

# BI BLAST

*Miskomin Giizis  
Raspberry Month  
July 2016*

**Graduates!!!**



Emily and Kaitlyn Mattias  
Grade 12



Lisa Paul Angel Bedassee-Paul  
Grade 12



Shaiyena Côté  
Grade 12



Madison Mattias  
Grade 8



Maegan McKee  
Grade 12

When the student is ready the teacher will appear.

Zen Proverb

## ***Welcome to BI Blast July Edition!***

YAY Summer is finally here!! A warm hello to all the members and supporters of the Bear Island Blast. This month we are very excited to present some of Bear Island's very own achievers, young and old! This edition of the BI Blast will feature our graduates, news from Community and upcoming events for July/ August! Our goal is to keep you informed on community news and events. Do you have an idea or a success story to share? Send us your ideas or stories so we can share with the community! Our Community is so busy with so many interesting people and opportunities to learn. Please send submissions to [communication@temagamifirstnation.ca](mailto:communication@temagamifirstnation.ca)



## ***New Executive Director***



NOTICE TO TFN MEMBERSHIP, STAFF, & FRIENDS OF THE COMMUNITY!  
Please allow me to take this opportunity to introduce myself. My name is Virginia Paul and I have recently accepted the position as the Executive Director for Temagami First Nation. I have been working for Temagami First Nation for many years as a Secretary/Membership Clerk. I have a lot of experience on the day to day tasks that will allow our First Nation grow and prosper and I look forward to working for our community. In the meantime, feel free to drop me a line or stop by and say hello.

## ***UPCOMING TFN CHIEF & COUNCIL MEETINGS***

**Tuesday, July 19 @ 7pm**

**Tentative Tuesday, August 9 @ 7pm**

**Meetings are held at the Lands and Resources Building**

**NEWS!!! The TFN Council Meetings will now be webcast!!**

**to join meeting email [webex@temagamifirstnation.ca](mailto:webex@temagamifirstnation.ca) for email invitation**

**& for the July 19 meeting only Councillor Jamie Saville has generously offered \$200 of his \$\$ to online TFN Members viewing, Draw will be random, Good Luck!!**

# Saying Farewell to the Band Office and Rec Centre!



Well, as you know the Band Office and Rec Centre have now been demolished, making way for the New Multiuse Complex starting later this summer. The Band Office was originally a Government Forestry Building and was transformed into a Band Office with a few additions over the years. It has served our community well. The Rec Centre has created many memories by all of us, from weddings to Band meetings to potluck dinners and many many other functions. Several generations have been impacted from Rec Centre which was originally a Hotel owed by the Turner Family called the LakeView House. We are now looking forward to creating new memories and new experiences in the new Multi-use Building. Stay tuned for more updates on the construction phases. This will mark the end of an era and the beginning of another.

Whatever good things we build end up building us

# LMLC Mini Powwow

June 7, 2016

Kwe Kwe

Mno Niibin. The students have now wrapped up the school year now.

We had a lovely pow wow at our school on June 9<sup>th</sup>. Students wore their regalia, the drummers were singing, parents, grandparents and guests came out to join us, it was a great afternoon. The kids all sang hand drum songs, the daycare sang Scooby Doo, the JK-Gr. 1 class sang Nangoos Nangoos, the gr. 4 – 8 students sang Darling Don't Cry. We held spot dances, a potato dance and a round dance as well. The kids enjoyed all the activity. It was nice that Alex Paul brought in the community staff, Virginia brought in an older community staff, TAA Chief John McKenzie came and carried the TFN flag, Principal Renee Restoule carried the Canada flag and Sophia Turner carried the Haudenashaunee/Iroquois Confederacy flag. Once again it was a lovely event. We had some donations given over the school year that helped off-set our costs,

Jamie Saville and Denise Lefontaine made cash donations for Culture programs at the school. Miiigwetch.

The students also made Daadam Giizhi-gad gifts this month. The younger grades, picked and painted rocks "Ndaadam Rocks" (which means, My Dad Rocks.) The older students made wall hangings using Anishnaabemowin as well.

To wrap up the year we learned some vocabulary about Niibin/Summer, bmaadige/swimming, toowedaan/let's play ball.





# Aboriginal Day

June 21

THE ONTARIO  
TRILLIUM  
FOUNDATION



Tuesday, June 21, 2016 marked the 20<sup>th</sup> anniversary of National Aboriginal Day---a designated day where people come together to recognize and celebrate our rich Culture & Heritage. This year the TFN recognized our contribution of the birch bark canoe. Madeline Katt, wrote in her book 'Moose to Moccasins' "there were no docks, only the canoes drawn up on the shores. Everyone paddled then, I know. I was there". Madeline wrote of a time far gone past, nonetheless, the knowledge still remains in the land and when we take the time to get back to the land we begin to remember! Aboriginal author and canoe builder, David Neel wrote "today, in its renaissance, the canoe carries the knowledge of a millennia-old culture as well as the dreams and aspirations of a younger generation. It is a vessel of knowledge, symbolizing the cultural regeneration of many nations as they struggle to retain and rebuild following a period of systematic oppression and of rapid social and technological change.

