

Onago acitc Ogajigag **ADASOKAN...**

Miskomin Kizis/July 2024 Issue



Anicinabe Nation of Kakinwawigak Newsletter

Xzibit Empowers LPFN Youth



June 13, 2024 was an unforgettable night for our community as American rapper Xzibit, known for Pimp My Ride, performed and led youth workshops right here in Long Point First Nation. Many fans, including myself, gathered at Amo Ososwan School, which was powered by the school's generator during a local power outage.

The atmosphere was electric as Xzibit and Demrick performed for an hour, with everyone capturing the moment on their phones.

What stood out the most was Xzibit's focus on inspiring our youth. He discussed important topics like mental health, suicide prevention, and perseverance, sharing his own experiences and encouraging our young people to find their

gifts and stay strong.



Seeing Xzibit in Long Point First Nation

was a powerful reminder of the transformative power of music and mentorship. It was a night that will be remembered for years to come, and anyone in attendance is grateful to have been a part of it.



Community Reminder:

- Community Cleanliness -

As we enjoy the summer months, let's all do our part to keep Long Point First Nation clean and beautiful. Here are a few tips:

- **Yard Maintenance:** Keep your yard tidy by mowing, raking leaves, and removing debris.
- **Public Spaces:** Clean up after yourself and your pets in public areas.
- **Proper Waste Disposal:** Use designated bins and pick up any litter you see.
- **Recycling:** Separate recyclables from regular trash and use the recycling bins.
- **Community Involvement:** Join any community clean-up events to show your pride and keep our area beautiful.

Together, we can maintain a clean and welcoming environment for everyone. Meegwetc for your efforts!

Community News

National Indigenous Peoples Day

On June 21, 2024 our community came together to celebrate National Indigenous Peoples Day with a vibrant powwow at the baseball field. This special day is dedicated to recognizing and honoring the rich cultures, traditions, and contributions of all



Indigenous peoples across Canada.

Our powwow featured traditional dances, drums, and laughter, showcasing the beauty and strength of our culture. Community

members of all ages participated, dressed in their regalia and danced to the drum's rhythm. It was a beautiful display of unity and cultural pride.

Family Beach Day Fun

The day before, we kicked off the celebrations with a Family Beach Day at the community beach. It was a day filled with joy and excitement as families gathered for a BBQ lunch, swimming, and a variety of activities. The Family Beach Day provided a perfect opportunity for everyone to relax and connect, creating lasting memories with loved ones.



National Indigenous Peoples Day and the preceding Family Beach Day highlighted the importance of coming together to honor our past, celebrate our present, and inspire our future. Meegweto to everyone who participated and helped make these days special!

Skydreamer Studios Grand Opening



On June 20, Frank Polson opened Skydreamer Studio in Winneway. The event showcased his beautiful artwork and honored Indigenous culture with a smudging ritual, drum performance, and symbolic decorations.

Frank expressed gratitude for the support he received and shared how art has helped him heal and embrace his identity.

Skydreamer Studio aims to connect cultures and support the community, offering a space for shared experiences and artistic expression.

Skydreamer Studio serves as both a creative space and an art gallery. Open to the public for self-guided tours, visitors can enjoy Frank's unique blend of traditional and contemporary Anishinaabe art.

Congratulations to Frank Polson on this remarkable achievement!



Community Notices & Awareness

Mental Health Counselling



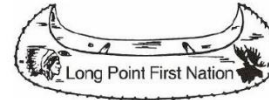
Counselling services are available
at the Health and Wellness Centre

Contact Nate McMartin or Brandy Labine directly if you
would like to book a session or if you have any questions

Next Available Dates: July 4,5,6

Nate McMartin,
Mental Health and Addictions
Resource Officer
Phone/text: 705-622-9775
E-mail: natemcmartin@pfn-aki.ca

Brandy Labine,
Mental Health Counsellor
Phone/text: 705-499-7824
E-mail: brandylabine@outlook.com



Date: July 3rd, 2024
To: Community Members
From: Communications Officer
Subject: ATV and Small Vehicle Safety

