

# MAQUATUASHTUK *Dipajimuun*

## Meenwatch'heewouwaan Maskinnou Journey

The arrival of the Meenwatch'heewouwaan Maskinnou walkers was on Friday, February 26th. They were greeted by many community members who gathered down by the riverbank to witness the journey crossing the Maquatua River into Wemindji.

As they approached the community, they continued walking until they reached the Community Hall where snacks and hot beverages were setup to officially welcome them into Wemindji.

Some of them had started their journey in Moose Factory where the starting line was. Along the way, their journey brought them to Waskaganish, Eastmain, and then Wemindji. They stayed in our community for the weekend before they continued their journey unto Chisasibi on Monday, February 29th. Chisasibi would be their final destination and is expected to be reached on Friday, March 4th, 2016.



Before they left Wemindji, community members gathered to wish them well on their path and offered a prayer for a safe and prosperous journey. It was a great experience to witness their departure from the riverbank. It brought back good memories for many people recalling the ways of our people long ago before dog sleds, snowmobiles and such.

Tune into any Cree media either through JBCCS or CBC Cree Radio to get the complete story on the Meenwatch'heewouwaan Maskinnou Journey.

### *Inside this Issue*

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- ◆ Wellness & Culture Calendar



*@ Community where Tradition Lives On*



# Editorial

by Shannon Atsynia  
CNW Communications Officer

It's our first edition of volume two (2) of Wemindji's community newsletter, **Maquatuashtuk Dipajimuun**. This year, we have another four (4) editions for you that are scheduled to release in the first week of the following months; March, June, September and December.

There are some new additions that will be seen this year in the newsletter which include; new columns by writers from all walks of life in Wemindji. We are also adding some new corners! You'll see what I mean as you browse the pages of this newsletter. On that note, I want to encourage any writers out there that might be interested in participating in any of our future editions of the newsletter.

In our very first newsletter back in March of 2015, I did not write an editorial. I did however, introduce this project and talk about how various entities in the community were collaborating with us to release a quarterly newsletter. I had a weekly radio show at the time and was promoting the newsletter inbetween topics. Before I went off the air, I announced I would be taking the newsletter to the store so if anyone saw a copy sitting on the counter, it was free.

As I was walking down Stone Road, several people passing by in their vehicles stopped me to get a copy. As I made my way to the mall, there were a handful of people in the lobby waiting for me. It was very encouraging to receive the positive response and to see the anticipation. I had only made about 75 copies for the store and those flew off the counter very quickly. Amazing what a one hour radio show can do for publicity, eh?

One of the main reasons I work in Communications today is because of Radio. I had a love for radio very early on and it has stayed with me all these years. I never attended college because I thoroughly enjoyed working full-time but I did however take Radio Broadcasting through Algonquin College when my son was a baby.

Having to leave my children at home for a couple of weeks at a time so I could attend my course was very difficult but in the end, I stuck it out and attained my certificate. I had hoped for years to apply it further than weekends or replacement work but sometimes things don't work out the way we had hoped because greater things can happen beyond what we can see.

I certainly never foresaw being the Communications Officer for the band office and I never expected I would have one job doing so many things that I have loved all my life but here I am going on my third year with CNW and I can honestly say I'm very happy where I am professionally. It is certainly my new hope that I remain in this field for many years ahead but it'll be O.K too if life points me in a different direction. After all, we all need to make room to grow. -SA



## Cree Nation of Wemindji Chief & Council Meetings

March 23, 2016

April 13 & 14, 2016

May 31, 2016

June 23, 2016

July 20 & 21, 2016

August 24, 2016

September 21, 2016

October 19 & 20, 2016

November 23, 2016

December 7, 2016 (if necessary)

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## Special Band Members Meeting:

March 30 & 31, 2016

## Local Annual General Assembly:

August 9, 10 & 11, 2016



## Upcoming Issues in 2016 of "Maquatuashtuk Dipajimuun"



Print Day: Friday, June 3  
Deadline: Monday, May 30

Print Day: Friday, September 2  
Deadline: Monday, August 29

Print Day: Friday, December 2  
Deadline: Monday, November 28



**Contact Us:**

Cree Nation of Wemindji  
 21 Hilltop Drive PO Box 60  
 Wemindji, QC J0M 1L0  
 T (819) 978-0264 F (819) 978-0258

Website: <http://wemindji.ca>



# Cree Nation of Wemindji Administration Office



## REMINDER

The offices of the Cree Nation of Wemindji will be closed on the following holidays:

**Friday, March 25, 2016**

- Good Friday

&

**Monday, March 28, 2016.**

- Easter Monday



## Cree Nation of Wemindji On-call Phone Numbers

<b>Housing Maintenance</b>	<b>819-978-7265</b>
<b>Drinking Water Dept.</b>	<b>819-978-7508</b>
<b>Waste Water Dept.</b>	<b>819-978-7476</b>
<b>Road &amp; Walkways</b>	<b>819-978-7472</b>
<b>Energy Systems</b>	<b>819-978-7277</b>
<b>Arena Maintenance</b>	<b>819-978-7422</b>

<b>Complex Maintenance</b>	<b>978-7543/7580</b>
<b>Airport Maintenance</b>	<b>819-978-7430</b>
<b>Animal Care &amp; Control</b>	<b>819-978-7473</b>
<b>Communications Officer</b>	<b>819-978-7511</b>

Greetings from the office of the Cree Nation of Wemindji. As the end of the fiscal year approaches, our directors and managers are working on wrapping up reports and appraisals for the 2015-2016 year. Ideally, our work plans and goals for this fiscal year are ready for the new fiscal year which starts on April 1st. The date where we say "Happy New Fiscal Year!" in the office.