The event began with an anishinabai prayer led by June Twain followed by a drum song by Paula Potts. Tashina Paul emceed the event and we had special guests from Ontario Trillium Foundation (OTF) Barbara Laplante and MPP, NDP John Vanthof to present the OTF Plaque to TFN Chief Arnold Paul in recognition of the \$75,000 grant received to begin the work to create and develop a culturally enriched, land-based educational program to revitalize the culture of the canoe in the Temagami area. We showed "The Power of the Canoe" documentary of the birch bark canoe build in 2012 followed by words shared by anishinabamowin teacher Lucille Mckenzie about the importance of language and cultural preservation. Finally a great lunch of fresh sandwiches, wraps, veggies, fruit and homemade desserts had by all and catered by Ann Potts. Chi-Meegwetch to all who attended and we hope to see more community members out next year to celebrate and recognize our rich heritage and culture.

# n'Dakimenan Canoe Build

## N'Daki-Menan Stewardship!

Temagami First Nation has hired 6 Stewardship Youth Crew Workers and are launching a pilot-project this summer with some key partners listed below. The goal of this project is to include an experiential learning opportunity about birch bark canoe building using traditional tools and harvesting local birch bark, spruce roots and gum with the youth and community. TFN supports this initiative by archiving and documenting this important project as a way to share our story of the canoe from our indigenous perspective.

## Key Partners:

- **Zinser Canoe** heading the birch bark canoe build located at the baseball field.
- **War Pony Pictures** to video document and archive the canoe build.
- **TinRoof Global** for walleye spawning restoration initiative at Gull Creek on Lake Temagami.
- **Ministry of Natural Resources and Forestry** training initiatives from July 5-8, 2016.
  - \* Youth Health and Safety Training,
  - \* Wilderness First Aid (WFA)
  - \* ORCKA II (Basic Canoe) Certification.

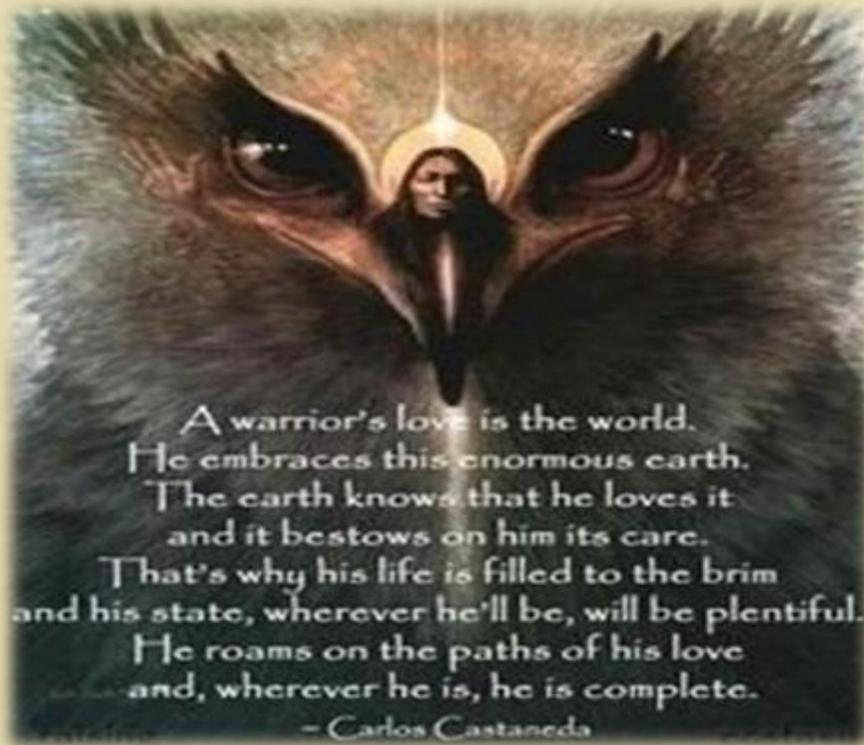


Find us on 

N'Dakimenan Birch Bark Canoe Build

<http://www.ndakimenan-stewardship.com/>





A warrior's love is the world.  
 He embraces this enormous earth.  
 The earth knows that he loves it  
 and it bestows on him its care.  
 That's why his life is filled to the brim  
 and his state, wherever he'll be, will be plentiful.  
 He roams on the paths of his love  
 and, wherever he is, he is complete.  
 - Carlos Castaneda

# Temagami First Nation

Drummers:

Thunder Creek Singers

Cree Goose Singers

Eight Thunderbird  
 Drum

Head Dancers:

Misty Paul

Tyler Paul

## POW WOW

In the Honour of our Language

Grand Entry 11:30 AM

Hand Drum Competition

\$1000 Prize

Feast 5:00 PM. Saturday

Closing Ceremony Sunday

Head Elder / Richard Assinewai

Head Veteran / Tom Saville

MC / Roger Assiniwe

Shuttle Service from end of Temagami Access Rd. \$5.00

Children under 12 free

For more information call Pow Wow Coordinator,

Virginia McKenzie. (705) 237-8005

Email. [Virginia.mckenzie@temagamifirstnation.ca](mailto:Virginia.mckenzie@temagamifirstnation.ca)

