zaaging, Red Rock Indian Band and Whitesand First Nation) who are geographically located around Lake Nipigon, have signed a protocol agree with Ontario Power Generation (OPG) to do a three year Environmental Assessment Protocol pertaining to the potential development of two power generating stations on the Little Jackfish River.

**Employment & Skills Inventory Surveys Update**

To date, we have mailed out 108 "Employment & Skills Inventory Surveys" with a low rate of returns. I cannot stress the importance of filling out the survey as this survey conveys the training needs of our band members. All surveys that are filled out will be kept in a database and all information provided will be strictly confidential. Survey forms can be picked up any time at the band office. We are hoping to start the GED courses in Jan/Feb of 2010 and expect to begin implementing band member's into Apprenticeship Programs in the Fall of 2010. We continue working with Confederation College's Executive Director, Don Bernosky and a "workforce development strategy plan", which will enable band members to achieve their goals.

**Environmental Assessment Definition Phase**

During the month of August, Resource Development Advisor's (RDA) were able to physically participate in an Environment Assessment Process. OPG's Heather Brown, Senes Consult. Ltd., Phil Shantz had great appraisals for the RDA's and many hours of hard work were put forth for this process. Special thanks to Mike Esquega Sr., who performed a smudge on the Little Jackfish River. Please note the picture below of an archaeological finding. The arrow head is dated back as far as 5,000 to 6,000 years and is believed to be before the bow & arrow was in existence. This is estimated by Archaeologist Luke Dalla Bona.

**Employment & Skills Inventory Survey draw**

Enclosed in this newsletter is a survey with a self-return envelope. For participating and filling out survey, your name will automatically be entered into our survey draw. Please fill out survey and send back to the band office.

**Deadline for Draw: Friday October 30, 2009**

**Prize: \$300.00 gift certificate from Marks Work Warehouse**

SEVEN GENERATIONS EDUCATION INSTITUTE - WWW.7GENERATIONS.ORG

If you are interested in enrolling in a University or a College program, please contact Seven Generations. Included in this newsletter is a brochure that gives a brief overview of what is offered. Apply to Seven Generations at 807-622-1711 or visit them at 409 George Street, Thunder Bay, P7E 5Y9.



### Hiring Hall Apprenticeship

The Hydro One / PWU Joint Training Committee (JLTC) are responsible for the establishment and maintenance of a Linesperson apprenticeship training program between Hydro One and the PWU.

The JTLTC currently requires Linesperson Apprentices to be hired at the start of 2010. The apprentices will be hired in Kleinburg and remain there for approximately 3 weeks after which they will be transferred throughout the province. The jointly organized program is a 4 year apprenticeship that, when successfully concluded, provides

Power Line Technicians status. Applicants are encouraged to send their resume, cover letter and high school transcripts showing the successful completion of Grade 12, including Grade 12 Mathematics and Grade 12 English to the following addresses **by September 24, 2009.**

*Failure to provide all required information will result in your application not being reviewed.*

Only successful applicants will be contacted.

Michael Lesperance  
Resource Development Advisor  
Bingwi Neyaashi Anishinaabek  
146 S. Court St.  
Thunder Bay, ON, P7B 2X6

Shylo Summers  
Assitant Staffing Consultant  
First Nations & Metis Relations  
Hydro One Networks Inc.  
483 Bay St. South Tower, 5th Floor  
Toronto, ON, M5G 2P5

### Dilico – Anishinaabek Family Care

Hello everyone, included in this newsletter is a copy of the current Dilico Summer 2009 Newsletter. It also contains an "Orientation to Anishinaabek Culture" booklet that I hope you will all read. Since Leona has left, I have been appointed a Director on the Board of Directors for Dilico. I plan on sharing what news I can about Dilico in our BNA newsletters. I have nothing to report as of yet because I have my orientation coming up in the next couple of weeks.

Please call if there is anything I can do to assist you.

*Laura*

### Dilico – Anishinaabek Family Care Foster Care

Dilico is looking for foster parents. Learn how you can help a child and family in your community by becoming a foster parent. We offer a range of programs and services for the life journey of all First Nations peoples.

Whether you need help as an individual, a family, or a community, our programs respond to your immediate and long-term needs. We work with you to promote wellness, prevent illness and trauma, and provide diagnosis, treatment and rehabilitation.

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~ 2009 GRADUATES ~

Chief and Council would like to take this opportunity to congratulate two band members who have recently graduated from High School; **James McGuire** and **John McGuire**. They are to be commended for their hard work and determination that they have shown and we hope they will continue in their endeavors and become strong role models for our community members.

