

BI BLAST

Na' mek-so Giizis ~ Trout Month

October 2013



BI Rocks With Buffy Sainte Marie!

Patsy, Donna, Virginia, Buffy, Joe, Lillian, Gladys, Maria, Caitlin

Kwe Kwe Everyone... Trout Month is Here...Thanksgiving, Halloween, and beautiful fall colours. We've had some beautiful weather too...do we call it Indian Summer? First Nations Summer maybe? Lol.

The Energy East Pipeline Open House happens from 9am to noon on Saturday October 5th at the Rec Centre, then the next day is the TFN Community Meeting / TAA Assembly Joint Gathering starting at 10am the next day- Sunday October 6th.

There are lots of fun and enriching activities planned too this month, thanks to FHWC and DPHC.

Parents, don't forget that Friday October 11th is a PA day at LMLC.

And...here's some handy news...it's printed in this issue twice just to ensure everyone knows.

DEBIT MACHINE AT THE BAND OFFICE

For your convenience, we now have a debit machine at the Band Office to accept your bill and rent payments and to pre-pay for ferry service. Cash advances are not permitted.

There is no fee for use of the debit machine.

On September 16th, a beautiful Migizi / Bald Eagle hung out on a tree outside the Band Office for a long time. Since then its young have also visited...surely a good sign for us!

The photo on the back is by Casey Becker. It's such a great shot, it deserved a full page. Here is the Migizi in flight- awe-inspiring.



Happy Birthday Millie White! 75 Years Young!



The Elders' Club gang surprised Millie with this beautiful cake and a party right on her birthday, September 8th.

Sunday October 20th, 11:00 am to 2:00 pm

Elder's Bazaar

At the Elder's Building

Hot Dogs \$3 with Beverage

50/50 Draw

Tables Available Upon Request

Canteen Will Be Open

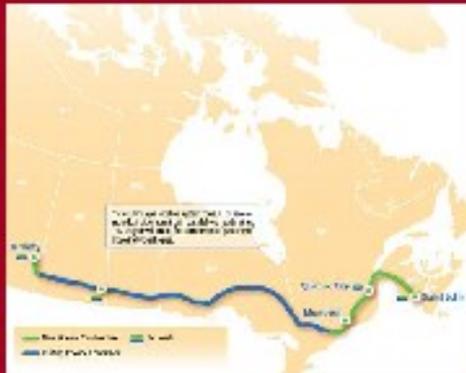
Everyone Welcome!

Come One, Come All

Open House with Energy East Pipeline Representatives

COMMUNITY INFORMATION SESSION

AN OPPORTUNITY TO GET INFORMATION ON THE PROJECT AND VOICE YOUR QUESTIONS
AND CONCERNS



Saturday, October 5, 2013
Rec Center, Bear Island
9:00 am - 12:00 pm
Refreshments Provided

The proposed Energy East Pipeline Project is a 4,400-kilometer pipeline that is to carry between 500,000 and 850,000 barrels of crude oil per day from the Alberta tar sands and Saskatchewan to refineries in Eastern Canada. Energy East intends to convert existing gas pipeline, construct new pipeline and construct associated facilities to move the crude oil.

- 9:00-10:00 Open House Opens (view displays, ask individual questions to TransCanada personnel)
- 10:00-11:00 Formal Presentation & Questions and Answers
- 11:00-12:00 Open House continues

If you require boat transportation please contact us
at the number below.

Hosted By:
Temagami First Nation
Lands and Resources Department
(705) 237-8275
www.temagamifirstnation.ca

TEMAGAMI FIRST NATION



TEME-AUGAMA ANISHNABAI

BEAR ISLAND

LAKE TEMAGAMI, ONTARIO P0H 1C0



NOTICE

**TFN COMMUNITY MEETING
&
TAA ASSEMBLY
JOINT GATHERING**

**SUNDAY, OCTOBER 6TH/2013
10 A.M.**

BEAR ISLAND REC CENTRE

AGENDA

Impact Benefit Allocation Plan

~Catered Lunch Provided~

Complimentary Shuttle Boat Service Available from Bear Island to Mine Road & Return ☺

Printed: 2017/09/17

Community Financial Report 2013

On September 7, 2013, an information session was held to present the Community Financial Report and Audited Financial Statements for March 2013. Here are some of the highlights. A complete copy of the Community Financial Report is on the N'Daki Menan website and the Consolidated Financial Statements are posted on the TFN website. If you would like a hard copy of the reports or have any questions, please contact Vicky Blake at the Band Office.

The Cost of Our Programs

Administration	829,369
Operations & Maintenance	729,248
Housing	281,370
Education	1,292,072
Health & Social	2,274,856
Community Development	894,682
Enrichment Program	311,606
Independent First Nations (IFN)	520,275
TOTAL	7,133,478

Tangible Capital Assets

The cost of our programs includes amortization of our band assets however does not include the cost of tangible capital assets that were purchased during the year. The amortization expense was \$565,318 in 2013 and there were \$559,854 in assets that were purchased as follows:

Buildings – Warehouse & Boat Storage, Apartment, FHWC, TMFC Renovations	312,875
Vehicles including 2 Vans, Medical Trans Vehicle, Barge with 50 Merc	193,657
Furniture & Equipment including our second Hexagonal Tent	19,985
IT Equipment	33,337
TOTAL	\$ 559,854

Our Major Sources of Revenue

Government of Canada	4,195,996
Government of Ontario	1,029,975
Band Generated	1,206,547
Ontario First Nation Limited Partnership (OFNLP)	784,487
Deferred Revenue	113,695
TOTAL	\$7,330,700

Net Result for the Year

For the year ended March 31, 2013 our expenses were \$197,222 less than our revenues, compared to a surplus of \$296,371 in 2012. The larger surplus in 2012 was in part due to the one-time HST payment from Ontario First Nation Limited Partnership (OFNLP) that year. There is an unallocated overall surplus of \$2.374 million as a result of the funds we receive from the OFNLP.

Impact Benefit Agreement

There was \$1.5 million received in milestone payments at March 31, 2013 however these funds are not included in the financial statements with the exception of \$129,200 that was budgeted for the Community Engagement Strategy. The balance of the IBA funds is \$1.38 million which is held in Guaranteed Investment Certificates (GIC's). Payments of \$1,000 to band members that are over the age of 65 have commenced.

