



GOVERNMENT SERVICES BUILDING
www.curvelakefirstnation.ca

PHONE (705) 657-8045
FAX (705) 657-8708

22 Winookeedaa Street
Curve Lake, ON K0L 1R0

NEWSLETTER NOVEMBER 8, 2019

NOTE: UNLESS OTHERWISE SPECIFIED, NOTICES AND/OR ARTICLES CONTAINED IN THE CURVE LAKE FIRST NATION NEWSLETTER ARE AT THE REQUEST OF INDIVIDUALS. IT SHOULD NOT BE ASSUMED THAT THESE ISSUES ARE SUPPORTED BY, OR REPRESENT THE VIEWS OF CHIEF AND COUNCIL. UNLESS OTHERWISE SPECIFIED. SERVICES LISTED IN THE CURVE LAKE FIRST NATION NEWSLETTER ARE SPECIFICALLY FOR CURVE LAKE MEMBERS ONLY.

COUNCIL MEETING

THE NEXT COUNCIL MEETING WILL BE HELD ON MONDAY NOV 18, 2019 @ 9:00 A.M. IN THE COUNCIL CHAMBERS OF THE GOVERNMENT SERVICES BUILDING

AGENDA IS POSTED ON FRONT DOORS OF GOVERNMENT SERVICES BUILDING, POST OFFICE AND IN MEMBER LOGIN PORTAL ON THURSDAY BEFORE THE MEETING.

Curve Lake First Nation ***Job Opportunities***

Details inside

**All services will be CLOSED on
November 11 for Remembrance Day.**

MUD LAKE DAY SCHOOL LITIGATION UPDATE

For more information please contact Nicholas McDonald at 705-657-8045 ext. 240 or via email at NicholasM@curvelake.ca

REQUEST FOR PROPOSALS

RFPs are now being accepted for the construction of three duplexes. Building scheduled to start in March 2020. For more info, please contact Housing Coordinator Samantha Coppaway at 705-657-8045 ex. 219 or SamanthaT@curvelake.ca

UPDATING CATERING LIST...

If you or a fundraising group are interested in being included on our Catering List, please contact Tiffany Taylor, Executive Assistant at 705-657-8045. Miigwech!!



Curve Lake First Nation is asking community members to update their contact information if you have moved or have a change in your contact information. It is important for the Government Services Office to have up to date information of our membership. We use this information to keep you informed about upcoming elections, referendums, claim updates, draft laws and other important news relevant to our membership.

If you have any family members that you know have moved or changed their address, please share this form with them or have them call 705-657-8045 ext. 209 to update their contact information.

UPDATE CONTACT INFORMATION/COMMUNICATION LIST FORM			
Date (dd/mm/yyyy):			
Full Name:			
Birthdate (dd/mm/yyyy) or Status Card Number (10 digit):			
Email:			
Nickname or Alias:			
Home Phone Number:		Cell Phone Number:	
Street Address:			
City:	Province:	Postal Code:	
Mailing Address (if different from street address):			
City:	Province:	Postal Code:	

Please fill in the information below.

SUBSCRIBE TO THE CLFN MEMBER COMMUNICATION LIST

Please check the box(es) below on how you would like to receive communications from Curve Lake First Nation:

☐ Email ☐ Mail ☐ Phone ☐ CLFN Member Portal ☐ SMS (Text Message)
Requires Cell Number

Please return form in:

Mile Lazarevski

Communications/Community Engagement Officer

Government Services Building

22 Winookeedaa Street

Curve Lake, ON K0L1R0

Tel: 705-657-8045 ext. 209

Fax: 705-657-8708

Email: communication@curvelake.ca

Follow us on



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Instagram

GAMING REVENUE FUND COMMITTEE MEMBER



The Gaming Revenue Fund Committee is **currently looking for three members**. The Committee meets every second Wednesday of the month at the Government Services building from 4:30 p.m. to 6:00 p.m. We review applications brought forth from Community members seeking funding for projects that benefit the community. We also promote the fund and the benefits of the fund to the community. Councillor Portfolios are Crystal Cummings and Sean Conway. Staff Resource is Gaming Revenue Administrator – Samantha Young. If you would like to join this committee, please send an email to Samanthay@curvelake.ca or send a letter to the Government Services Building, Curve Lake, Ontario K0L 1R0
Attention: Samantha Young

Community Gaming Revenue Fund Committee Information Sheet



COMMITTEE STRUCTURE

The Community Gaming Revenue Fund Committee consists of two council portfolios, one staff resource and four community members.

Council Portfolios – Crystal Cummings and Sean Conway

Staff Resource – Samantha Young

MEETING INFORMATION

The Community Gaming Revenue Fund Committee meets the second Wednesday of every month at 4:30 pm. When available the meetings are held in the Council Chambers.

COMMITTEE INFORMATION

The Gaming Revenue Committee has a mandate from Council to:

- i. Ensure the management and administration of the Gaming Revenue Fund is executed within set parameters and program guidelines.
- ii. Oversee annual budget.
- iii. Oversee spending of specified gaming revenues received.
- iv. Oversee financial reporting of the Fund's: administrative and overall annual budget, principal investment, committed funds, and investment interest.
- v. Review and amend policies and procedures related to the administration of the Gaming Revenue Fund.

Activities or Committee Roles and Responsibilities:

The objectives (or main activities/roles and responsibilities) of the Gaming Revenue Committee are to:

- i. Ensure that project funding requests are processed in a timely and professional manner and are consistent with the policies and procedures approved by the Community, Chief and Council.
- ii. Modify Gaming Revenue Fund policies and procedures designed to improve the fund and present changes to Community and Chief and Council for approval.
- iii. Regularly advertise and promote Gaming Revenue Fund materials to community.
- iv. Ensure that agreed upon Annual Schedule of Events are adhered to and that project progress reports are monitored against due dates, and recommend corrective measures as needed.
- v. Report funding decisions, financial expenditures and progress of projects to the Community and Chief and Council regularly and openly.
- vi. On an annual basis, report to Community in a forum and manner in which feedback can be received to improve the administration of the Fund.
- vii. Ensure Gaming Revenue Fund expenditures and receipts are verified with audited financial statements and report expenditures and budget forecasts.

GRF COMMITTEE MEMBER NOMINATION FORM

The Curve Lake Gaming Revenue Fund Committee is seeking nominations for **Committee Members** to serve a three year term representing the Community in managing the Gaming Revenue Funds. Nominators and nominees must be registered status members of the Curve Lake First Nation Community on or off reserve. Meetings are scheduled the second Wednesday of each month at 4:30 p.m. Please submit nomination forms to the Government Services Building.



NOMINEE

Name _____ Status No. _

Address _____

Telephone _____

REASON FOR NOMINATING THIS PERSON:

NOMINATOR

NAME _____

TELEPHONE: _____ STATUS NO. _

I accept _____

I decline _____

Nominee signature

Nominee Signature



Important Notice—WTFN PCD



RE: Williams Treaties Distribution

March 18th, 2019 Council Meeting:

COUNCILLOR LAURIE HOCKADAY MOVED AND COUNCILLOR TIFFANY TAYLOR SECONDED TO APPROVE MEMBERS THAT ARE ALIVE AND ELIGIBLE BY SEPTEMBER 13, 2018 AND **HAVE HAD THEIR APPLICATION RECEIVED BY INDIGENOUS SERVICES CANADA BY DECEMBER 31, 2019** TO BE ELIGIBLE FOR THE CURVE LAKE WILLIAMS TREATIES FIRST NATIONS PER CAPITA DISTRIBUTION WITH NOTICES TO BE PROVIDED TO MEMBERSHIP. ANY FUNDS REMAINING AFTER FINAL DETERMINATION OF ELIGIBLE BENEFICIARIES WILL BE DISTRIBUTED TO MEMBERSHIP. ALL IN FAVOUR. MOTION CARRIED.

COUNCILLOR TIFFANY TAYLOR MOVED AND COUNCILLOR SHANE TAYLOR SECONDED TO APPROVE THE THRESHOLD OF **300** FOR THE WILLIAMS TREATIES FIRST NATION SETTLEMENT. ALL IN FAVOUR. MOTION CARRIED.

What does this mean? What if I was alive and eligible as of September 13, 2018 but I have not yet received my status from the Federal Government or I have not even applied yet? The above motion means that you have until December 31st, 2019 to **APPLY** for your status to still be considered for a per capita distribution should you receive status. How will you demonstrate that you have applied? At the September 9th, 2019 Council Meeting, Council has agreed upon a few different ways:

- A confirmation letter dated **on or before December 31st, 2019** from Indigenous and Northern Affairs Canada showing you have applied and have been given a 10 digit file number.
- Receipt of shipping by courier services (FED EX/Purolator/UPS etc.) showing you mailed your application to Indigenous and Northern Affairs Canada **on or before December 31st, 2019**
- A registered Mail Slip showing you mailed your application to Indigenous and Northern Affairs Canada **on or before December 31st, 2019**
- A Tracking # (Canada Post) showing you mailed your application to Indigenous and Northern Affairs Canada **on or before December 31st, 2019**

To be eligible for consideration for WTFN PCD please bring one of the above noted verification methods of application to the Curve Lake Government Services building on or before:

Friday, January 31st, 2020.