Vendors Contact: Virginia Paul @ (705) 237-8943

Everyone Welcome



No Dogs Allowed at  
 the "Pow Wow"

July 9 & 10  
 2016  
 Everyone welcome



# NOTICE

## **DONATIONS & VOLUNTEERS** **FOR TFN POW WOW FEAST NEEDED!!!**

Saturday, July 9<sup>th</sup>/2016 at 5:00 PM  
Laura McKenzie Learning Centre (the School)

### IDEAS (OR CHEF UP YOUR FAVOURITE):

- MOOSE ROASTS/BAKED TROUT/OTHER ROASTS
- RICE DISHES/PASTA DISHES/OTHER CASSEROLES
- STEWS/MEAT BALLS/ OTHER FAVOURITES
- BANNOCKS, BREAD, BUNS
- DESSERTS – CAKES, PIES, TARTS, COOKIES/BARS



SEND FOOD DONATIONS TO THE SCHOOL BY 4:00 PM SATURDAY  
OR CALL FOR PICK UP PRIOR TO FRI. JULY 8 AT 5 PM

FOR MORE INFORMATION - CONTACT THE BAND OFFICE AT (705)  
237-8943 BY FRIDAY, JULY 8<sup>TH</sup>/2016 BEFORE 5:00 PM

### ***VOLUNTEERS NEEDED:***

- ***SET UP***
  - ***SERVERS***
  - ***CLEAN-UP***
- SIGN UP AT BAND OFFICE (705) 237-8943***

***\*\*\*YOUR SUPPORT & DONATIONS ARE MUCH APPRECIATED!\*\*\****

# LMLC Graduation



LMLC Graduates

Grade 8

*Madison Mattias*

Senior Kindergarten

*Huxley Becker*

*Denton Saville*

*Adonis Roszel*

*Gage Trodd*



# 84th Annual Wabun-Bear Island Ball Game

June 27,  
2016

Nice Pitch John!



Her mom caught her ball!



Nice Catch Megs



Wait for it Rox



Good Catch Tom



Good game!! Wabun won 11-8



# Summer Activities

- Art Camp—July 4 to 8 @ LMLC Gym
- Women's Circle—July 5 @ DPHC
- TFN Powwow—July 9 & 10 @ Ball Field
- Strawberry Picking—July 14 @ Leisure Farms in Sturgeon Falls
- Dance Camp—July 11 to 15 @ LMLC Gym
- Yoga —July 11 to 15 ~ 12pm to 1pm—14yrs + @ LMLC Gym
- Temagami Canoe Festival July 15 to 17 @ Temagami Waterfront
- White Bear Challenge (16km canoe race) —July 16 @ Waterfront
- Deepwater Music Festival July 15 to 17 @ Temagami Waterfront
- Youth Workshops—July 18 to 22 @ DPHC
- TMFC Summer Shutdown—July 18 to July 29
- Elder's Lunch and Bingo—July 20 @ Elders Building
- Mining Information Session July 21 @ LMLC—12:45pm TO 6:30pm
- Food Handler's Course—July 27 & July 28 @ DPHC
- Cultural Camp—August 11 to 14 @ DPHC





JULY 15<sup>TH</sup>-17<sup>TH</sup> 2016  
 @ TEMAGAMI WATERFRONT

VENDORS ON SITE ALL WEEKEND  
 MORE FUN WEEKEND ACTIVITIES



Deepwater  
 Music Festival  
 @ Waterfront

Old Growth  
 Hiking Trails @  
 White Bear Forest

Hand-made  
 Birch Bark  
 Canoe Demo

White Bear  
 Challenge  
 Race Event

Canoe Building  
 Demos on site @  
 Temagami Canoe Co.

Wristbands only available at festival \$5/day OR \$10/weekend \*\*Children under 12 FREE when accompanied by an adult\*\*

MORE INFORMATION AVAILABLE AT  
**TEMAGAMICANOEFFESTIVAL.COM**



ONTARIO  
 Yours to discover

smoothwater  
 WILDERNESS OUTFITTERS & ECOLOGE

OTMPC



AT TEMAGAMI  
WATERFRONT PARK

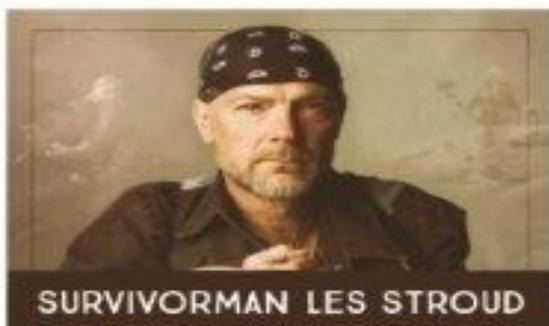
FOLK / ROOTS  
JULY 15-17, 2016

## MUSIC AT OUTDOOR STAGE INCLUDES

EIGHT THUNDERBIRD DRUM  
DAVID LARONDE BAND  
RON NIGRINI  
THE ANGRY PANTS  
ESTHER PENNELL

JAMIE DUPUIS  
PETER CLICHÉ  
JAKE THOMAS TRIO  
WAYNE POTTS  
LEE FRAPPIER

## AT THE BUNNY MILLER THEATRE



SURVIVORMAN LES STROUD

IN CONCERT

FRIDAY, JULY 15 @ 7:30PM  
\$27 ADV / \$30 DOOR



FRENCH-CANADIAN FOLK

SATURDAY, JULY 16 @ 7:30PM  
\$20 ADV / \$25 DOOR

Wristbands only available at festival \$5/day OR \$10/weekend \*\*Children under 12 FREE when accompanied by an adult\*\*