Many of our departments will be working on various projects within their work plans and also ensuring the continuity of many annual events and/or activities that they are responsible for in their departments. Keep an eye out for announcements and public notices on upcoming events happening in the community.

Wemindji's Special Band members meeting is coming up this month on March 30th and 31st. All members and beneficiaries are invited to attend at the Community Hall auditorium. You'll find an announcement and the agenda provided within this newsletter. We encourage you to make plans to attend this meeting. Community meetings give you the opportunity to voice any concerns you might have.

Various entities are also scheduled to do a presentation on their plans and progress within their businesses. This provides crucial information to our members and gives us a greater knowledge of what's coming up in our community. We look forward to seeing you all attend.



Before winter leaves us for the next three seasons, we have many of our annual winter activities that will be starting this month. The photos on the left were taken last year during a mini village contest run by the Cultural department. The top photo is a close up of the teepee and hunter that Gerda Georgekish had in her mini village. The other is another close up of an ice fisher that was done outside James Shashaweskum's place. All were amazing but these two photographs were among favorites.

The mini cultural village contest is one of the many favorites in the community. Keep your eyes open for the next one!



## **Special Band Members' Meeting**

### **AGENDA**

**Wednesday, March 30 & Thursday, March 31, 2016**  
**Community Hall**

<b>Wednesday, March 30</b>	<b>Thursday, March 31</b>
<b>1:00 PM to 5:00 PM</b>  CNW Operations Presentation	<b>1:00 PM to 5:00 PM</b>  Tawich Development Corporation
<b>7:00 PM to 10:00 PM</b>  Goldcorp Presentation  Housing Policy – Scott Flamand  Community Wish List	<b>7:00 PM to 10:00 PM</b>  <b>continuation</b> Tawich Development Corporation (7pm - 8pm)  Homeownership – Scott Flamand  Hydro Quebec  <b>continuation (if necessary)</b> Community Wish List
<b>Band Members Resolution – Board of Compensation            (whenever there will be quorum)</b>	

**Refreshments will be served.**



**Monday to Friday**

**Breakfast:** 7:00am to 11:00am

**Lunch:** 11:30am to 1:30pm

**Supper:** 5:00pm to 7:00pm

**Fast Food Menu is served from 11:30am to 7:00pm**

**Saturday & Sunday**

**Brunch:** 8:00am to 1:00pm

**Supper:** 5:00pm to 7:00pm

**Fast Food Menu is served from 2:00pm to 7:00pm**

**(819) 978-0343**



**Canada Post Office**

**Monday to Friday 9am to 5pm**

**Office Number: 819 978-3333**



**Monthly Rates & Fees**

**\$55 a month Cable OR Internet**

**\$90 a month Cable & Internet**

**\$150 First Time Installation Fee**

**\$100 Reconnection Fee**

**For payments, see Patricia Georgekish at the Band Office (Upstairs)**



**Tawich  
Development Corp.**

Time goes by fast! Winter is almost over. Springtime, please hurry... roasted goose sounds good, right about now.

The TDC Board & Management team and top managers of our subsidiary companies have been reporting to the Chief & Council on a quarterly basis since spring of 2015. It is a way for TDC to effectively communicate with the representatives of our shareholders. TDC appreciates the feedback that we receive from our shareholders. We strive to provide a lucrative and sustainable local economy and we need the support from the community, our clientele who are ultimately our shareholders.

TDC wants to have a stake in outside industries as well so that we are not only depending on the income of the community members. We want to create jobs that will benefit community members as well as other Crees. We should be proud to employ people from the outside; it means that we are doing well in terms of development.

**Sibi Gas Station** has a new look! The convenience store area is starting to fill up. The retail stock will be coming in over time. There are extended hours from 9:00 am to 9:00 pm from Monday to Friday & 10:00 am to 6:00 pm on weekends.

The **TDC Administration building** will be ready in late spring. We are projecting to have a grand opening in the summer time.

We would like to welcome new staff members under Tawich Business Development Corporation:

- Marjorie Asquabaneskum has returned from leave as the Post Office Clerk as of February 22, 2016
- Albert Atsynia was hired as a Gas Attendant at Sibi Gas on January 11, 2016 & Rhonda Georgekish, Tobias Gilpin & Matthew Duff were hired on February 8, 2016

TDC and its' subsidiaries will be making presentations at the Special Band Member's Meeting at the end of March, so please come by for an update on our activities.



**Contact Us**

Tawich Construction Inc.

21 Hilltop Drive PO Box 210

Wemindji, QC J0M 1L0

T (819) 978-0264 + dial 5 at greeting

Website: <http://tawich.ca>



Submitted by  
TCI Director General and HR Staff

With the most recent visit to the mine, Tawich Construction had met with Goldcorp's representatives to express the frustrations and dissatisfactions of how the layoffs in January transpired. We have requested Goldcorp's layoff processes that were followed in January and any future processes.