You can either drop off in person, or mail us your information at:

Attention: WTFN PCD APPLICATION PROCESS
Curve Lake First Nation Government Services Building
22 Wiinookeedaa Rd, Curve Lake, ON K0L 1R0

If you have any questions or need further clarification, please contact the Lands/Membership department (705)657-8045. Assistance with applications are available.

How to apply for Indian Status

1. In person at Curve Lake Band Office. Schedule an appointment with the Membership Clerk, Lois Taylor-Lippert 705-657-8045
2. In person at any Indigenous Services Canada Office. Office locations can be found at <https://www.aadnc-aandc.gc.ca/eng/1100100016936/1100100016940>
3. By mail **General applications** Or **Bill C-3 and Bill S-3 Applications**

National Processing Unit
Indigenous Services Canada
10 Wellington St
Gatineau, Quebec K1A 0H4

Application Processing Unit
Indigenous Services Canada
Box 6700
Winnipeg, Manitoba R3C 5R5

Forms required to apply for Indian Status

Instructions— https://www.aadnc-aandc.gc.ca/DAM/DAM-INTER-HQ/STAGING/texte-text/br_frms_ir_83-168_inst_1525977132835_eng.pdf

Adults 16+ — https://www.aadnc-aandc.gc.ca/DAM/DAM-INTER-HQ/STAGING/texte-text/br_frms_ir_83-168_print_1525977093102_eng.pdf

Minors 15 and under— https://www.aadnc-aandc.gc.ca/DAM/DAM-INTER-HQ/STAGING/texte-text/print-83-171_1535746872413_eng.pdf

Guarantor form— https://www.aadnc-aandc.gc.ca/DAM/DAM-INTER-HQ/STAGING/texte-text/br_frms_ir_83-169_a_1538569191984_eng.pdf

NOTE: The original long form birth certificate must be included when applying for status

Long form birth certificates can be ordered at https://vitalcertificates.ca/?gclid=EAIaIQobChMIoZrDvrSe4wIVDYTIC3PugagEAAAYASAAEgl-5vD_BwE

Indian Day School

Class Action Lawsuit

*****UPDATE*** The agreement has been approved. The Claims Administrator has to now open the claims process, which will be after November 19, 2019.**

The proposed settlement includes people who:

- attended an Indian Day School that was managed by the Government of Canada from January 1, 1920 until its date of closure or transfer from Canada's control; **and**
- suffered harm as a consequence of their Indian Day School attendance.

For more information, please see:

<https://www.rcaanc-cirnac.gc.ca/eng/1552427234180/1552427274599>

<https://indiandayschools.com/en/>

You can register to join the class action at: <https://ca.gowlingwlg.com/dayschoolclassaction/>

While it is not necessary for claimants to have a lawyer to make a claim, we are happy to help you with the forms.

We provide free legal services, and we can meet you near where you live.

If you want help to make a claim, please call for an appointment

Northumberland Community Legal Centre
301-1005 Elgin Street West
Cobourg, Ontario K9A 5J4
(905)373-4464
Toll Free: 1-800-850-7882

Counselling and crisis intervention is available to class members through Hope for Wellness at 1-855-242-3310 or hopeforwellness.ca

For more information, please contact Nicholas McDonald, Policy & Planning Officer at CLFN @ 705-657-8045 ext. 240 or NicholasM@curvelake.ca

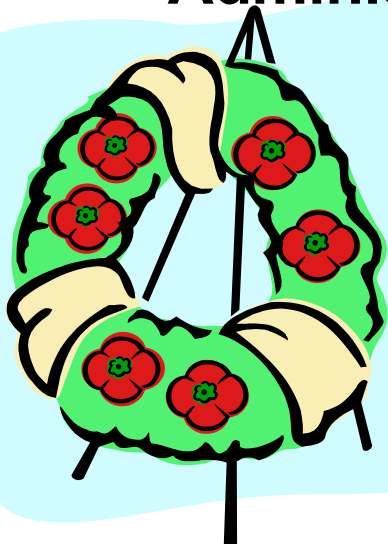


Remembrance Day Ceremony

**The Remembrance Day Ceremony
will be held on
Monday, November 11, 2019
beginning at 10:45 a.m. at the
Curve Lake First Nation Cenotaph.**

**A light lunch will be served at the
Community Centre following the
ceremony.**

**If you would like to lay a wreath at the
ceremony on behalf of a Veteran,
please contact Tiffany Taylor at the
Administration Office at 705-657-8045.**



Everyone is welcome!

Remembrance Day Word List

Remembrance Day – Zhimaaganishiiwi-Giizhigan

Respect – Mnaadendwin, Mnaadenmaan

Bravery – Zoongde’e, Zoongde’ewin

Remember – Mikwenmaa, Mikwendaan

Thankful – Miigwechwenim, Miigwechwendam

Strength – Mshkawziiwin, Gagwejii

Honour – Mnaadenmaan, Mnaadendaan

November – Gshkadin Giizis

Loss – Wni’aan, Wnitoon

Cold Weather – Gsinaa

Service – Bmiitwaan

Hope – Bgosendmowin

Help (each other) – Wiidookaadyok

Veteran – Gaa Zhmaagnishiiwid

Volunteer – Waadookaazod

Love – Zaagiwewin

Win – Bkinaage, Bkinwaan, Bkinaadaan

Pride – Gchinenmo

Fought – Miigaanaan, Miigaadaan, Miigaazo

Soldier – Zhmaagan, Zhmaagnishiiwi

War – Miigaadwin

Reflect – Naanaagdawenmaan, Naanaagdewendaan

Home – Endaad, Giiwenzhawaan (send home)

Victory – Mamaanzhetwaawin

Country – Ktaakaamegaa

Family – Enoodaawezewin

Wreath – Waabegoone- sasagaajigan

Resident Point of Contact

1. Who does a resident contact with questions or concerns about collection?

- First call Emterra at 705-742-3139, or;
- If issue not resolved then call County of Peterborough at 705-775-2737 x0

Collection Times

2. Why has my collection time changed?

It is important to remember that there is no set “collection time”, only a collection day. The only way to ensure your material is collected is to place your materials to the curb **by 7am** on the day of your collection.

While contractors make every effort to ensure that their arrival at your home is as predictable as possible, a number of factors will impact collection times, such as:

- **Road conditions** – when roads are icy or snow covered, the order that the truck completes its route will change in order to allow plows time to clear side roads. This means the truck can arrive earlier in some areas and later in others.
- **Weather** – weather can impact visibility for the driver and the ability of the collector to move quickly when picking up material. This slows down the collection operation.
- **Driver absence** – like all workplaces, there will be occasional absence due to illness, injury and family emergencies. When this occurs, the route that the absent worker collects is divided up among other workers, and they “squeeze” in the stops with their other work. This can mean you will be collected earlier or later in the day.

Materials Left Behind

3. Why are there more rules?

The rules for the Blue Box program have not changed. The same materials are collected and we ask that they continue to sort the same way. You may find that the collector leaves materials behind more frequently than before.

4. I have always recycled this or that, why doesn't this collector take it?

There has been no change to the materials that are accepted in the blue box.

Unifying the collection and processing contracts means that Emterra will be responsible for both portions of the work.

Emterra will not only collect the material, but they will have to ensure they can sell it to a market. This means there is more responsibility on them to pick up only what is part of the program. Leaving non-recyclable materials behind ensures Emterra isn't double-handling materials and adding unnecessary costs to the program. The drivers will now be more familiar with the sorting and marketing process and will have a more in-depth understanding of what is and isn't recyclable.

Ensuring garbage is not collected in the blue box keeps costs low by reducing the amount of garbage managed at the plant. It is more expensive to manage garbage at the sorting facility than it is to just put it in the garbage the first time.

5. Why is my recycling not being collected, I'm sorting it the same way I always have!

There has been no change to the way materials need to be sorted in the Blue Box.

Unifying the collection and processing contracts means that Emterra will be responsible for both portions of the work.

Emterra will not only collect the material, but they will have to ensure they can sort it quickly, and in a manner that is cost efficient to the County. The two-container system in the County is one of the lowest-cost and highest-quality methods of collection.

