

SMOKE SIGNAL



Mississauga First Nation

January 2000

RECLAIMING RESPONSIBILITY SHIFT IN PROCESS WOULD LENGTHEN AIP TIME FRAME , ADD CAPACITY BUILDING PROJECTS

Following the Anishinabek-Canada Meeting on the Inherent Right policy at Indian Affairs headquarters on September 14, Toulouse, Anishinabek Nation negotiators, Merle Pegamagabow and Nelson Toulouse, presented the results to the Chiefs Committee on Governance.

To briefly review, the results were that Canada made a commitment to discuss how its policies might be changed to fit the Anishinabek vision for education, rather than try to fit the vision into federal governments policies.

Alternatively, Canada pledged to investigate other approaches to achieve the envisioned Anishinabek education system, despite policy restrictions.

After a discussion of the options available to the Anishinabek in the negotiation process, the Chiefs directed the Anishinabek negotiators to continue discussions with federal negotiators to investigate what solutions Canada might offer.

The meeting between federal and Anishinabek negotiators was held October 19 in Toronto. The Anishinabek team presented the following options:

- ◆ Go forward with the Agreement in Principle and defer the contentious issues to the Final Agreement stage.
- ◆ Make only administrative agreements.
- ◆ Try to change the Inherent Right process through the political process.
- ◆ Go to the Courts.
- ◆ Walk away and maintain status quo.

In the end, the parties decided to investigate the possibility of extending the AIP negotiations so that all major issues can be resolved at this stage. In a new development, demonstration projects would be undertaken

during this extended time frame to build capacity for Anishinabek governance in education.

In this way, components of the Anishinabek education system such as the "body corporate" would be developed and then included in the AIP. More negotiation time spent and more developmental work undertaken during the AIP stage would then result in more specifics and content in the AIP. This in turn should mean less time and fewer details to complete the Final Agreement.

In response to Canada's offer to extend the AIP negotiation and build capacity at the same time as a technical side-table to the negotiations on jurisdiction, Anishinabek negotiators made it

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Sorry, Sorry, Sorry

Our Apologies that this edition is late to the community.

We will try harder to have the next edition out before the beginning of the month.

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very clear that new money, and not money already designated for First Nations, would be required. At the next meeting scheduled for November 8 and 9 in Toronto, federal negotiators are expected to provide more details on the nature of the capacity building initiatives and funding arrangements that might be available as part of the negotiation process.

If taken, this new approach changes the original understanding of the process. When the education negotiation were initiated in 1996, both federal and Anishinabek negotiators expected the AIP to be a framework or blueprint for negotiating the Final Agreement. It was understood that specifics on the exercise of Anishinabek jurisdiction over education would be negotiated based on the signed AIP, during the Final Agreement stage of the process.

In the end, a shift to a longer negotiation period and a more detailed AIP should not affect the final outcome of the negotiations. Nor should it affect First Nation approval and ratification processes. As before, the AIP will be approved by First Nation Council Resolutions while the Final Agreement will require community based processes that ensure informed consent among Anishinabek citizens.

Anishinabek citizens must keep in mind that the signed AIP will not be legally binding but the Final Agreement will be. Even then, a participating First Nation may have 60 to 90 days period to withdraw from the agreement after the legislation is introduced into the Parliament of Canada, if the legislation does not properly reflect the terms of the Final Agreement.

For more information contact:

Mary Laronde

c/o Union of Ontario Indians

PO Box 711

North Bay, ON P1B 8J8

(705) 497-9127

Larmar@anishinabek.ca

Editorial

Sherry Caibaiosai

What an exciting time this is! I remember as a child calculating just how old I would be in the year 2000. Time, back then, just meandered about as my brothers and sisters and I played in the dirt in the front yard, watching the clouds float overhead and hide the sun.

I always felt that it would never really get here; or, that I would actually be here to see it. I never envisioned myself as a 33 year old. I have to say that I am somewhat happy with where I am, although I feel that I am here for something more. I have definitely enjoyed my time here with the Mississauga First Nation, working in the Library and being in charge of the Smoke Signal.

Time has flown. I find it amazing that, indeed, we are at the dawn of a new year and a new millennium. This is not just millennium hype – it is true anticipation for something new.

What are my plans for New Year's Festivities?

To make it the most memorable night in the lives of my children, so that in their old age they can reminisce about the night of the new millennium.

A family party, safe from drunken revellers, overpriced parties, and the threat of being harmed if the Y2K bug actually is a problem.

We will sit at home with a bottle of champagne, hor d'hoeruves, games, decorations, party hats, noise makers and Dick Clark. Of course, we will have extra Candles too! Can't be too sure.

I will not be here to celebrate the New Year 2100, but my children may, and they will have stories to tell their great grandchildren.

This is a very exciting time. I hope many of you realise the importance of seeing in a new year, and a new millennium. This is definitely a time to make changes in your life, when old can be new, and life can be made good.

Take some time over the next few days and ponder what you will do to make life better, for yourself, for your family, and for your community. Then take out a pen and paper and write down your goals - short term and long term.