Future Generations Funds

The Future Generations Fund that is managed by Ridgewood Capital is valued at \$1,331,449 at March 2013, a \$73,622 increase from last year and an overall gain of \$159,126 since the initial investment of 1,172,323 in April 2008. Andrew Mitchell provided an overview of our investment.

The Audit

The audit was presented and approved by Chief and Council on July 23, 2013 and as for the past 2 years, we had a clean audit report, meaning there was nothing that BDO identified as being non-compliant with Public Sector Accounting Board requirements.

Looking Forward

This section includes highlights of activities since March 2012 and current initiatives that may be of interest to Temagami First Nation members:

- All operating budgets for this current fiscal year have been approved by Chief & Council
- Temagami First Nation (TFN) renewed our 5 year agreement with Aboriginal Affairs and Northern Development Canada (AANDC)
- Our Education Department has gone through changes in the past few months; the administration of education will be led by Lynn Mongrain in the position of Education Administrator, Beverly St. Denis is her assistant. Robin Potts has been hired as our Education Liaison Worker. Her primary responsibilities include providing support and guidance to our Secondary and Post-Secondary students. Robin will also be assisting with our current policies: Post-Secondary, Secondary and Bear Island Education Authority Terms of Reference. The Laura McKenzie Learning Centre (LMLC) has a full complement of staff for this school year; Renee Restoule has been hired as our Principal, Kelsey Delarosbel is our Special Education Resource Teacher, our Language Teacher is Lucille McKenzie and Librarian is Virginia McKenzie, our Primary class is being taught by Theresa King, the Intermediate classroom teacher is Brenda Blake and our Senior classroom teacher is Pasty Turner. We also have additional support staff Amanda Assiniwe and Nathan Sawyer as our Teacher's assistants and Ann Potts is the Janitor for the LMLC.
- Our Health and Social Department continues to provide a range of programs and services from prenatal to seniors. The Family Healing and Wellness Centre (FHWC) currently provides community wellness and community support services programs. The Aboriginal Healing and Wellness funding has been reduced significantly from the historical shelter based funding to the current community wellness worker level of funding. We are in discussions with the provincial funders to re-profile our funding to address our identified needs. The FHWC staffing include: Social Services Supervisor Jessica Mattias, Personal Support Worker Terry McKenzie, Home Maintenance Worker Jamie Saville, Home Support Worker Jayne Paul, and Community Wellness Workers Linda Paul and Annette Polson. The Doreen Potts Health Centre (DPHC) will be conducting a health assessment and developing a new Community Health Plan that will guide our Health programs and services beyond March 2014. The DPHC staff includes: Health Services Manager Lydia McKenzie, Office Manager Sue McKenzie, Community Health Nurse Delma Peshabo, Ontario Works Administrator Kim Montroy, Aboriginal Healthy Babies Healthy Children Worker Alice Becker, Native Alcohol & Drug Abuse Program Worker Carrie Landriault, Health Promotion Worker Donna Mattias, Medical Transportation Driver George Becker, Janitor Joe Katt and new is the Community Health Representative Chris Landriault.
- The Tillie Missabie Family Centre provides daycare for children. The program is supported through Federal, Provincial and Aboriginal organizational funding. Our staffing includes: Daycare Supervisor Tammy Pressault, Early Childhood Educator Michelle Twain, Early Childhood Assistants Marie Paul and Vanessa Turner, Cook Hilary Lefrancois, and Janitor Lillian Birtch. We also have recently hired the following individuals on short term contracts to support our program: Desiree Senf and Christine Latour.
- Our Community Infrastructure Department continues to evolve. Water Treatment services are extended to "off the loop" residents who have an ultra violet water system in their home. Services include maintenance and supplies. This service is facilitated through an annual agreement signed by the home owner and Temagami First Nation. Water Treatment Plant operators include Steve Laronde and Rick MacInnis. We recently hired a Heavy Equipment Operator in June. Randy Becker has been addressing a number of public works related tasks and is a welcome addition to our team. Our Handyman John Charyna has been working on a number of community infrastructure projects including: maintenance of community buildings, CMHC houses and rental unit repairs. Our ferry service continues to provide a vital

transportation service for the community. This is operated by Lynn White and Dean Potts. We implemented the Temagami First Nation parking lot at the end of the access road; we are pleased that this has addressed some of the parking needs for our members. Our lead for this department is Roger Assiniwe and his assistant is Elizabeth Potts. The department has been working with the housing committee on the development of a new housing policy that reflects our evolution to a comprehensive housing program. We now have approval from the First Nation Market Fund for capacity and loan funds. Capacity development training that we have accessed includes: Ethics and Ethical Decision Making in the Workplace, management training, Project Management Certification training, General home maintenance training and financial management capacity building.

- We have two new houses being built. As previously shared, CMHC offered us two units last December 2012. TFN Council accepted the offer and the Community Infrastructure Manager Roger Assiniwe tendered out the units last winter. The units are being constructed by George Mathias Construction. One unit will be a two bedroom house for a single person and the other will be a three bedroom house for a family. Both units have not been allocated to specific TFN members; the housing committee is exploring their options. A new project that is currently being tendered out is the renovation to one of the apartment buildings. The unit will be renovated from two single units to a two bedroom house.
- Our Capital Projects are continuing. The Elder's Complex feasibility study and environmental study are complete. We continue to apply to suitable funders for financial assistance. In April we re-applied to CMHC for 5 units and were denied. We will continue to lobby funders for assistance. We have also met with various government agencies to promote our Temagami First Nation Waterfront Economic Waterfront Development and Governance Centre. We recently submitted an application to the Northern Ontario Heritage Fund for a capital contribution to our facility.
- Our Lands and Resources Department has been involved in a number of initiatives including the development of a consultation protocol and memorandum of understanding template for dialogue with mining proponents. The MNR is moving to end the management of the Temagami Forest Unit; the Temagami First Nation is exploring all reasonable options to maintain a strong role in the management of these resources on our traditional territory. Regular communications have been occurring with the various partners in the Latchford Dam project. Meetings have included representatives from the Town of Latchford, Temiskaming First Nation, and Public Works Canada. The Trapper's Co-op initiative that occurred through this past winter was a successful project. The project was led by Land & Resources Assistant Casey Becker. There were activities in the community and on our land that involved both young and old residents. The proposed East Oil Pipeline project will be going through our territory. A preliminary meeting occurred in the late spring with our leadership. Our Communications Officer Daisy Fannin is drafting a briefing for the members; an open house is being planned for our community in the near future. The other team members within the lands department include Manager Robin Koistinen and Resource Development Advisor Doug McKenzie.
- This past spring Tom Mathias was hired as the Economic Development Officer for TFN. He has been settling into his position and is working closely with the appropriate departments, including Lands & Resources and Housing on the establishment of suitable opportunities for our People. A business development workshop is being planned for late September. The Economic Development Committee will be accepting applications for the TFN Enrichment Small Business Grants; the deadline is October 25, 2013.
- The Administrative Department for the TFN continues to provide a variety of services. Our TFN Enrichment Program Policies were recently reviewed and updated. One significant amendment includes the statement: registered members who are not in financial arrears with Temagami First Nation are eligible. There are a number of members who have arrears with TFN; we are striving to have members take responsibility for their debt. Those members who are currently making regular payments on their arrears are eligible to access the various programs. Our Finance Department consists of Finance Manager Vicky Blake, and Finance Clerks Joy Cooper and Betty Ann Turner. Virginia Paul is our Membership clerk

