

BI BLAST

Ba Ji Bwon Giizis ~ Crust Month

March 2014



Raven Walks to Ottawa for Justice

Hi Everyone,

Are we all sick of winter? Still weeks to go, and it's been a tough one. There have been blizzards and high winds and huge amounts of snow. Some hearty souls are taking it all in stride, still going about their outdoor activities and enjoying it all. Some of us wish we could just curl up under a cosy blanket and watch the tube until spring!

All of us living on BI have the heavy equipment division guys to thank for keeping the roads plowed, and they've kept them open under some very harsh conditions. When Highway 11 was closed and the Mine Road snowed under, the ice road stayed open. **Randy Becker** and **Shawn Saville**, with the help of **John Charyna** and **Steve Laronde**, have pulled all-nighters and put in long hours to make it happen.



Chi Miigwetch, Guys.

TFN Enrichment Funds Consultations

The TFN Enrichment Working Committee has planned **4** Consultation Meetings to be held; please note the dates and times for each event.

- | | | | |
|---------------|---------------------------------|----------------|-------------------------------|
| •Bear Island: | Elders Building | March 9, 2014 | 2-4 PM |
| •Temagami: | St Elizabeth's Church | March 20, 2014 | 1-3 PM |
| •North Bay: | Senior Nipissing Native Housing | March 23, 2014 | 1-3 PM |
| •Bear Island: | Recreation Centre | March 27, 2014 | 7-9 PM <u>(To be webcast)</u> |

Meeting Package will include a Power Presentation of all TFN Enrichment Funds Policies and evaluation form.

A participation draw will be held early April/14 for all members who complete the evaluation form.

Prize includes gift certificates from Temagami Cedar, Hugh McKenzie Art, and Marty Pridham Crafts.

Light Snacks and beverages available.

*Daddy James Potts Paul and Mommy Tina Croxon
Are proud to introduce...*

Jasper Davis Erick Paul

*Born January 20th,
2014 at 8:27am
6 lbs., 12 oz.*

*4th Grandchild of
Alex Paul and
Liz Potts*



And the next 2 Grandbabies are on the way...here's Jayne busy baking 2 little buns in the oven!

She's at 5 months with twins!

Looking great, Mommy!

Wyatt is going to be a wonderful big brother. We can't wait to see those little cuties!

ELDERS FUNDRAISING FOR NEW HD MOVIE PROJECTOR

FUNDRAISING EVENTS FOR MARCH:

- BINGO (SUNDAY MARCH 16TH OPEN 1:00 pm)
- 50/50 DRAW (DRAW DATE: MARCH 28TH)
- POKER NIGHT (MARCH 28TH, 7:30 PM)

GOAL : \$ 900.00

TOTAL TO DATE:

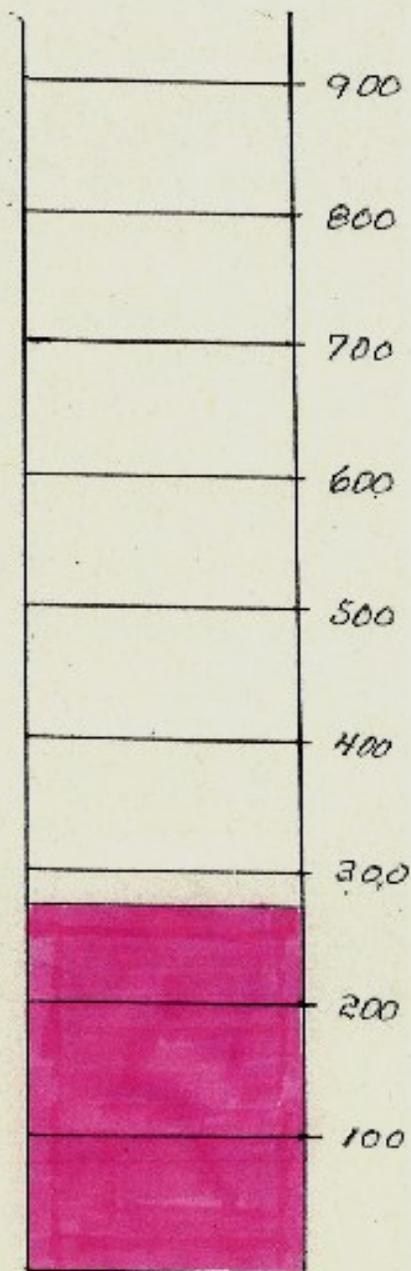
DONATIONS \$ 58.00

50/50 DRAW \$ 50.00

POKER NIGHT \$160.00

\$268.00

THE ELDERS NEED THE COMMUNITY SUPPORT
IF YOU DO NOT PLAY BINGO OR GAMBLE, THEN
PLEASE MAKE A DONATION TO HELP COVER
THE COST OF A NEW PROJECTOR. MOVIE NIGHTS
ARE OPEN TO ALL RESIDENTS. MIIGWETCH.



The Elders

Are looking for prize donations for their fundraising Bingo on March 16th.

Do you have something to share?

–A gift card, a nice new piece of merchandise?

\$20 minimum value

At least 10 are needed

Please contact John McKenzie or Ursula if you have something to donate.

~All proceeds from the bingo go to the projector fund~



Chi Miigwetch!



**Everyone Loves a Fun Time
at the Elder's Building!
Chi Miigwetch, Elders!
Let's All Pitch In to Get
that Projector.**

A Message from TFN's New Economic Development Officer, Kim Cowan

Hello Everyone! Thank you for the opportunity to introduce myself. I am originally from Lucknow Ontario. I spent my working career in Kitchener Ontario; I worked at Bell Canada as a business sales rep and left Bell after 15 years to start my own businesses. I owned a cellular retail outlet and a telecom consulting business. I also started a successful telecom consulting franchise based in Stratford Ontario . Subsequently I worked at M&M Meat Shops for 15 years as the national telecommunications manager. I was also the president of CKWR FM in Waterloo for 5 years and was instrumental in bringing Native broadcasting to the Waterloo Region. CKWR is Canada's first community radio station, providing broadcasting in 14 different languages along with diverse music and spoken word programming. I was on the City of Kitchener Economic Development committee as well as a volunteer for a street kids program.