Ensuring materials are sorted correctly at the curb before they are collected keeps Blue Box costs low by reducing the amount of time and money spent re-sorting the material into the correct stream.

If your materials have gone uncollected, look for a coloured sticker (it peels off), on your blue box. This is how your collector will communicate why materials are left behind.

6. Do I have to take labels/lids off?

There is no need to remove labels or lids from your containers.

7. Should I crush my containers?

There is no need to crush your containers.

8. The driver is throwing all the material in the same compartment of the truck, why do I have to sort it?

We promise you, the material is going into two different compartments! Watch for a video link to come shortly to learn more about how recycling is sorted into the truck.

Bagged Recyclables

9. Why can't I use bags?

Bags hinder the sorting process because the facility that accepts our material is not designed to take material out of the bags. This means that the bags have to be opened by hand, and this can only happen when and if there is time. Hand opening bags in this fashion presents a safety hazard to workers who can be cut by sharp edges or suffer repetitive strain injuries from ripping plastic bags.

Even if the bags are ripped open, much of the sticky packaging material that was in them gets stuck in the bag and can end up in the garbage.

It is easier to address contamination if material is loose in a box; the collector can pick out the individual items and leave them behind at the curb, whereas if there is contamination in a bag of recycling, they have to leave the whole bag behind.

Because the material in bags doesn't settle and spread out into the corners of the truck, bagged recycling takes up more space in the collection truck and requires more trips to and from the sorting facility. This adds unnecessary costs to the program, uses more fuel than necessary and increases wear and tear on our road network.

10. The previous contractor told me to put it in bags why has that changed?

Each contractor is permitted some leeway in determining how to conduct operations in the most efficient way possible. The previous contractor may have

identified your area as a location from which bagged material improved the efficiency of collection in an effort to keep collection costs low.

Unfortunately, bagged material adds significant cost to the sorting process and results in less material being successfully recycled (see “**Why can’t I use bags?**” for more information). Since Emterra will be responsible for both collection and sorting, they must balance collection efficiency with sorting efficiency to create a program that has overall affordability to the County. In creating this balance, Emterra and the County have identified the need to minimize the use of bags as much as possible.

11. My recycling blows out of my Blue Box on windy days.

Try the following tips, borrowed from our friends at Whitchurch-Stouffville

- Place heavier items such as books and magazines on top of the lighter items. This should help prevent light blue box materials (such as paper) from blowing out of the bin and littering the streets.
- Bundle cardboard and newspapers separately. These bundles can act as a 'lid' for your blue box.
- On windy days, consider putting your recycling boxes out for collection in the morning, rather than the night before.
- **If possible, skip that week's collection and place your recycling out the following week if your blue boxes aren't full.**
- Don't overfill your blue box, keep material below the rim to prevent the wind from catching it and blowing it out of the bin. There is no limit to residents for the number of blue boxes put out for weekly collection.
 - Need more Blue Boxes? Boxes can be purchased at the County office, or your local Township office for \$5.
- Place your garbage bag on top of your blue box to hold materials in.
- Place your Fiber (paper) box on top of your container box to prevent wind from blowing containers out.
- Avoid placing blue boxes on top of snow banks. If the wind is strong enough, it will blow these bins over, causing recyclables to spill all over the street.

12. I've always used bags. Where do I get a box?

The County of Peterborough sells Blue Boxes for \$5. Our office is located at 310 Armour Rd, Peterborough. Alternatively, you can purchase a box from your local Township office.

About the Contract

13. Does this new contract cost more?

The increase in cost for this new contract works out to about \$0.13/hh/wk.

The previous contracts that were in place were a decade old, meaning that the pricing was no longer current. When issuing the Request for Proposals, the County anticipated an increase in costs very similar to the pricing that was received.

In addition to the new pricing adequately covering the true cost to operate the Blue Box program, Emterra will be incorporating improved technology to the sorting facility to ensure that County materials can be successfully recycled at a price that is affordable for the long term.

14. Why are we changing contractors anyway?

The current contracts have expired and this was an opportunity to unify processing and collection to ensure a good quality product goes to market. This means that our program will remain affordable and that we will have access to markets, ensuring that our materials are recycled into new products.

15. Are leaf and yard collections still happening in Bridgenorth?

A reminder that Waste Connections Canada will still be the County contractor for leaf and yard collections and the Bridgenorth organics collection. If there are any service issues pertaining to leaf and yard or organics curbside collection please contact the County at 705-775-2737.

Sorry,

**we did not collect your items
because of**

Mixed Recycling

**(Keep “Containers” and “Paper
Products” separated)**

**For information regarding recycling collection please
contact Emterra at 705-742-3139**

Sorry,

**we did not collect your items
because the**

Cardboard was not flattened

**Keep under 30” x 30” x 8” thick. Tie
in bundles with string or tape)**

**For information regarding recycling collection please
contact Emterra at 705-742-3139**

Sorry,

**we did not collect your items
because**

Non-Recyclables Were Present

**For information regarding recycling collection please
contact Emterra at 705-742-3139**

Sorry,

**we did not collect your items
because**

Styrofoam is not accepted – please put into garbage

**For information regarding recycling collection please
contact Emterra at 705-742-3139**

Sorry,

we did not collect your items
because

It's in Bags
Bagging is not accepted
Please use Blue Boxes

For information regarding recycling collection please
contact Emterra at 705-742-3139

Online Prenatal Classes

If you can't make in-person prenatal classes due to things like shift work, health or transportation challenges, or need a refresher, online classes are the next best thing.

For more information, visit
peterboroughpublichealth.ca
and search "online prenatal classes".



**Peterborough
Public Health**

Serving the residents of Curve Lake and Hiawatha First Nations, and the County and City of Peterborough

Curve Lake First Nation Members

- Incentives are being offered to Curve Lake First Nation members who choose to bank with BMO.

Personal Banking

• Primary Chequing Account:

Performance plan: First 12 months free and unlimited everyday banking transactions

Once the customer opens a performance plan, they will be eligible for these special offers during the first year with the BMO Indigenous Group Banking

• Personal Lending

Personal Line of Credit:

-0.5% off our standard rates for unsecured Personal Lines of Credit

Mortgages (for off-reserve Indigenous)

-Preferred rates on our fixed and variable rate mortgage terms - refer to the Minimum Rate Discounts Table

Personal Loans:

-0.5% off our standard rates for a new fixed or variable rate Personal Loan Plan (excluding promotional offers)

Investments

• BMO Term Investments:

-0.25% bonus interest on eligible BMO term Investments when you invest \$1000 or more

Credit Cards

BMO Cashback MasterCard credit card:

- No Annual fee
- 1 cashback reward for every \$100 spent
- \$40 cash back on your first purchase



Lori Fournier NNADAP

Lori offers Addiction Support and programming Services to Curve Lake First Nation Members on and off territory. Lori is able to refer individuals to treatment, group services, advocate for individuals as well as support members on their journey to wellness.

To contact Lori
Call 705-657-2557 ext 427
also available by cell
@ 705- 957-4413
or by email Lorif@curvelake.ca

**If you require after
Hours Crisis service
Please call 911 or the First
Nations and Inuit Hope
For Wellness Hotline @
1- 855-242-3310**



**Located at the Curve
Lake Seniors
Services Building
Monday to Friday
8:30-4:30**

26 Nibigishmoog Street

705-657-2557
Curve Lake, Ontario
KoLiRo

*Curve Lake First
Nation
Mental Health and
Wellness Team*



**Oshkiigmoog
MnoBmaadziwin
Gamiing**



Courtney Taylor Mental Health Outreach Worker

Courtney Taylor, Mental Health Outreach Worker, provides case management services that provide a continuum of care model for Curve Lake members living on and off territory.

To contact Courtney call
705-657-2557 ext 405 or on her
cell 705-927-0344
Email CourtneyT@curvelake.ca

Marcie Williams Community Healing and Wellness Worker

Marcie offers Mental Health and addictions support to members and their families living within the community, in a holistic and culturally appropriate manner.

To contact Marcie call
705-657-2557 ext 406 or by
cell @ 705-768-1391 or by
email Marciewilliams@curvelake.ca



Krystina Nickerson, RSW, MSW Registered Social Worker with Ontario Shores Centre for Mental Health Sciences

Krystina offers individual Cognitive Behavioral Therapy (CBT) services by referral, to Curve Lake First Nation Members. She supports community wellness and healing by offering counseling with a trauma-informed and feminist lens of recovery and hope.