and administrative support staff. Deb Charyna is the Human Resource Assistant, Peter McKenzie is the Capital Projects Coordinator, and the Janitor is Reynold Turner.

- This past summer the **Daki Menan Stewardship Project** took place; we are pleased with the overall initiative and are currently compiling a full report on the project, and we hope to continue this type of initiative for our youth. There were a number of children who had the opportunity to go to local camps on Lake Temagami. TFN Council has received a few letters of appreciation from the children who shared their great camp experiences.
- Our **Governance** initiatives are continuing. Policy Analyst Virginia Hope has drafted a Leadership Code and Redress Mechanism. We will also be working on an election code. The leadership code has been reviewed by TFN Council and requires further dialogue. We will be hiring an Enrolment Officer to implement the TFN Membership Code. The primary objectives of the membership code are:
 - a) to set out rules to determine who is a Member of the Temagami First Nation;
 - b) to establish, maintain and administer the membership list of the Temagami First Nation, to be known as the Temagami First Nation Central Registry;
 - c) to safeguard the continued existence of the Temagami First Nation and its reserve lands for the benefit of Temagami First Nation Members.



Introducing...Julie Coote

I would like take this opportunity to introduce myself to the community. My name is Julie Coote. I'm from Nipissing First Nation. I live in Sturgeon Falls. I'm excited to be working as a Child and Youth Mental Health and Addictions Counselor in both Nipissing First Nation and Temagami First Nation. I am part of a team of four counselors that were recently hired to provide service to children and youth in nine First Nation communities within the geographic area from Temagami to Parry Sound. My fellow counselors are Tyler Dokis, Maxine Peltier and Janice St. Germaine. Our positions are funded by the Ministry of Child and Youth Services as part of a broader strategy to better meet the mental health and addictions needs of our young people. We are a part of Giyak Moseng-The Right Path Counseling & Prevention Services with Nipissing First Nation.

We are a voluntary service. We integrate both indigenous and mainstream practices in our work. We offer counseling in a broad range of areas for individuals under the age of 18. Examples of areas of support include coping with stress and anxiety, anger management, mental health disorders, self-esteem, abuse and violence, and grief and loss. Addictions counseling includes alcohol, drug and gambling assessments, smoking cessation, relapse prevention and aftercare, family dynamics and codependency, and referral to community based treatment services and residential treatment. We also offer groups, workshops and presentations.

To share a bit about myself personally...I'm married and have two children, aged 5 and 8. I have a Master's degree in Social Work from the University of Calgary and an Honours Bachelor of Social Work degree from the Native Human Services program at Laurentian University. I'm also registered with the Ontario College of Social Workers and Social Service Workers.

And I am bound by strict guidelines related to confidentiality.



Referrals can be made directly by the child or youth (with parental consent when appropriate), parents or guardians, and community resource/support people. I can be contacted at 705-753-1375 or by email at juliec@nfn.ca. I will also be available at the Doreen Potts Health Centre or at the New Liskeard Secondary School weekly. Feel free to contact me if you have further questions about the services offered.

Miigwetch.

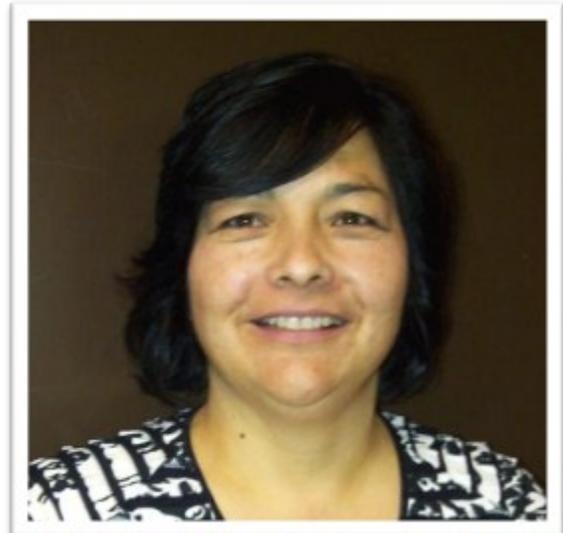
Hi Everyone,

My name is Renee Restoule. I have been hired as Principal/FNSSP/Special Education at Laura McKenzie Learning Centre. I was born and raised in Dokis First Nation and now live in North Bay.

I come to this position with my Bachelor of Education and Ontario Teacher's Certificate. I began my teaching career in Six Nations and New Credit First Nation where I taught for 3 years. I returned home to Dokis where I taught for 3 years in our First Nation School. I moved to North Bay where I taught for the Nipissing Parry Sound Catholic District School Board for the past 5 years. During that time I continued to upgrade my skills by acquiring my Specialist in Special Education, Specialist in Reading and Principal Qualifications.

The staff at the Laura McKenzie Learning Centre have been very supportive and helpful in my new position. We will continue to work as a team to ensure that your children receive the education necessary to be productive members of society, and we will try to instill a love of learning.

I am truly grateful for the opportunity to work in your community and look forward to getting to know everyone.