TICKETS CALL 705-569-2904 // FOR MORE INFORMATION  
VISIT [TEMAGAMIARTISTICCOLLECTIVE.COM](http://TEMAGAMIARTISTICCOLLECTIVE.COM)



ONTARIO ARTS COUNCIL  
CONSEIL DES ARTS DE L'ONTARIO  
an Ontario government agency  
un organisme du gouvernement de l'Ontario





Temagami Canoe Festival is pleased to offer the following **FREE** presentations

July 11 — 12 — 13 , 2016

Bunny Miller Theatre  
Temagami Welcome Centre  
7 Lakeshore Drive, Temagami

With support from



## ADVENTURES OF THE ECOGUY

Monday July 11 - 7 pm — Bunny Miller Theatre

From scientist to pollution cop to Environmental Commissioner of Ontario and now to Chair of Earthroots, the eco-action NGO. Gord Miller describes the environmental issues and adventures that shaped his long career as an ecologist and environmentalist and gives his perspective on the pressing environmental issues of the day.



**INTO THE BARRENS—The Northwest is Calling**  
Tuesday July 12 - 7 pm — Bunny Miller Theatre

Come join Nastawgan Trails hikers, who met on Temiskaming area trails, for 4500 kilometers of paddling into the barrens. Meet muskox, caribou and miles of big lake, big sky country.



## GREY OWL—THE MOVIE

Wednesday July 13 - 7 pm — Bunny Miller Theatre

The story of Grey Owl is an adventurous epic of a man living between two worlds, bridging the gap between them. Yet, while he succeeded in capturing the world's attention by becoming the first celebrity environmentalist, questions about his real identity clouded the truth he offered.

[www.temagamicanofestival.com](http://www.temagamicanofestival.com)





# SAFE FOOD HANDLERS CERTIFICATION

The Environmental Health Officer Ray Alatalo will be at the LMLC On Wednesday July 27<sup>th</sup> and Thursday July 28<sup>th</sup> to deliver the Safe Food Handlers Certification Course.

This 1 day course is offered both days from 8:30 AM until 4:30 PM. We are expecting a large interest, therefore the 1 day course is offered on both days.

Please contact Paula the Community Health representative:

[paula.potts@temagamifirstnation.ca](mailto:paula.potts@temagamifirstnation.ca) or call the

Doreen Potts Health Centre at 705-237-8900 to sign up!



## TEMAGAMI FIRST NATION

BEAR ISLAND  
LAKE TEMAGAMI, ONTARIO P0H 1C0  
TEL 1.888.737.9884 or 705.237.8943  
FAX 705.237.8959  
[www.temgamifirstnation.ca](http://www.temgamifirstnation.ca)



### IMPORTANT NOTICE

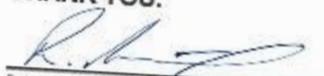
DATED THIS 29<sup>TH</sup> DAY OF JUNE

BE ADVISED THAT ALL TEMAGAMI FIRST NATION EQUIPMENT THAT IS BEING REQUESTED TO RENT OR PROVIDE WATER TRANSPORTATION MUST BE PAID IN ADVANCE.

BOOKINGS FOR THE BARGES (SMALL & BIG), HEAVY EQUIPMENT RENTAL, RED FORD TRUCK, GREEN BINS, TANDEM TRUCK AND ORDERING OF SAND & GRAVEL PLEASE CONTACT THE WAREHOUSE @ 705-237-8501.

PAYMENT PRIOR TO EQUIPMENT RENTAL, SAND, ETC. IS TO BE PAID AT THE "WHITE HOUSE," AND RECEIPT OF PAYMENT SHOWN TO STAFF.

THANK YOU.

  
Roger Assiniwe, TFN Infrastructure Manager



## 2016 Dance Camp



**July 11 – 15**

**LMLC “the school”**

**Performance on the 15<sup>th</sup> at 2:00**

**Ages 4-6 morning class**

**Ages 7-13: all day programming**

**9:00 am drop off available for working parents please register ahead to Donna if you need this support. Remember to bring water, proper foot wear & hat! Let's Dance.**

<b>Time</b>	<b>Class</b>	<b>Age group</b>
9:30 – 10:15	Creative movement and Dance Class, craft, play	4-6 - Day care welcomed!
10:30-11:15	Contemporary Dance, stretch & strength	7 -13
11:15 – 12:00	Choreography	7-13
12- 12:30	Lunch Time for Campers	Bring lunch or eat at home
12:30 – 1:00 – outside	Sports Activity	7 – 13 – extended lunch if needed or play
1:00 – 2:00	Choreography & Creation	7-13
2:00- 2:15	Break Snack	7-13
2:15 – 3:15	Creating art for performance, t-shirts, back drop, masks and costumes	All ages
3:15 – 4:00	DVD (MON/WED)	All ages

This camp will be a combination of Dance, yoga, choreography and sports activities . We will work towards a final performance that will be presented to community family and friends and the end of the week. We are celebrating our 9<sup>th</sup> year of the Dance camp. This Camp is led by Christine Friday for further questions contact Donna Mathias at Heath Centre 705-237-8900. See you there!