Tony Robbins taught me a very valuable lesson. If you don't know where you are going, how will you know when you have arrived.

Don't forget to read those goals daily as a reminder of what you want to do, then (like Nike says) Just Do It.

Many of us pass through life, only a few of us will be remembered for what we have done. I hope a few of you have greater aspirations to succeed in life, to be remembered for something great.

I believe that we all have a plan to follow, why not ask the creator if you are doing what you were meant to do. Say a prayer and ask for guidance and don't be too surprised when your path becomes clear.

If you are not happy with your life, change it... because **only you can do it**. Stop wanting more than you have and be happy with what you do have. Many of us take for granted the good things in our life and only complain about the bad. Be happy every day that you wake up and are alive, then count your blessings. *SE*

Wishing you all the best in this special new year.

Happy New Year! 2000!!!



DREAMCATCHER COMPLEX Mississauga Band Staff

TELEPHONE (705) 356-1621

NAME	TITLE	EXT.
ADMINISTRATION STAFF		
MELANIE DAYBUTCH	RECEPTIONIST/SECRETARY	2238
JOANN CADA	FINANCE CLERK	2211
JIM JR. CADA	BAND ADMINISTRATOR	2202
LAURENCE BOYER	CHIEF	2204
LINDA CHIBLOW	EXECUTIVE ASSISTANT	2208
MATTHEW ARMSTRONG	MEMBERSHIP CLERK	2209
ALLISON MORNINGSTAR	PAYROLL CLERK	2210
NICOLE MORNINGSTAR	ADMINISTRATIVE ASSISTANT	2239
MISSISSAUGA TRUST		
FIDELE JOKINEN	TRUST ADMINISTRATOR	2206
CLAUDETTE BOYER	TRUST SECRETARY	2221
HEALTH STAFF		
MARY ELLEN MORNINGSTAR	MED. TRANS. CLERK	2201
ELVA MORNINGSTAR	COMMUNITY HEALTH REP	2231
RITA WILSON	ADULT CARE CO-ORDINATOR	2229
JANET BOYER	TEAM SECRETARY	2353
MATTHEW CHIBLOW	ALTERNATIVES CO-ORDINATOR	2227
GLORIA DAYBUTCH	HEALTH & SOCIAL SERVICES DIR.	2203
KATHLEEN CHIBLOW	ASST. SOCIAL SERV. DIRECTOR	2226
LYNN NIGANOBE	TEAM SECRETARY	2228
LEE BERRIAULT/NOLA HUNT	NURSE PRACTITIONER	2218
SHAWN PENNY	REGISTERED DIETICIAN TUES.	2225
JOEY PROVENCHER	NURSING SUPERVISOR	2351
PROGRAMS/SERVICES/AFFILIATED BAND ORGANISATIONS		
LINDY CHIBLOW	WELFARE ADMINISTRATOR	2237
KEITH SAYERS	NATURAL RESOURCES MANAGER	2217
ALESIA BOYER	NATURAL RESOURCES TECH	2212
BEV GAUTHIER	RESOURCE SECURITY OFFICER	2220
VAL CHIBLOW	COMMUNITY OPPORTUNITY PLANNER	2223
BOB CHIBLOW	FISHERIES CO-ORDINATOR	2212
FRANK GIONETTE	PUBLIC WORKS MANAGER	2219
MICHAEL CHIBLOW	RESEARCH & DEVELOPMENT	2214
YVONNE LAFRENIERE	HOUSING ADMIN. INTERN	2213
MISSWEZAHGING DEVELOPMENT CORPORATION		
DENISE LOFSTROM	PRESIDENT	2216
LINDA VINCENT	EXECUTIVE ASSISTANT	2215
SOCIAL SERVICES STAFF		
CHRISTINE OWL	YOUTH WORKER	2234
SALLY JACKPINE	MENTAL HEALTH WORKER	2205
EVELYN NIGANOBE	CRISIS INTERVENTION WORKER	2233
LINDA DAYBUTCH	COMMUNITY SUPPORT SERVICES	2232
ROGER DAYBUTCH	FAMILY SUPPORT SERVICES	2236
TRADITIONAL ROOM		2225
EXAM ROOM		2218

Library News

Mississauga First Nation Library
has started

WINTER HOURS**Monday – Thursday****3:00 – 5:00 PM****6:30 – 9:00 PM****Friday****10:00 – 12:00 AM**

Our CAP student, Vicki Labranche, will be updating our website over the next few weeks. She will also be available for Internet training and assistance on:

Wednesday Evenings – 6:00 – 8:30

Saturday Mornings – 9:30 – 12:00.

Please call in advance for an appointment 356-3197.

Ontario Library Services and the First Nations Library Advisory Committee have announced that February 14 – 19, 2000 will be our First Annual First Nations Public Library Week. This will be a chance to recognize first nations libraries as positive a community resource.

We will be having an open house, renewing memberships and also hosting a book and movie return amnesty at this time. So look under your beds, in the closet and find those long overdue books to return.