Yours in Education,

Renee Restoule

Library Hours



Tuesday 9am-5pm

Wednesday 10am-5pm

Thursday 9am-5pm

Ta-qwaaqing



Fall

Hi, my name is Michelle Lalonde Barriault.

With several years of combined employment experience I have been appointed by the Temagami First Nation and Teme-Augama Anishnabai Councils to serve as the Enrolment Officer for our community. I have been residing on Bear Island since July 2013 and prior to this I was residing in Sudbury for the majority of my life. This has certainly been a positive life changing experience for me. Bear Island is a beautiful place to live and I have had the pleasure of meeting several Members within our community and I look forward to meeting more. The position of Enrolment Officer will surely grant me that opportunity.

My position as Enrolment Officer will focus on the Temagami First Nation Membership Code. The Temagami First Nation Membership Code is to “ensure that all direct bloodline descendants of the Traditional Families of n’Daki Menan are included as members of the Temagami First Nation so that all members will benefit from the land and other rights that flow from our traditional use and occupation as well as providing a unified voice for the members through recognition”.

A person is entitled to be enrolled as a Member providing that they meet eligibility requirements in accordance with the terms of the Membership Code and following a review and consideration of all applications by the Enrolment Committee. All Members will be named in the Temagami First Nation Central Registry which will be updated and maintained by the Enrolment Officer.

Having said this, I would like to also inform you that I do have an office at the Temagami First Nation Band Administration Office. I can be reached at 705-237-8943 or emailed at enrollment@temagamifirstnation.ca

Regards,

Michelle Lalonde Barriault



Notice re: DOGS

PLEASE TIE UP YOUR DOGS!!!!

**If you see a dog running at large,
call the Dog Control Officer.**

It is a matter of public safety.



October 7th, 2013, is the 250th Anniversary of the Royal Proclamation of 1763.

There is a lot of discussion and activism commemorating this day and what it means to the past, present, and future of First Nations sovereignty in Canada.

The Assembly of First Nations issued this press release:

October 7, 2013 will mark the 250th anniversary of the Royal Proclamation which led to the Treaty of Niagara one year later. While some view the Proclamation as merely a pre-cursor to colonization, it is also widely viewed as setting the foundation for Treaty-making between First Nations and the Crown (now Canada), an approach that was to be based on partnership, mutual respect and mutual recognition and something that remains absolutely relevant today.

The Royal Proclamation and the Treaty of Niagara have serious constitutional, legal and political imperatives for all of us that must be fully recognized and implemented in order to achieve justice for Indigenous Nations and a stronger country for everyone in this country. These anniversaries are an important opportunity to review the relationship between Indigenous Nations, Britain and Canada, and set a path forward based on the principles of recognition, respect and partnership.

AFN encourages First Nations and all Canadians to take part in events this October and learn more about and reflect on the Royal Proclamation and its implications and linkages to the realities we all face today.

-That press release was taken from
<http://nationtalk.ca/story/royal-proclamation/>

There is a lot of good information on that Nation Talk page, including a link to the full original wording of the actual proclamation. (Non-computer users are welcome to request copies or internet assistance from Daisy anytime, as always.)

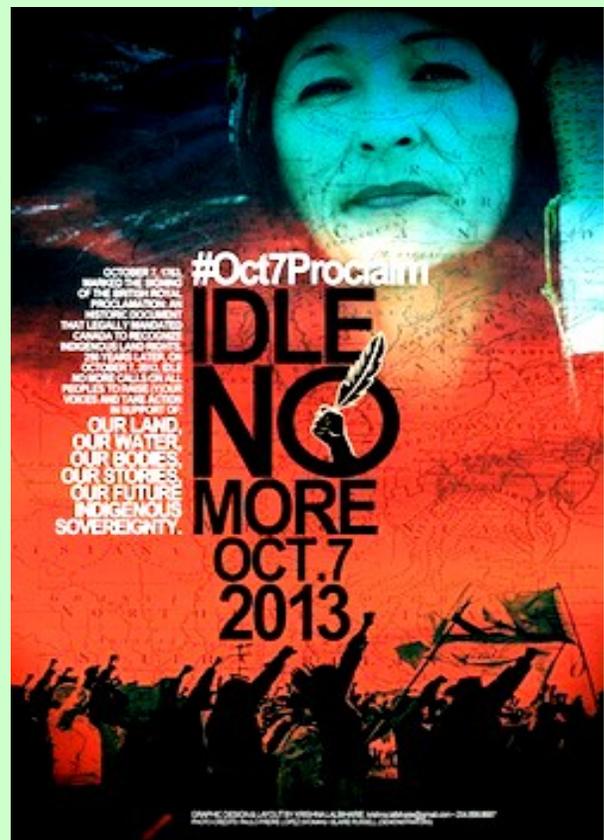
Another significant event also happening on October 7th is the start of an official visit by James Anaya, UN Special Rapporteur on the Rights of Indigenous Peoples.

<http://unsr.jamesanaya.org/visit-to-canada/united-nations-special-rapporteur-on-the-rights-of-indigenous-peoples-to-carry-out-official-visit-to-canada-from-12-to-20-october-2013>

And of course, there's Idle No More! Many events are being planned across the country for the 7th.

www.idlenomore.ca

But everyone in this community will be busy that day with the TFN / TAA Gathering! :D



The Healthy Babies Healthy Children Program

will be hosting a workshop at

DPHC on October 20th, starting at 12 pm.

Annette Cloutier, Northern Doula, will be here to discuss the following:

- What is a Doula?
- What is Annette's scope of practice as a Doula?
- How did Annette become trained to become a Doula?



Annette will also answer any other questions participants may have.

***A Doula is a non-medical person who assists a woman before, during, and after childbirth.

Door Prizes, Lunch provided, workshop is open to all community residents.

Participants Please RSVP to Alice at the Clinic – 8900- by October 15th.

Chi Miigwetch to Everyone Who Participated in First Aid /CPR Training.
Miigwetch also to Kim Jones for the excellent training and to Chris Landriault for the organizing!



Patsy, Amanda, and Renee show some dummies who's in charge.

PREVENTION & AWARENESS

CANCER

Dear Community Members,

October is Breast Cancer Awareness month. Doreen Potts Health Centre will be hosting a dinner and presentation on Breast, Cervical and Colon Cancer screening with Michelle Rant of Sudbury Health Sciences North. All are welcome to join us against the fight on October 16, 2013 at 5:00pm. Screening and Awareness are vital tools when it comes to fighting cancer.