## **YOGA CLASS**

**July 11 – 15**

**LMLC – the school**

**12pm -1pm**

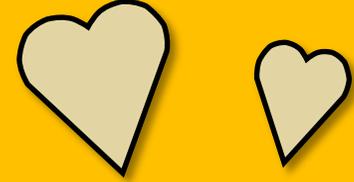
**Ages 14 +**

Led by Christine Friday: Certified yoga Instructor for 10 years. Christine teaches a vinyassa (flow) class that includes a variety of poses & postures that can be modified to suit all levels of training background. Learning to connect breathe into the body allows mobility and the release of tension creating better body awareness. Feel better emotionally and inspired.

Hosted by the Health Centre, class is free.

Wear comfortable clothing, bring water & yoga matt

It's a  Girl!



Arya



Calista and Nick welcome their new Baby on June 14, 2016.

Arya Grace Odemin Robertson was born in North Bay and weighed 7 pounds 9 ounces and measured 20 inches, Congratulations Calista



# Summer Fun & Facts

## Summer Fun Facts

### summer solstice

The first day of summer is known as the summer solstice and in the US it falls on June 20 or June 21 each year, depending on when the sun is furthest north of the equator. This day has been celebrated for centuries by people around the world.

### eiffel tower

France's Eiffel Tower can grow by more than 6 inches in summer due to the expansion of the iron on hot days.

### mosquitos

One of the more annoying parts of summer are the mosquitoes, which have been around for 30 million years. It's said they can find warm-blooded mammals from 100 feet away.

### frisbee

Many people enjoy throwing Frisbees in summer, but they were originally designed as pie plates in the 1870s. Students started throwing them in the 1940s.

### ice cream

July is the month where most ice cream is sold in the US. That's why it's National Ice Cream Month. Americans eat about 5.5 gallons of ice cream per year on average.

### ice pops

Ice pops were invented by accident in 1905 by 11 year old Frank Epperson. He mixed soda and water and left the mixture out overnight with the stirring stick still in it. Since the temperature was low, the mixture froze. He patented the idea in 1924.

## WHAT THE SPF?

(SUN PROTECTION FACTOR)

SPF is a measure of the amount of direct UVB sunlight required to turn sunscreen-protected skin red. If your skin would normally start turning red after 10 minutes of unimpeded sun exposure, a sunscreen with an SPF of 30 delays that amount of time by 30 times. Said differently, it would take 300 minutes of exposure before your skin would start to burn.



### SOME SUN IS IMPORTANT

20 minutes of unprotected sun exposure daily is healthy. Even on cloudy days, you can still get up to 80% UV rays and boost your vitamin-D production.



### SEEK SHADE

Avoid the sun when it's rays are the strongest between 10 a.m. and 4 p.m.

**PROTECT YOURSELF.** Use sunscreen with an SPF of 15 or higher every day.

**SEE THE DOC.** Get a skin exam from your physician every year.

### WATERPROOF VS WATER-RESISTANT

Waterproof: when a product maintains its SPF level after 90 minutes of water exposure. Water-resistant: when a product maintains its SPF level after 40 minutes of water exposure.

## SHEDDING LIGHT ON THE SUMMER SUN'S HARMFUL RAYS

**BROAD-SPECTRUM SUNSCREEN** is designed to protect you from two types of UV light that can potentially lead to skin cancer.

### UVA RAYS

#### THE AGING RAYS

UVA rays can penetrate deeply into your skin. This increases the risk of wrinkling and age spots.

### UVB RAYS

#### THE BURNING RAYS

UVB rays reach the surface of your skin where they can damage DNA.

IT TAKES PROTECTION FROM BOTH TO BE COVERED

### SPF

Lips have almost no melanin (the color is derived from tiny blood vessels beneath the skin), so it's up to you to protect them.

#### GET IN THE HABIT OF USING A LIP BALM WITH SPF 15 OR HIGHER

*Sun Shades Lip Balm* is broad-spectrum SPF 15.

#### ALWAYS WEAR SUNGLASSES THAT BLOCK OUT 99% OF UVA/UVB RAYS



This will prevent painful sunburns and may help slow down cataracts and macular degeneration. Also, the skin around the eyes, including the lids, is one of the most prone to skin cancer.



### SOOTHE OVEREXPOSED SKIN

*Sun Shades After Sun Hydrogel E* has aloe vera, Melaleuca Oil, Advanced E, glycerin, grape leaf, and green tea to help skin recover.

### ALOE VERA

This desert-loving succulent plant is no stranger to the sun. It's soothing properties reduce redness, ease pain, and speed the healing process.

### STOCK UP ON MELALEUCA'S SKIN-NOURISHING SUN PROTECTION

With summer in full swing, you and your family need daily head-to-toe sun protection.