We are also planning a couple of other special events to be held during this week. So please do take the time to come out and see what is happening at the library.

Chief and Council News

BAND COUNCIL RESOLUTIONS – December 1999

- BCR #061-99-00** That the Mississauga First Nation Band Council hereby supports the appointment of Connie Morningstar as Mississauga First Nation's representative to the Nogdawindamin Family & Community Services Board of Directors effective January 1st, 2000 with Wanda Boyer as the Alternate.
- BCR #062-99-00** That the Mississauga First Nation Band Council approve salary increases to the Health & Social Services staff based on Band Council Resolution #079-97-98 dated December 3, 1997. The following staff are eligible for increases based on their completed Performance Appraisals, the established Salary Guide, and the current availability of financial resources.
Youth Coordinator, Community Support Services Worker I, Community Support Services Worker II, Community Health Representative, and the Medical Clerk/Transportation Coordinator.
Further, the salary increases to be retroactive from April 02, 1999, in compliance with the said approved Band Council Resolution.
- BCR #063-99-00** That the Mississauga First Nation Band Council hereby approves the following salary increase to the Social Services Administrator based on Band Council Resolution #079-97-98 dated December 3, 1997. The Social Services Administrator is eligible for a 4% increase based on her completed Performance Appraisal and the current availability of financial resources.
Further, the salary increase to be retroactive from April 02, 1999, in recognition that the staff member's position was not included in the 1997 Salary Guide or subsequent salary enhancement which was based on 4%, due to budgetary program restrictions.
- BCR #064-99-00** Whereas, the Mississauga First Nation recognizes the urgent need for the wise use and management of natural resources and has recognized the importance of integrated resource use to develop sustainable forestry enterprises and;
Whereas, the Mississauga First Nation supports the management, regulation, and development of its forested lands and is willing to work with Mitigaawaaki Forestry Marketing Co-operative Inc. and First Nation partners to develop Non-Timber Forest Product Businesses and;
- Therefore Be It Resolved that, the Mississauga First Nation submit a Statement of Intent Form to Aboriginal Business Canada to secure funding to prepare a business plan and develop maple syrup and other Non-Timber Forest Product Businesses in partnership with Mitigaawaaki, community members, and other interested First Nations.
- BCR #065-99-00** That Mississauga First Nation Council hereby recognizes and supports the need for temporary support staff for the Health & Social Services Unit. The following individuals are hereby authorized as the relief/casual support workers to be paid

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\$9.00 per hour effective January 4, 2000. Patti-Sue Daybutch, Tanya Morningstar, Cheryl Morningstar, Della Chiblow, Bonnie Lafreniere, Kelly Morningstar and Keith Hoeberg.

- BCR #066-99-00** That the Mississauga First Nation Band Council support and acknowledge the newly formed Candidate's Night Committee. The following persons represent the Candidate's Night Committee and have committed themselves to recruit new Committee Members in order that a larger percentage of the membership takes part in the decision making process and that the Candidate's Night Committee will be involved in the implementation of the new election process: Sherry Caibaosai, Fidele Jokinen, Lynn Niganobe, Rita Redsky, Wanda Boyer, Evelyn Niganobe
- BCR #067-99-00** Whereas the Mississauga First Nation Band Council are desirous of leasing the equipment listed on the lease agreement or its schedule(s) for the Mississauga First Nation operation:
And Whereas, the Mississauga First Nation wishes to enter into a lease agreement with Teletech Financial Corporation for this equipment.
The Mississauga First Nation agrees to enter into a non-cancellable lease with Teletech Financial Corporation for a term of 60 months with rental payments of \$161.37 as outlines in the lease agreement.
- The Chief and Council, on behalf of the Mississauga First Nation, hereby appoint and authorize James Cada Jr. (Band Administrator) as authorized signor on behalf of the Mississauga First Nation to do all acts and things and execute all documents for and on behalf of Mississauga First Nation that is required by the Lessor to give effect to the aforesaid lease.
- That the execution by the persons authorized aforesaid shall constitute conclusive proof that such lease and document and the terms and conditions therein are valid and binding upon the Mississauga first Nation whether or not the corporate seal of the Mississauga First Nation is affixed thereto.
- BCR #068-99-00** That the Mississauga First Nation Band Council supports the recommendations of the Proposal Review Panel to hire the consultant BDO Dunwoody Consultant Group, Michel LePage contingent upon funding approval from FEDNOR.
- BCR #069-99-00** That the Mississauga First Nation Band Council hereby supports FNTI's proposal for funding under the Aboriginal Education and Training Strategy for the delivery of the Public Administration Program.
- BCR #070-99-00** Whereas, the Mushkegowuk Tribal Council received a judgement from the Ontario Superior Court that compulsory parts of Ontario Works cannot apply to First Nations without their consent; and
Whereas, the Ontario Government has been granted a Stay of the Mushkegowuk court decision pending the determination of the Ontario

(Continued from page 6)

Government's appeal; and

Whereas, the stay decision orders the Province not to make any significant alterations to the delivery of social assistance in First Nations while the appeal is being heard; and

Whereas, the Ministry of Community & Social Services is pressuring the First Nations to transfer sole support cases to First Nations by December 31, 1999; and

Whereas, the sole support cases have been dealt with by the Province prior to the Mushkegowuk Ontario Works court stay decision; and

Therefore Be It Resolved; That we ask the Federal Government to ensure that no First Nations citizens are left without access to sole support under the old 65 Welfare Agreement regime.