Please RSVP by October 9, 2013.

If you have any questions or concerns please contact Chris Landriault at the Doreen Potts Health Centre.

Thank You

Chris Landriault
Community Health Representative
(705-237-8900)



YOUR HEALTH MATTERS

DEBIT MACHINE AT THE BAND OFFICE

For your convenience, we now have a debit machine at the Band Office to accept your bill and rent payments and to pre-pay for ferry service. Cash advances are not permitted.

There is no fee for use of the debit machine.

Buffy Ste. Marie ...September 29

Cobalt Classic Theatre...TFN Was There!

With Opener
David Laronde!



The thing about Buffy is, she's no ordinary songwriter. She's no ordinary human being. Yes, she has written multi-million selling songs that have been covered by everyone from Elvis to Celine Dion. Yes, she has played around the world on her own and with artists such as Johnny Cash. Yes, she won an Oscar for a song she wrote. But she also happens to be an artist, a Mom, an activist, computer education pioneer, and has 2 degrees including a PHD . And she was on Sesame Street! That's just part of her accomplishments.





Mary surrounded by hot young musicians, yeah girl! ;)



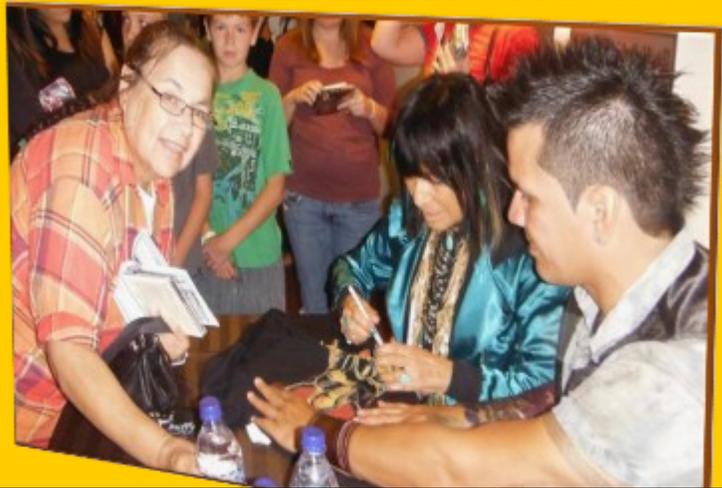
TFN commissioned Virginia to create original art for Buffy as a tribute. She loved it!



Doug presents a TFN Tree Certificate.



Buffy has a sneaky way of making her audience think with her funny song introductions. She used a "mouth bow" (you can google it) to play "Cripple Creek". She said: "This is an instrument that was found all around the world in primitive societies. That's you and me. Who knew you could make music with a weapon? This song is from a primitive society called the United States of America." :D

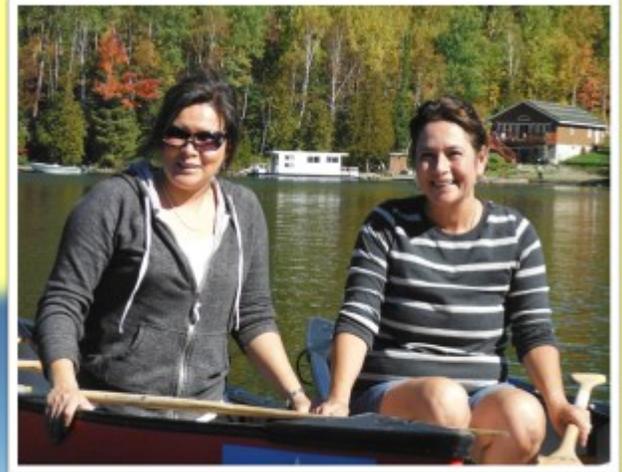
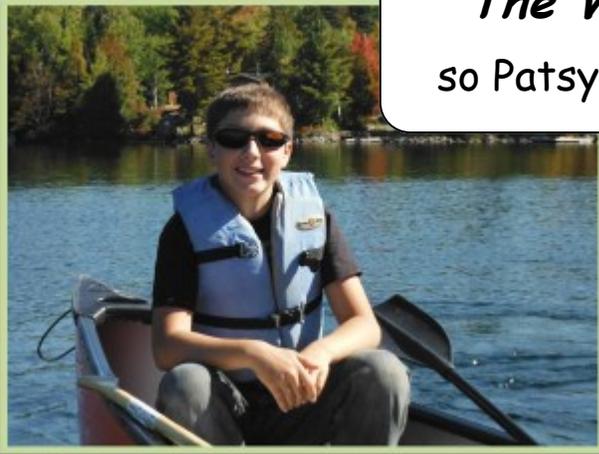


Buffy Gave the Audience Some Homework! She says we should all read these books:

- Indian Givers: How the Indians of the Americas Transformed the World, by Jack Weatherford
- The Female Brain, by Dr. Louann Brizendine
- The End of War, by John Horgan
- Bury My Heart at Wounded Knee, by Dee Brown



*The Weather was just too perfect...
so Patsy's class went for an afternoon paddle.*