To contact Krystina,
please call 1 705 657 2557 ext. 428
or by email at
nickersonk@ontarioshores.ca

BOOTCAMP/FITNESS CLASSES



WEDNESDAY NIGHTS
STARTING SEPTEMBER 25TH @ SCHOOL PLAYGROUND

4:30-5:30 - TEEN 13+ CLASS
5:30-6:30 - ADULT CLASS

Contact Mindy @
MindyK@curvelake.ca or 705 657-3432



Women's Full Moon Ceremony

FOR THE FREEZING MOON

November 12, 2019

6:00 pm

Curve Lake Health Centre

Pot Luck Feast To Follow

Please Bring A Small Dish To Share

Bring A Skirt To Wear Over Your Pants

For More Info



MarcieW@curvelake.ca 705-657-2557

Traditional Healer Pete Keshane

Saturday November 23rd at the Old Seniors Building

Pete offers private individual appointments for your Mental Health, Addictions and Physical Health needs with the ability to work along side of your western medications and current health concerns.



This service is free for Curve Lake band members. A small fee is required for non-members.

An offering of Tobacco is welcome.

For more information or to book your appointment please call Marcie @ 705-657-2557



White Path Program for adults.

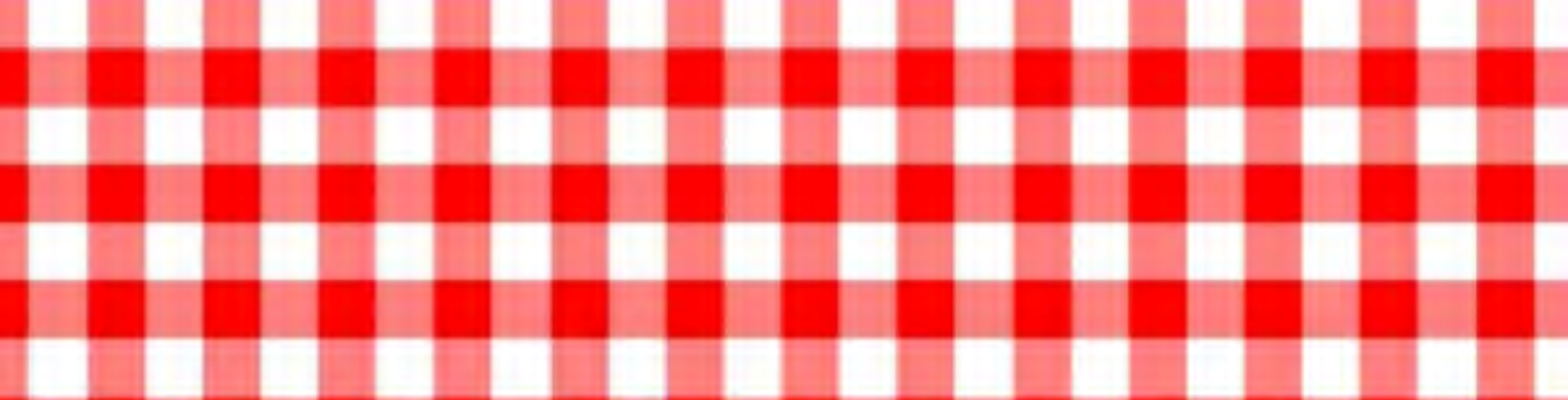
Starting October 3rd 2019 from 5-9PM



The program will be hosted every Thursday evening at the former Seniors building
This group is open to 12 participants, spaces are still available.
Supper will be provided.

The program is intended to assist participants to identify the root causes of addictive behaviours and identifying traumas that influence violent and abusive behaviours.

If you are a member and interested in participating contact either Marcie or Courtney to find out more or secure your space @ 705-657-2557



The Buckhorn Pastoral Charge

Potluck Fundraiser
Fish-Fry & Roast Beef

November 16, 2019 @ 4 P.M. at the CLFN
Community Centre

Donations will go towards the Ministry. Please bring your own cutlery and dishware. For more information, contact Delma Foster at 705-657-9089.

LEARNING ON THE LAND

Start date July 20, 2019

Anishinaabemowin Immersion Program

**This program will be land based,
learning Anishinaabemowin from our
community fluent speakers and
learning land based cultural skills from our
community traditional Knowledge Holders**

The program will be geared toward families

There will be a limit of 20 people per weekend.

You must sign up for the weekends you plan to attend.

**The program will run approximately 2 weekends per month,
for a minimum of 6 hours per weekend.**

**This program is open to Curve Lake members and their
immediate family**

For more information or to sign up

Please contact Anne at 705-657-8045

Or AnneT@curvelake.ca

**Soup and Scone
Anishinaabemowin night
will be cancelled for**

Monday

November 11

We will resume class on the 18th.

6:00pm

Curve Lake Cultural Centre

So sorry for the inconvenience.

Miigwech

For information please contact Anne at 705-657-8045

Or at AnneT@curvelake.ca

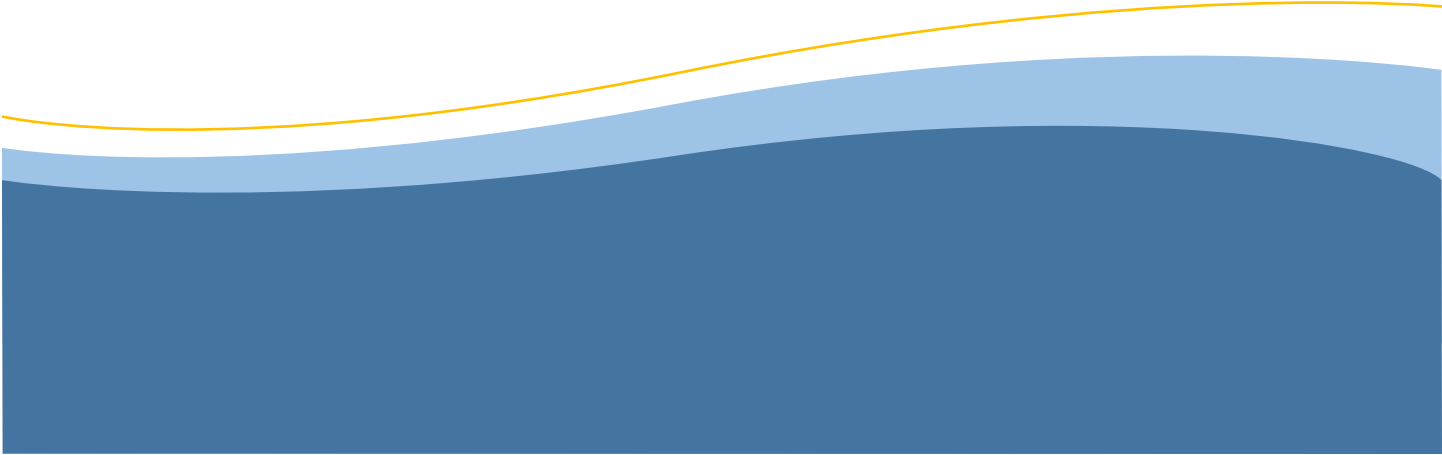


Oshkiigmong Early Learning Centre

Due to a shortage of RECEs and Casual staff, the Centre was not accepting any new registrations for children in the playrooms. This has been lifted.

If you require child care, please contact Lisa Fullan at the Oshkiigmong Early Learning Centre 705-657-3672 for a registration package. Acceptance will be determined by spaces available, according to policy.

If you have any questions please direct them to the Education Manager, Louise Musgrave at 705-657-8045 or louisem@curvelake.ca



MEET KRISTINA NICKERSON



Krystina offers Cognitive Behavioural Therapy through Ontario Shores to Curve Lake Residents and band members living on and off territory!

SERVICES ARE
COMPLETELY
FREE!

Krystina is in the
community
Mon – Fri 8:30-4:30

Call her at 657-2557 ext. 428
For more info

Or get a referral from any
Health and Family Services Staff



CBT focuses on identifying, understanding, and changing thinking and behavior patterns that help change the way you feel.



Benefits are usually seen in 12 to 16 weeks, depending on the individual.



CBT empowers you. You are actively involved in your own recovery; you read, keep records between appointments, and complete homework assignments.



CBT provides a hands-on, practical approach to problem-solving.

How CBT Helps...

Learn to control your thinking

Maintain a sense of control and self-confidence

Learn coping skills that are helpful throughout life*





MENTAL HEALTH OUTREACH WORKER

Courtney Taylor

PROFILE

Aaniin

My name is Courtney Taylor and I am from Curve Lake First Nation I have two wonderful children Corson and Cieanna and I reside here on the reserve. I am happy to be back working in our Community. I look forward to working for you and with you to help make our community healthy and happy.

CONTACT

PHONE:

Work: (705) 657-2557 ext. 405

Cell: (705) 927-0344

Office Location:

#26 Nibigishmoog Street
Curve Lake, Ontario

Email:

CourtneyT@curvelake.ca

WHAT IS MENTAL HEALTH

The medicine wheel teaches us that we must strive to be in balance, to maintain a healthy mind, body and spirit. This is why we need to address our mental health.

