



Booshoo McDowell Lake Band Members!!

This is the first of our monthly newsletters we will be sending out. I have been in touch with KNET in order to have our website updated. We would like to post the newsletter there as well for those online. If you don't have an email address we will send to your mailing address.

April 1st, we have made changes in the positions in the Health Department. Lorelei will move to the Health Director desk, Ida James to the Community Health Representative desk and Mary Lawson to the Mental Health desk. Each of the ladies has strengths in their new positions that will benefit the band members. The workshops started last year will continue. Some may be held via tele-conference. If you have any suggestions, please don't hesitate to call us, let us know. We want to know what you want to know😊.

Our Governance Planner, Anita Lawson, has many ideas to continue to have band members connect with one another. She will be contacting everyone as she continues to seek your input in the governance strategic plan for McDowell Lake First Nation.

We will be letting you know upcoming events in the newsletter.

We would like to have a name for our newsletter. If anyone has any creative suggestions, let me know!! If you have any news to share with the other band members please get in touch with me and I will put it in the next month. If you have any good jokes, share with us! We could all use a good laugh😊. If you would even like to be a regular contributor, do you have something you are interested in that you would like to share?

The deadline for contributions will be the 2nd last Friday of the month....we want to hear from you!

Remember! We are here for you and because of you 😊

Lorna



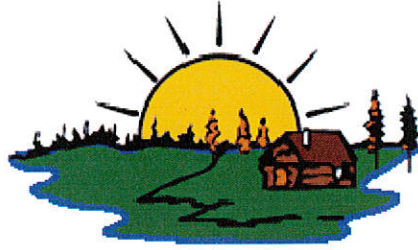
Hi everybody, I hope everyone is doing okay. Spring is just around the corner. That should bring a smile to everybody's face.

As of April 1, 2013, I will be the Health Director for McDowell Lake First Nation. Our staff is being shifted around and we all have new positions. We are trying this strategy to see how things work out and to know each other's position. I look forward to working with all of you. I won't be in the office from April 2 – 12, as I will be in Poplar Hill working with the Health Director. Also, I am in Winnipeg on the 18th of April. I will be there for couple of days as I am graduating and receiving my diploma in counseling on April 19th. I am very excited. Other exciting news is my first grandbaby is due to be born on the 21st of April.

Don't hesitate to call if you have any questions, you can reach me at 735-1381 extension 1007. Have a safe month everyone.

Lorelei Kakepetum





McDowell Lake First Nation Newsletter

Governance Worker

Anita Lawson

Being hired as a Governance worker I wasn't sure what I was getting myself into or knew much about the responsibilities of a Governance worker. The band manager has given me some paper work from her previous visit to a Governance workshop along with other information shared with her from our resources. I've been given advice and over views of my job position from the KO coordinator along with some of the KO workers, also providing me with examples that some other communities have done with their self-governing. Although I am not allowed to share the exact examples, I can make one up for our community to share with the band members to have an insight of direction to where our community wants to be. I really feel that being a self-governing community is important because it will get us out of the gutter and bring our community together and we would be able to make decisions as a whole.

Since I've become the Governance worker I have connected with all the community members by phone and the majority of the members in person via Governance workshops held in Red Lake and Thunder Bay. I've also met with some of the community members in their home to share the financial policy and gave them a copy which is important they should have. I attended a Lands and Resources workshop that was held in Red Lake on February 25th to February 28th and it was such a joy to sit in and listen to what the other communities had to share. I did take notes and wrote a summary of what took place. As some of you may know I hosted a fishing derby and a tubing activity here in Thunder Bay over the March break and I am very thankful for all the participants who came out and had fun. I thought it was awesome to bring our community members together to have fun and visit with one another, as it's been so long since we have seen each other as a community. I have recently attended a Governance workshop in Casino Rama and it was such a joy to be invited and involved in that work shop. I gathered a lot of ideas and more information about Governance by knowledgeable guest speakers from other communities.

I hope to bring success within our first nation, within myself and most importantly for our band members.

March 8, 2013

Boo-shoo, McDowell Lake Band Members!!

Spring is just around the corner! Hope Mr. Winter wasn't too hard on you. Actually I enjoyed the winter this year, even though it was pretty cold at times.

Now to update the changes that is happening within the McDowell Lake office. Staff change overs are occurring starting April. I don't know for how long this will be. This is to determine where we fare in the work that we do and to learn, to also understand the other worker's tasks.

I will be leaving my title as the Health Director and take on the Mental Health Worker title. I'm looking forward to the change and scared at the same time. But I am willing to learn and work with you all. I will be available to listen, even if you just need to talk. My phone number is 807-735-1381 EX# 6001. Don't be afraid to call... hope to hear from you McDowell Lake band members!!

Mary Lawson

New Challenges



McDowell Lake First

March 15, 2013

Hi there,

Updates on new challenges of Staff change overs. I do hope we can learn from each other in our abilities in helping, listening, and in our downfalls too. We can help each other by giving a helping hand. You agree?

I am leaving as Mental Health worker to another assigned position as CHR.

Ida James



McDowell Lake First Nation Team