~ CONGRATULATIONS ~

Hello Membership,

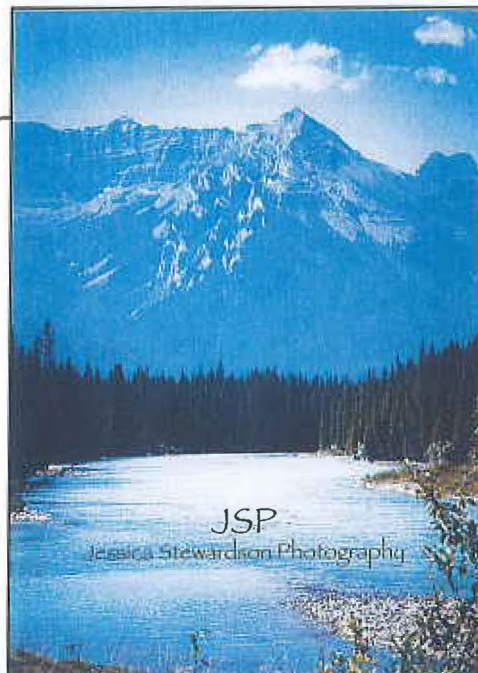
Farewell messages are not always the easiest as there is so much I would like to say but there just isn't enough space. As many of you may know already, I have moved on to BC. During the past 9 years with BNA, I have had many memorable times and a few challenging times. These times have helped me to see the needs and desires of our membership. During my 4 years as a Band Councillor, (which I would like to thank everyone who had the confidence in me to vote for me) I was part of many decisions that I hope have helped our membership. I look forward in participating as much as I can with the Community Development. I will miss Chief, Council and staff, as well as many of the membership that I have had the opportunity to have worked with. I wish everyone all the best.

Leona Clarke

HELLO EVERYONE!

I would like to say 'Thank you' to Chief and Council for giving me the greatest job ever for the past 9 years! I wish everyone all the best and I will enjoy reading the newsletter for the latest news in our Community Development.

Jessica



## Laptop for Student

As the new school year begins, Chief and Council have decided to purchase a laptop for one band member. This will be done every year. We have decided to do this because we believe in our students determined to better themselves and hope that this will be an incentive to continue with their education. The student must be registered as a full-time student and must be registered with Confederation College or Lakehead University.

Any interested band member who wishes to receive this laptop, please send in a letter to the Band Office. The letter should include: your name, address, phone number, band number, and briefly why you should be picked above other band members.

Chief and Council will examine letters to determine which band member will receive this laptop based on need. Delivery of the laptop will be the responsibility of the chosen band member.

Deadline for letters is **Friday October 2, 2008 by 12:00PM**. Please mail or fax Letters to:

**Bingwi Neyaashi Anishinaabek  
146 Court Street South  
Thunder Bay, Ontario  
P7B 2X6  
Fax: 807-623-2764**

**The Dreamcatcher Charitable Foundation** is a nationally recognized philanthropic organization. Since 2004, the Foundation has continued to provide life-changing opportunities to Aboriginal People through the provision of financial grants. We have granted thousands of dollars to those in need right across the country. In a short period of time, we have made a huge impact in the lives of our applicants and in turn their communities. Today, we are one of Canada's leading charitable Aboriginal Foundations dedicated to providing talented, passionate and energetic youth and individuals the support they need today, to become tomorrow's community leaders. The Dreamcatcher Foundation addresses situations that are unique to the First Nations community and provides financial assistance to eligible applicants in the areas of: organized sports and recreation, education, health support, arts and culture.

The Foundation also provides grants to community involvement projects that have a lasting and positive impact on their members. Grants are awarded to those in need. Our mission is to build healthy and vibrant Aboriginal communities by developing youth as future community leaders. We will contribute to eligible applicants in the areas of arts and culture, education support, health support, sports and recreation. A goal of developing youth as future community leaders' picture is worth a thousand words and we invite you to see a few photos of how the Dreamcatcher Foundation has had a positive impact in people's lives.

### **Who/What We Will Fund**

Individual performers, recreational activities, theatre groups, dance troupes, drum groups, attendance at established arts and cultural institutions. Special Events (i.e. championships, competitions, pow wows, dance performances), art shows language programs and activities.

### **Who/What We Will Not Fund**

Individual dance regalia, individual attendance at conferences, workshops & seminars, band councils, PTO's, tribal councils, for profit businesses, government agencies, activities involving alcohol, third party applications will not be accepted. This list is not all encompassing and the final decision rests with the Board of Directors.