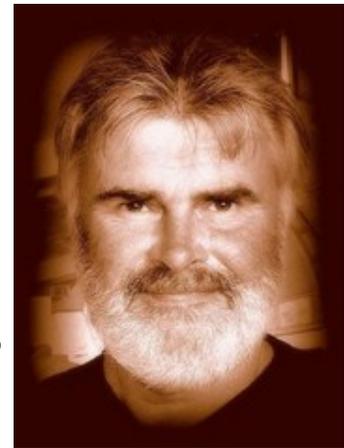
I also own a luxury outpost camping business and hope to adapt this Ecotourism

concept to benefit the people of the community both on and off Bear Island.

I have been visiting the Temagami area for the last 20 years. I have assisted Alex Mathias for the last 12 years with the annual Changing of the Seasons celebration on Obabika Lake.

This experience was instrumental in my many return visits to Temagami for camping, paddling and establishing my own personal spiritual connection with the land.

I am looking forward to applying my practical business experience and connection to the lands in order to bring increased prosperity to the members of TFN.



My door is always open . Stop in for a visit and I will see how I can assist you!

Exciting days ahead and I look forward to meeting you all.

Miigwetch,
Kim



Eva Couchie Reports on the Results of Her Survey

Hello Everyone,

As of Friday Feb. 21, 2014, there were 12 completed surveys returned. There were some very good comments and attachments. One of the very promising attachments was called "Health Canada Community-Based Proposals To Address Prescription Drug Misuse in Ontario" and is available on the internet by googling that name.

Below is a summary of the results of the survey so far. The survey boxes are still out at the store, clinic and band office. **The last day for returning surveys will be March 14th.**

We are hoping that people will still take the time to fill out the surveys and share their opinions/wants/wishes. We will do a final summary after the March 14th deadline. We hope to have many more surveys completed, so please take the time to get one and fill it out! If there are any questions or concerns, please let me know.

Many Thanks, Eva

ecouchie@picriver.com 237-8878

Results of Survey of Solution-Focused Initiatives to address Crime and/or Prescription Drug Abuse

12 surveys were completed and submitted. There was a potential for 144 points for any of the options (12 surveys X 12 points). In order of priority the options are listed below with the total number of points that it received.

78 pts _promotion of non-addictive and alternative treatments for pain management

76 pts _presentations on Restorative Justice

75 pts _after-care/recovery type work programs (eg. Saw mill, mechanic

73 pts _presentation and Q&A session with Doctors on what can be done about prescription drug abuse

72 pts _Intervention/crisis intervention/Gateway Hub type intervention programs

72 pts _Block Watch / Neighbourhood Watch Programs

68 pts _Reward for information leading to arrest and conviction of offenders through crime stoppers, TFN, and TLA

67 pts _Drug testing of staff and Chief and Council.

67 pts _home and community security systems (cameras, lighting, alarms, locks, sprays.....)

66 pts _programs on role of enabling/protecting/covering /harboring, in addictions

59 pts _lobby funders of prescriptions to report persons to the police and Dr., if they are attempting to fill multiple prescriptions

45 pts _search of vehicles

LMLC March Events and Dates to Remember



- Report Cards** go out on March 4th
- Teacher—Parent Interviews** March 5th—Call the school to book an appointment.
- Spirit Day** 7th
- March Break** March 10th -14th
- Literacy Week** March 17th-20th
- Literacy Night** 17th 6:30-8:00PM —Games and fun! All are welcome.
- Literacy Lunch and Workshop** on March 18th 12pm-1pm—Lunch will be served for parents and students
- BIEA Meeting** 18th at the band office at 7pm
- Numeracy Night** 19th 6:30-8PM —Games and fun again! All are welcome.
- Speech Night** March 20th 6:00 – 8:00PM —come on out and cheer them on!



LMLC Sk8ters at Shiverfest! Photos by Desi Senf

LMLC NEWS

At the annual **KTEI Principals / Educators Conference 2014**, in Sudbury our very own Theresa King was awarded with a Teacher Excellence Award. Teachers are nominated and chosen on the following criteria:

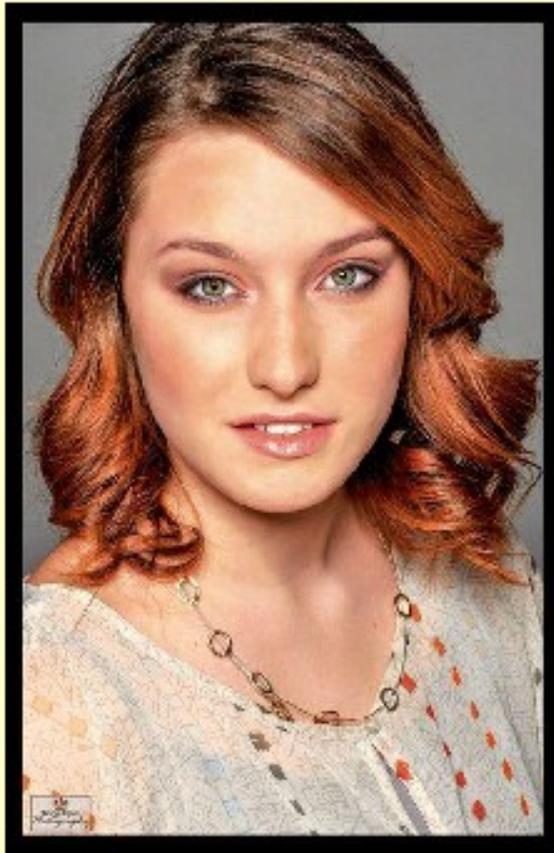
- Demonstrates an enthusiasm for learning
- Makes an effort to contribution to the school community
- Inspires students to take on new challenges and reach their full potential
- Creates innovative and challenging opportunities that help students learn
- Uses different teaching methods to match student learning styles
- Demonstrates a thorough understanding of the subjects and curriculum
- Is committed to their own professional development and to teaching excellence
- Is a role model for other teachers
- Demonstrates an understanding of or willingness to learn the traditional teachings.