Kwe all LPFN members,

As the summer season is in full swing, many of us are enjoying the use of ATVs and other small vehicles. While these activities are fun and convenient, it is crucial to prioritize safety to protect ourselves and our community. Here are some important safety tips:

- **Follow Speed Limits:** Observe all posted speed limits and drive at a safe speed, especially in residential areas and near community members.
- **Consider Passengers:** Avoid carrying passengers on single-rider ATVs. Follow manufacturer guidelines regarding passenger limits.
- **Be Visible:** Turn on headlights and wear reflective clothing to increase your visibility, especially during dusk, dawn, or night rides.
- **Avoid Alcohol:** Never operate an ATV or small vehicle under the influence of alcohol or drugs.
- **Supervise Young Riders:** Ensure that children and teenagers are supervised and are using age-appropriate vehicles.
- **Wear Protective Gear:** Always wear a helmet, gloves, long sleeves, pants, and sturdy footwear when riding ATVs or other small vehicles.
- **Regular Maintenance:** Keep your vehicle in good working condition. Regularly check brakes, lights, and tires.
- **Respect Wildlife:** Be mindful of the environment and local wildlife. Avoid disturbing animals and stick to trails to minimize environmental impact.
- **Emergency Preparedness:** Carry a first aid kit, a cell phone, and know the emergency contact numbers in case of an accident.

By following these safety guidelines, we can ensure a fun and safe environment for everyone in the community. Thank you for your cooperation and commitment to safety.

Stay safe and enjoy the summer!

Meegwetc,

Bradley Polson
Communications Officer

112 Kakinawigak Mikana • Winneway (Quebec) J0Z 2J0
Phone: (819) 722-2441 • Fax: (819) 722-2579

Counseling, Workshops & Trainings



For more information,
contact the **Mental
Health and
Addictions Resource
officer** at (819)722-
2440 ex. 256



Employment Opportunities

STUDENT SUMMER EMPLOYMENT

EMPLOYMENT OFFERS FOR HIGH SCHOOL & POST-SEC

- 1 Office Admin
- 1 Recreation Assistant
- 1 Daycare Educator Assistant
- 1 Kuzzin's Cashier
- 2 Public Works Labourer
- 1 Housing Labourer

• ELIGIBILITY •

- Must be 15+ years old
- Must have Social Insurance Number
- Must be enrolled from previous and upcoming year
- Must be a registered member of LPFN

• WORKING CONDITION •

28 hours per week at \$17 per hour for 7 weeks

• DEADLINE •

Friday, July 5, 2024 @ 12 PM

• STARTING DATE •

Tuesday, July 9, 2024

If you are interested in applying, come by the Community Service Department to pick up an application.
For more information, you can contact Precious Hunter, Employment Counsellor at 819-722-2441 ext. 310

Income Assistance



Employment Opportunities

Helping First Nation Youth that are receiving Income Assistance to provide work experience and relevant training to gain the knowledge and ability towards having career and educational choices. This opportunity will also develop and enhance employability skills such as; communication skills, problem-solving, and working in a team which will introduce a variety of career options.

Two Choices

Housing Labourer

Assisting the Housing Manager within the department and supporting the community with related services.

Health Center Labourer

Performing the beautification of the Health and Wellness Centre premises, maintenance of the building and all related duties.

*A valid driver's license is a requirement.

Requirements

- Must be on Income Assistance
- Must be the ages between 18-30

DURATION OF EMPLOYMENT:
36 WEEKS

If you have any questions, you can contact the Employment Counsellor: Precious Hunter at 819-722-2441 ext 310

DEADLINE: THURSDAY, JULY 18, 2024 @ 12PM

^^ Pick up applications at **Community Services Department** ^^

AMO OSOSWAN

SUMMER EMPLOYMENT HIGH SCHOOL & POST-SEC

JOIN OUR TEAM!