The Foundation also provides grants to community involvement projects that have a lasting and positive impact on their members. Grants are awarded to those in need.

*If you require any help we would be more than happy to fill out the application on your behalf.*



### **Training Opportunity for 2 Bingwi Neyaashi Anishinaabek Band Members**

Kiashke Zaaging Anishinaabek (Gull Bay First Nation) is facilitating an intensive three week Professional First Nation Guide hunting/fishing guiding course in Gull Bay. Confederation College is Certifying the Guiding course. Much time and effort was spent on developing the curriculum. It is very comprehensive and covers all areas in detail. (Most guiding courses run 3-5 days only.) It will focus heavily on high quality customer service. Trainees will also receive GPS certification (they each get to keep the GPS device), Firearms, Boat Operator license, First Aide/CPR etc. Gull Bay is retaining RD (The Rugged Dude) Carson to do the primary training, and he will bring in several specialists. RD has a fishing show on television and is very well versed in the skills needed. The Course will run weekdays from September 28 to October 16, with graduation on October 16, 2009. Graduation will be a big event concluding with a Community Feast.

Kiashke Zaaging Anishinaabek (Gull Bay First Nation) is offering room for two Bingwi Neyaashi Anishinaabek band members to participate in the course. Trainees will each receive various equipment/gear; valued at \$600. Bingwi Neyaashi Anishinaabek is covering tuition, meals and accommodations for the two participants.

**Please forward your resume and letter of interest to:**

**Bingwi Neyaashi Anishinaabek**

**Attn: Chief and Council**

**146 S. Court Street**

**Thunder Bay, Ontario**

**P7B 2X6**

**Fax: 807-623-2764**

**Deadline: Wednesday, September 25, 2009 @ 12:00 p.m.**

### **Moose Meat and Fish**

At our previous Band Meeting, August 29, 2009, a motion was brought to the floor concerning moose meat and fish for the membership. Wild meat is generally more nutritious than domesticated meats. There is far less fat and virtually no carbohydrates.

We had recently purchased some fish for the membership, but had only had enough to give to some of our Healthy Babies/Healthy Children clients as well as to a few of our Elders. The motion from the floor was requesting that Chief and Council purchase enough fish in the spring and moose meat in the fall for all interested members.

Therefore, any band member who would like to be added to our fish and moose meat list, please contact the band office and speak with Louise to ensure that you are not forgotten.

## LAND UPDATE

**Minister's Order:** ✓

- When Canada has completed their final review, the Minister's Order will be sent to the Registry Office in Thunder Bay for registration
- Copies of the registered Minister's Order will be sent to INAC and BNA
- Ministerial Approval in Principle:
  - Upon INAC's receipt of Ontario's registered Minister's Order, the federal Ministerial Approval in Principle (AIP) package will be prepared and submitted into regional/headquarters review/approvals with a recommendation to the Minister to approve in principle the transfer and acceptance of the lands from Ontario.

**Acceptance of Lands:** ✓

- Upon receipt of the Ministerial AIP, INAC will request that the Department of Justice (DOJ) move forward with the acceptance of the lands from Ontario. DOJ will prepare the Federal Real Property and Federal Immovable's Act (FRPFIA) documents accepting the lands and advise the INAC Regional Office once the transfer has been completed

**Order in Council (OIC):** *(Currently in Progress)*

- Once Canada has accepted the lands from Ontario, the final OIC package will be prepared and submitted for regional/headquarters review and approvals with a recommendation to the Minister to recommend to the Governor General in Council (Privy Council) that these lands be set aside as reserve.
- Privy Council approves or rejects the recommendation - upon approval of the OIC to set aside the lands as reserve, the OIC will be registered in the Indian Lands Registry and the First Nation and other parties will be advised that these lands are reserve lands.

P.R.O Kids is a service of the City of Thunder Bay Recreation & Culture Division. P.R.O. Kids matches youth and children in need with community-based recreational activities. P.R.O. Kids has received support from organizations and businesses who have donated spaces in their sport, art, cultural and recreation programs.

1200 children and teens were enrolled in recreation programs through the assistance of P.R.O. Kids in the year 2008!

Please contact us at 807-625-3212 or  
online at: [www.prokidsthunderbay.com](http://www.prokidsthunderbay.com) for more information.