Be It Further Resolved; That the First Nation of Mississauga does not support the actions of the Ministry of Community & Social Services; and

Be It Finally Resolved; That the First Nation of Mississauga give official notice to the Ministry of Community & Social Services that the transfer of sole support cases will not be supported until the appeal is heard.

BCR #071-99-00

That the Mississauga First Nation Band Council hereby approves the following increases for the Administration Staff based on Band Council Resolution #079-99-00 dated December 3, 1997. The following staff are eligible based on their completed Performance Appraisals, the established Salary Guide and the current availability of financial resources: Band Administrator and Executive/Administrative Assistant

Be It Further Resolved that the salary increases to be retroactive from April 02, 1999 in compliance with the said Band Council Resolution.

BCR #072-99-00

That the Mississauga First Nation Band Council hereby approves the following salary increases to the administration staff based on Band Council Resolution #079-99-00 dated December 3, 1997. The following staff are eligible based on their completed Performance Appraisals, the established Salary Guide and the current availability of financial resources: Head Finance Officer II, Personnel Officer/Finance Assistant II, Membership Lands Trust & Estates Clerk II

Be It Further Resolved that the salary increases to be retroactive from April 02, 1999 in compliance with the said approved Band Council Resolution.



MEMBERSHIP UPDATES

from the desk of the Membership Lands Clerk
Matthew Armstrong

Wills, Estates & Retirement Workshop
Dec. 10, 1999 -
Council Chambers

Guests - Robert Wrona, London Life
Ben Pascuzzi - Wishart & Partners Law Firm
Robert Mernard - Mernards Funeral Home

Lawyer Ben Pascuzzi touched on the topics of
Wills,
estates,
Passing on estates to the family,
Validity of Wills,
Preservation of Estates,
Trusts and power of Attorney.

Robert Wrona discussed briefly on
Estate Building,
Planning Strategies,
Insurance & Beneficiaries
Wealth Accumulation,
Estate Preservation and covering costs,
Pension Plans and Group Insurance.

Funeral Director Robert Mernard discussed briefly
Final Expense costs,
Family Funeral Preparations and
Pre-payment Plans.

IMPORTANT FOR YOUR INFORMATION

Each presenter stressed the importance of preparing a WILL!, whether you have a lot of bucks, cars and huge ticket items or one buck, a car and personal possessions. You have to decide now as to who receives what! I have copies of Will kits here at the office for anyone who wants one. Listed below are phone numbers and addresses of each individual presenter, if you have any questions or would like more information please feel free to contact them at your disposal. Thank you

Lawyer Ben Pascuzzi
390 Bay Street
Sault Ste. Marie, ON
P6A 1X2
1-705-949-6700

Robert Wrong
477 Queen Street East
Suite 303
Sault Ste. Marie, ON
P6A 1Z5
1-705-949-7656

Robert Mernard
72 Lakeside Avenue.,
Blind River, ON
POR IBO
356-7151

FEBRUARY 2000 SMOKE SIGNAL
Submission Deadline is January 22, 1999

Send your submissions to:
Smoke Signal
c/o PO Box 1299,
Blind River, ON, POR 1B0

*** Programs – Please be reminded that submissions should be on disk. ***
Submissions may also be dropped off at the Library or in my Mail Bin.
Thank You!!

PROPOSAL SUBMISSIONS-2000



MISSISSAGI TRUST - PROPOSAL SUBMISSIONS

Please be advised that the Mississagi Trust is accepting proposals to be voted on in May 2000.

The deadline date for proposals is January 14, 2000 at 4:00 p.m.



Mail Proposals to
Mississagi Trust
P.O. Box 128
Blind River, Ontario
P0R 1B0

or they can be dropped off at the Trust Office located in the Dreamcatcher's Complex on Ball Park Road.

For further information contact:

Fidele Jokinen,
Trust Administrator
(705) 356-1621 ext. 2206

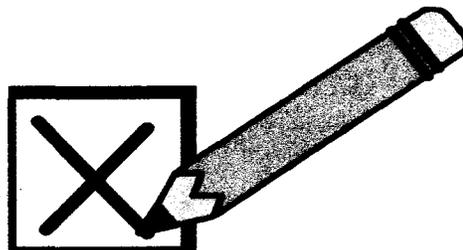


or Fax (705) 356-2171



MISSISSAGI TRUST

VOTE ON PROPOSALS



ADVANCE POLLS

**May 13, 2000
10:00 a.m. - 2:00 p.m.**

At the following location:

- Mississauga First Nation,
- Dreamcatcher's Council Chambers
- Ball Park Road

REGULAR POLL TO BE HELD AT

**MISSISSAUGA
DREAMCATCHER'S COMPLEX**

**FRIDAY, MAY 19, 2000
9:00 A.M. - 6:00 P.M.**

**SATURDAY, MAY 20, 2000
9:00 A.M. - 6:00 P.M.**

VOTE ON PROPOSALS

May 19 & 20, 2000

ADULT EDUCATION

ANNOUNCEMENTS

ART CLASSES

WITH BOB KNIGHT - A LOCAL ARTIST

If you have not registered for this course, please contact Betty at the Adult Education Centre (356-3590) on January 10th, to indicate that you are interested in taking this course.