FOUR CHOICES FOR HIGH SCHOOL:

- 2 LITERACY CAMP WORKERS
- 1 JANITOR/MAINTENANCE
- 1 ASSISTANT SECRETARY
- 1 CULTURAL WORKER

DURATION:

HIGH SCHOOL START:
July 15, 2024
DURATION: 5 Weeks

ONE CHOICE FOR POST-SEC:

- 1 SUMMER STUDENT SUPERVISOR

POST-SEC START:
July 15, 2024
DURATION: 7 Weeks

EMPLOYMENT REQUIREMENTS:

HIGH SCHOOL STUDENTS:
Must be a returning student at Amo Ososwan School aged 15+

POST SECONDARY STUDENTS:
Must be a returning post-secondary student

DEADLINE: FRIDAY, JULY 12, 2024 @ 12 PM

Pick up and leave your application with the Amo Ososwan School Secretary by July 12, 2024.

If you have any questions, you can contact Leonard Polson at 819-722-2026 ext 1102.

Pick up applications at
Amo Ososwan School

Community Event Flyers

More events for July may
be added to the LPFN
Communications
Facebook Page, so keep
an eye out!

COME OUT FOR SOME FUN

DE L'HUMOUR A COUP SUR !


Les 4 Chevaliers

VS

**FOR AGES 13-17
AND ADULTS 18 & UP**

**WEDNESDAY
JULY 3RD
at LPFN ball
field**

**YOUTH GAME AT 6:30
ADULT GAME AT 7:30**

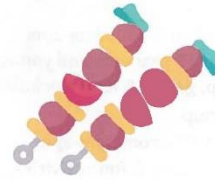
For More Information  Mental Health Nate LPFN
nathanmcmartin@lpfn-aki.ca

Made with PosterMyWall.com

If you have upcoming event flyers or food sales
for the month of August, please send by
messenger or email: bradlevpolson@lpfn-aki.ca.
Deadline is July 31, at 4:30pm

SUMMER festival with OKCC

JULY 1-5



Lots of fun activities
planned for all ages!!



Don't miss out on Korean
Food Festival and exciting
daily activities! (See next
page for more info)

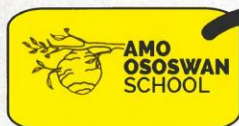


- **Korean Food Festival**
 - July 4th from 6pm-8pm
 - Open to everyone
 - Korean food buffet
 - Foods include Bulgogi, K-BBQ and many more
- **Summer camp**
 - July 2nd-4th from 10am-2pm
 - Children 13 years old and younger
 - worship, games & lunch included
- **Youth Group**
 - July 2nd-4th from 3pm-6pm
 - games, snacks & fun activities
- **Dinner Invitation**
 - July 1st-3rd from 6pm-7pm
 - Open to everyone
 - Korean food, coffee, tea & chat
- **Evening Service**
 - July 2nd-4th from 7:30pm-9pm
 - Open to everyone
 - Come worship and hear God's words



AMO OSOSWAN SCHOOL LOGO COMPETITION

We are revamping the school's logo for an updated design and we would love for you to help. The competition is open to all students and LPFN Members.



SUBMIT YOUR DESIGN
USING THE QR CODE



**\$500
CASH
PRIZE!**

**DEADLINE FOR
SUBMISSIONS IS
FRIDAY AUGUST
2ND, 2024**

Logo needs to be an original. For more
information, please contact Pamela P.
Polson at 819-722-202

Offer of Services

Going out or Busy?

We can babysit them for you!

Why hire us?

- Wholehearted, hardworking, and responsible
- Professional, courteous service
- Can do household chores like cooking, washing the dishes, and dog walking
- Rate: \$10 per hour only!

Schedule a babysitting session today!
Contact us 819-860-9196 at or email us at
mclarendawnn@gmail.com or bells.leblc@icloud.com.
References available upon request!