**P.R.O. Kids Coordinator  
Recreation & Culture Division,  
Victoriaville Civic Centre  
111 Syndicate Avenue South,  
Thunder Bay, ON P7E 6S4,  
Canada**

**Fax (807) 625-1444  
Telephone (807) 625-3212  
Monday to Friday 8:30 am to 4:30 pm**

### Aboriginal Culture

Steep yourself in time-honored traditions of an Aboriginal culture that's older than recorded time. Join in the spectacle of dramatic drums, tipis and colorful swirling regalia at a Pow Wow celebration. Taste native fare such as bannock, traditional fried bread, and corn soup or blueberry tea. Pay tribute to traditions such as respect for the land, respect for the elders and natural medicines. Hear ancient songs, or listen to the storytelling from an Elder or gather around a campfire have some tea and bannock. Wonder at the mysteries of ancient nighttime skies and ponder at the Northern Lights figures. Celebrate Aboriginal culture, history and traditions during Ontario's Heritage Week held each year during the last week of February.

### Pow Wows

Immerse yourself in the moving spectacle of swirling feathers and jingle dresses, feet at Pow-Wows. The continent's largest and longest-running First Nations celebration has many Pow-Wows occurring across the province and the country.

### History Lives Today

You can enter a world of Longhouses, palisades and teepees or tour spiritual sites all across northern Ontario, some accessible only by floatplane or canoe - all a home for the ancient spirit that remains alive in this vast province.

### Legendary Nature

Steep yourself in the natural world of Aboriginal legends as you embark on a guided nature walk or paddle a canoe across a pristine lake to an-old growth pine forest. Better yet, travel this winter via snow- shoes and capture the natural beauty and wild-life before it is long gone.

### Uncovering Aboriginal Places and Events

Ontario is endowed with time-honored traditions, Aboriginal celebrations and unique experiences that let you say Miigwetch to your nature.

### Back To School Backpack

The "Back To School Backpack" was a huge success this year, thanks to the staff at Zellers- Dawson outlet. They were given a taller order this year due to the increase of participation of membership. The children were very happy with their new backpacks. If you have yet to pick-up your child's backpack, please make the necessary arrangements to do so.



### Summer Placements

This summer, BNA had some dollars available to put a few youth through Summer Employment Placements. The majority of the dollars came from our AHRDA program, while flowing some dollars from RAMA to meet the high demand of students. We would like to congratulate all the students who completed job placements for all their hard work. For some of these students, it was their first opportunity at employment and they gained such wonderful experience from it. Please call the band office if you would like to participate next summer.



I would like to take this opportunity to introduce myself to all members of Bingwi Neyaashi Anishinaabek. My name is Rhonda Prystanski and I am the newest employee here at the Band Office. I have been hired as an Executive Assistant and, as such, I am looking forward to working with Chief and Council and everyone involved with Bingwi Neyaashi Anishinaabek on present and future projects that will help with the development of the Community.

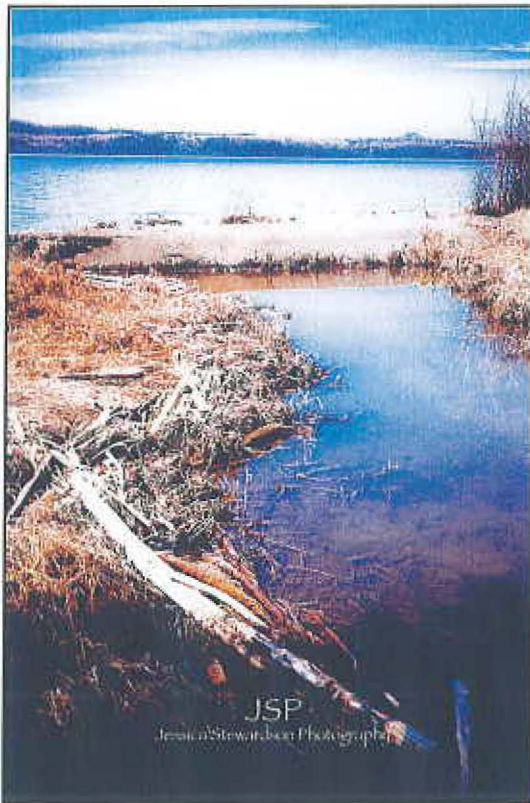
As part of my position with Bingwi Neyaashi Anishinaabek, I will be assisting members through the Aboriginal Human Resource Development Program. In this regard, I will be attending a workshop in October with Kelly and will provide an update on any new developments in the next newsletter.

Another aspect of my position will be assisting Chief and Council with various duties as needed or required. As well, I will have the responsibility of being the Membership Clerk and look forward to meeting present and future members.