Wachiya,

On behalf of Tawich Construction Inc., I would like to send my warmest greetings to the good people of Wemindji.

For the most part TCI has been working hard in preparing for the upcoming 2016 construction season and aligning ourselves for potential jobs ahead. We have added new personnel to the team to assist in the coordination and management of our projects as well as the implementation of newly developed key strategic initiatives.

TCI would like to welcome to the local team:

Director General: Wayne Morrison

Corporate Strategic Manager: Holly Danyluk

Project Manager: Vincent Morin

Accounting Assistant: Jason Hester

Business Development: Gilbert Georgekish

Tawich Construction is growing and with the growth will require additional resources in all fields, from equipment and tools to trained personnel. With the new faces on our team we are confident that Tawich Construction will have another successful year, not only in the development of our community, but its people as well.

The TCI plan for 2016 is to complete remaining phases of existing contracts and obtain works locally as well as the hopes to be awarded upcoming road maintenance bids. 2016 will also give us opportunity to train our existing and potential workforce to improve our overall performance. We look forward to creating our teams and getting our fleet rolling once again.

We are looking for hard working individuals to fill in the remaining positions. For info contact us at 819 978 0264 ext. 318 or come and see us at our offices located on the lower level of the TDC building next to the Mini-Mall on Beaver Road.

In closing, I wish you all a happy & safe winter.

**Earle Danyluk**, TCI - Operations Manager

The TCI mine's HR staff have been reminded that they must always be honest and to ensure to let employees know of any upcoming plans or changes by Goldcorp. Also to always ensure to defend and justify positions at the mine when possible. Based on the price of the production of gold, they should not be doing that bad.

The current price of gold is only a small factor of the layoffs. To reach a profit and increase reinvestments to the mine's development, Goldcorp is in the process of becoming more efficient. Goldcorp and its production of Gold is in US dollars, which is currently higher than the Canadian dollar.

To prevent the future miscommunication, TCI and Goldcorp will limit verbal information and communications. To improve this area all communications and information will have written documentation in the form of minutes for meetings and agreements.

Tawich Construction Incorporated is scheduled to be presenting at the next Community meeting that will be announced by the Cree Nation of Wemindji. TCI will have a booth set up to answer any questions, or provide updates on our Strat Plans, for the upcoming projects and training. For any upcoming training, please call Wade Atsynia, at (819) 978 0264 ext. 318.

Tawich Construction is well positioned to become an important civil contractor for Northern Quebec over the short term of five years. In addition we believe that TCI can initiate invitational bids in neighboring communities and regional organizations in Cree Eeyou Istchee. The company plans expand our customer base through expansion into other communities to develop alliances with other companies. The strategy is to capitalize on alliances by securing contracts for TCI. Identify clients establish nurturing relationship is key to building construction business. In the last three months we have met with potential clients and building the relationship through trust and information from past projects with TCI in civil construction and mining. The idea is to pass on knowledge from our experience and use it as a guide in moving forward toward continued improvement. Our mission is to provide the highest-quality service possible to the stakeholders in the Cree Eeyou Istchee and continue providing training and skills development for our Cree labor force personnel growth.

# What's New at Maquatua Eeyou School!

## By Aidan McCaffrey

### March 2016



Maquatua Eeyou School is as busy as ever with Term 2 all wrapped up! Students and teachers alike are working full steam ahead and their dedication shows! With tons of new extra-curricular initiatives taking place, ambitious academic goals being reached as well as dynamic new staff, the halls of MES are buzzing with excitement. Here's a look at what is going on in our fantastic school!

#### Extra-curricular Activities

For the 2015/2016 school year, MES wanted to get the students more involved in after-school activities. Teachers have been very creative in their ideas for student involvement and the kids are loving the opportunities to engage in after-school fun with some their favorite teachers.

Some of these activities include:

- Elementary Boy's and Girl's Clubs
- Guitar Club
- Music Club
- Primary Science Club
- Science Fair Preparation
- Fix-It Club
- Tutoring
- French Club
- Hockey, Broomball, and Basketball

#### RTI

MES has recently initiated a huge undertaking called RTI, or, "Response to Intervention". This school wide initiative targets English Language Arts-based instruction in the classroom to begin bridging the gaps between our students' learning levels. This program, facilitated by Marsha Brown, has taken off and the results have been truly inspiring. Already teachers and students are seeing incredible results



and learning has taken on a whole new approach in the classroom as teachers are working together to reach every student individually and bring them closer to a common goal of success! Next year RTI will include a Cree Language and Math/Science focus so MES can become an even more well-rounded and successful school!



### **SMART Goals**

Another path to student success MES is working on is through the planning and implementation of SMART Goals. "SMART Goals" stands for "Specific Measured Attainable Realistic Time-bound Goals". These goals are set within each cycle and through careful assessment, planning, intervention strategies, frequent check-ins and reflection; teachers are able to establish and monitor a common academic goal to work on over an 8-week period. For example, Cycles 1 and 2 chose to focus their SMART Goal on increasing fluency in reading. The Cycles set a goal for their students to achieve at the start of the sequence, implemented great activities and intervention strategies to help their students achieve these goals, checked-in frequently over an 8-week period with students to monitor the effectiveness of these strategies and intervene where necessary, and at the end of the sequence, measured the overall success of the goal! Students have shown incredible growth through the implementation of these goals in both Secondary and Elementary sectors and in all academic disciplines, including Cree Language and Culture, Phys-Ed, Math and Science and English Language Arts. Keep up the great work MES Staff and Students!