SUN SHADES HAS THE BROAD-SPECTRUM UVA/UVB SUNSCREENS YOU WANT FOR YOUR FAMILY, WITH BOTANICALS AND ANTIOXIDANTS ADDED TO NOURISH AND PROTECT THEIR SKIN.

To protect your skin, apply a sunscreen with broad-spectrum SPF of 15 or higher. Reapply every two hours or after sweating or swimming.



## Did You Know?

Watermelon is summer's most popular vegetable! Yes, it's a vegetable!



MAYBE NEXT TIME YOU'LL TRY A LITTLE SUNSCREEN...



@ TEMAGAMI TRAIN  
STATION PARKING LOT

INFORMATION @  
705-569-3686



## Temagami Community Market

*Back for the summer 2016 !*

*Showcasing local and regional Art & Food products, including:*

 local market 

- LOCAL CRAFTSMEN & ARTISANS
- FINE ART & NATIVE CRAFTS
- ROSS BRUBACHER FARMS
- FRESH PRODUCE, MEATS & PRESERVES
- AWARD WINNING BUTTER TARTS
- FRESH FLOWERS & HERBS
- BAKED GOODS & BBQ
- SEASONAL PRODUCE
- BELLA HILL MAPLE SYRUP
- & MUCH MORE!

EVERY SATURDAY  
*July & August*



JUNE 25 to SEPTEMBER 3  
9:00am - 1:00pm



[WWW.TEMAGAMICOMMUNITYMARKET.COM](http://WWW.TEMAGAMICOMMUNITYMARKET.COM)



**Ernest Rodgers**  
**June 11, 1953 ~ June 21, 2016 (age 63)**



It is with great sorrow the family of Ernest wishes to inform all his friends and relatives of his passing to join the other family members and friends that rest in peace in the spirit world. His valiant struggle to overcome cancer has come to an end, surrounded by his loving family. Predeceased by his father Josie Rodgers, mother Mannie Kudjick and younger sister Hazel as well as four other siblings. He is also predeceased by Aunt Mary fudge and Uncle Edward Fudge, Cousins Tommy fudge and Mary-Lou Fudge, great nephew Carson Pressault. Ernest worked for many years at the Beef and Brand restaurant in Northgate square as a dishwasher and for a number of years at Caseys before coming down with the illness he fought for the past three years. He will forever be remembered by the many bingo friends from Ren Mar hall, bingo country and Blue Sky Bingo. Ernest is survived by sisters; Lillian Birtch (Joseph Katt) , Josephine Martinhunter (Daniel) nieces; Tammy Pressesuault (Paul), Nancy Birtch , Olivia Bearskin (Kevin) Lillian Loon (Patrick) Merrisa (Curtis) and nephews; Patrick and Danny (Louisa). Ernest is also survived by great nieces; Lisa Paul, Tara, Amerra, Jenna, Alicia, Destiny, Ameya, Cheyanne and great nephews; Connor Presseault, Ayden, Yoshtin, Cason and Styles. He is also survived by many other relatives that loved him for the good man he was.

## **Community Mining Information Session**

**The Lands and Resources Department**  
will be hosting an information session on

**Thursday, July 21<sup>st</sup>, 2016**

**12:45PM-6:30PM**

**Location: Laura McKenzie Learning Centre**

Updates on Alamos Gold (Young Davidson Mine)

Presentations:

Online Staking

Gold Bullion

Inventus Mining

(Other Presenters TBA)

**Refreshments, desserts and dinner to follow**

Please RSVP by Monday, July 18th, 2016

Contact: Doug McKenzie 705-237-8600

# July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Canada Day	2
3	4 Art Camp 10am-3pm	5 Women's Circle 7pm	6	7	8	9 TFN POW WOW
10 TFN POW WOW	11 Dance Camp Ages 6-13yrs 9:45am-3:30pm	12	13	14 Strawberry picking Sturgeon Falls 9am	15	16 Youth 13+ Lunch/Movie N. Bay
17	18 Youth ages 13+ Workshops 10am-4pm	19 Women's Circle 7pm	20	21	22 DPP Youth 13+ Presentations	23
24	25	26 Mixed Sweat 6pm	27 Food Handler	28 Food Handlers Raspberry (tentative) Picking 9am	29 Kids 6-12yrs Lunch/Movie North Bay	30

## Family Healing and Wellness Highlights 705-237-8900



**Client shopping trips for men** please call Fred @ DPHC (7052378900) by July 28, 2016.

### Youth Programs

- Youth age 13+ Lunch/Movie North Bay
- Youth ages 13-29 yrs. Workshops/presentations week of July 18-22/16 (yet to be determined time and place) invitations will be sent out to youth.