In a course of our life time we all experience a struggle or have a challenge that we may not be able to overcome on our own. When we talk about our Mental Health, we're talking about our mental well-being: our emotions, how we think, how we regulate our feelings and behaviors, our ability to solve problems and overcome difficulties, our social connections, our past/present trauma's and our understanding of the world around us.

SERVICES I CAN PROVIDE, BUT AREN'T LIMITED TOO:

Assist individuals and families to navigate through services and provide case management.

Advocate for individuals and families when barriers are present

Provide assessments and make referral to the appropriate services internal and external.

Provide educational programs/ support groups to address the needs of the community.

Promote the spiritual, emotional, mental and physical well-being of community members who live on or off reserve.

Provide support to individuals on and off reserve by providing short term case management with mental health and addictions concerns in their transition hospital/treatment place to their home.

Facilitate programs to raise awareness about mental health issues, prevention, and education to community.

Provide one on one counselling and group programming regarding cause, symptoms and prevention strategies.

Mental Health Resource Person.

Services are aimed at helping youth and adults find help when dealing with mental health and addictions challenges.

**PLEASE FEEL FREE TO DROP IN ANYTIME
OR I CAN COME TO YOU! PLEASE DON'T
HESITATE TO CALL, TEXT OR EMAIL ME.**

THINKING PATTERNS COMMON WITH ANXIETY AND DEPRESSION

The following are examples of common thinking patterns which occur when struggling with anxiety and depression. It is common to overestimate negative threats and underestimate your ability to cope with a stressful situation.



BLACK OR WHITE THINKING

Pattern of only considering two scenarios. Creative problem solving involves considering at least three options and decreases that likelihood that you are overlooking options.

"She hasn't returned my call. She either hates me or didn't get my message."



BELIEF FILTER

Unchallenged belief which impacts how you process information or view yourself.

Examples of common filters are:

- 1) *"I'm stupid."*
- 2) *"If I gain weight, I'm not beautiful."*
- 3) *"I have to be wealthy or I'm less than."*



EMOTIONAL REASONING

Pattern of allowing your emotions to override your cognitive interpretation of a situation.

"As a parent, I feel guilty for putting my child in time-out. I feel like I'm a bad mom."



JUMPING TO CONCLUSIONS

Assuming you know what others are thinking or know the outcome of the scenario before it happens.

"I know exactly how this conversation is going to go."



LABELING

Using negative labels to describe yourself and others.

"A sane person wouldn't have thoughts like this. Am I crazy?"



USING ABSOLUTES

Drawing a conclusion based on a singular or repeated event and not considering all the facts. These phrases typically start with words like *always* or *everything*.

"You're always ignoring me!"



SHOULD THINKING

Judging yourself based on what you believe a "good person" would do.

"I know I shouldn't think this way, but I hate feeling like I have to stay at the party all night."



BLOCKING INFORMATION

Cognitive pattern of not acknowledging the good in a situation or a past success. Such as thinking you will not succeed in a task, even though you have never failed at similar tasks.



SELF-SHAMING OR BLAMING

Intense feeling that you are defective and should take responsibility for a negative outcome or situation.

"That went well, but who am I to think I'm so great. I'm such a joke."



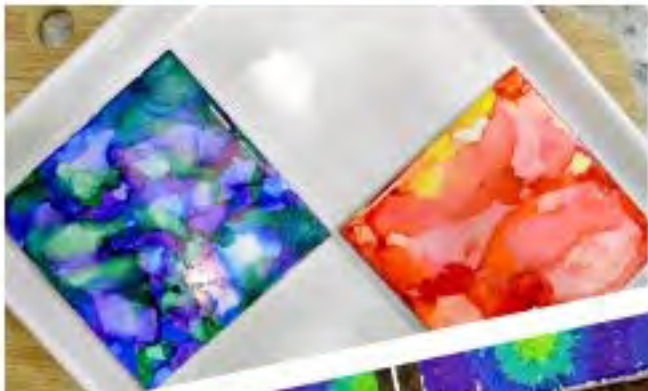
CATASTROPHIZE

Jumping to an extreme conclusion and making the situation more dramatic than it needs to be.

"I know you think you're only 15 minutes late, but date night is ruined!"

COASTER MAKING WORKSHOP

November 19th from 10-11:30



**Health
Centre**

*For parents &
caregivers with
children ages 0-6
years.*

MORE INFO:

Melanie @ the
Health Centre
705-657-2557



Maternal & Child Supports

A monthly supportive & informal developmental screening. The goal of this program is to support pregnant women & those with children who are 6 years & younger to reach their fullest development & lifetime potential!

During your visit, you and/or your child will identify family goals & strategies and how to improve access to services. You will then receive a \$50.00 grocery gift card (one per family). For more information please contact Melanie at the Health Centre (705) 657-2557

Restorative Yoga

With Reiki Workshop

November 1 & 29 at 6:30pm

Old Seniors Building

In this workshop you will be introduced to the healing experience of combined restorative Yoga and Reiki. You will be guided through very gentle yoga and supported by using many comfy props. You will receive meditative guidance to deepen your experience of presence and self inquiry, while a Reiki practitioner offers careful and intentional offerings to you of Reiki energy. Reiki energy is universal, abundant, and available for everyone, we simply create space and intention to let the energy flow for the benefit of all.

ALL LEVELS WELCOME

**Please contact Lori at the Health Centre to register
705 657 2557 or Lorif@curvelake.ca**



KIDS COOKING CLASSES

NOVEMBER
28TH

5-6:30 PM


@ Health
Centre



LEARN TO COOK:

SALSA | TACOS | ENERGY BITES

CHILDREN 6-10 YEARS OLD!

 NOURISH

Contact Melanie @ the Health
Centre to sign up: 705-657-2557



DIY CHRISTMAS WREATHS

***NOVEMBER 21ST FROM 5:30-7:00 @
HEALTH CENTRE***

***CONTACT MELANIE @ THE HEALTH CENTRE:
705-657-2557***

***FOR PARENTS & CAREGIVERS WITH CHILDREN 0-6
YEARS.***



SIGN MAKING WORKSHOP

NOVEMBER 26TH FROM 5:30-8:30



LIMITED SPACES!

HEALTH CENTRE

**FOR PARENTS &
CAREGIVERS WITH
CHILDREN 0-6 YEARS
Priority will be given
to members.**

**CONTACT MELANIE @ THE
HEALTH CENTRE**

Rollerballs for Sleep & Immunity

With the cold season approaching,
protect yourself and make your
own Rollerballs for better sleep
and to boost your immune system!
We will also make a countertop
spray

Thursday December 5th
from 5-6:30 (drop in) @
the Health Centre
Contact Melanie to sign up

For parents & caregivers with
children ages 0-6 years

WILLS & ESTATE SERVICES WILL NOT BE AVAILABLE UNTIL JANUARY 2, 2020

We apologize for the inconvenience. For more information, please contact the Government Services Building at 705-657-8045

Men's Wellness Group

SOMETIMES WE NEED
SOMEONE TO SIMPLY BE THERE.
NOT TO FIX ANYTHING, OR TO
DO ANYTHING IN PARTICULAR,
BUT JUST TO LET US FEEL
THAT WE ARE CARED FOR
AND SUPPORTED .



Wednesday Nights at 6:30pm

Dinner is Provided

Facilitator Craig Brochmann

Contact Lori at the Health Centre 705 657 2557 for more information

Traditional Teachings, Brotherly Support, Belonging



WOMEN'S WELLNESS GROUP

Please join us on Monday Evenings!

Food will be provided!


Women 18 and over!

From 5:30pm-7:30pm

At The Former Senior's Building

Providing a safe place to participate in weekly activities. We will be working on vision boards on Monday October 14, 2019. Please feel free to join us.

Please Contact Courtney Taylor or Lori Fournier at (705)657-2557 if you have any questions.



Health & Family Services Centre
38 Whetung Street East
Curve Lake, Ontario K0L1R0



Phone: 705.657.2557
Fax: 705.657.3067
www.curvelakefirstnation.ca

CURVE LAKE FIRST NATION

IS HONOURED TO HOST THE NEXT

Koganaawsawin

CHILD WELL-BEING WORKING GROUP MEETING

ON

November 13 and 14, 2019

FROM 8am – 4pm

ALL COMMUNITY MEMBERS WELCOME

WE HOPE TO SEE YOU ALL THERE!



PLEASE REGISTER WITH ROXANNE OR MATHEW AT 705-657-2557

AS LUNCH WILL BE PROVIDED

COMMUNITY CENTRE, 20 WHETUNG, ST, CURVE LAKE, ON

FOR MORE INFORMATION PLEASE CONTACT

RoxanneL@curvelake.ca, BandRepresentative@curvelake.ca



Health Canada Food Handler Training Certification

Successful participants will receive a Food Handler Training Certificate recognized by the food industry throughout Ontario.