### **Student Council**

Teachers David, Danielle and Monika have begun the initiation of a Secondary Student Council at Maquatua Eeyou School! Campaigning and elections will be held for grade representatives, secretary, treasurer, vice-president and president.





## Upcoming Events

Mark your calendars for these important dates coming up at Maquatua Eeyou School!

March 1<sup>st</sup> – Term 3 begins

March 11<sup>th</sup> – Parent-Teacher Interviews and report card distribution (PED Day)

March 10<sup>th</sup> – MES Winter Carnival

March 17<sup>th</sup> – Book Bingo Night

March 22<sup>nd</sup>-23<sup>rd</sup> – Regional Science Fair in Waswanipi

March 25<sup>th</sup> & 28<sup>th</sup> – Easter Holidays

Mid March (Date TBA) – Local Speech Competition

April 8<sup>th</sup> – PED Day

April 13<sup>th</sup> – Regional Speech Competition in Whapmagoostui

April 15<sup>th</sup> – Regional Art Exhibition in Wemindji

April 27<sup>th</sup> – ½ PED Day

## Welcome to MES!

This school year at MES has seen a lot of new and dynamic additions to staff.

- Rose Challer – Grade 2
- Annie Gregson – Grade 3
- Angela Tripp – Grade 3
- Michelle McGarrity – Grade 4
- Jennifer Vanner – Grade 4
- Raquel Lopes – Grade 5/6 Math/Science
- Kim Hindmarsh – Grade 5/6 Math/Science
- Chris Currie – Secondary Science, Science Programming, Assist in Secondary Math, Science and Gym
- Seth Wynes – Secondary Math and Science
- Megan Fox – Secondary Science and Math
- David Blackburn-Kearns – WOTP/Secondary English Language Arts
- Michael Morris – Art Concentration, Secondary Math

Please remember to “like” the Maquatua Eeyou School Facebook page for frequent updates, announcements and pictures of what is going on in the school!

*Anyone in need of Childcare Services?*

# The Kanawhymigoo Childcare Center

has spaces available for Children ages  
1 month – 48 months old

For more information :

Call 819-978-0373 or 0360

To Register your child you need updated  
Documents Parents Indian Status, Health Card or  
Driver's license, Birth certificate for Parent and Child.

We're open from 8:30am to 6:00pm





**200 Squares Available**  
**10\$ a Square**

**Your chance to win \$1,000**  
**\$1,000 goes to the Dog Pound**

**See Lori Mercer (819) 978-7473**

*Community Tour Guide*

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TRAINING MAY 2-5/2016

Wemindji Tourism will be offering training for community members interested in becoming a tour guide.

To sign up  
Please contact  
Charlene Wawatie  
819-978-7206  
tourism@wemindji.ca



Wachiya!

We have had a very busy past few months at Tawich Distribution Inc, and we don't expect that to stop anytime soon. Our operations have been steadily growing since our first order in September 2015 and we expect that to continue. The opportunities available to many industries in Eeyou Istchee are vast and TDI is happy to be a part of the increasing presence of Wemindji companies on the territory. You may have seen our trucks in town or on the highway.

We have moved some of our operations to the TDC warehouse located at the La Grande Riviere Airport and we plan on being fully situated there in the next few weeks. We will be doing some improvements to the offices and warehouse area, including new floors, a little painting, and a lot of cleaning!

Our imminent partnership with Uniselect, as well as openings with a multitude of other suppliers, has TDI poised to seize many of the contracts in Eeyou Istchee and elsewhere that have existed for many years without Cree involvement. We expect 2016 to be a breakout year for TDI as we seek to fulfill our goals of being a responsible and profitable company, and, most importantly, a provider of jobs for Wemindji and Cree Eeyou/Eenou.

Sincerely,

**Jeremy Brown**  
Director of Operations

<http://tawichdistribution.com>

**Wemindji  
Enterprises**

\$60 - One pass  
\$200 - One month  
\$250 - Season

**Call 819-978-0292**  
**819-978-7232 / 7234**



# Community Tour Guide

## TRAINING

### Day 1

09h00-09h30: Eeyou Istchee, why tourism ?

09h30-11h00: Wemindji Tourism Plan 2015-2019

11h15-12h00: 2016 packages

12h00-13h30: Lunch time

13h30-17h00: Expectations and needs of visitors (Québec, Canada, USA, Asia and Europe)

### Day 2

09h00-10h30: Tour of Wemindji point of interests

10h45-12h00: Two suggested itineraries (by motor vehicle and by foot)

12h00-13h30: Lunch time

13h30-17h00: Texts related to each point of interest with individual upgrading/personalization

## TRAINING

### Day 3

09h00-10h30: Tour guiding basic technics (part I)

10h45-12h00: Tour guiding basic technics (part II) and ethics

12h00-13h30: Lunch time

13h30-17h00: Actual demonstration on site

### Day 4

09h00- 12h00: Real situation exam for each participant

12h00-13h30: Lunch time

13h30-17h00: Real situation exam for each participant

17h00-18h30: Supper time

19h00-21h30: Group exchange on the results of the day



## 5 Fun Facts

1. More than 75% of people will try to lick their elbow after reading this fact for the first time.
2. If you keep your eyes open by force when you sneeze, you might pop an eyeball out.
3. 23% of all photocopier faults worldwide are caused by people sitting on them and photocopying their butts.
4. Donald Duck comics were banned from Finland because he doesn't wear any pants.
5. After reading this post you will realize that the the brain doesn't recognize a second 'the'.