A recent news release from the Government of Canada on The Aboriginal Skills and Employment Training Strategy (ASETS) which is a new program that will be put in place starting April 2010, replacing the current Aboriginal Human Resources Development Strategy (AHRDS) that will end March 2010. I will be gathering information on this new development and hope that it can be utilized to assist members in reaching their goals.

#### **Employment Opportunities**

*Please feel free to drop by the Band Office to check our board for current job postings during regular business hours.*



**Bingwi Neyaashi Anishinaabek  
Health Department  
'For Your Health'.....**

The lovely leaves of summer are so picturesque this time of year. The visions of reds, yellows and orange colors falling from the trees look so beautiful, but it also means rake time! Raking Tip - Walk around the yard for a while before you start doing any yard work so your blood gets flowing. As your walking do a couple of warm up stretches. This will help in the prevention of straining any muscles for all of the raking, bending, and lifting you will be doing.

**September**

- 9th FASD Awareness Day Ceremony – Marina Park – 9:00am -1:00 pm
- BNA Health Department Workshops September 1st, 9th, 16th, and 23rd from 1:00 – 4:30
- 17th Good Food Box Day
- 4th Sunday AIDS Walk Canada; National; Canadian AIDS Society
- 20th - Thunder Bay AIDS Walk for Life. [www.aidswalkforlife.ca/ThunderBay.htm](http://www.aidswalkforlife.ca/ThunderBay.htm)
- September 29 - October 1 - Adult Life Enrichment 'Elders' Conference – Victoria Inn Hotel

**October**

- Breast Cancer Awareness Month: National; Canadian Breast Cancer Foundation
- Child Abuse Awareness Month: National; Canadian Red Cross
- National Flu Prevention Awareness Month; National; Canadian Lung Association
- Healthy Workplace Month; National; Canada's Healthy Workplace Month
- 1st Week World Breastfeeding Week; International; INFACT Canada
- 2nd Week National Family Week; National; Family Service Canada
- 2nd Week Fire Prevention Week; National; Fire Prevention Canada
- 10th World Mental Health Day; International; UN
- 12th Thanksgiving Day
- 16th World Food Day; International; UN
- 3rd Week National School Safety Week; National; Canada Safety Council
- 3rd Week Ontario Library Week; Regional; Ontario Ministry of Culture
- 4th Week National Block Parents Week; National; National Block Program of Canada
- 22nd Good Food Box Day
- BNA Health Department Workshops October 7th, 14th and 21st from 1:00 – 4:30

**November**

- Cardio Pulmonary Resuscitation Awareness Month; Nation; Heart and Stroke Foundation of Canada
- Diabetes Month; National; Canadian Diabetes Association
- 5th - Diabetes Awareness Workshop/Healthfair – ONWA in partnership with Bingwi Neyaashi Anishinaabek and the Thunder Bay Indian Friendship Centre -(local health vendors from the Thunder bay area will be participating) from 10: 00 am to 3:00 pm at the Prosvita Hall off Memorial Ave – Posters will be distributed in mid October.
- Woman Abuse Prevention Month; Ontario; Ministry of Citizenship
- 2nd Week National Addiction Awareness Week; National; Nechi Institute of Alcohol and



- 2nd Week National Addiction Awareness Week; National; Nechi Institute of Alcohol and Drug Education
- 11th Remembrances Day and Veterans' Week; National; Veterans Affairs Canada
- 14th World Diabetes Day; International; Canadian Diabetes Association
- 19th Good Food Box Day
- 20th Universal Children's Day; International; UN
- BNA Health Department Workshops November 5h, 12th and 18st and 25th from 1:00 – 4:30

**December**

- 1st World AIDS Day; International; Canadian AIDS Society
- 10th Human Rights Day; International; UN
- 6th National Day of Remembrances and Action on Violence Against Women; National; Status of Women Canada
- BNA Health Department Workshop s December 2nd, 9th, 16th from 1:00 – 4:30
- 17th Good Food Box Day
- 25th Christmas Day
- 26th Boxing Day
- 31st New Years Eve

**Current Health Updates:**

EatRight Ontario (ERO) - The Ministry of Health Promotion, together with Dietitians of Canada, have established a free innovative dietary advisory service. Connect to a RD in 3 ways:

1. Talk to a dietitian at 1-877-510-5102 Monday to Friday from 9am to 5pm; and extended evening hours on Tuesday and Thursday to 9pm.
2. Email a dietitian your healthy eating question at [www.Ontario.ca/EatRight](http://www.Ontario.ca/EatRight) and get a personal email response.
3. Visit EatRight Ontario web site at [www.Ontario.ca/EatRight](http://www.Ontario.ca/EatRight) for articles, FAQs, recipes and menu plans to suit a variety of lifestyles.