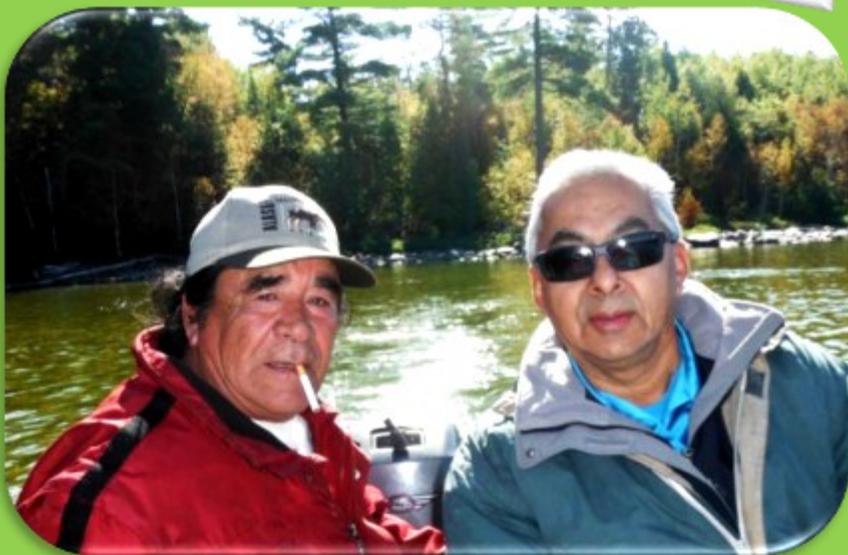
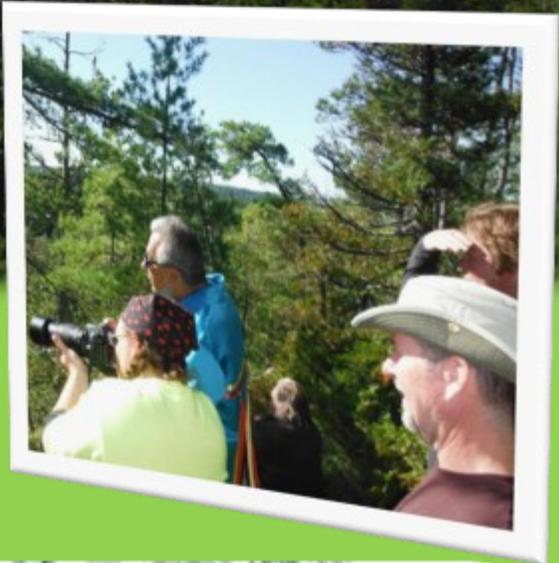
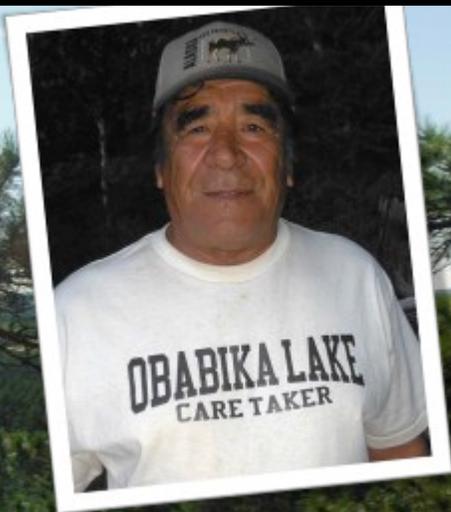
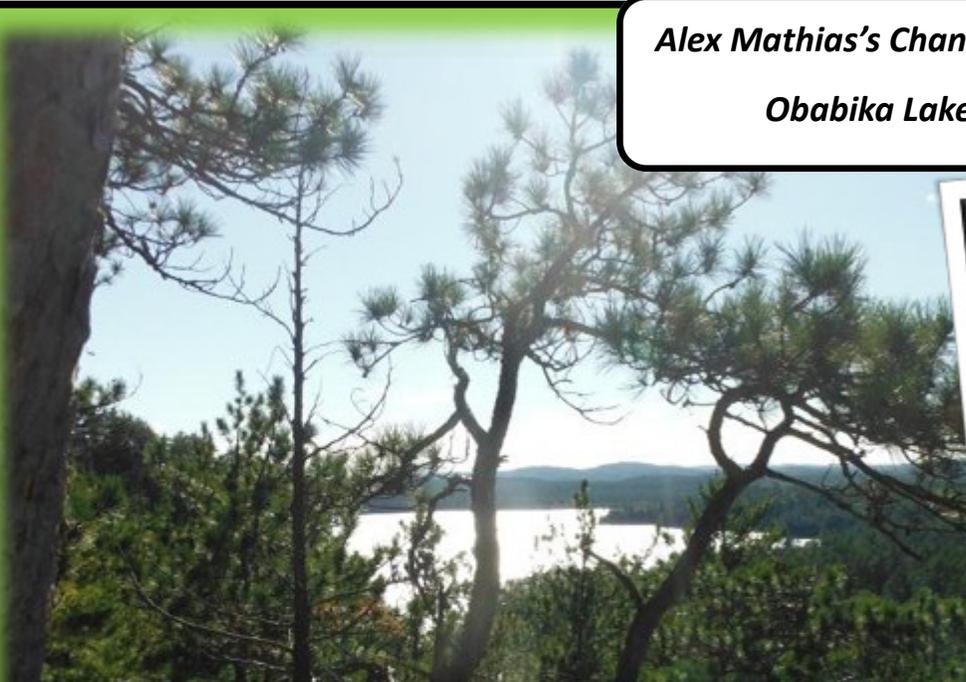
B.I. Beauties and Cuties!