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

### WORDS

ARTICLES  
CHIEF  
COMMUNITY  
CONSTRUCTION  
DEPUTY CHIEF  
EDITORIAL  
EYYOU

MAQUATUA  
MEMBERS  
RESTAURANT  
SCHOOL  
SIBI  
SPRING  
STORE

TAWICH  
WACHIYA  
WEMINDJI

# Wemindji: Home Sweet Home

By Aidan McCaffrey



I am what most would describe as a homebody. I put down roots, I establish myself, I make a home and I get comfy. I have definitely gotten comfy in Wemindji. When I first moved to Wemindji in August of 2012, I didn't plan on staying longer than a few years. I had been hired by the Cree School Board to teach at Maquatua Eeyou School for Grade 2. I was a fresh graduate of an Ontario teacher's college and was anxiously looking to find full-time teaching work. The CSB answered this call and I decided to throw caution to the wind and give it a try! I had lived away from the family home for years at this point, and Wemindji certainly wasn't the farthest I had ever lived away from them before, but it was certainly the most "exotic" location I had found myself settling in.

It was a big move. I had an apartment in Mississauga - a suburb of Toronto, a long-term relationship and was very close to my small family and friends. Moving here meant I was going to say "see ya!" to those people for a long time, but I was looking for a change and felt a strong pull to Wemindji. I was lucky to have interviewed in-person here in June of 2012 and got a good taste of what life would be like.

What made me most comfortable with the idea of a 1500+km, cross-provincial move from my southern home to my new digs on Beaver Road were the people I was joining here. During my stay here for the interview I was welcomed into future co-worker's homes, treated to a tour of the community and school and shown the beauty of this Wemindji - all by enthusiastic promoters of the town. Seeing Wemindji with the sun shining, the sky a beautiful blue and a crisp breeze, no nearby busy highways or sky scrapers, no traffic jams or honking horns - I was hooked. The fact that I would be teaching in my very own classroom was icing on the cake! I was excited to start my career in such a beautiful place.

Nothing could have prepared me however for the powerful connections I would make with the people of this community. Immediately I was welcomed here by staff and students and their families. Teachers at school embraced me and instantly became second family. My students and I quickly formed bonds that still exist today, years later. Families of students took interest in my origins and made effort to greet me outside of school. In this small community I felt at home. As the years have passed, it has only gotten better. I have formed deeper bonds with my friends here, built relationships with others in the community and established a feeling of belonging in a place so very far from where I was born and raised.

The point I am trying to get across is that Wemindji is full of amazing people. This is a unique place to live, if you are not already from the area. Wemindji is a place like no other existing on the planet. Coming from a busy suburb where you hardly know your neighbours' names to a place where you are more than likely to run into parents and students at the grocery store while wearing your PJs made me re-evaluate my description of community. I have never felt more at home. I have never felt the kindness and generosity of strangers and friends alike in a place like this before.

Most of you reading this may not know me very well but for those of you who do know me, you know that I am a little accident prone - to say the least. I have had more than my fair share of automobile mishaps and physical injuries. Each time I have encountered a roadblock, I have been helped by the people of Wemindji in the most kind and generous ways. During the winter is when I have found myself most at the mercy of others. I'd like to point out that my driveway seems to be located in a snow drift weather warp of some kind which means that even the tiniest gust of wind relocates feet of snow neatly in the way of me driving out.



(continued on page 14)



Now, more than once I have been physically unable to clear my own driveway due to some sort of injury or another. What never ceases to amaze and humble me is when a friend or complete stranger comes to shovel or plow me out – and this has happened on many occasions and each time I am nearly brought to tears by the gesture! (Shoveling is one of my most loathed tasks, so this means A LOT to me). Even today as I took a break writing this, a friendly snow removal man came by and helped me tackle the giant mountain of accumulated snow left at the end of my driveway by yesterday's blizzard! There are good people everywhere.

Whether its when I've hurt myself or damaged my car, or just in need, I am always asked with genuine concern if I am okay, if I need anything, is there anything that person can do. I know that if I needed something from someone in this community, people would rally to help me. I recognize this quality in the people of Wemindji and I try to do the same. I know that my family away from family is here for me. I know this place I call home is ready to help me because that is what Wemindji, I feel, is all about.

I am proud to call Wemindji my home. I am happy to tell my students that I live HERE (specifically, in a bed under my teacher desk) when they ask me where my home is, knowing they expect an answer of some faraway place. The look in their eyes when they realize I am not here for a just a moment in their lives, that I am investing my life in this place, is rewarding and further solidifies the feeling of belonging for me. I am a proud Wemindjian, and grateful for the acceptance from the community and excited to see what the future holds for me in this wonderful community.