### Children Programming

- Art Camp age 6-12yrs will be at the LMLC
- Dance Camp ages 6-13yrs will be at the LMLC please contact Donna.
- Lunch/Movie ages 6-12yrs North Bay leaving @ 10am

**Women's Circles Tuesday July 5/16 and Tuesday July 19/16 @ 7pm**

**Mixed Sweat Tuesday July 26/16 @ 6pm at the Ballfield**

**\*Note:** Strawberry picking on Thursday, July 14/16 and Raspberry picking Thursday, July 28/16 anyone interested in coming please call Linda or Annette

**Any questions call the 705 237 8900**

## Career Minded Shaiyena Côté

The National Aboriginal Hockey Championships is a week-long national tournament held annually in different cities across Canada. This year the tournament was held in Toronto from May 1 -8th, next year it will be in British Columbia. Although Shaiyena has never played in this tournament this year she became the only person in the history of the National Aboriginal Hockey Championships to be invited to participate in all three areas of the tournament; as a paid official (referee), to be on the bench as a member of the coaching staff with Team Ontario Female (our friend Ted Nolan was head coach this year) or as a back-up player to Team Ontario's two overage players. Shaiyena chose the officiating position as it offered the best opportunity for her to use her credentials as it allowed her to officiate at a national level. She was also the only Aboriginal official at the tournament, female or male.

"This was a great learning experience for me as I was mentored through the process by Ontario Womens' Hockey Association (OWHA) officials and spent an hour and a half in an evaluation review with one of the OWHA's top officials who was also one of the first female referees for Olympic women's hockey when the sport first appeared at the Nagano Winter Games in 1998. I have been assured that my name is being put forward by the organizing committee to travel with the tournament next year as an Aboriginal official, at this time they don't know if there are any certified Aboriginal officials in BC and I am the only certified female official that they OWHA knows of."

In May Shaiyena added to her hockey certification credentials in two areas; on May 11<sup>th</sup> she completed her Hockey Canada Level 3 officiating course with a 92% mark on her final exam and on May 4<sup>th</sup>



Shaiyena "lining" (as a linesman) at NAHC – May 6<sup>th</sup>, 2016 game: Quebec vs Saskatchewan

she and her dad, Lindsay spent nine hours completing their Hockey Canada HTCP (Hockey Trainer Certification Program) Level 3 Trainers certification. This makes Shaiyena and Lindsay the only daughter/father Level 3 Trainers in Canada. There are very few Level 3 Trainers in Ontario or the rest of Canada and Shaiyena is the youngest Level 3 Trainer in this province.~

Mental illnesses affect everyone in some way. We all likely know someone who has experienced a mental illness at some point. Yet there are still many harmful attitudes around mental illnesses that fuel stigma and discrimination and make it harder to reach out for help. It's time to look at the facts.

## TEN COMMON MYTHS

Here are ten common myths about mental illnesses.

### Myth #1: Mental illnesses aren't real illnesses.

**Fact:** The words we use to describe mental illnesses have changed greatly over time. What hasn't changed is the fact that mental illnesses are not like regular ups and downs of life. Mental illnesses create distress, don't go away on their own, and are real health problems with effective treatments. When someone breaks their arm, we wouldn't expect them to just "get over it." Nor would we blame them if they needed a cast, sling, or other help in their daily life while they recovered.

### Myth #2: Mental illnesses will never affect me.

**Fact:** All of us will be affected by mental illnesses. Researchers estimate that as many as one in five Canadians will experience a mental illness at some point in their life. You may not experience a mental illness yourself, but it's very likely that a family member, friend, or co-worker will experience challenges.

### Myth #3: Mental illnesses are just an excuse for poor behaviour.

**Fact:** It's true that some people who experience mental illnesses may act in ways that are unexpected or seem strange to others. We need to remember that the illness, not the person, is behind these behaviours. No one chooses to experience a mental illness. People who experience a change in their behaviour due to a mental illness may feel extremely embarrassed or ashamed around others. It's also true that people with a history of a mental illness are like anyone else; they may make poor choices or do something unexpected for reasons unrelated to symptoms of their illness.

### Myth #4: Bad parenting causes mental illnesses.

**Fact:** No one factor can cause mental illnesses. Mental illnesses are complicated conditions that arise from a combination of genetics, biology, environment, and life experiences. Family members and loved ones do have a big role in support and recovery.

### Myth #5: People with mental illnesses are violent and dangerous.

**Fact:** Some people try to predict violence so they know what to avoid. However, the causes of violence are complicated. Researchers agree that mental illnesses are not a good predictor of violence. In fact, if we look at mental illnesses on their own, people who experience a mental illness are no more violent than people without a mental illness. Excluding people from communities is linked to violence. And people with mental illnesses are often among those who are excluded. It's also important to note that people who experience mental illnesses are much more likely to be victims of violence than to be violent.

### Myth #6: People don't recover from mental illnesses.

**Fact:** People can and do recover from mental illnesses. Today, there are many different kinds of treatments, services, and supports that can help. No one should expect to feel unwell forever. The fact is, people who experience mental illnesses can and do lead productive, engaged lives. They work, volunteer, or contribute their unique skills and abilities to their communities. Even when people experience mental illnesses that last for a long time, they can learn how to manage their symptoms so they can get back to their goals. If someone continues to experience many challenges, it may be a sign that different approaches or supports are needed.