Nov 22, 2019
9:00AM-4:00PM
Curve Lake Health Centre

Please contact Steve at (705) 657-2557 or SteveToms@curvelake.ca to reserve your spot

Baby & Me

BABY +
TODDLER PLAY
GROUP!

**Drop in Every
Wednesday**
from 10-11:30 @ FRC

Coffee & Tea
available for parents

Please contact Melanie @ the
Health Centre to sign up!



PA Day Trip ONTARIO SCIENCE CENTRE

Friday, November 22nd, 2019

8:00am - 5:30pm

- Bus will leave the community centre parking lot at 8am and return around 5:30pm.
- Youth 9 yrs old & Under must have an accompanying adult with them.
- Admission & IMAX (2pm showing of Superpower Dogs) ticket provided.
- Lunch & refreshments is at participants own expense

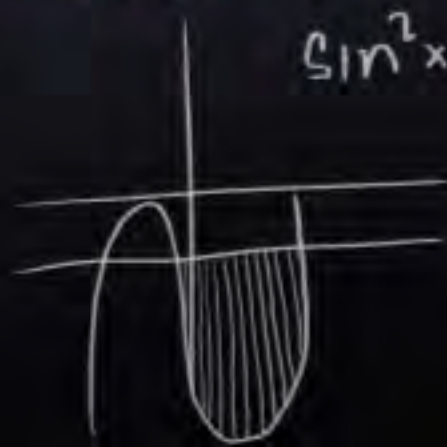
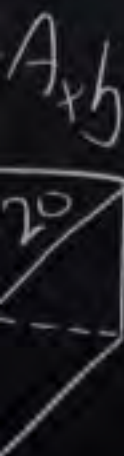
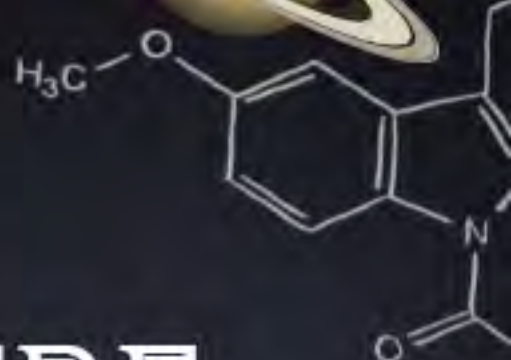
Limited to first 50 people to sign up.

Sign up night will be on Tuesday, November 12th, 2019 at the
Health Centre from 5-7pm

A \$10 deposit per person upon sign up to reserve
your spot (deposit is refunded on day of trip).

$$\begin{aligned} \prod(x) &= \sum \frac{M(n)}{n} \prod(x^{\frac{1}{n}}) \\ &= \prod(x) - \frac{1}{2} \prod(x^{\frac{1}{2}}) - \frac{1}{3} \prod(x^{\frac{1}{3}}) - \frac{1}{5} \prod(x^{\frac{1}{5}}) \\ &\quad + \frac{1}{6} \prod(x^{\frac{1}{6}}) \end{aligned}$$

$$\iiint \frac{e^{-be}}{\sqrt{a^2+b^2}} \frac{-b \pm \sqrt{b^2 - 4a \frac{dy}{dx}}}{2\sqrt{a^2+b^2} \frac{\pi^2}{2} a} \lim_{n \rightarrow \infty} \left(1 + \frac{1 \max_{0 \leq x \leq 1} x e^{-x^2}}{n} \right)^n$$



YOUTH DROP IN NIGHTS

**Monday's
November 18th & 25th, 2019**

Youth ages 6-12.

5:30-7:30pm

Family Resource Centre

*Board Games, Video Games, Music,
Foosball, Air Hockey, Arts & Crafts.
Snacks & Refreshments provided*



SPECIAL BULLETIN

The Anishinabek Police Service has been notified of incidents involving fraud/scams through telephone calls.

Members of our community have received threatening phone calls from individuals who are portraying themselves as an officer with the RCMP and/or Anishinabek Police Service. In one instance, the call display identified as the Anishinabek Police Service calling where the caller stated that they were with the Anishinabek Police Service and demanded the individual pay an amount of money through bitcoin or be arrested.

Police will NEVER demand or ask for ANY amounts of money

Should you receive one of these calls or a similar call:

- **DO NOT SEND MONEY**
- **Report the incident to 1-888-310-1122**

If you are unsure, attend the detachment and speak with an officer in person who will look into the legitimacy of the phone call.

Remember to please **REPORT** these incidents to police immediately

1-888-310-1122



CURVE LAKE FIRST NATION

Annual Christmas Craft Sale

Sunday, November 17, 2019
10:00 am to 4:00 pm

Curve Lake Community Centre
20 Whetung St. E
Curve Lake, ON

*Admission: \$3.00 & a perishable food item
Donated to the CLFN Food Bank*

Kids FREE

Please contact:
Tracey Taylor- Cultural Outreach
Tel: (705) 657-2758 Ext. 452
TraceyT@curvelake.ca

Cost is \$25.00 per table

The Benojee Committee will be fundraising at the craft sale and some of the items they will be selling out of the kitchen will be soup, scone dogs, baked goods, refreshments plus much more.



Curve Lake First Nation



Vendor Registration Form

Annual Christmas Craft Sale – November 17, 2019

Name of Business: _____

Contact Name: _____

Address: _____

Postal Code: _____

Telephone Number: _____ Cell Number: _____

Email Address: _____

Type of Vendor: ☐ Craft ☐ Food Brief Description: _____

Number in Party: ☐ Name: _____

Tables Required 1 Table \$25.00 2 Tables \$50.00 3 Tables \$75.00

Location Choice: 1. _____ 2. _____ 3. _____

We will do our best to accommodate you, however it is on a first come, reserve basis. We will assign locations at our discretion if your preferred locations are already taken.

Method of Payment: ☐ Payment enclosed ☐ Will pay at Craft Sale

Please contact Tracey Taylor – Cultural Outreach
Curve Lake Cultural Centre
1024 Mississauga Rd, Curve Lake,
ON K0L1R0

Tel: (705)657-2758 Ext. 452 Fax: (705)657-9345

Email: TraceyT@curvelake.ca

Do you want to be added to our contact list for 2020?

☐ Y ☐ N



MEDIA RELEASE

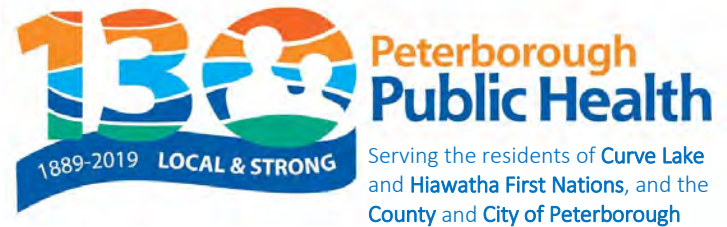
Communications Office

705-743-1000, ext. 391

Jackson Square, 185 King St., Peterborough, ON

Follow @Ptbohealth on Twitter | Facebook

www.peterboroughpublichealth.ca



FOR IMMEDIATE RELEASE

Friday, November 1, 2019, Peterborough

Time to Get Your Flu Shot!

First Local Influenza Case of the Season Reported

This year's flu season is off to an early start as Peterborough Public Health is reporting the first lab-confirmed case of seasonal influenza in our area just as the flu shot is being widely distributed throughout the community.

"With this lab-confirmed case we have confirmation that seasonal influenza is circulating in our community, about a month earlier than last year," said Dr. Rosana Salvaterra, Medical Officer of Health. "This is just the tip of the iceberg as usually there are more cases of influenza in the community than are reported by the lab, so now is the time for residents get their flu shot to protect themselves and others."

Last year the first lab-confirmed influenza case was reported on December 3, 2018.

Dr. Salvaterra noted that this year's first lab-confirmed case is the influenza A strain. The flu shot protects against several types of both influenza A and B strains.

The flu shot is free and recommended for everyone over six months of age. It is especially important for people with a weakened immune system, pregnant women, young children, the elderly and anyone who takes care of people in these groups.

Flu shots are widely available at many local pharmacies, from physician/nurse practitioner offices, and local walk-in clinics. Peterborough Public Health is also holding flu shot clinics following dates for families with children under five as pharmacies are not able to immunize children under five years of age:

Thursday, November 14 – 3:00 p.m. to 6:00 p.m.

Wednesday, December 18 – 3:00 p.m. to 6:00 p.m.

Thursday, January 16 – 3:00 p.m. to 6:00 p.m.