The course will start later in January if there is enough interest.

MONDAY EVENING CLASSES

Will resume on January 17th, 2000

If you are interested in starting an Independent Study course, or want to work on a computer course, come to the Centre on Monday evenings between 6:30 and 8:30 p.m..



**Register
Now!**



The Adult Education Centre

Will re-open on January 10, 2000

Join us to complete
your
Grade 12 Diploma.



NATIVE STUDIES

Learn about the culture!

*Native Studies will be offered jointly by
Enjikendaasang Learning Centre
And the Adult Education Centre*

Starting Date: February 15, 2000

Ending Date: June 13, 2000

Time: 1:00 – 3:00 (Tuesday and Thursday)

Topics to be covered are:

- ⇒ *Role of the Story Teller*
- ⇒ *Aboriginal Art*
- ⇒ *Aboriginal Cultures*
- ⇒ *Aboriginal Music and Dance*
- ⇒ *Celebrating Aboriginal Culture*

Native Studies is a credited high school course offered at either a Grade 9 or Grade 11 level.

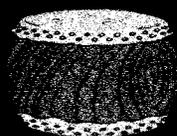
SIGN UP TODAY!

Contact

Joanne Boyer 356-3197

Or

Betty Naylor 356-3590



Health & Social Services News & Updates

HAVE YOU BEEN DENIED

1. Medications or Medical Supplies?
2. Health, Dental, or Optical Services?

Health services have been affected by government cutbacks over the past several years. Aboriginal health and political organizations have been struggling to fight these cuts, however, without concrete and specific examples of how these cuts hurt our First Nation members, it is difficult to convince the government that any cut has serious implications.

We need your assistance in our efforts. We are asking that you share your story with us so the we can better understand and communicate the problems that occur on an individual basis.

The information we receive will be forwarded to the Health Commission with identifying information deleted, however, we ask you to consider providing your name to your health clinic. This would be helpful if more detail is required. Also, your health clinic may be of assistance to you in appealing the decision.

Name: (optional) _____ Phone Number: (optional) _____

Please describe the medication, supply or service that was denied:

Date of Occurrence: _____ Vendor or Service Provider: _____

Reason given for denial: _____

Were you given an alternative medication or service? If so, please describe. Was it effective?

What problems have you had as a result of this denial? _____

(Continued from page 12)

Were you told you could appeal this decision? And if so, were you given enough information to do so?

If you appealed, please comment on the process and tell us if your appeal was successful.

I agree to share this information, excluding my name and phone number, with the Union of Ontario Indians Health Commission.

Signature

Date

Drop off at "Drop Off Box" located in the Health Wing;
Or mail to:

1. Mississauga First Nation
Health and Social Services
PO Box 1299
Blind River, ON P0R 1B0
2. Union of Ontario Indians
Health Commission
Curve Lake First Nation
Curve Lake, ON K0L 1R0

In order to continue to fight for our rights and enhance services under NIHB (Non-Insured Health Benefits), our political organization needs to substantiate these services being denied.

ITEM OR SERVICE DENIED	DATE	VENDOR OR SERVICE PROVIDER	REASON GIVEN FOR DENIAL	ALTERNATIVE PROVIDED	RESULTING PROBLEMS EXPERIENCED	TOLD OF APPEAL PROCESS	OUTCOME OF APPEAL

HEALTH PROMOTION NEWS

Encourage the Positive

Attention to all community members, parents, teens and grandparents

We would like to encourage all members within the community to identify the positive aspects of the child. A child could be helping a younger child off the bus, or could bring home a good report card and as parents we need to start to bring out the good qualities of our children. When we give our children praise they develop a sense of pride, when we offer kind words of encouragement we help raise our child's self esteem and when we teach our children right from wrong, we help our child to develop strong moral values. Our children are our future, and let's start by recognizing positive acts that our children do. Simple messages in the smoke signal would help to raise a child's self esteem and those kind words of encouragement would help the child to show kindness to others.

Any acts of kindness that you have observed your child doing, simple send in a notice to the Health Promotion Worker, and we would be able to submit this to the smoke signal.

As parents we need to start identifying our child's positive characteristics and start to promote the positive happenings within our community.

During the month of January Smoking Cessation will be introduced to the community members, if you always wanted to learn about the health hazards, how smoking affects your health come out and actively participate in some of the programs offered.