The staff and students at Laura McKenzie Learning Centre would like to congratulate Theresa King on winning this award. We are very thankful to have her here as a teacher at our school!



*We are all proud of you,
Theresa!
Miigwetch!*





**Ashley is heading to
Toronto May 8th – 11th**

**Scrambled Eggs,
bacon, sausage,
toast, fruit, juice,
coffee, tea**

\$5.00

**Draw for the Hugh
McKenzie painting
and \$50.00 in
scratch tickets at
11:00**

**Thank you for your
support!**

**Tickets for the Original
Hugh McKenzie painting
and second prize of
\$50.00 in scratch
tickets. 3 for \$5.00 or
\$2.00 each.**

**MARCH 16TH
ST. PATRICK'S DAY
SUNDAY BRUNCH**

Please join us for a St. Patrick's Day Brunch at
the Elder's Building from 9am – 11am.

Anishnabe Words and Expressions We Seldom if Ever Hear Anymore - *With Duane Paul*

1. **Shong-gway-she**
 - a) Weasel
 - b) Mink
 - c) Ground hog
 - d) Ground beef
2. **K'tim-ay**
 - a) Lazy
 - b) Garden
 - c) Wise
 - d) Beneath
3. **Ay-quaz-ay**
 - a) Shadow
 - b) Tired
 - c) Above
 - d) Spiritual
4. **N'ning-schah**
 - a) Stretch
 - b) Evening Star
 - c) Healer
 - d) Shake
5. **Nay-wudge-ah-gutch**
 - a) Can opener
 - B) suddenly
 - C) Wood carver
 - D) Steep slope
6. **N'gwaych-toon**
 - a) Skilled
 - b) Able
 - c) Attempt
 - d) Difficult
7. **7. Wee-bah-dah**
 - a) Teeth
 - b) Reveal
 - c) Ordeal
 - d) Ordinary
8. **Wah-zig-wun**
 - a) Arrive
 - b) Challenge
 - c) Summer rain
 - d) Heavy**
9. **Zhay-bah**
 - a) Reach
 - b) Morning
 - c) Whisper
 - d) Beginning
10. **G'wuk**
 - a) Feather
 - b) Arrow
 - c) Straight
 - d) Muddy

*Duane n'dizh-ni-kaws.
M'kwaw Minissing
N'Doon-ji-bah-min!*



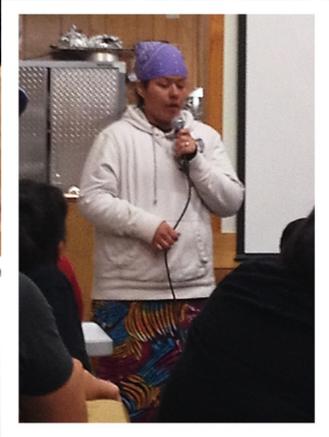
Answers are on page 26. Miigwetch, Duane!

Temagami First Nation Welcomes the Omushkegowuk Walkers - February 6th and 7th, 2014

The Omushkegowuk Walkers,

A grassroots group of people from Fort Albany and Attawapiskat, walked to Ottawa on a Spiritual mission in January and February of this year. They came to Ottawa to deliver a message of urgency that the Treaties must be honoured NOW, and that the relationship of the government to First Nations must change. As they passed through n'Daki Menan the people of Bear Island came together to provide them with shelter, food, care, appreciation, and friendship.

*Photos by
Michelle Lalonde Barriault*





Here's a Quote from Danny Metatawabin, from the Walker's Facebook Page:

"After our walk, we went to Bear Island where Temagami First Nation is hosting us with accommodations, meals, transportation. Plus we were hosted with a community feast in the evening, and the community centre was full of people (even families with their children). I was able to see my niece and her family - I hadn't seen my niece, Christine for a number of years, and it was really good to see her and her own family that she has now. Thanks to the community and the leadership for hosting a feast, not only for us, but on behalf of their community membership. It was good to get together to talk about issues that matter to the grassroots people !



Photo by Desi Senf

Raven Joins the Omushkegowuk Walkers



Blast: *Hey Raven, Congratulations on your accomplishment. What made you decide to join the Walkers?*

Raven: I've always had an interest in Native rights, and how the government mistreats us. I did my first residential school speech when I was 12 years old. All the other kids were doing speeches on their favourite singer, or sport. And there was me, doing my speech on residential schools. That was my first real introduction into the sad history of our people. And from there I started learning more and more.

So when the Omushkegowuk Walkers came to the island, and I heard what they were saying, it really hit me, that I wanted to help them, to help our people.

I've always wanted to do something about it, and I was only going to walk with them for the day, but after my first day walking with them, I wanted to walk again.

And so I asked my mom what to do, and she gave me tobacco and told me to pray, and think about what I wanted to do.

Bear Island's own Raven Turner took it upon herself to join the Omushkegowuk Walkers after they stayed on BI with the Community.

She made it all the way to Ottawa.

The Blast had a talk with her about her experience.

And near the end of my second day walking, I decided I was going to help carry that message with them all the way to Ottawa.

Blast: *What was it like? Did you ever second guess yourself? Did you ever want to quit?*

Raven: It was really tough. My body wasn't used to being that active all the time, so I had a lot of adjusting to do.

It started off in my hips, then over the week, the pain slowly made its way down to my feet.

I was sore almost the whole journey,

Blast: *Did you walk every day?*

Raven: I walked almost everyday. I took a couple of rest days because my feet were really sore.

I never wanted to go home, I knew I wanted to go all the way. I was determined to finish.

Blast: *And you did! How many kms did you average each day?*

Raven: 30 - 35 as a group. On a personal level I would try and walk the full 30k, but I would usually walk 27-28km. I would take a break in the van to rest for a few km.