### Myth #7: People who experience mental illnesses are weak and can't handle stress.

**Fact:** Stress impacts well-being, but this is true for everyone. People who experience mental illnesses may actually be better at managing stress than people who haven't experienced mental illnesses. Many people who experience mental illnesses learn skills like stress management and problem-solving so they can take care of stress before it affects their well-being. Taking care of yourself and asking for help when you need it are signs of strength, not weakness.

### Myth #8: People who experience mental illnesses can't work.

**Fact:** Whether you realize it or not, workplaces are filled with people who have experienced mental illnesses. Mental illnesses don't mean that someone is no longer capable of working. Some people benefit from changes at work to support their goals, but many people work with few supports from their employer. Most people who experience serious mental illnesses want to work but face systemic barriers to finding and keeping meaningful employment.

**Mental illnesses create distress, don't go away on their own, and are real health problems with effective treatments.**

**Myth #9: Kids can't have a mental illness like depression. Those are adult problems.**

**Fact:** Even children can experience mental illnesses. In fact, many mental illnesses first appear when a person is young. Mental illnesses may look different in children than in adults, but they are a real concern. Mental illnesses can impact the way young people learn and build skills, which can lead to challenges in the future. Unfortunately, many children don't receive the help they need.

**Myth #10: Everyone gets depressed as they grow older. It's just part of the aging process.**

**Fact:** Depression is never an inevitable part of aging. Older adults may have a greater risk of depression because they experience so many changes in roles and social networks. If an older adult experiences depression, they need the same support as anyone else.

These myths—and many more—exclude people with mental illnesses from our communities and create barriers to well-being. If we want to reduce the impact of mental illnesses on our communities, we need to learn the facts and start with our own assumptions and behaviours.

**WHAT CAN I DO ABOUT IT?**

Changing attitudes and behaviours takes time, and it might seem like one person can't possibly make a difference. Actually, we can all find small ways to help.

First, we can all think about where our information comes from. News stories, TV shows, movies, and other media don't necessarily give you the whole story. These stories are usually sensational or shocking because that's what sells—but they don't necessarily represent most people's experiences. Thinking critically about where our information comes from can help us separate sensational stories from balanced points of view.

Second, we can all support laws and practices in our communities that stop discrimination against people with mental illnesses and promote inclusion.

Third, we can all spend time with people who experience mental illnesses to share and learn from each other. This is best when everyone is in an equal position of power. Volunteering with a community organization is a great way to connect with others.



**DO YOU NEED MORE HELP?**

Contact a community organization like the Canadian Mental Health Association to learn more about support and resources in your area.

Founded in 1918, The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness.

Visit the **CMHA website at [www.cmha.ca](http://www.cmha.ca)** today.



Canadian Mental Health Association  
*Mental health for all*



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**MYTHS ABOUT MENTAL ILLNESSES**



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[www.cmha.ca](http://www.cmha.ca)

TEMAGAMI FIRST NATION  
**SHUTTLE BOAT SCHEDULE - July 2016**

SCHEDULE A MONDAY TO FRIDAY		JULY 2016							
Depart <b>Bear Island</b> WEEK DAY (MON-FRI)	Depart <b>Milveroad</b> WEEK DAY (MON-FRI)	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
*8:00 a	*8:15 a	3	4	5	6	7	8	9	<b>WEEKDAY ON-CALL TRIPS AVAILABLE</b> -must be booked in advance
*8:30 a	*8:45 a		237-8201	237-8201	237-8955	237-8955	237-8201	237-8955	
*9:00 a	*9:15 a		237-8201	237-8201	237-8955	237-8955	237-8201	237-8201	<b>No Service:</b> Weekends or Holidays with the exception of: <b>POW WOW</b> Schedule: July 9 <sup>th</sup> -10 <sup>th</sup> 9:00am - 1:30pm 3:00pm - 5:00pm 6:00pm - 9:00pm (1 <sup>st</sup> Shuttle to depart Mine Road landing @ 9:00am and runs every ½ hour during scheduled times - \$5/person or \$2 vendors one way - Pontoon & Big Boat Available)
*1:15 p	*1:30 p	10	11	12	13	14	15	16	
*4:00 p	*4:15 p	237-8955	237-8955	237-8201	237-8201	237-8955	237-8955	237-8955	<b>NOTE: All trips                      required call to book</b>
*4:30 p	*4:45 p	237-8201	237-8201	237-8201	237-8201	237-8201	237-8201	237-8201	
*5:00 p	*5:15 p	17	18	19	20	21	22	23	
			237-8955	237-8955	237-8201	237-8201	237-8201		
		24	25	26	27	28	29	30	
		31	237-8955	237-8955	237-8955	237-8201	237-8201		

**NOTE: ON-CALL TRIPS MAY REQUIRE ONE (1) HOUR NOTICE - PLEASE LEAVE MESSAGE FOR BOOKING & CANCELLED TRIPS**

**THIS SCHEDULE MAY CHANGE WITHOUT NOTICE ~ WEATHER PERMITTING**

**FOR MORE INFO CALL (705) 237-8943 ~ All trips must be confirmed by calling the Driver or Band Office**

- Two Regular size Bin Limit; \$10 per passenger (regular scheduled trips); \$50.00 per On-Call Trip
- Driver: **Dean Potts (705) 237-8955** \* **Dan Mongrain (705) 237-8201**