Baama pii gwaamin
Ernestine Niganobe
Health Promotion Worker

Traditional Tobacco

Tobacco has a lot to do with the culture of Native people, religiously and socially. Natives used tobacco thousands of years ago and it is still being used today as an offering and during ceremonies. It was used as a medicine to cure illnesses such as asthma, fever, sore eyes, bowel problems, earaches, insect bites and burns.

Tobacco has been used by Natives from all tribes in similar way; most tribes smoke tobacco in a pipe as a ritual related to community events. It was done to give offering to the Creator. Many Native groups used tobacco to protect themselves from evil. They would carry the tobacco with them, hang it in their homes or put it under their pillows. It was believed that tobacco, was a communication link between the people and the Creator. In ceremonial traditions, it was believed that when the tobacco was burned, all thoughts feelings and prayers were in the tobacco smoke which rose into the sky to the Creator.

Traditional uses of tobacco:

- ✳ To give thanks to the creator.
- ✳ To honour the wisdom of the Elders.
- ✳ To honour all creatures that have been hunted.
- ✳ To show respect for Mother Earth.
- ✳ To seek protection.
- ✳ To help our thoughts and prayers reach the Creator.

Tobacco is one of the sacred medicines. The other three are sage sweetgrass, and cedar. Tobacco is the first plant given by the Creator. In ceremonies tobacco is held in the left hand and talked to, it is then offered to the fire, where it will not be mistreated by others. The smoke acts as a messenger of the prayers.

There are many types of practices for tobacco, including that of pipe smoking. The ceremonial pipe is considered the most sacred. When used in ceremonies the pipe is used in prayer which is offered to the four directions, the sky and the earth. The pipe can also be used in council and everyone who smokes from it pledges honour to the Creator, Mother Earth and the community.

Tobacco holds a variety of meanings and used. It is important that we recognize tobacco as a sacred gift and a symbol of peace.

ADD SMOKING AND YOU HAVE PROBLEMS.

- 1 The carbon monoxide in smoke makes your blood less able to carry oxygen. As a result, your heart has to work harder to get enough oxygen to your body.
- 2 The nicotine in smoke makes your heart beat faster, so your heart has to work harder.
- 3 Nicotine also causes your blood vessels to narrow. This increases your blood pressure and makes your heart work harder to push the blood through your arteries.
- 4 Nicotine also increases the build-up of deposits along the inside walls of your arteries. This also increases your blood pressure, and makes your heart work harder, and it can lead to blood clots.
- 5 And, if you have a heart problem already, smoking will only make it worse.

Sorry!! The Bad News is...

- The more you smoke, the greater the danger; it's as simple as that.
- Heart disease and stroke are Canada's number one killers.
- 80,000 Canadians die every year of heart attacks and strokes. At least 20,000 of these deaths are due to smoking; that's 55 people every day.
- Women smokers who use birth control pills are 10-20 times more likely to have heart attacks or strokes than nonsmoking women. The Pill and cigarettes are a bad combination.
- No cigarettes are safe. Low tar and low nicotine cigarettes may be even more harmful because many smokers inhale deeper and smoke more to get the amount of nicotine they want.

LONG TERM HEALTH EFFECTS ON SMOKERS

- Nearly 100g of tar is deposited in the lungs of a pack-a-day smoker in a one year time period.
- The tar that is deposited into the lungs is coughed up in the form of phlegm.
- Most regular smokers develop "smoker's cough".
- Smokers have poorer blood circulation and have a greater risk of stroke.
- They suffer from shortness of breath and their physical strength is reduced.
- They are more vulnerable to sickness.
- Smokers lack Vitamin C, therefore they heal less quickly because of poor Vitamin C circulation.
- Smokers are more likely to get lung diseases such as chronic bronchitis, inflamed throat and lungs.
- Women who smoke and take oral contraceptives are more likely at risk than women who use oral contraceptives and don't smoke.
- Pregnant mothers who smoke have more difficult births, infant deaths, low weight births, premature deliveries, miscarriages, and disturbed children.
- Tobacco use is related to 25% - 30% of all cardiovascular disease.
- It is associated with cancers of the mouth, throat, colon, pancreas, bladder, kidneys, stomach, and cervix, and is related to 75% of bronchitis and 80% of emphysema cases.
- Smokers have a less effective immune system.

Warning Signs Of Heart Disease:

- temporary pain in the chest, especially during exercise.
- severe pain, which may spread down the left arm.
- swelling of feet and ankles.
- chronic fatigue, shortness of breath and unusual heart rates.



Warning Signals of Stroke:

- temporary numbness of the face, arms or legs on one side of the body.
- temporary speech difficulties.
- temporary problems with vision.
- headaches, dizziness, mood swings and changes in mental ability.

How To Reduce Risks:

- stop smoking!
- do not use oral contraceptives if you smoke.
- avoid exposure to sidestream smoke.
- eat a well-balanced diet; reduce high calorie foods and salt consumption.
- maintain a healthy weight.
- have your blood pressure checked regularly.
- make exercise a part of your lifestyle.