\*\*\*H1N1 Flu Virus (Human Swine Flu) information phone line: 1-877-365-3623

**New Horizons for Seniors Program**

The Bingwi Neyaashi Health Department submitted a proposal to the New Horizons for Seniors Program in June of this year. If the project is approved by the Government of Canada it will have an expected start date of January 2010. There will be 12 months to complete all requirements. The objective is geared towards seniors to be involved in the planning and delivery of this project. The project title is: Elders, Youth and Community: Teaching through Healing Circles. We are looking forward to networking our community Elders with a few other Elders from the Region and one from out of Province to co-develop and implement Healing Circles designed to share knowledge and experience between our Elders and Youth. The goal is to foster meaningful relationships between generations. Other elements can include but are not limited to art, traditional ceremonies and crafts. This type of project takes community participation and commitment. We are presently looking for interested volunteers. For more information please call 1-877-623-2724. Email: Grace Podolchuk at [gtpodolchuk@shawbiz.ca](mailto:gtpodolchuk@shawbiz.ca) or J.P.Gladu at [jpg@asg.ca](mailto:jpg@asg.ca).





**Vegetable Stew and Dumplings (dumpling recipe below)**

2 tablespoon vegetable stock or 6 bouillon vegetable cubes  
1½ cups boiling water  
¼ tsp of rosemary  
¼ tsp of thyme  
¼ tsp of basil  
¼ tsp of sage  
1 teaspoon Oregano  
2 tablespoon olive oil  
1 cup turnip diced  
1 cup chopped onion  
1 cup diced carrot  
½ cup sliced celery  
1 clove garlic, minced  
2 bay leaves  
½ teaspoon rosemary and basil  
2 cups water  
2-3 potatoes, peeled and chopped  
1 cup fresh or frozen peas  
2 tablespoon \*cornstarch + 2 tablespoon water

(The cornstarch is optional as you may find that the consistency of your stock is thick enough).

Directions: Blend first seven ingredients and set aside. Stir together the turnip, onion, carrot, celery, bay leaves, rosemary, basil and garlic in the olive oil for 10 minutes. Add water, vegetable stock mixture and potatoes. Simmer for 10-15 minutes. Remove bay leaves. Add peas and continue cooking gently for a few more minutes. Combine cornstarch and water, add to stew, and stir until thickened.

**Dumplings**

1 cup all-purpose flour –you choose i.e., (regular, gluten free, whole wheat)  
2 tsp. baking powder  
½ tsp. salt  
½ cup milk (you choose type of milk) or just use water  
2 tbsp. olive oil

Sift dry ingredients together. Mix milk or water with oil and add to dry ingredients (just stir until moistened). Drop mixture by teaspoonfuls onto stew. Keep covered and cook for 15 minutes. Make sure your element is moderate to low so the broth does not boil over.

## Dehydrating Foods:

### **An Alternative to Canning**

If you want to try something different and save some space at the same time, start dehydrating your foods. It is an easy and safe method of storing bulk fruits, vegetables and even meats.

### **Preparation**

Select the best fruit and vegetables! As with canning and freezing, dehydrated foods are only as good as the fresh fruit or vegetables. When selecting fruits and vegetables for dehydration, choose ones that are ripe, unbruised and at peak-eating quality. Prepare foods to be dehydrated as you want them to be served. Apples, for example, may be sliced, cut into rings, or pureed for fruit leather. Keep pieces uniform in size and thickness for even drying. Slices cut 1/8 to 1/4-inch in thickness will dry more quickly than thicker pieces. Some foods should be washed before drying. Foods such as herbs, berries and seedless grapes need only be washed before dehydrating. To prevent browning: try steaming, sulfuring or coating light-colored fruits and vegetables with acids such as lemon juice or ascorbic acid before drying. Steaming or blanching also is recommended for vegetables to inactivate enzymes that cause vegetables to mature, or toughen during drying.

### **During Drying**

Select the drying method and equipment that is right for you. Foods can be dried in a conventional oven, a commercial dehydrator, or in the sun. Drying times vary with the method and foods chosen. Be sure to read the instructions with your dehydrator.