TIMISKAMING FIRST NATION TRADITIONAL

POW WOW

August 10 & 11, 2024
20th Edition

HONOURING OUR LANGUAGE
~ KIJENDADIDAN GIDJIGIWININAN ~
9 Algonquin Ave Timiskaming First Nation, QC



Grand Entries
Saturday 12 pm
Sunday 12 pm

Community Feast
Saturday August 10th at 5 pm
Community Center
9 Duncan Road



Head Elders
Peter Beaucage
Marilyn Chevrier-Wills

Host Drum
Bear Creek

Co Host Drum
High Ridge

Community Drum
Iron Stone

Invited Drum
Indian Road

Arena Director
David Trudeau

Head Dancers
Tristan Dreaver
April Chief

Head Youth Dancers
Halen Polson-Boissoneau
Brandy Chief

Veteran
Eddy Wabie

MINO PIJAWOK EVERYONE WELCOME BIENVENUE A TOUS

Community Wishes

Happy Birthday Ronnie

who celebrates on July 3
from Brad, Sierra, Sam, Brie, Peyton & Fam

Happy Birthday Kenny

who celebrates on July 3
from Gabe

Happy Birthday Brandon

who celebrates on July 16
from Danis & Carter

For any wishes for the month of August, please
send name and message by messenger or email


bradleypolson@lpfn-aki.ca.

Deadline is July 31, at 4:30PM

Schedules & Calendars

NNADAP'S CORNER

20 JULY 24




SUN	MON	TUE	WED	THU	FRI	SAT
ART OF MINDFULNESS WORKSHOP 12:30-4:00	1	2	3	4 NA RECOVERY MEETING 7:00 PM	5	6
7	8	9 A.A RECOVERY MEETING	10	11	12	13
14	15	16	17	18 NA RECOVERY MEETING 7:00 PM	19	20
21	22	23 A.A RECOVERY MEETING	24	25	26	27 SWEATLODGE WITH PETER BEAUCAGE
28	29	30	31			

NNADAP'S Corner July 2024 Calendar


For more information, contact the **NNADAP Coordinator** at (819)722-2440

Amo Ososwan Workout Centre Schedule

For more information, contact the **Adult Education Centre** at (819)722-2221



Amo Ososwan Workout Centre Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	6:00 am- 8:30 am Women & Men	6:00 am- 8:30 am Women & Men	6:00 am- 8:30 am Women & Men	6:00 am- 8:30 am Women & Men	6:00 am- 8:30 am Women & Men	CLOSED
CLOSED	12:00 - 1:00 p.m. Women & Men	12:00 - 1:00 p.m. Women & Men	12:00 - 1:00 p.m. Women & Men	12:00 - 1:00 p.m. Women & Men	12:00 - 1:00 p.m. Women & Men	CLOSED
CLOSED	4:30p.m-6:00 p.m. Men	4:30p.m-6:00 p.m. Men	4:30p.m-6:00 p.m. Men	4:30p.m-6:00 p.m. Men	4:30p.m-6:00 p.m. Men	CLOSED
CLOSED	6:00 p.m-7:30 p.m Women	6:00 p.m-7:30 p.m Women	6:00 p.m-7:30 p.m Women	6:00 p.m-7:30 p.m Women	6:00 p.m-7:30 p.m Women	CLOSED

Wash your hands & wash equipment after each use. Zero tolerance of drugs or alcohol Not responsible for any injuries while on premises of the Adult Education building. Thank you for your cooperation and stay safe!! Megweetc!!

Collection Calendar 2024

For more information, contact the **Public Works Manager** at (819)722-2441 ex. 239



COLLECTION CALENDAR 2024

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
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JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
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RECYCLING BIN

PAPER & CARDBOARD
Newspapers
Sheets & envelopes
Cardboard boxes
Egg boxes
Pizza boxes
Juice boxes
etc.

PLASTIC
Plastic bags
Plastic wrap
Containers & bags
etc.

ALUMINUM & METAL
Aluminum foil
Tin cans
Soft drink cans
Aluminium pans
etc.

GLASS
Bottles
Jars
etc.



GARBAGE BIN

CERAMIC & OTHER
Dishes, porcelain & pottery
Mirrors
etc.