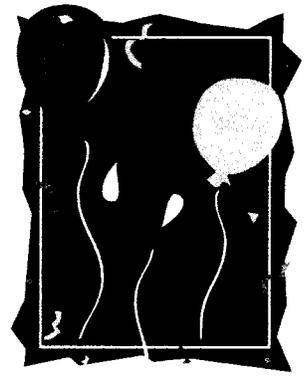
Reasons to quit smoking

1. You will have improved personal appearance; cleaner teeth and better complexion.
2. Your breath will be more pleasant.
3. Your hair will smell cleaner.
4. You will be free of smokers cough.
5. Your sense of taste and smell will improve.
6. You will experience fewer illnesses.
7. You will accomplish more.
8. You will no longer have tar stains on your fingers.
9. Your clothing will smell fresh.
10. You will overcome your dependence on tobacco (more self-control).
11. You will not expose others to the dangers of smoking.
12. Your habit will no longer be irritating to others.
13. Your self-confidence will improve.
14. You won't have cigarette butts and ashtrays to clean up.
15. You will save money.
16. You'll cut down on the risk of having lung cancer and heart disease.
17. You will feel more in control of your health and your life.
18. You will feel great!



Happy Birthday

January 2000



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Marion Bobiwash Arthur Boyer Margaret Niganobe
2 Joseph Bisiallon Nathan Jacques Betty Ann Posey Shelley Sayers	3 David Armstrong Cheyenne Bisson Diane Boyer Gerald Boyer Deborah Corbiere Stephanie Gionette Kathy Fischer Donald Heuer Derek Niganobe	4 Dakota Corbiere Anita Desbiens Paulette Morningstar Evelyn Niganobe James Russell Laura Spilker Rita Wilson	5 Gwen Cada Carla Erikson Marcel Moreau Olivia Stevens	6 Cheryl Boyer William Boyer Sr. Paul Corbiere	7 Lucas King-Niganobe 	8 Bella Louise Alton
9 Alice Berger Frank Bissailon Brian McPhee Peter Armstrong Mary Corbiere	10 Keena Chiblow Bridgete Dabutch	11 Nicholas Cada Allan Chiblow	12 Michael Boyer Roland Niganobe Nicole Niganobe	13 Faith Daybutch Victor Morningstar Julius Stevens	14 	15 Mary Jones Edna Morningstar Ernest Morningstar
16 Lynn Chiblow	17 Conrad Bobiwash Nanette Boyer Roger Boyer II Stephane Vincent	18 Robert Cuthbertson Beverly Daybutch Patricia Giguere Valerie Morningstar Mark Cada	19 Heather Hansenberger	20 Donald Cada Kevin Walker	21 Jennah Ferrigan Rea Holm Carla Marcellus Adam Robertson Clifford Vincent	22 Tony Chiblow Greg Ermatinger Elizabeth Gardner-Sayers Garnet Miller Skylar Vincent
23 Darryl Boyer Tom Cada Katrina Morningstar	24 Albert Alton Kenneth Chiblow Chad Morningstar Marcus Robertson - Morningstar	25 Roy Jackpine Donna Lowes	26 Shelly Boyer Eva Dabutch Jonathan Marion Christine Owl	27 Wade Ermatinger Kora Miley Samantha Boyer Wesley Morningstar	28 Claudette Boyer Lori Boyer	29 Connie Cada Adrianna Chiblow- Vanvught Joan Mutch Krista Boyer
30 Phyllis Chiblow John Daybutch Kevin Sim	31 Arthur Boyer Jr. Justin Chiblow Ian Daybutch Troy Morningstar Karla Sayers					

Literacy News

Reminder

**The Learning Centre
is looking for any
male Youth who may
be interested in
starting a Drum
Group.**



**If you are interested please
contact Joanne at 356-3197**

Reminder

**All interested Community Members
and Friends. It's not too late!**

You are welcome to join us at the
Learning Centre for
Anishnabe Giigidoowin
(Talking in the Language)

Come and have fun while learning

Tuesday & Thursday
9:15 a.m. – 11:30 a.m.

Wednesday Evenings
7:00 p.m. – 9:00 p.m.

Or

Monday, Wednesday & Fridays
at noon at the Dream Catcher Complex.

**For more information please contact:
Joanne Boyer at the Centre 356-3197**

CLASSIFIED ADS

Wanted



Nog Da Win Da Min
Family and Community Services

NATIVE CUSTOMARY CARE
AND
FOSTER CARE HOMES
NEEDED

You can make a Difference by
*Bringing Our
Children Home*



Call today about becoming a
Customary Care/Foster Care Parent

Contact:

Shirley Roach at:

1-800-465-0999/Local 946-3700

Or

1-800-268-5991/Local 356-0750

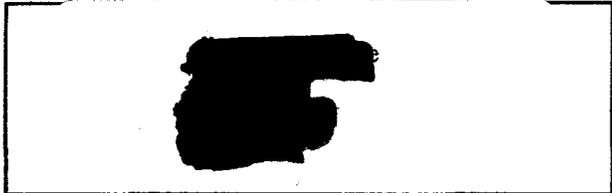
Ideas for Next Month's Issue:

Deadline: February, 2000

- ♥ Valentine's Day Greetings
- ♥ Winter
- ♥ Poetry
- ♥ Relationships
- ♥ Love, love, love...