Maintain 130F to 140F with circulating air: Remove enough moisture as quickly as possible to prevent spoilage. A drying temperature of 130 degrees F to 140 degrees F allows moisture to be removed quickly without adversely affecting food's texture, color, flavor and nutritive value. If the initial temperature is lower, or air circulation is insufficient, foods may undergo undesirable microbiological changes before drying adequately. If the temperature is higher, or humidity too low, nutrients can be lost or moisture may be removed too quickly from the product's outer surface. This causes the outer surface to harden and prevents moisture in the inner tissues from escaping. When testing for sufficient dryness, cool foods before testing.

Know when your food is dry: Some foods are more pliable when cool than warm. Foods should be pliable and leathery, or hard and brittle when sufficiently dried. Some vegetables actually shatter if hit with a hammer. At this stage, they should contain about 10 percent moisture. Because they are so dry, vegetables do not need conditioning like fruits.

### **After Drying (for fruit only)**

Allow dried FRUIT (not vegetables) time to "condition": When dry, allow fruit to "condition" for four to 10 days before packaging for storage. The moisture content of home dried fruit should be about 20 percent. When the fruit is taken from the dehydrator, the remaining moisture may not be distributed equally among the pieces because of their size or their location in the dehydrator. Conditioning is the process used to equalize the moisture. It reduces the risk of mold growth.

To condition the fruit, take the dried fruit that has cooled and pack it loosely in plastic or glass jars.

Seal the containers and let them stand for 7 to 10 days. The excess moisture in some pieces will be absorbed by the drier pieces. Shake the jars daily to separate the pieces and check the moisture condensation. If condensation develops in the jar, return the fruit to the dehydrator for more drying.

After conditioning, package and store the fruit as described below.

### Packaging the dried foods

Seal the dried food: Dried foods are susceptible to insect contamination and reabsorption of moisture and must be properly packaged and stored immediately. First, cool completely. Warm food causes sweating which could provide enough moisture for mold to grow. Package dehydrated foods in tightly sealed containers, such as moisture-proof freezer containers or Ziploc type bags, or dark scalded (sterilized) glass jars.

Choose the right containers: Glass jars, metal cans or boxes with tight fitted lids or moisture-vapor resistant freezer cartons make good containers for storing dried foods. Heavy-duty plastic bags are acceptable, but keep in mind that they are not insect and rodent proof. Plastic bags with a 3/8-inch seal are best to keep out moisture.

Fruit that has been sulfured should not touch metal. Place the fruit in a plastic bag before storing it in a metal can. Sulfur fumes will react with the metal and cause color changes in the fruit.

### **Pack as tightly as possible without crushing.**

Pack food in amounts that will be used in a recipe. Every time a package is re-opened, the food is exposed to air and moisture that will lower the quality of the food.

### **Storing the dried foods**

Store in a cool, dark, dry place. Food quality is affected by heat. The storage temperature helps determine the length of storage; the higher the temperature, the shorter the storage time. Most dried fruits can be stored for 1 year at 60°F, 6 months at 80°F. Vegetables have about half the shelf-life of fruits.

### **Use foods within six to 12 months for best quality.**

Check dried foods frequently during storage to see if they are still dry. Foods that are packaged seemingly "bone dry" can spoil if moisture is reabsorbed during storage. Glass containers are excellent for storage because any moisture that collects on the inside can be seen easily. Foods affected by moisture, but not spoiled, should be used immediately or redried and repackaged. Moldy foods should be discarded.

### **Drying Packaging and Storing Dried Foods**

Dried foods are susceptible to insect contamination and moisture reabsorption and must be properly packaged and stored immediately. First, cool completely. Warm food causes sweating which could provide enough moisture for mold to grow. Pack foods into clean, dry insect-proof containers as tightly as possible without crushing.

Store dried foods in clean, dry home canning jars, plastic freezer containers with tight-fitting lids or in plastic freezer bags. Vacuum packaging is also a good option. Pack foods in amounts that can be used all at once. Each time a package is re-opened, the food is exposed to air and moisture that can lower the quality of the food and result in spoilage.

Pack food in amounts that will be used in a recipe. Every time a package is re-opened, the food is exposed to air and moisture that lower the quality of the food.

Fruit that has been sulfured should not touch metal. Place the fruit in a plastic bag before storing it in a metal can. Sulfur fumes will react with the metal and cause color changes in the fruit.

Dried foods should be stored in cool, dry, dark areas. Recommended storage times for dried foods range from 4 months to 1 year. Because food quality is affected by heat, the storage temperature helps determine the length of storage; the higher the temperature, the shorter the storage time. Most dried fruits can be stored for 1 year at 60°F, 6 months at 80°F. Vegetables have about half the shelf-life of fruits.