To book an appointment, please call 705-743-1000, ext. 154. For a listing of pharmacies offering free flu shots, visit www.peterboroughpublichealth.ca/flu.

Dr. Salvaterra advised that in addition to getting the flu shot people take the following precautions to reduce the spread of infection:

- Stay home if feeling unwell
- Wash your hands frequently
- Clean and sanitize commonly-used surfaces frequently
- Cough or sneeze into your sleeve or tissue and wash hands afterwards

INFECTION PREVENTION AND CONTROL – IT'S A TEAM THING!



ACROSS	DOWN
1) Tiny organisms that can be good for us, harmless, or dangerous.	2) Hand _____ is the most effective protection method against germs.
3) Viruses and bacteria can cause this, making us sick.	4) This is a safe and effective way to protect yourself from getting sick from a number of diseases.
5) Another word for "touch".	6) You can use this product to clean your hands if soap and water are not available.
7) When people cough or sneeze without covering their nose and mouth, germs spray into the ____.	8) Getting vaccinated helps to _____ yourself and others who may be unable to get certain vaccines, which also helps stop the spread of disease in your community.
9) Even hands that look _____ may carry germs.	10) To find out more about how to protect yourself and your loved ones from germs, see a _____ or other local healthcare provider.
11) When you are vaccinated, your body learns how to do this against specific germs.	12) _____ touching your eyes, nose, and mouth with your hands to prevent picking up germs.
13) What you should cough and sneeze into, instead of your hand, to prevent the spread of germs.	14) In addition to cleaning, you also need to do this to items and surfaces that are touched often.
15) To prevent the spread of germs, you should try not to _____ personal items.	16) Eating healthy foods, being active and getting enough rest keep your body, mind and spirit _____.





Stick it to the Flu!

Flu shots are available!



**Please contact Dr.
Mallory's office for
an appointment
(705) 657-1544**

**Protect yourself, your family, and
your community**



Free Wood is Available to CLFN Members

The wood is located at the new subdivision (Lot 12 & 13) and has been downed, cut into logs and stockpiled in two locations on the property.

Removal can be made any time between October 28, 2019 and November 30, 2019.

If you would like to remove wood, there is a waiver form that must be filled out prior to entering the site and is available at the Government Services Building Reception Office.

For more information please contact Shawn Williams, at (705) 657-8045 Ext 480 or email ShawnW@curvelake.ca



**Annual
Curve Lake Santa Claus Parade**

Sunday December 8th, 2019

Start Time: 5:30PM
(beginning from the Small Business Centre)

**Refreshments & Snacks served at the
Community Centre following the parade**

Have your photo taken with Santa Claus

*If you are interested in entering a float this year
please contact the Health Centre*

(705) 657-2557

Prizes will be awarded for 1st, 2nd, & 3rd place floats!

Company/Business	
Street/Mailing Address	
City Postal Code	
Contact Name	
Contact Phone	
E-Mail Address	

____ Float in tow ____ Single Vehicle Float
 ____ Marching Band ____ Animals
 ____ Walking Group ____ Other: _____

Float Position Number

Please return Float Registration form to the Health Centre by 4pm on December 6th, 2019



Christmas Hamper Application Package

Applications due by:

Monday, December 2nd, 2019 by 4:00pm

They will be dated and time stamped

Late applications will not be accepted

Hamper checklist:

- ☐ Application signed and dated? (4 pages including cover page)
- ☐ Application handed in by due date?
- ☐ All income statements submitted?
- ☐ Phone number where you can be reached?

Christmas hampers are for status Curve Lake First Nation Members who
reside on Curve Lake First Nation.

Please contact the Health Centre for any questions 705-657-2557

Curve Lake First Nation

Christmas Hamper Program Threshold

The following will be classed as being within the income threshold where, as for the month of October **or** November of 2019, the total household income of either month is derived from:

- Old age security, Canada Pension Plan, and/or other retirement pension; or
- Disability Payments; or
- Ontario Works Payments; or
- Earned Income from Employment

The following is an income threshold. In order to qualify for a Christmas Hamper your **household monthly income for the month of October or November** must be equal to or less than the amount listed below based on the number of dependents in a household.

WORKING:

	Single	Couple
No Dependent	\$ 1575.00	\$ 2400.00
One Dependent	\$ 2275.00	\$ 2600.00
Two Dependents	\$ 2600.00	\$ 2650.00
Three Dependents	\$ 2650.00	\$ 2700.00
Four Dependents	\$ 2700.00	\$ 2750.00

1 hamper per household will be distributed to qualifying recipients

Household Request for a Christmas Food Hamper

Mailing Address:

Householder making request:

Phone Number: _____

Name and age of other residents living in the household:

All residents <u>over the age of 18</u> living in the household			All Residents <u>under the age of 18</u> living in the household		
Name:	Age:	Male/Female	Name:	Age:	Male/Female

Income verification must be included with this request.

If there is any question about the information contained in this document, I agree to have a Curve Lake Staff member follow-up with myself, others in the household or those who may provide income as listed on page 2.

If any information is found to be inaccurate or missing, I understand my request will be denied.

Signature of Householder Making the Request

Date: _____

Please return this application by 4pm on Monday, December 2nd to:

Curve Lake Health Centre, Curve Lake, Ontario, K0L 1R0

Applicant and House Residents Income:
(for the month of October or November Only)

	#1	#2	#3	#4	#5
Hourly Wages					
Monthly Salary					
Ontario Works					
O.D.S.P					
Employment Disability					
Employment Insurance					
Old Age Pension					
Canada Pension					
Other Pension					
Rental/Board Income					
Lease Income					
Investment Income					
Other Income					
Individual Totals					

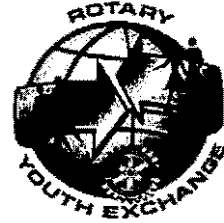
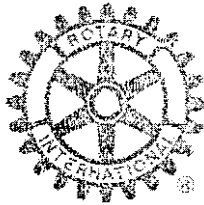
October or November's grand total income of all income: \$_____.

For office use only:

Eligibility met and qualifies for Christmas Hamper: _____

Eligibility not met and does not qualify for Christmas Hamper: _____

Rotary



WHAT IS A ROTARY YOUTH EXCHANGE?

Rotary Youth Exchange is a study-abroad opportunity for young people who spend from ten to eleven months as an international student hosted by local Rotary clubs and host families in the destination country. During their exchange students have the opportunity to go on local, regional and multi country tours. Are you interested in learning a new language or meeting new people or having life-long friends? Rotary Youth Exchange is **The Opportunity of a Lifetime** for the more than 8,000 students worldwide, who participate each annually. By sharing their own culture and embracing a new one, exchange students help foster global understanding and learn a great deal about themselves in the process.

IS AN EXCHANGE RIGHT FOR ME?

Exchanges are for students ages 15–17 who are Canadian Citizens:

- Have demonstrated leadership in their school and community, who achieve good grades.
- Are flexible, tolerant and willing to face challenges and personal growth opportunities.
- Are open to cultural differences & willing learning a new language and experience life in a foreign country.
- Can proudly serve as an ambassador for Canada, their sponsoring Rotary Club, their family and themselves.

WHEN DOES MY EXCHANGE BEGIN?

Your exchange will mirror the school year. Departure will be the middle to late August 2020 to allow the student to settle into their accommodation before school starts. Return date can be flexible depending on travel plans after exchange and dependant upon country specific VISA requirements for exit. Most students return home early to mid July 2021.

HOW MUCH DOES IT COST?

Local Rotary clubs generously sponsor a portion of the students' investment in the exchange experience. The student and their family may invest between \$4,000 and \$6,000 during the exchange year, which many parents have noted, is offset by the cost savings of having their teenager at home in the family setting for the same period of time (ie. food, sports, music, gas etc). Participants are generally responsible for an initial flat fee to their sponsoring District, that covers the student Air Fare, Canadian Jackets (Red); 4 pre & post exchange district events, international insurance and VISA's (if required). Each Rotary District handles the finances slightly differently, and therefore, this will be outlined in the Orientation meeting. While on exchange, participants are responsible for their own spending money and any additional travel and tour opportunities. (ie. Euro Tour; school trips). Incidentals are also at the discretion of the family/student.