Blast: *What was it like when you walked? Did everyone talk a lot, or just stay quiet?*

Raven: Danny (Metatawabin) the spokesperson for the group, always reminded us to pray while we're walking, and remind ourselves why we were walking. So it was usually pretty quiet, but we also liked to talk, and make each other laugh.

Blast: *How was it meeting with other communities along the way? Were you comfortable? Temagami FN really went all out to take care of the walkers. How did it go with other communities?*

Raven: There weren't a lot of communities along the way, but a lot of them did help in some way or another, and it was greatly appreciated. I was totally comfortable everywhere I went with them.

I felt like anywhere I was with them, was good enough for me. We grew into a big family.

Blast: *So it sounds like you got to know the others pretty well. What memory or person or people in the group really stand out?*

Raven: I got really close with a few of them; we always hung out. A majority of the people in the group have a great sense of humour, so we all got along really good for the most part. They all have great personalities and I have so much love and respect for them all, but my roommate Wynonna Iahtail really stood out. I really felt close to her, and when we had to say our final goodbyes we didn't say anything, we just stared at each other, and we both felt really sad. I didn't want to cry, but I saw tears in her eyes, and I told her "Don't cry man, you're gonna make me cry" and then she laughed, and we hugged and cried our eyes out.

It's unreal how close you can get with someone in 20 days. We are a big family, and I know we'll always keep in touch with each other. :) **It was very sad leaving them.**

Blast: *It must be strange after such an intense experience to be back home, "back to life". Your Grandma June said she feels that you received an education you could never get in a classroom. What do you think about that?*

Raven: I agree. I believe this experience is something you cannot learn in school, I've grown a lot as a young woman over this Spiritual journey. And I know what I did was the right thing.

Blast: *So as you approached Ottawa you must have had some interesting feelings.*

Raven: I felt a lot of relief, excitement, and accomplishment. It just felt so surreal.

Blast: *What was it like walking up to the parliament buildings? Who was there?*

Raven: Walking to the Parliament Building was the best feeling in the world, I felt so much pride for everyone, I was so overwhelmed by it all. I couldn't help but cry hard because I was so happy, and I felt so much love, and I felt so accomplished, and I felt happy for everyone else that was there..

There weren't as many people as we hoped, or the Prime Minister, but it doesn't end here. We will keep fighting and continue to show the government we cannot be pushed under the rug, and we are still here, and deserve equality.

Turn the page for more!

Raven Speaks About Her Journey with the O mushkegowuk Walkers- *Continued...*

Blast: *The photo of you holding the flag is so moving. Such a young girl with such power. It is amazing to see the energy and determination of the next generation.*

Raven: Even though I am not from the James Bay area, when they came into our territory and I heard them talk I felt that it was only right I joined with them. Because I do have friends and relatives from that area, and I know that what's happening to them there and all over Canada is wrong. So I walked with them to help carry their message.

Blast: *You said, "We will keep fighting and continue to show the government we cannot be pushed under the rug, and we are still here, and deserve equality".*

That is something you don't hear from the average teenager. What is your next move?

Where do you see yourself in 10 years?

Raven: I am determined to graduate from high school, and go keep on with my education, and help troubled aboriginal youth find themselves.

Because that is also something that we don't have enough of. People who can relate to the youth, and have been in their shoes. And someone they can trust, and talk to about anything.

Native youth are struggling. They need to be reminded who they are, and that we are strong first Nations people. And that we are worth so much more than the government makes us out to be, and what non-natives make us feel like. I just want to be that person the youth can come to, when they feel there's nothing.

First Nation youth suicide is higher than any other. And that really bugs me, being a youth myself, knowing that my own peers feel that taking their life is better than existing.

I know who I am as a young woman, and what I can accomplish.

And I want to share that message with the youth.

No matter what you're going through, you can always make it through.

There is always hope, and to never give up. And not only the youth, but all First Nations people.

The ones that are struggling in poverty, abuse, rape, substance abuse, bullying, identity, there is always hope.

But that's a whole lot, for one person, and I know I have support all over the place, and can do so much for my people.

I just have a lot of dreams, and big "to-do" list.

But that will all come in time, if we keep working together, and reclaim our steps, past present and future.

Chi Miigwetch, Raven.

You are an Inspiration.

We are so proud of you.



Below Thibault Hill, North Bay. Raven is on the right, carrying the TFN Flag.

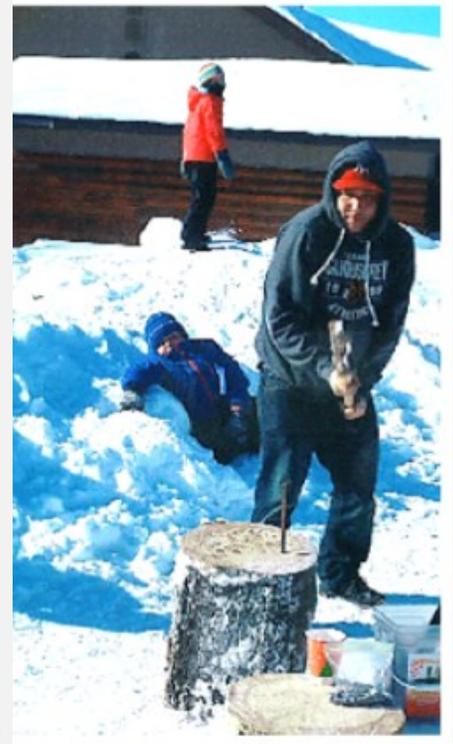
Another Nice Event at the Omushkegowuk Walkers Dinner: Sister Millie and Brother Woody Have a Chance to Hang Out Together.





LMLC Winter Carnival

February 8th, 2014
Photos by Dan Senf





Message from Health Services Manager

I am excited to announce new practitioner space in the Health Centre. In response to community feedback, various visiting practitioners such as Traditional Healers, Holistic Practitioners, and Registered Massage Therapists are actively being recruited for service. We will offer an equipped space for ease of accessibility but clients are responsible for payment whether it is through employee benefits, TFN Enrichment funds, or personal responsibility. We look forward to building our capacity in this way and our resource pool to service many needs. Please contact us if you have a referral for a visiting practitioner.