The Gang at the Canadore College Welcome Pow Wow...with Mr. and Mrs. Saville

Alex Mathias's Changing of the Seasons Ceremony

Obabika Lake, September 14th 2013

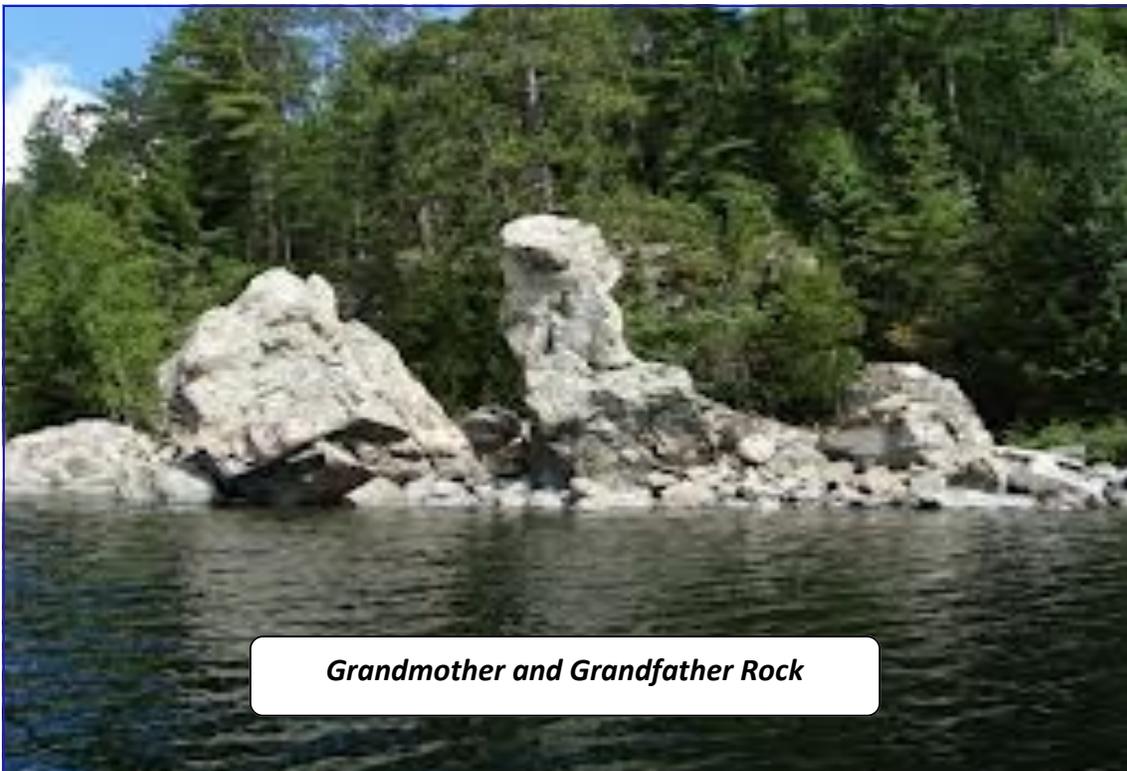


About 60 people gathered at Alex Mathias's place for the Changing of the Seasons Ceremony to honour n'Daki Menan and its sacred places.

The ceremony was held in old-growth forest at the northeast corner of Obabika. There was a sacred fire, smudging, and a teaching of the meaning of the Four Colours by Joe Katt. Alex discussed that he is not opposed to all logging, but stated that it must be done properly with respect paid to needs of the forest and the Teme Augama Anishnabai. Alex is motivated by a desire to protect the land and to raise awareness. People in attendance often return year after year, not only to socialize and enjoy the beauty of the area but also to support the aim of protection and cultural respect. Many are members of Friends of Temagami and Earthroots, and some are just friends.

Grant Lauzon brought along specimens of Chaga, a fungus that grows on Birch. Chaga is hugely popular around the world as a cancer remedy and is being over-harvested. Grant spoke to the crowd about his work to not only protect Canadian Chaga from over-harvesting, but to use it as an economic development tool for secondary forest products. He has created a plan that could potentially bring higher economic returns for protecting forest areas than cutting them down by keeping areas set aside for harvesting medicines such as Chaga. You can read more at www.greenfoot.ca.

Alex says everyone is welcome to attend the 2014 Changing of the Seasons.



Grandmother and Grandfather Rock

~Catching Up With...Kendall~



Everyone is proud of Kendall. What's not to love? This girl is going places. She's been places. Like the Arctic and the UN, to name a couple. She's doing great in school, learning about what she loves. Here Kendall talks about her experience with post-secondary education, and her future plans.

BI Blast: *Kwe Kwe Kendall! What are you taking in school right now?*

Kendall: Currently, I'm studying in my third semester of college. I spent a year studying to become an Environmental Technician, and now I'm studying Ecosystem Management, but I won't graduate until next April.

Blast: *What is it like in the community where school is?*

Kendall: Right now I'm living in Lindsay, Ontario, near Peterborough. Other than the fact that there are no lakes, I love living here and couldn't have chosen a better home. It has that small town feel, but there are multiple environmental things to do here. And the people are friendly.

Blast: *What is your favourite memory from post-secondary education?*

Kendall: I have so many, but I suppose that my overall year of living in residence is my favourite. On my floor we all became a family, and I ended up meeting some of my closest friends now. Even though there were about 150 people in residence, there was an overall family feel because we all loved the same thing.

Blast: *How do you think growing up on Bear Island influenced your success?*

Kendall: Growing up on Bear Island helped me succeed because it helped me develop the passion to protect our environment. I always had people to help push me in the right direction, even if they were just a friend of the family.

Blast: *What's the next step for you? Do you see yourself getting more education?*

Kendall: After Ecosystem Management I hope to do a year of environmental law so that I can work in Northern communities for such things as conservation. I haven't decided if University is the right path for me though because college is so engaging. In the future I may study something aquatic.

Blast: *Would you like to live and work on n'Daki Menan?*

Kendall: In the future I do want to come home, but for now I want to make the most of my life by travelling to the most remote communities from Northern Alberta to the Northwest Territories. I want to see the world and experience it for myself before I settle down.

Blast: *What advice would you give to people who are going for post-secondary education:*

Kendall: If you have trouble in the beginning, don't wait to ask for help! It will only get harder and usually the stuff you learn in the beginning is the information they will make you use for the rest of your studies.



Miigwetch, Kendall! We're going to enjoy hearing about your future successes and adventures! :)

October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Men's Shopping	2	3	4	5
6	7	8	9	10 Youth (12-17yrs) workshop 5:00pm-8:30pm	11	12
13	14 	15 Sharing Circle w/Perry McLeod 5:15pm	16	17 Edu-Therapy 8 week Program presentation 7pm	18	19 "Accunet TM" Self-care Workshop 11am
20	21 Drumming Boys&Men 7pm	22 Edu-Therapy Week One	23	24 Mixed Sweat 6pm	25	26
27	28 Honouring our children/youth 7pm	29 Edu-Therapy Week two	30	31 		

Family Healing and Wellness Highlights

705-887-8800



Client shopping trips for men please call Annette @ FHWC by October 25, 2013 for November 1, 2013 trip.

Healthy Snack Program is running again this year and both Linda and Annette are helping with this program which will run until next June.

Sharing Circle with Perry dinner at 5:15pm and circle to follow. Please call to let us know if you will be attending by October 10, 2013

Edu-Therapy Program there will be an information sharing session on Wednesday, October 16, 2013 @ 7pm for anyone who is interested in this group program which will be offered for 8 weeks starting Tuesday October 22/13

Mixed Sweat Thursday, October 24, 2013 @ ball field 6:00pm

Honouring Our Youth/Children will be continuing starting Monday, October 28, 2013 @ 7pm

Accunet TM Self-Care Workshop this will be held on Saturday, October 19, 2013 please sign up by October 4, 2013. This fun, easy heart-centered workshop it will change how you look at yourself and how you look at health and healing.

Any questions about our calendar please call FAMILY HEALING AND WELLNESS CENTRE @ 237-8600
Miguetch!!!