**YOUR ADVERTISEMENT  
COULD BE HERE  
IN OUR NEXT ISSUE OF**

**MAQUATUASHTUK  
DIPAJIMUUN**

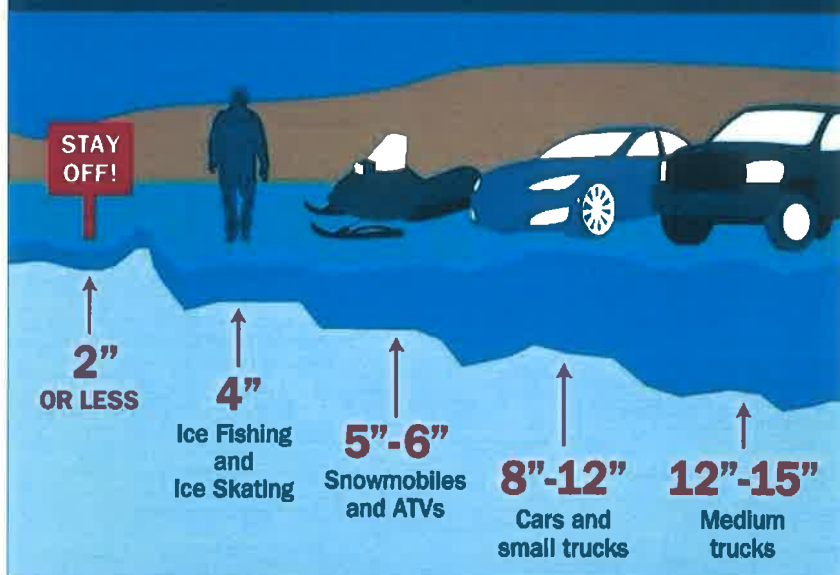
**FOR MORE INFO**

**Contact Shannon**

**at 978-7511 or 0264 ext. 254  
via email  
communication@wemindji.ca**

## Ice Thickness Chart

### Safe Ice Depths



**Note: These are rough guidelines for clear ice only.**

## Safe Ice Travel

**MOST OF US, AT ONE TIME OR ANOTHER HAVE TRAVELLED  
ON THE ICE DURING THE SPRING GOOSE HUNT TO GO TO  
OUR CAMPS.**

**THROUGH THE EXPERT KNOWLEDGE OF OUR ELDERS, WE  
WERE TAKEN FROM POINT "A" TO POINT "B" WITHOUT  
ENCOUNTERING ANY DANGER.**

**IF ANY INDIVIDUAL IS NOT SURE OF THE ICE CONDITIONS  
TO WHEREVER HE / SHE IS GOING, MAKE SURE TO CON-  
TACT THE TALLEYMAN OF THE CAMP TO FIND OUT THE  
SAFEST ROUTE.**

**REMEMBER TO ALWAYS INFORM FAMILY MEMBERS OR  
FRIENDS OF YOUR TRAVEL PLANS AND THE NUMBER OF  
PEOPLE IN YOUR GROUP.**

**STAY ON THE WELL TRAVELED ROUTE!**





### **MISSION**

**TOGETHER, WE CAN ACHIEVE A STRONGER,  
MORE CONFIDENT AND HEALTHIER COMMU-  
NITY**

### **VISSION**

**WE CAN FLY BY:**

**BUILDING A NETWORK AROUND THE CHILD-  
REN AND UNDERSTANDING THAT THE  
HEART OF CREE CULTURE IS "FAMILY"**



This program mainly focuses on the families of Grades 1 to 6 by breaking them down into 3 different flights. Each flight tackles the same content but with different age appropriate ways of teaching the content.

#### **Program Content**

1. Empathy - "How Do We Feel"
2. Positive Reinforcement - "I Am Special"
3. Support - "Reaching In Reaching Out"
4. Generosity - "Our Acts of Kindness"
5. Positive Discipline - "Let's Understand"
6. Cultural Values - "Eeyou Iiyih-tuuwin"
7. End of FLY



The FLY program is a community based project that aims to restore the connections between families and their community of Wemindji. It is designed to create a forum where families can be in an environment which fosters their interactions with one another as a family unit.

Our FLY program is a project that was created by identifying our community's needs. These needs we're brought up through community assessments, ASSET mapping, public surveys, statistics, and elder consultations. The program content and mission was developed by our partners:

- Maquatau Eeyou School
- Wemindji Police Force
- Amaskupimatsit Awash
- Cree Human Resources Development
- Kanawhymigoo Child & Family Services
- Cultural & Wellness Department
- Youth Fusion
- Sports & Recreation
- Local Cree Woman's Association
- ENCS

**The benefits of this program are endless but here are a few of the highlights:**

- Parent-to-parent support
- Relationship & character building
- Cooperative play learning
- Social Development Tools
- Communication techniques
- Builds self esteem
- Enhance and strengthen family ties
- Provide training on attachment

Our first flight of the school year will be with the grades 1s and 2s which will start on March 1<sup>st</sup>, and our second flight with the grades 3s and 4s will start on March 3<sup>rd</sup>. We are very excited to get started with our flights and hope for good participation.

If you should require more information please do not hesitate to contact our *FLY Families Program Animator*, Desiree Ottereyes at 819-431-3201/Facebook or Sherilyn Linklater, *Community Organizer* at 819-978-0225/Facebook.