**Preliminary Application Form
Long Term Exchange Program
District 7010**

Rotary



Students Name: _____ Age: _____
Address: _____ PC: _____
Home Phone #: _____ Cell Phone #: _____
Email Address: _____ DOB: _____

Please note: Students must be no older than 17 years as of July 1, in the year of application

Current High School: _____ Grade: _____
Languages Studied: _____
Extra Curricular Activities: (Hobbies, Sports, Interests etc):

Volunteer Involvement:

Previous Travel Experience (alone or with your family?):

*District 7010 Youth Exchange Program, currently has exchange agreements with the following countries:
Brazil, Ecuador, France, Belgium, Finland, Denmark, Switzerland, Taiwan, Italy, Chile, Denmark, Spain.
(Exchange countries will be added or deleted based on the number of outbound students. The country
assignment is at the discretion of the District 7010 Youth Exchange Committee)*

Date: _____

Applicant's Signature: _____

Signature of Custodial Parent(s): _____

Complete this application and return it to the contact at your school, by the specified deadline.

www.peterboroughrotary.ca



Posted: October 29, 2019
Internal/External

EMPLOYMENT OPPORTUNITY

As outlined in the Curve Lake First Nation Human Resource Management Manual, applications are now being accepted for the following **Permanent Full Time** position:

COMMUNITY ABORIGINAL RECREATION ACTIVATOR (CARA)

Duties and Responsibilities:

- Plans, organizes, and coordinates recreation programs and special events
- Plans community based physical activity programs based on community's needs and interests
- Monitors and evaluates the CARA program activities and provides ongoing direction and support
- Liaise with and respond to all community requests and inquiries with respect to recreation programming
- Develop a local recreation needs assessment and work plan for physical activity programs
- Plan community-based recreation programs based on community's needs and interests
- Research recreation opportunities using the internet and other information sources
- Responsible for promotion, assistance with completing/ reviewing applications, and ensuring approvals and funds in place for Learning Through Recreation and Recreation Incentives.
- Promotes/markets activities through a variety of sources i.e. Social media, newsletters, etc.
- Maintains program equipment and supplies and ensures good repair, working order and sufficient inventories
- Acts as a liaison between parents and instructors, dealing with situations/concerns as required
- Provides activity reports to assigned advisor
- Enhances volunteer capacity by actively advertising and recruiting for volunteers to lead and support programs
- Other duties as assigned

QUALIFICATIONS: Basic Requirements: **(APPLICANTS MUST EITHER SHOW NECESSARY PROOF WITH APPLICATION OR PROVIDE AT TIME OF INTERVIEW)**

Education:

- Post-secondary education in a Recreation related field with experience developing and coordinating recreational programming
- Current Standard First Aid and CPR Level C certification

RATED REQUIREMENTS:

Knowledge:

- Knowledge of the programs and services offered through the CARA program
- Knowledge of community recreation programming principles and practices
- Knowledge of methods used in assessing the recreation program needs of the community

Skills and Abilities:

- Excellent computer skills including word processing, spreadsheets and registration programs
- Strong oral and written communication skills
- Strong organizational skills

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22 Winookeeda Street
Curve Lake, Ontario K0L1R0



Phone: 705.657.8045
Fax: 705.657.8708
www.curvelakefirstnation.ca

- Creative problem solving skills
- Ability to work in a group setting
- Ability to function as a team member
- Ability to work independently and establish and maintain harmonious working relationships

Personal Suitability:

- Sensitivity to Native Issues
- Respect for confidentiality is a must
- High level of tact and discretionary capabilities
- Willingness to work flexible hours
- Must exhibit a high degree of initiative and self-direction
- Must be punctual/dependable with a strong desire to work

TERMS OF EMPLOYMENT:

This is a Permanent Full Time position beginning immediately. Annual salary range for this position will be \$40,490 to \$44,989 based on a 39.5 hour work week.

APPLICATION:

Application forms and Position Descriptions are available at the Reception of the Government Services Building. Application forms can also be obtained from the Employment Resource Centre or from the Curve Lake First Nation website (www.curvelakefirstnation.ca) under documents.

Application package must consist of a completed application form, cover letter, resume, required documentation, addresses and phone number of two most recent employment references (if employed with Curve Lake First Nation previously, references from most recent Supervisor / Manager will be required). Please submit application package to the Government Services Building Receptionist to the attention of:

Abigail McCue, Human Resources Coordinator
Curve Lake First Nation Government Services Building
Curve Lake, Ontario K0L 1R0
Phone (705) 657-8045 Fax (705) 657-8708
Recruitment@curvelake.ca

Deadline for Applications: Friday November 15, 2019 at 12:00 (Noon)

Please ensure application is date stamped by the Curve Lake Government Services Building Receptionist. While only qualified applicants will be contacted for an interview, not necessarily all qualified applicants will be offered an interview.

While Curve Lake First Nation appreciates all applications, as outlined in the Curve Lake First Nation Human Resources Management Manual, applicants will be considered in the following priority: Level I: Internal Applicant, Level II: Any First Nation Member Applicant (s. 16(1) CHRA), and Level III: Any Applicant.

The successful candidate must provide an acceptable Canadian Police Information Check (CPIC) with Police Vulnerable Sector Check (PVSC) prior to commencing work.



Posted: October 29, 2019
Internal/External

EMPLOYMENT OPPORTUNITY

As outlined in the Curve Lake First Nation Human Resource Management Manual, applications are now being accepted for the following **Term Full Time** position:

ARCHAEOLOGICAL PROGRAM ADMINISTRATOR

Duties:

- Keep current of archaeological research, consultation and engagement standards affecting First Nations
- Assist with training and upgrading opportunities for future Cultural Heritage Liaisons
- Responsible for scheduling Cultural Heritage Liaisons as needed, including monitoring of hours worked and expenses incurred
- Responsible for the collection of revenue generation from proponents as well as reporting/monitoring of revenue received
- Seek funding opportunities to support Archaeological/Cultural Heritage Liaison Program
- Advocate for appropriate archaeological interpretations, recommendations and fieldwork during project monitoring
- Conduct site visits as needed to evaluate field work
- Review and maintain field notes of Cultural Heritage Liaisons for completeness and accuracy

Qualifications: Basic Requirements: **(APPLICANTS MUST SHOW NECESSARY PROOF WITH APPLICATION OR WILL BE AUTOMATICALLY SCREENED OUT)**

Education & Experience:

- Post-secondary degree in Archaeology
- Archaeological field experience

Other:

- Valid drivers' license or access to reliable transportation as this position will require travel

RATED REQUIREMENTS:

Knowledge/Skills:

- Possess a basic knowledge of the Williams Treaties and Curve Lake First Nation Tradition Territory, cultures and traditions
- Working knowledge of the provincial archaeological assessment process
- Knowledge of Ontario Archaeology (chronologies and cultures)
- Knowledge of cultural resource management in Ontario, policies and procedures
- Knowledge of general office practices and procedures

Skills/Abilities:

- Excellent public relation skills, including an appreciation of the need for tact and a positive, cheerful informed approach with the public
- Excellent computer skills with a proficiency in Microsoft Office and computer programs

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- Ability to work independently in a team environment
- Ability to moderate groups and present material in a print and oral format

Personal Suitability:

- High level of tact and discretion
- Displays initiative and strong sense of direction
- Reliable and punctual

TERMS OF EMPLOYMENT:

This is a Term Full Time position beginning immediately until December 24, 2020. Annual salary range for this position will be \$38,198 to \$42,443 based on a 39.5 hour work week.

APPLICATION:

Application forms and Position Descriptions are available at the Reception of the Government Services Building. Application forms can also be obtained from the Employment Resource Centre or from the Curve Lake First Nation website (www.curvelakefirstnation.ca) under documents.

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APPLICATION FOR EMPLOYMENT

POSITION BEING APPLIED FOR:

PERSONAL DATA:

CERTIFICATE OF INDIAN STATUS NUMBER: _____

(IF APPLICABLE)

LAST NAME	GIVEN NAME(S)
PRESENT ADDRESS (INCLUDING POSTAL CODE)	
HOME TELEPHONE:	ALTERNATIVE PHONE:

EDUCATION

SCHOOL	COURSE OF STUDY	DATES FROM MONTH/YEAR	ATTENDED TO MONTH/YEAR	DEGREE OR DIPLOMA	DATE

OTHER COURSES, WORKSHOPS, SEMINARS AND LICENSES OR CERTIFICATES OBTAINED WHICH RELATE TO THE POSITION BEING APPLIED FOR:

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ELABORATE ON THE INFORMATION PRESENTED AND HOW THIS EXPERIENCE IS RELEVANT TO THE POSITION FOR WHICH YOU ARE APPLYING.

I HEREBY DECLARE THAT THE INFORMATION CONTAINED IN THIS APPLICATION IS TRUE AND COMPLETE TO THE BEST OF MY KNOWLEDGE.

I UNDERSTAND THAT A FALSE STATEMENT MAY BE CAUSED FOR DENIAL OR IMMEDIATE TERMINATION OF EMPLOYMENT.

SIGNATURE

DATE

EMPLOYMENT REFERENCES

NAME AND OCCUPATION	ADDRESS	PHONE NUMBER