I travelled to the Northern Ontario School of Medicine to attend a 2-day orientation for my role as LCC (Local Community Coordinator) for our 2 students: Tin Li (whose parents own the One-Stop in Temagami) and Sam Merrifield from Sudbury ON. They will be in the community from April 22 – May 16, 2014. We look forward to many teaching opportunities for these students as they focus on our culture and learning about our peoples. Watch for their introduction bios in next month's Blast.

Rainbow Lodge facilitators return March 18th to empower individuals and families toward a healthy lifestyle, healing and wellness. This educational workshop will examine addictions to help better understand the impact to the addict and family. Everyone is welcome to attend and learn more. A reminder notice will be sent out in advance. See their website for more information: <http://www.ngwaagan.ca/Home.php>

The Health & Social Advisory Committee is called to meet March 25, 2014. Topics of discussion will include feedback from our health services evaluation and a look at our completed workplan addressing prescription drug abuse. An invitation to community members will be sent out in advance.

In the Spirit of Helping,

Tammi McKenzie

In the Spirit of Wellbeing

The Doreen Potts Health Centre is pleased to announce Natural Holistic Healing Therapies offered by Victoria Wilde of Temagami and Bear Island. She provides many healing ways including:

- Reflexology
- Cedar Foot Baths
- Wellness Massage
- Reiki
- Healing Touch Therapy
- Indian Head Massage
- Ear Candling

Victoria provides exceptional care and commitment to all her clients and strives to meet holistic needs by honouring, upholding and respecting the value of traditional medicine ways. She blends many of these skilled treatments with her traditional healing methods.

Victoria brings many years of health and wellness knowledge and the gift of spiritual insight to assist individuals into a natural healing experience of the body, mind and spirit. She is devoted to helping others and has spent years establishing a client-base within our community.

All healing sessions are held with high regard for individual privacy and with discreet confidentiality. We have created a beautiful healing room that provides a quiet, peaceful and relaxing environment to experience deep relaxation, stress release and energy balancing.

In-home treatments can be arranged for Elders and those with special needs. Please call the Health Centre to inquire about available appointment times beginning March 17th. See Victoria's website for more information:

www.thelonghouse.org

Massage Therapy

CARING TREATMENTS

from
North Bay



Date: March 23, 24, 2014

Time: 10:00 a.m.

Location:

Doreen Potts Health Centre

Discussion has taken place over the last couple of months with a Massage Therapist from Caring Treatments in North Bay for the provision of services to any interested Community Member.

The cost will be \$85.00 for a 1 hr. massage and receipts will be provided. Clients will be responsible for payment at time of service.

For additional information, please call the Doreen Potts Health Centre.

(705) 237-8900

Contact person: Susle

UPCOMING YOUTH FUNDRAISERS

Lunch/Poker March 9, 2014

All day event to start at 12pm with a lunch chili/bun, hot dog, scone dogs, pop/water, chips for sale.

\$5.00 to play at the door proceeds go toward Youth fundraiser.

Cash games all day! @ Rec Centre

Taco Dinner Thursday March 13, 2014

5pm @ Rec Centre

Taco's \$7.00, Fried Bread \$2.00, drinks \$1.00

Youth are also planning a bake sale and prize bingo for this month no date set yet but keep eye out for flyer.

Youth will be coming around to the community to sell blocks for \$10.00 a square and main prize will win \$600.00. To be drawn at one of the fundraising events.

All fundraising is to support the youth for their trip to Sault Ste. Marie language conference.

You are Invited to Attend
"The Food and Self Love Connection"



Presented by Sara Blackwell—Holistic Health Coach

20 Spaces Available— First Come First Serve

Please phone Donna to secure your spot— 237-8900

Wednesday, March 5th 1-4pm

Stress and Depression Presentation

When: Tuesday, March 4th 2:00pm-5:00pm

Where: Rec Centre

Guest Speaker is Darryl Tonemah

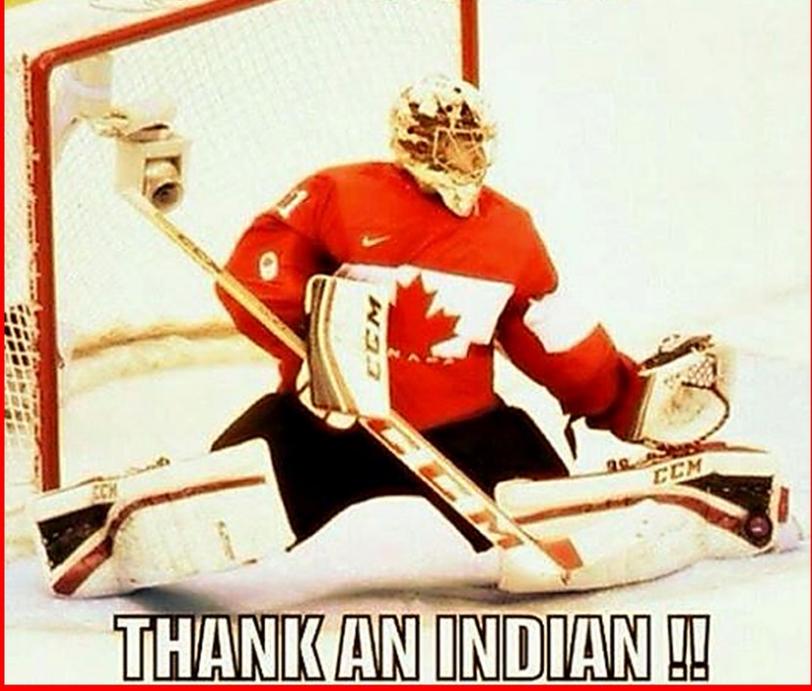
Snacks are Provided

Awesome Prizes

Transportation is available if you need a ride; just call
Chris at the DPHC, 237-8900



GOT GOLD ?



THANK AN INDIAN !!