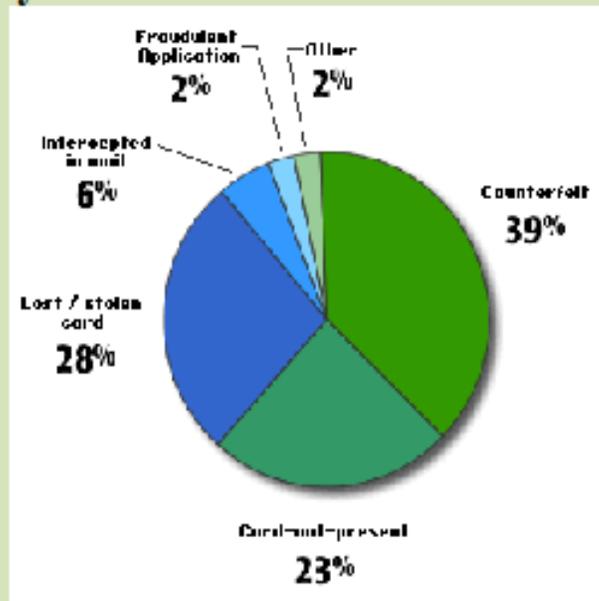
Plastic Attack: The World of Debit and Credit Card Fraud & Identity Theft Information Session



Hosted by the Bear Island Police
And Temagami First Nation Library

All Welcome
October 9th at the Rec Centre 7-8 pm

How is your credit card information obtained?



Come out and learn more.

For more information contact Tom Saville or Virginia McKenzie



THE CIRCLE LE CERCLE

ALL MY RELATIONS GATHERING

Reviving Reciprocity

October 21 - 23, 2013 • Renaissance Toronto Downtown Hotel
A gathering for young leaders, Aboriginal non-profits and philanthropic partners in Canada

Space is limited to 150 so register early



Register Now, Space is Limited!

Hotel Booking Information

Book Hotel by Phone: (800) 237-1512 or (416) 341-7100
Online hotel booking: www.RenaissanceTorontoDownTown.com



Email for more information: tapresources@bellnet.ca

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Chat Noir Books PRESENTS **An Evening of Live Music with: David Laronde**

www.davidlarondemusic.com

FRIDAY NOVEMBER 1st
7PM \$10 Cover

www.chatnoirbooks.ca
57 Whitewood Ave, New Liskeard
705-647-8215

GiG!

David Laronde sure is working his music career- ..playing the Buffy show in September, Conference in October, Coffeeshouse In November. Keep on rockin' in a free world, Dave!

www.davidlarondemusic.com



Please join us for a night of Zumba!!!!

7:00 PM @ Clinic.. Month of October

Please mark exercise nights on your calendar (**DVD Video**)

October 1: Zumba Gold low Impact

October 3: Zumba Higher Impact

October 8: Zumba Gold Low Impact

October 15: Zumba Gold Low Impact

October 17: Zumba Higher Impact

October 29: Zumba Gold Low Impact

**Activities from low Impact to Higher Impact are subject to change
depending on Participants.**

Monthly Draw!!!

Questions??? Contact: Carrie

705-237-8900

Pumpkin Carving

October 27 Pumpkin Carving:

Grades: JK- SK, Grade 1 & Grade 2.

6:30PM-8:30PM

Parents/guardians that have children in JK/SK Please attend with your child.

October 28 Pumpkin Carving:

Grades: Grade 3 to Grade 8

6:30PM-9:00PM

Both nights @ Doreen Potts Health Clinic.

If you cannot attend let me know and I will drop a pumpkin off for your child.

Light snack and Refreshments.

Carrie: 705-237-8900



HALLOWEEN PARTY

October 31 at 7:00 PM-9:00 PM
REC CENTRE

Please join us for some ghoulish games,
freaky fun, and frightening food!

Prizes

Refreshments, snacks

Everyone Welcome

Contact: Carrie or Donna

705-237-8900

Hosted by: DPHC & FHWC

~ October 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Men's Shopping FHCW <i>Zumba 7pm</i> DPHC	2	3 <i>Parent Meeting</i> 6:45pm TMFC <i>Zumba 7pm</i> DPHC AA Meeting Elder's Building 7pm	4	5 Energy East Pipeline Open House 9am-12noon Rec Centre
6 TFN / TAA Joint Gathering 10am Rec Centre	7 <i>Snowsuit Order</i> <i>Deadline</i> TMFC	8 <i>Zumba 7pm</i> DPHC	9 Plastic Attack: How to Protect Yourself from Debit and Credit Card Fraud 7:00pm-8:00pm Rec Centre <i>Last Day to Register</i> <i>for Cancer Prevention</i> <i>Workshop</i> Chris 8900	10 LMLC Harvest Lunch Youth Workshop (12-17yrs.) 5:00pm-8:30pm FHCW AA Meeting Elder's Building 7pm	11 LMLC P.A. Day	12
13	14 <u>Thanksgiving</u>	15 Sharing Circle with Perry McLeod 5:15pm FHCW <i>Zumba 7pm</i> DPHC	16 Cancer Prevention Workshop / Dinner DPHC 5pm Chris	17 Edu-Therapy Presentation 7:00pm FHCW <i>Zumba 7pm</i> DPHC AA Meeting Elder's Building 7pm	18 LMLC Spirit Day	19 "Accunet TM" Self -Care Work- shop 11am FHCW
20 Annette Cloutier Doulas & Childbirth Workshop / Lunch 12pm DPHC <i>Rsvp to Alice 8900</i> <i>Elder's Bazaar</i> <i>Elder's Building</i> <i>11am-2pm</i>	21 Drumming Boys & Men 7:00 PM FHCW	22 Edu-Therapy Week 1 FHCW	23	24 Mixed Sweat 6pm FHCW AA Meeting Elder's Building 7pm	25	26
27 <i>Pumpkin Carving</i> JK-Grade 2 DPHC 6:30-8:30 Carrie <i>Parents please come</i> <i>with your kids!</i>	28 <i>Pumpkin Carving</i> Grade 3-Grade 8 DPHC 6:30-9:00 Carrie Honouring Our Children / Youth 7pm FHCW	29 Edu-Therapy Week 2 FHCW	30	31 Halloween! Party at Rec Centre 7-9pm Donna/ Carrie AA Meeting Elder's Building 7pm	Notes:	

Photo by Casey Becker Sept 16, 2013