SOILED BY BODY FLUIDS
Disposable diapers
Cotton buds
Toilet paper & tissues
etc.

OTHER
Carbon, plastified & waxed papers
Metallic papers (potato chip bags)
Toys
Pyrex dishes
Stickers
Photos
Clothes, masks & textiles
etc.



AMIK ECOCENTRE

CONSTRUCTION MATERIALS
Construction wood
Metal
Asphalt shingles
Aggregates & gypsum

OTHER
Refrigerators & stoves
Mattresses & sofas
Electronic devices
Propane tanks
Used tires

HOUSEHOLD HAZARDOUS WASTE
Paints, stains & varnishes
Aerosol sprays
Fluorescent lamps & tubes
Oils, filters & used oil containers
Batteries

and any product
with one of these

EcoCentre General Opening Hours:
Sunday to Friday, 9am - 5pm

Social Assistance Calendar 2024

For more information,
contact the
Social Assistance Department
at

(819)722-2441
ex. 313

JANUARY	FEBRUARY	MARCH	APRIL
SUN MON TUE WED THU FRI SAT 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	SUN MON TUE WED THU FRI SAT 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	SUN MON TUE WED THU FRI SAT 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	SUN MON TUE WED THU FRI SAT 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
MAY	JUNE	JULY	AUGUST
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SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
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■ declaration week.

● Benefit dates

****Every Friday after declaration week is considered LATE****

Contact



Employee directory
List of extension and email

Name	#	Title	Email ending @lpfn-aki.ca
Administration Office			
819-722-2441/819-722-2933			
Bradley Polson	261	Communications Officer	bradleypolson
Chelsea Polson	226	Director of Housing	chelseapolson
Daniel Rodrigue		Finance Comptroller	danrodrigue
Diana Polson	256	Human Resources Advisor	dianapolson
Donny Jerome		Project Manager Housing Construction	donnyjerome.lpfn@gmail.com
Gabriel Rodgers	247	Economic Development Officer	gabrielrodgers
Henry Rodgers	228	Chief	henryrodgers
Jean Vicaire	--	Strategic Development Advisor Public Security	jeanvicaire
Jerry Polson	317	Director CLSR	jerrypolson
Marsha Mathias	225	Executive Assistant	marshamathias
*Vacant	223	Community Housing Manager	
Marielle Rannou	249	Director of Finance	mariellerannou
Marlene Mathias	221	Receptionist	
*Vacant	263		
Nancy Gauthier	258	Accounts Payable Clerk	nancygauthier
Public Works Garage	242		
Venuste Kayiranga	224	Finance Comptroller	venustekayiranga
Shannon McLaren	234	Accounts Payable Clerk	shannonmclaren
Sharon Hunter	227	Executive Director	sharonhunter
Board Room	237	Council Boardroom	
Roxanne Charbonneau	262	Payroll Clerk	roxannecharbonneau
Shawn Polson-Rodrigue	229	Finance Assistant	shawnrodrigue
Community Services			
819-722-2441			
Kathy St-Denis	233	Social Assistance Manager	kathystdenis
Kathleen Jerome	239	Public Works Manager	kathleenjerome
LeeAnne Chief	233	Social Assistance Assistant	lee-ann.chief
Linda P. Hunter	241	Employment & Training Service Centre Manager	lindaphunter
Liza Charbonneau	222	Community Services Director	lizacharbonneau
Precious Hunter	250	Employment Counsellor	precioushunter
Reception	310		
Sylvia Mathias	257	Janitor Supervisor	sylviamathias
Gerald Hunter	311	Waste Management Coordinator	geraldhunter
Natural Resources:			
819-722-2441			
Joseph Lariviere	251	Project Manager – Mining	josephlariviere
Linda McMartin	252	GIS Technician	lindamcmartin
Nelson King	255	Forestry Manager	nelsonking
Isabelle Brulé	254	Strategic Development Advisor Natural Resources & Sustainable Development	isabellebrule
*Vacant		Director of Natural Resources	
Health & Wellness Center:			
819-722-2440			
Adam Hunter	223	Director of Health and Wellness	hunteradam
Ashlee Chevrier	227	Interim NNADAP Coordinator	ashleechevrier
Cathie Drolet	228	Community Health Nurse	cathiedrolet
Chantal Dumulon	248	Community Health Nurse	chantaldumulon
Colette Pichette	222	Manager Mino Madizi Abinodjish, Mino Madizi Anikodadiwin	colettepichette
Darren Mathias	244	Medical transportation – Assistant	darrenmathias
Isabelle Léonard	228	Community Health Nurse	isabelleleonard
Jackee Polson	254	Manager – Health & Wellness	jackeepolson
Jasmine Osam	258	CHR	jasmineosam
Lynda Acree	253	Community Health Nurse	lyndaacree