LMLC Gym Night for Exercise

**Tuesdays and Thursdays
@ 6:30pm. It will be open for
anyone who would like to
come and exercise**



If you have any questions, please call Bev at the LMLC

ZUMBA

With Chantal Theoret

IS BACK!

Where: LMLC Gym

When: March 4, 10, 12

Every Session is Open

For Ages 12 and Up, 7pm to
8pm.

Special Sessions for
Ages 6 to 11:

March 10 and 12, 6pm to 7pm



**Come on down
and party your
way to fitness!**



TAKE YOUR SP-100 TRAINING WITH FIRE 1!

This 40-hour course will prepare you to assume the role of an Ontario entry level forest fire crew member. You will be taught basic fire behavior and fire terminology; trained to MNR standards in the maintenance and operation of equipment such as the power pump, and in the proper use of suppression hand tools, communications and camping equipment.

SP-100 COURSE PROGRAM

40% Theory based in the classroom

60% Practical field work

The cost of the SP-100 Forest Fire Fighter Training per person is:

\$872+HST = \$985.36

Mandatory Disclosure: "Successful completion of the SP-100 Fire Fighter Training Course does not guarantee employment. Of the approximately 400 annual entry-level positions (crewmember) within MNR, the vast majority are filled by returning staff. However, a turn-over rate of roughly 30% is expected annually meaning approximately 120 new fire fighters are hired each spring. The turn-over percentage varies depending on location so each Fire Management Headquarters should be contacted directly as to actual job opportunities. During periods of escalated fire activity, the MNR may hire Supplementary Fire Fighters to assist in a variety of roles. However, these are short-term, temporary contracts that end when forest fire activity returns to normal. There is also privately run firefighting crews (Type 2) that the MNR hires during escalated fire periods. These Type 2 fire fighter providers should be contacted directly as to actual job opportunities. You are encouraged to visit our website at <http://ontario.ca/fireranger> for more information."



Register @ www.fire-1.ca

2014 SP-100 SCHEDULE

GUELPH

In-class: February 22-23

Outdoor: March 8-10

RECERT: March 10th

BRANTFORD - March 12-16

PETERBOROUGH - March 19-23

RECERT: March 23

KINGSTON - March 26-30

NORTH BAY - April 2-6

RECERT: April 6

THUNDER BAY - April 9-13

RECERT: April 13

KENORA - April 16-20

RECERT: April 20

COCHRANE - April 23-27

RECERT: April 27

FIRE 1

Mailing address:

Box 1998

New Liskeard, Ontario

P0J 1P0

Website: www.fire-1.ca

Email: fire1@eastlink.ca

Telephone: (705) 622 2810



Introduction to Prospecting



Instructor: Suzanne Halet
First Nation Mineral Information
Officer,
Resident Geologist Program,
Ontario Geological Survey,
Ministry of Northern Development
and Mines

Topics:

- The Mining Sequence**
- Employment Possibilities**
- Rocks and Minerals**
- Map Interpretation**
- How to use a GPS and Compass**
- Field Navigation**
- Internet Applications and Tools**
- Claim Staking and Recording**
- Exploration Skills and Techniques**

doug.mckenzie@temagamifirstnation.com

Phone: 705-237-8275

Free Lunch
Course Materials Provided

Take this FREE Two day course at the
Bear Island Recreation Centre.
Course is from 9 a.m. to 3:30 p.m.
April 30th and May 1st



TILLIE MISSABIE FAMILY CENTRE

March 2014

Reminders:

We will be closed during the March Break from March 10th - 14th. We will re-open March 17th for regular programming.

Please call to let us know if your child will not be attending daycare by 8:30.

The TMFC is open from 8:15 am to 5:00 pm Monday through Friday.

Children will not be admitted into the daycare earlier than 8:15 a.m. Our staff is required to be at work 15 minutes prior to the beginning of their shift to prepare for the day. Therefore, even though there is staff inside we ask that you please not knock on the door until 8:15 a.m. The last shift of the day ends at 5:00. We offer a 15 minute grace period for parents who work until 5:00. Please arrive before 5:15 p.m. to pick up your child so you will be leaving by 5:15 and that you are not infringing on the personal time of the staff. Please be courteous and arrive on time. After hours is time with our family. Should any child be picked up after 5:15, parents will be charged a late fee of \$1.00 per minute.

Spirit Day – March 7th to be announced watch for a letter in your child's mail box as to what the theme is.



Items to be kept at the Daycare

You are asked to keep your child's cubby stocked with the following:

- 2 changes of clothing (shirts, pants, shoes, socks, underwear)
- Appropriate outdoor clothing (splash pants year round and snow pants during the winter months)
- Diapers, wipes, and creams
- Plush sleep toy and/or blanket (if desired)
- Indoor shoes

Please check your child's cubby at the end of the day for art work, crafts and or soiled clothing.

Children's/ Staff Birthday's

Sophia March 18th
Marie March 19th
Ania March 22nd
Mazzy March 27th

We will celebrate your child's special day at 3:30 snack if you would like to join us.

Special Days to Celebrate !!

March 9th - Daylight Savings Time

March 17th - St. Patrick's Day

March 20th - First Day of Spring

For parents and caregivers who do not know our Hungry, Hungry Song which is sung before every meal here at the daycare, here are the lyrics.

Bakade, bakade
Niin gitchii bakade
Doopwin, doopwin gabiid zhamin
Gidaanawe, mooz wiyyass
Gaye ga mincha bagisan

Prediabetes

prevention

Risk factors for type 2 diabetes

- ◆ Being 40 years of age or older;
- ◆ Having a close relative (parent or sibling) who has type 2 diabetes;
- ◆ Being a member of a high-risk population, such as those of Aboriginal, Hispanic, Asian, South Asian or African descent;
- ◆ Having a history of impaired glucose tolerance or impaired fasting glucose;
- ◆ Having some evidence of the complications of diabetes, such as eye, nerve or kidney problems;
- ◆ Having heart disease;
- ◆ Having a history of gestational diabetes mellitus;
- ◆ Having high blood pressure;
- ◆ Having high cholesterol;
- ◆ Being overweight, especially around your abdomen.