## Lentil Soup Recipe

**Preparation Time:** 10 minutes

**Cook time:** 45 minutes

**Total time:** 55 minutes

**Serving size:** 8 servings

### Ingredients

½ cup - olive oil	½ can – tomato paste
2 - large carrots, diced	1 cup – green or brown lentils
2 - celery stalks, diced	2 bay leaves
1 - medium onion, diced	1 teaspoon - thyme
3 - cloves garlic, minced	1 cup - frozen spinach
2 cups- low sodium vegetable/ chicken broth	Salt and pepper to season
	1 tablespoon - white vinegar

### Preparation

1. Rinse lentils in cool water.
2. Heat oil in a large saucepan over medium; heat until shimmering, about 3 minutes.
3. Add the celery, carrot, onion and cook; stirring occasionally, until the vegetables have softened, about 10 minutes.
4. Stir in the garlic and cook until fragrant, about 1 minute. Season with pinches of salt and pepper.
5. Add the broth, tomatoes with their juices, tomato paste, lentils, bay leaves, thyme and spinach, and stir to combine. Cover and bring to a simmer, about 15 minutes.
6. Once simmering, reduce the heat to low and continue simmering, covered, until the lentils and vegetables are soft, about 15 minutes more.
7. Taste and season with more salt or pepper as needed, and then stir in the vinegar.

If you prefer a creamier texture, purée half of the soup in a blender and add it back to the pot.

## Tofu Sandwich

Preparation Time: 10 minutes

Servings: 6



### Ingredients

- 4 - hard boiled eggs
- 350g - extra firm tofu
- ¼ cup - dijon mustard
- 2 tbsp - plain greek yogurt
- 2 tbsp - low-fat mayonnaise
- ½ tsp - garlic powder
- Salt and pepper to season
- ¼ cup - chopped fresh chives
- 2 - whole wheat bread, slices

### Preparation

1. Chop tofu into small pieces and then stir in eggs. Add the mustard, yogurt, and mayonnaise and garlic powder. Season generously with pepper and add a pinch of salt.
2. In a food processor, blend ingredients until it become a smooth and homogeneous texture.
3. Transfer to an airtight container and mix in chives.
4. Spread on bread and top with any raw vegetables.
5. The spread will keep for 5 days in the refrigerator and do not freeze.



## Events happening at BELL CENTRE (Montreal)

### March:

3rd @7pm Disney on ice: 100yrs of magic  
4th @11am Disney on ice: 100yrs of magic  
6th @3pm Disney on ice: 100yrs of magic  
8th @7:30pm Dallas Stars at Montreal  
10th @7:30pm Buffalo Sabres at Montreal  
11th @7:30pm WWE Live!  
  
12th @7pm Minnesota Wild at Montreal  
15th @7:30pm Florida Panthers at Montreal  
18th @8pm Forever Gentleman  
19th @6:45pm Metric & Death Cab for Cutie  
20th @7pm Calgary Flames at Montreal  
  
21st @7:30pm Heart with Joan Jett  
22nd @7:30pm Anaheim Ducks at Montreal  
24th @8pm Brit Floyd – Pink Floyd Tribute  
26th @7pm New York Rangers at Montreal  
29th @7:30pm Detroit Red Wings at Montreal

### April:

1st @7:50pm Iron Maiden  
2nd @8pm Yoan  
4th @8pm Diana Ross  
5th @7:30pm Florida Panthers at Montreal  
6th & 7th @7:30pm Rihanna  
8th @7:30pm Harlem Globetrotters  
  
9th @7pm Tampa Bay Lightning at Montreal  
11th @7pm Duran Duran  
15th @7pm Dream Theater  
19th @7:30pm Santana  
22 @7pm Hedley

### May:

13th @8:30pm James Taylor  
16th @7:30pm Justin Bieber  
26th @7:30pm Selena Gomez

### June:

8th @7:30pm Florence and The machine  
12th @8pm Tame Impala  
14th @7:30pm The Cure  
17th @8pm Janet Jackson  
18th @7pm Ellie Goulding  
20th @7:30pm City & Colour with Shakey Graves

### July:

5th @8pm Sting and Peter Gabriel  
12th @8pm John Fogerty  
13th @7:30pm 5 Seconds of Summer  
17th @8pm Yanni  
  
22nd @7pm Demi Lovato with Nick Jonas  
31st @8pm Celine Dion

### Osheaga in Montreal:

July 31st, August 1st & 2nd, 2016







## Events happening at Canadian Tire Centre (Ottawa)



### March:

1st @7:30pm St. Louis Blues at Ottawa  
3rd @7:30pm Tampa Bay Lightning at Ottawa  
6th @5pm Dallas Stars at Ottawa  
12th @7pm Toronto Maple Leafs at Ottawa  
13th @4pm 2016 Clarkson Cup  
15th @7:30pm Minnesota Wild at Ottawa  
19th @7pm Montreal Canadiens at Ottawa  
22nd @7:30pm Washington Capitals at Ottawa  
26th @7pm Anaheim Ducks at Ottawa