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(705) 356-1621
(705) 356-3197

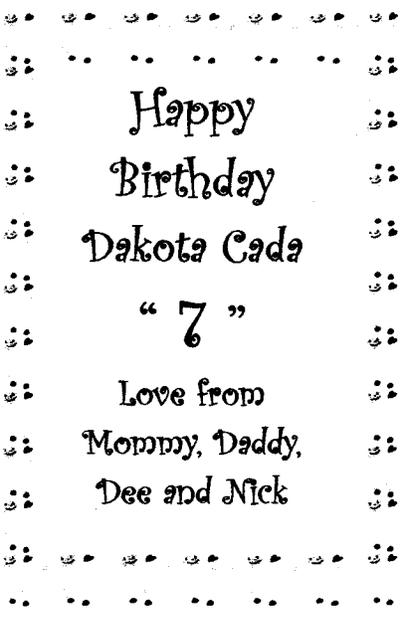


In This Issue... AIP Agreement, Effects of Smoking, Wills and Estates . . .

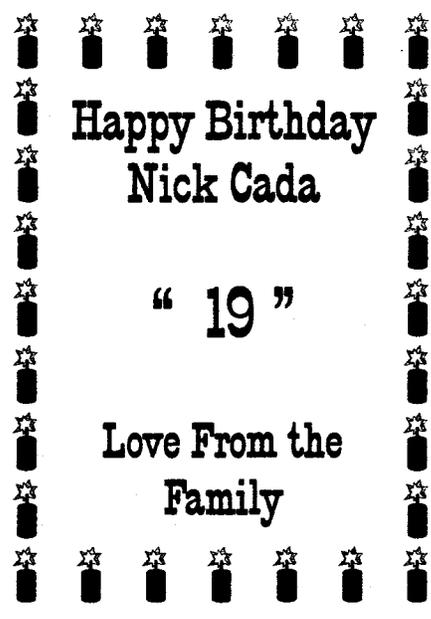
ANNOUNCEMENTS



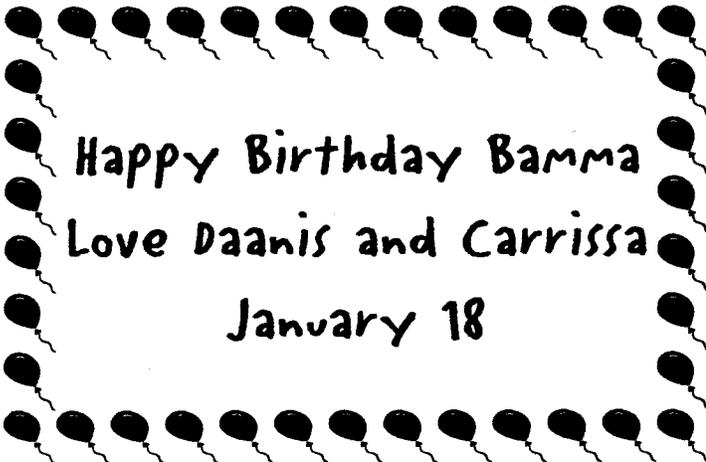
Happy
Birthday
Adrianna
1 year Old
January 29
Love from
Gramma



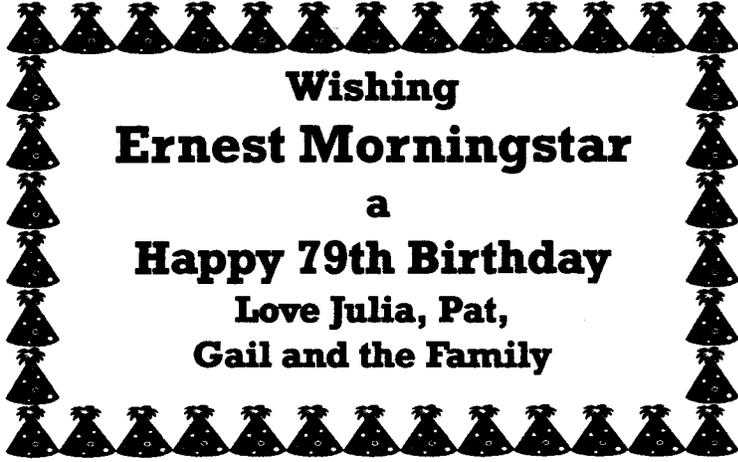
Happy
Birthday
Dakota Cada
" 7 "
Love from
Mommy, Daddy,
Dee and Nick



Happy Birthday
Nick Cada
" 19 "
Love From the
Family



Happy Birthday Bamma
Love Daanis and Carrissa
January 18



Wishing
Ernest Morningstar
a
Happy 79th Birthday
Love Julia, Pat,
Gail and the Family