Wouldn't it be nice if the human body had an "early alert system" that advised us when something was about to go wrong with our health? Prediabetes offers a warning and gives us a chance to change the future.

Prediabetes refers to blood glucose levels that are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes (i.e. a fasting plasma glucose level of 7.0 mmol/L or higher). Although not everyone with prediabetes will develop type 2 diabetes, many people will.

It is important to know if you have prediabetes as research has shown some long-term complications associated with diabetes, such as heart disease and nerve damage, may begin during prediabetes.

Risk factors

Like type 2 diabetes, prediabetes can occur without you knowing it, so being aware of your risks and being tested are important. This is especially true if you have prediabetes as part of the "metabolic syndrome," meaning you also have high blood pressure, high levels of low-density lipoprotein cholesterol (the "bad" cholesterol) and triglycerides, low levels of high-density lipoprotein cholesterol (HDL-C, the "good" cholesterol), and a tendency towards abdominal obesity.

The risk for type 2 diabetes is higher as you grow older, so the Canadian Diabetes Association recommends screening by testing fasting plasma glucose for everyone once they reach age 40 and every three years after that. If you have risk factors that increase the likelihood of developing type 2 diabetes, you should be tested more frequently or start regular screening earlier.

OVER ◆

Submitted with Love from Nurse Delma! :)



Nutrition Promotion Workshop “MINO WIISIN” For all Parents

Please join us in refreshing our methods in cooking...

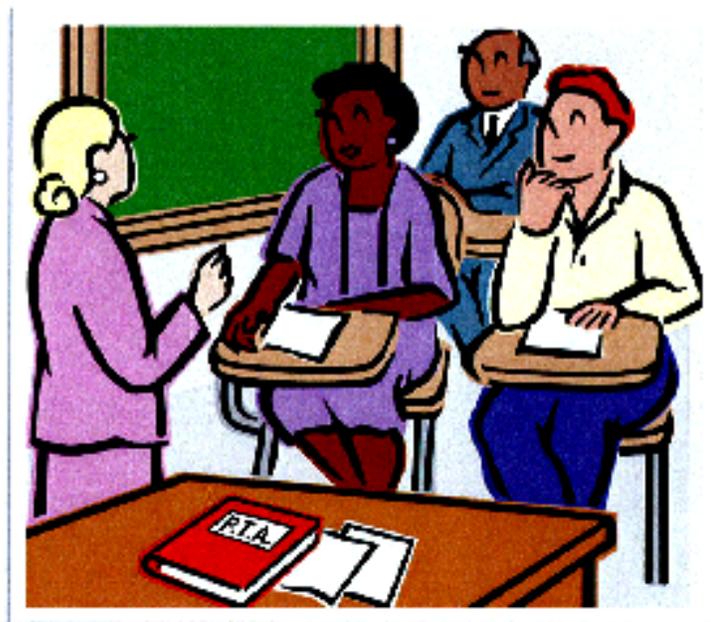
**March 6 & 7, 2014
10:00am – 3:00pm**

DPHC

June Twain has developed a nutrition program called Mino Wiisin (Eating Well). Mino Wiisin is a hands-on program for parents to gain knowledge, planning and cooking skills required to prepare healthy, in expensive meals. Mino Wiisin is a holistic workshop that features health promotion, parental empowerment, culture, education all in a traditional Anishnabeg way, with lots of participation and laughter.

Grocery Card per day for parent who attends

RSVP to Alice 237-8900



Parenting Workshop
for families with
children aged
0 – 6yrs

Please join us in refreshing our methods in
parenting...

Saturday March 22, 2014
10:00am – 3:00pm

Facilitator: Diane Bigelow
Brighter Futures Parenting Facilitator

Triple P: Positive Parenting Program

- Discipline/Behavior
- The importance of Consistency and Structure
- Harmful Effects of Video Games

RSVP to Alice 237-8900

**WELL IT'S THAT TIME
OF YEAR AGAIN!!!**

INCOME TAX PREPARATION

DO YOU NEED YOUR TAXES DONE??

I will do your income tax for you!!

I do have several years of experience and I can provide you with
CONFIDENTIAL tax preparation!!

If interested **call me or visit me** at the Temagami First Nation
Administration Office. (705) 237-8943

I will be completing these after work hours and it will be a first
come first serve basis.

\$40.00 per year/per return (Personal)

Prompt efficient service provided 😊

Michelle Lalonde

**Answers to "Anishnabe Words and Expressions We Seldom if
Ever Hear Anymore" on page 11**

1.b) 2.a) 3.b) 4.d) 5.b) 6.c) 7.a) 8.d) 9.b) 10.c)

In #3, pronounce "ay" the same as the "ay" sound in "day".

In #5, pronounce "udge" in the syllable "wudge" similar to "udge" in "judge". The "utch" in
"gutch" sounds similar to the "utch" in "butch".

IN #10, the word "G'wuk" can also mean "directly", as in "G'wuk-o'gee-ween-duh-mah". -
Directly, he told him" ; in other words, "He told him straight".