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### Conditioning Fruits

The moisture content of home dried fruit should be about 20 percent. When the fruit is taken from the dehydrator, the remaining moisture may not be distributed equally among the pieces because of their size or their location in the dehydrator. Conditioning is the process used to equalize the moisture. It reduces the risk of mold growth.

To condition the fruit, take the dried fruit that has cooled and pack it loosely in plastic or glass jars. Seal the containers and let them stand for 7 to 10 days. The excess moisture in some pieces will be absorbed by the drier pieces. Shake the jars daily to separate the pieces and check the moisture condensation. If condensation develops in the jar, return the fruit to the dehydrator for more drying. After conditioning, package and store the fruit as described above.

### Determining Dryness of Vegetables

Vegetables should be dried until they are brittle or "crisp." Some vegetables actually shatter if hit with a hammer. At this stage, they should contain about 10 percent moisture. Because they are so dry, they do not need conditioning like fruits.

Sources:

<http://www.pickyourown.org/index.htm>

[http://www.pickyourown.org/PYO.php?URL=http%3A%2F%2Fwww.uga.edu/nchfp/how/dry/pack\\_store.html](http://www.pickyourown.org/PYO.php?URL=http%3A%2F%2Fwww.uga.edu/nchfp/how/dry/pack_store.html)

The Bingwi Neyaashi Anishinaabek Health Department objective is to provide advocacy and referral to the membership, serve as a link by connecting individuals with resources and to generate and maintain professional helping relationships, and to promote healthy living lifestyle choices prevention and awareness. Funding is provided by the following: Aboriginal Healing and Wellness Strategy, and the Union of Ontario Indians. Programming includes: MOH-LTC Diabetes Education, Responsible Gambling, Federal Family Violence, HIV/AIDS, Community Wellness Work and Aboriginal Healthy Babies Healthy Children.

**FOR HEALTH RELATED INFORMATION CALL 1-877-623-2724 OR EMAIL  
gtpodolchuk@shawbiz.ca ; gtpodolchuk@hotmail.com**



**Participation for Draws**

Please give us your comment on the following:

Band members who live out of town: Participating in band meeting Prize Draws by mailing in your entry form before the band meeting date. Must be over the age of 18 and a band member.

What do you think? Drop us a line

**CLE Tickets**

This year we received requests for CLE tickets from some of the Healthy Babies/Healthy Children clients. We were able to financially assist those clients from that program. If you are interested in receiving financial assistance for CLE tickets next year, please contact Laura at the band office. We would like to offer this opportunity to all band members with small children.

**Policies Committee**

Chief and Council are interested in creating a Policy Committee. It would consist of 3 to 5 band members who are interested in working with Nookiwin Tribal Council to create policies for BNA and bring those recommendations to Chief and Council. The Tribal Council is currently working with other First Nations to develop their policies.

Some key policies that we are interested in creating are:

- Release of Information Policy
- Membership Policies
- Input on Chief and Council Policies
- Complaint Policy for band members

This committee may extend to other policy work as needed. Interested applicants can send a letter of interest, along with resume, via regular mail, fax or email to Laura Airns: [lairns@gmail.com](mailto:lairns@gmail.com). Deadline to participate on the Policies Committee is Friday, October 9, 2009 @ 12:00 p.m.

**Community Capital Planning Study Committee**

As the time grows near for our land transfer, we must begin the next stage of the development of our community. Indian and Northern Affairs Canada will provide dollars to complete a Community Capital Planning Study.

Some of the roles and responsibilities for this committee will be to work with a consultant, along with Chief and Council to ensure that the following tasks are completed:

- Creating a Terms of Reference for the Consultant
- Community planning
- Infrastructure planning including residential and commercial needs, water and wastewater
- To develop a community physical plan
- Review alternative infrastructure servicing options and to recommend the most cost effective option that is compatible with the recommended development plans
- Identify the short-term (0-10 years) and long-term (10-20) needs of the community
- Develop options of Land Use Plan
- Participate in Community sessions

Interested applicants can send a letter of interest, along with resume, via regular mail, fax or email to Laura Airns: [lairns@gmail.com](mailto:lairns@gmail.com). Deadline to participate on the Community Capital Planning Study Committee is **Friday, October 9, 2009 @ 12:00 p.m.**

**Please mail or fax Letters to: Bingwi Neyaashi Anishinaabek  
146 Court Street South  
Thunder Bay, Ontario  
P7B 2X6 Fax: 807-623-2764**