### April:

1st @7pm Garth Brooks World Tour  
2nd @7pm Garth Brooks World Tour  
3rd @3pm/7pm Garth Brooks World Tour  
5th @7:30pm Pittsburgh Penguins at Ottawa  
7th @7:30pm Florida Panthers at Ottawa  
10th @3pm Harlem Globetrotters – 90th Anniversary  
23rd @7pm Hedley – Hello World Tour

### May:

1st @4pm Investor Group Stars on ice presented by Lindt  
6th @8pm James Taylor  
8th @8pm Pearl Jam  
13th @7:30pm Justin Bieber  
25th @7:30pm Selena Gomez  
27th @7pm Carrie Underwood

### June:

4th @7pm Monster Spectacular  
30th @7pm TORUK – The first flight



### Valdor Foreurs Home Games

March 1 @7:30pm Rouyn-Noranda at Valdor  
March 11 @7:30pm Victoriaville at Valdor  
March 12 @7:00pm Shawinigan at Valdor





### **Community Store Hours**

**Monday to Wednesday 9am - 7pm**  
**Thursday & Friday 9am - 9pm**  
**Saturday & Sunday 11am - 5pm**

**(819) 978-3656**

### **SIBI GAS HOURS**

**MONDAY TO FRIDAY 9AM TO 9PM**  
**SATURDAY 9AM TO 7PM**  
**SUNDAY 10AM TO 7PM**

**NO CALL OUTS AFTER MIDNIGHT**  
**FOR EMERGENCIES ONLY, CALL THE FOLLOW-**  
**ING NUMBERS FOR CALL OUTS AFTER HOURS.**

**(819) 978-3508 (819) 527-7516**

### **Wemindji Laundromat** **Hours of Operations**

**Monday to Thursday 9am to 9pm**  
**Friday 9am to 10pm**  
**Saturday & Sunday 12pm to 9pm**

**Washer: \$5 a load Dryer: .25 a minute**  
**On call Number 978-7722**

**Embroidery:** We will be offering embroi-  
 dery services soon. Keep a look out for  
 more information on prices and advertise-  
 ments.

### **To: All Community Members**

As of **March 16, 2015** when coming to the clinic for all visits (including refills) please present yourselves to the receptionist (Carolyn Asquabaneskum and or her replacement). Your RAMQ cards needs to be stamped by the front receptionist then proceed to Archives with the stamped paper; you will be given so that your chart can be taken to the appropriate place you require services from. If a family member or friend drops off your medication containers for a refill, you must ensure that the person has your valid RAMQ; seeing you are the person requiring the refill then your card needs stamped and not the person's card who's dropping off the containers.

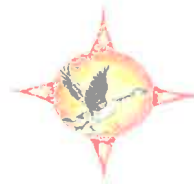
Friendly reminder for all community members to always have a VALID RAMQ and to present it to the receptionist at all times you come for any medical consultations here at Willie Matches Memorial Miyupiimaatisiun Center. The clients that show up without their cards will have to go back and get it as it's the proper way of rendering free health services in Quebec.

As for lost cards and expired cards, let the receptionist know so she can refer you to someone that can help you out. Thank you.

**2015-03-17:** In order to avoid fee charges you need to start the process to replace your lost RAMQ card ASAP. There is a charge fee of \$25 replacement RAMQ cards if your card has expired more than 6 months; also you will need a proof of residency (usually you get this letter from the Commissioner of Oaths at the Band Office). THIS NEW INFORMATION HAS BEEN OBTAINED FROM RAMQ OFFICE THIS MORNING.



### **JBNQA Registration**



This is a reminder to all Parents/Users of the services at the Willie Matches Memorial Miyuupimaatisiun Center that it is very important that your child be registered for a JBNQA Beneficiary number before he/she is 2 years old. It is very important for your child to have a beneficiary number especially for appointments that require travelling outside the community. Should you have any questions regarding the JBNQA registration you can see Christine Kakabat at the Cree Nation of Wemindji Administration building.

# March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Gookums & Friends 1-3 p.m.	2 Craft Night 7-10 p.m.	3 Girls Group Lunch	4	5
6	7	8 Gookums 1-3 p.m.  Coffee Break 3-5pm Youth Café Lunch	9 Craft Night 7-10 p.m.	10	11	12
13	14	15 "Heart Health" with Gookums & Friends 1-3 p.m. Boys Group 4-5 p.m.	16 Craft Night 7-10 p.m.	17 Girls Group Lunch	18	19 Wellness Conference -Cultural Day -Talent Show -Self-care Treatment
20 Well Conference -Gospel Night	21 Wellness Conference -Coffee break -Sounds of Sobriety -Men's Dinner	22 Wellness Conference -Coffee break -Gookums & Louisa CB -Women's Dinner	23 Wellness Conference -Young Women's Group with Louisa CB -Coffee break -Sounds of Sobriety	24	25 Holiday Good Friday	26 Market Sale 3-5 p.m.
27	28 Holiday Easter Monday	29 Gookums & Friends 1- 3 p.m. Boys Group 4-5 p.m.	30 Craft Night 7-10 p.m.	31 Girls Group Lunch		

## The Wellness & Cultural Department

Phone: 819-978-3868

Fax: 819-978-3993

Linda Stewart: ext 222

Mickey DeCarlo: ext 224

Angela Stewart: ext.221

Stacy Matches: ext.225

Audrey-Rose OtterL. ext.223

“Every accomplishment starts  
with the decision to try..”