MASTER CLASS

WITH
COMPOSER / GUITARIST

JAMIE DUPUIS



SATURDAY
MARCH 15 2014
3 TO 4 PM
TEMAGAMI
WELCOME CENTRE
BUNNY MILLER
THEATRE

TICKETS \$ 10
PERFORMANCE TO FOLLOW AT 7 30 PM \$ 15

JAMIE DUPUIS

COMPOSER / GUITARIST



With Guest Vocalist
Ashleigh Brunet

SATURDAY
MARCH 15 2014
7:30 PM

TEMAGAMI WELCOME CENTRE
BUNNY MILLER THEATRE

TICKETS \$ 15
AVAILABLE BY CALLING 705 569 2904

www.youtube.com/user/JamieDupuisMusic



Laura McKenzie Learning Centre

Fundraiser

March Draw to be held on March 21, 2014

Home-made Dinner for Six

Dinner Includes:

- *Cabbage Rolls*
- *Perogies with sour cream-green onions*
- *Salad*
- *Pumpkin Pie*

Three tickets for \$5.00 OR One ticket for \$2.00

Dinner sponsored by:

<p>Paul Murchison Refrigeration & Air Conditioning</p> <p>RESIDENTIAL & COMMERCIAL Fully Licenced & Insured 705-491-5566</p> <p><i>Service with Integrity</i></p>	<p>Bay Meats</p> <p>Specializing in Sides of Beef & Pork Custom Freezer Orders Wild Meat Cutting</p> <p>699 Wallace Road, North Bay, ON 705-476-1830</p>
<p>Don's Butcher Shop</p> <p>220 King St, Sturgeon Falls, ON 705-753-9500</p>	<p>Chez Jean-Marc Bakery</p> <p>48 Front St, Sturgeon Falls, ON 705-753-2792</p> <p>Gluten Free: 705-580-3029</p>

Feel free to call us at 237-8982 if you have any questions or wish to purchase tickets. Chi-Miigwetch!

Proceeds go towards the year-end trip.

March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3	4 Youth Respect workshop w/Perry McLeod 5:30pm	5 Crisis Team Meeting 10am	6 Men's Dinner 5:30pm	7 Men's Shopping	8	
9	10 Youth Luncheon Presentation with Julie 12pm	MARCH BREAK				14	15
16	17	18	19	20 Youth Goals/Career Planning 5:30pm	21	22	
23	24 Sharing Circle w/Perry 5:30pm	25 I Am a Kind Man 7pm	26 Boys/Men Drumming 7pm	27 Honouring a Child 7pm	28	29	

Family Healing and Wellness Highlights

705-887-8800



Youth Respect Workshop w/Perry March 4, 2014 @ 5:30pm

Men's Dinner/Presentation March 6, 2014 @ 5:30pm

Dinner/Sharing Circle w/Perry March 24, 2014 @ 5:30pm

I am a Kind Man program to start March 25, 2014 @ 7pm if anyone is interested please call Linda @ FHWC

Youth Dinner & Goals/Career Planning Workshop March 20, 2014 @ 5:30pm

Boys/Mens Drumming March 26, 2014 @ 7pm

Client shopping trip for men please call FHWC by March 24, 2014 for April 1, 2014
Please call the Family Healing and Wellness Centre

Any questions about our calendar please call FAMILY HEALING AND WELLNESS CENTRE @ 237-8800
Migwetch!!!

~ March 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 LMLC Report Card Day Stress & Depression Workshop 2pm DPHC Chris 8900 Youth Respect Workshop with Perry 5:30 FHCW Gym Night LMLC 6:30pm Zumba Chris 8900 age 12 to adult 7pm-8pm LMLC Gym	5 The Food-Self Love Connection 1pm-4pm DPHC Donna 8900 LMLC Parent-Teacher Interviews	6 Mino Wiisin with June 10am-3pm DPHC Alice 8900 Men's Dinner and Presentation 5:30pm FHCW Gym Night LMLC 6:30pm AA Meeting 7:30pm Elder's Building	7 Mino Wiisin with June 10am-3pm DPHC Alice 8900 Men's Shopping FHCW 8600	8
9 Youth Poker Fundraiser 12:00pm— all afternoon Rec Centre Enrichment Funds Consultation Meeting 2-4pm Elder's Building	10 MARCH BREAK Youth Luncheon Presentation With Julie 12pm FHCW 8600 Zumba • Age 6-11 6pm-7pm • Age 12 to adult 7pm-8pm LMLC Gym Chris 8900	11 MARCH BREAK Gym Night LMLC 6:30pm	12 MARCH BREAK Zumba • Age 6-11 6pm-7pm • Age 12 to adult 7pm-8pm LMLC Gym Chris 8900	13 MARCH BREAK Youth Taco Dinner Fundraiser 5:00pm Rec Centre Gym Night LMLC 6:30pm AA Meeting 7:30pm Elder's Building	14 MARCH BREAK HIV / AIDS Workshop With Dennis Chippa 12:00pm-8:30pm Donna 8900	15 Family Barn Dance Rec Centre 8:00pm Donna 8900 (TENTATIVE)
16 Elders' Fundraising Bingo 1pm Elder's Building St. Patricks' Day Brunch Fundraiser For Ashley Elder's Building	17 LMLC Literacy Week Literacy Night 6:30-8:00pm LMLC	18 Rainbow Lodge Addictions 101 Workshop 10:00am -3pm DPHC 8900 Literacy Lunch Workshop 12pm-1pm LMLC BIEA Meeting 7pm Band Office Gym Night LMLC 6:30pm	19 Numeracy Night 6:30pm-8:00pm LMLC	20 Enrichment Funds Consultation Meeting St Elizabeth Church Temagami 1-3pm Speech Night 6pm-8pm LMLC Youth Goals / Career Planning FHCW 5:30pm Gym Night LMLC 6:30pm AA Meeting 7:30pm Elder's Building	21	22 Triple P Positive Parenting 10am-3pm DPHC Alice 8900
23 Enrichment Funds Consultation Meeting 1-3pm Nipissing Senior Native Housing North Bay	24 Sharing Circle with Perry McLeod 5:30pm FHCW 8600	25 I Am a Kind Man 7pm FHCW Linda 8600 Gym Night LMLC 6:30pm	26 Boy's and Men's Drumming FHCW 7pm	27 Enrichment Funds Consultation Meeting 7-9 pm Rec Centre -webcast available Gym Night LMLC 6:30pm AA Meeting 7:30pm Elder's Building	28 Elders' Fundraising 50/50 Draw and Poker Night 7:30pm Elder's Building	29
30	31	Notes: FHCW IS STILL LOOKING FOR CRISIS INTERVENTION TEAM MEMBERS– CALL 237-8600 IF YOU ARE INTERESTED.				

Family Day Weekend Fun- At Science North!



Photos by Christine Lalonde- Friday