Monique Buckner	221	Receptionist	moniquebuckner
Nancy Gaudet	230	Home Care Coordinator	nancygaudet
Nathan McMartin	256	Mental Health and Wellness	nathanmcmartin
Samantha Mathias	243	Jordan's Principle Coordinator	samanthamathias
Sylvie Bernier	247	Nurse in Charge	sylviebernier
Sylvie Savard	233	Medical Transportation Coordinator	medicaltransportation

First Line Services:			
819-722-2034			
April Polson	222	Social Services Manager	aprilpolson
Chassidy Polson	221	Administrative Assistant	chassidypolson
Danis Polson	225	Family Outreach Worker	danispolson
*Vacant		Activity Coordinator	
Sabrina McLaren	224	Mobilization worker	sabrinamclaren
Sheila P. Mathias	223	Case Manager	sheilamathias
Sky Polson	228	First Nations Representative	skypolson
Education:			
819-722-2026			
Alexia Pichette		Coordinator Before and After School Services	alexiaipichette
April Wable	222	Vice-Principal	april.wable
Jason Mathias		Cultural Program Officer	jasonmathias
Jessica Polson	227	Student Life Animator	jessicapolson
Judith Pichette		Educational Program Officer	judithpichette
Leonard Polson	224	Director of Education	leonardpolson
Maio Lin Urban		Administration Technician	
Neal Allan		Curriculum Developer	
Pamela P. Polson	222	Principal	pamela.p.polson
Tori Polson	227	Interim Post-Secondary Coordinator	Toripolson
Viana Polson	221	Receptionist	
*Vacant		Project Development Officer	
Adult Education:			
819-722-2221/722-2027			
Tracy McLaren		Human Resources Technician	tracymclaren
Valerie Mathias		*Interim Adult Education Coordinator	valeriemathias
Radio Station:			
819-722-2799			
Elvis Chief		Radio Broadcaster Anicinabemowin Minikanan Kitige Language project	elvischief
Jenna Chief		Radio Broadcaster	jennachief
Jesse Chief		Coordinator Anicinabemowin Minikanan Kitige Language project	jessechief
Tammy Maranda		Radio Broadcaster Anicinabemowin Minikanan Kitige Language project	tammymaranda
Elders Center			
819-722-2365			
Rosaline Mathias		Elders Coordinator	



LONG POINT FIRE DEPARTMENT EMERGENCY PHONE NUMBERS

LONG POINT FIRE DEPT.	→	FIRE HALL: (819) 722-2055
DEREK MATHIAS	→	CELL: (819) 629-7429 HOME: (819) 722-2822
STEVEN POLSON	→	CELL: (819) 354-1674
KATHLEEN JEROME	→	CELL: (819) 859-2655
GABRIEL RODGERS	→	CELL: (819) 702-2684

"FIGHTING FIRE BEGINS WITH PREVENTION"

Contacting the SQ (Sûreté du Québec)



310-4141 or ***4141** for direct, emergency access.
629-2356 for Ville-Marie detachment (non-emergency).



Contact Information

Bradley Polson
Long Point First Nation
Communications Officer
819-722 2441 ex. 313
bradleypolson@lpfn-aki.ca

Follow Us

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Instagram: LPFN Communications