

Nimkadaading~ Happy New Year!

BI BLAST

*Gitche Bi'boon Giizis ~ Big Winter Month
January 2014*

It's the Blast's 1 year anniversary!



Welcome 2014!



A new year, a fresh start. Time for resolutions...or not...depending on your state of mind!

This is the start of year 2 for the BI Blast. We hope you have enjoyed the previous 12 issues.

The Blast belongs to the people of the community, so everyone is always welcome and invited to contribute.

The more content that comes from the people, the richer and more exciting the Blast becomes.

The only condition is, "Keep Your Stick on the Ice"! Photos, art, poetry, stories, history, opinions, jokes...whatever you would like to share.

Please send your contributions to:

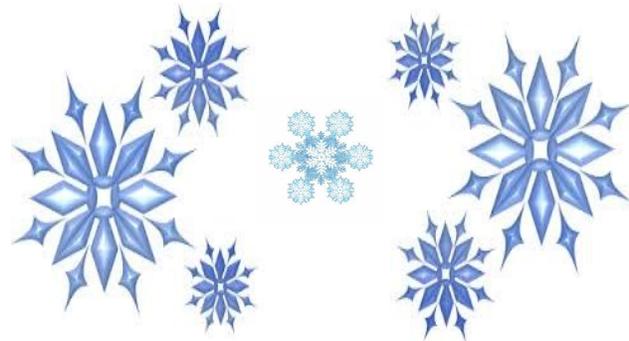
communication@temagamifirstnation.ca

or

BI Blast C/O Temagami First Nation

Bear Island, Lake Temagami ON

POH 1C0



The Blast received an anonymous contribution with a positive message for the new year. It is about the act of forgiveness- an exercise to help anyone

who wants to throw off old baggage and free themselves to move forward. It's on the next page.

Kàsiyamawàn - to Forgive.

From <http://www.thealgonquinway.ca/English/dictionary-results-e.php>

Oshki Da Mach Ta Min - We Will Start New.

Teme Augama Anishnabai Translation from Alex Mathias

"Forgiveness does not change the past, but it does enlarge the future."

— PAUL BOESE —

"WITH FORGIVENESS, MY LIFE IS NO LONGER DEFINED BY THE PAIN, BUT BY THE FUTURE POSSIBILITIES."

- DR. DICK TIBBITS



You can't reach for anything new if your hands are still full of yesterday's junk.

- Louise Smith

"The weak can never forgive. Forgiveness is the attribute of the strong."

~Mahatma Gandhi

Forgiveness – The Crown Jewel Of Personal Freedom Workshop

Person You Are Forgiving: _____

With your attention on the person repeat this statement to yourself as you write the statement on the lines below the statement.

Just like me, (their name) is seeking happiness in his/her life.

Just like me, (their name) is trying to avoid suffering in his/her life.

Just like me, (their name) has had behavior that was motivated by fear.

Just like me, (their name) has known sorrow, loss, loneliness and hopelessness in his/her life.

Just like me, (their name) is seeking fulfillment in his/her life.

Just like me, (their name) is learning about life.

Just like me, (their name) acted in ways, which if offered an opportunity would make a different decision.

Just like me, (their name) is not perfect.

Just like me, (their name) is (write a statement that applies to your situation).

“As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.”

“Resentment is like drinking poison and expecting it to kill your enemies.”

— [Nelson Mandela](#)

TEMAGAMI FIRST NATION



BEAR ISLAND
LAKE TEMAGAMI, ONTARIO P0H 1C0
TEL 1.888.737.9884 or 705.237.8943
FAX 705.237.8959
www.temagamifirstnation.ca



NOTICE OF NOMINATIONS MEETING NOTICE OF BY-ELECTION

Notice is hereby given to the electors of the Temagami First Nation, that a *Nominations Meeting & By-Election* will be held for the following position:

ONE (1) COUNCILLOR

TERM ENDING JULY 2014

NOTICE OF NOMINATIONS MEETING

Place: Bear Island Recreation Centre
Date: **Thursday, January 23, 2014**
Time: 7:00 p.m. to 9:00 p.m.

*****NEW*****

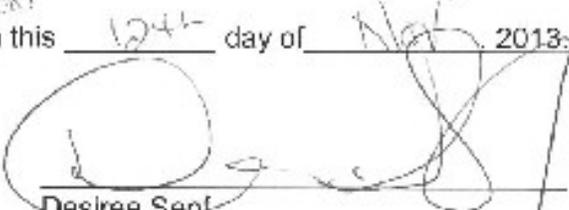
**MAIL-IN NOMINATIONS FORMS ARE AVAILABLE
MUST BE RECEIVED BY ELECTORAL OFFICER NO LATER THAN
THURSDAY, JANUARY 9, 2014**

NOTICE OF BY-ELECTION

Place: Bear Island Recreation Centre
Date: **Saturday, February 8th/2014**
POLL OPEN: 9:00 a.m.
POLL CLOSE: 6:00 p.m.

Please Note: This By-Election is being held under Tribal Custom, Terms & Conditions set out in Tribal Constitution in power as of September 26, 1978.

Given under my hand at Bear Island, ON, on this 12th day of Nov, 2013.


Desiree Senf
Electoral Officer
Temagami First Nation



Update from the TFN Enrichment Office

December 2013

Merry Christmas and Happy New Year one and all! Wishing you all a healthy and prosperous 2014!

The TFN Enrichment Funds Committee presented to the TFN Band Council an amendment to the Enrichment Funds Health Policy. This amendment was ratified at the duly convened TFN Band Council meeting, November 28th, 2013. If you are one who accesses this fund, it is most important to familiarize yourself with the Health Policy amendment.

Below is the area of the policy that has been amended:

HEALTH COVERAGE:

- **Medications:** All Prescriptions not covered by First Nation & Inuit Health.

NOTE: TFN Enrichment Funds Health Policy to follow Health Canada guidelines regarding narcotics.

- **Rates are as follows:**

- Rooms will be covered to a maximum of \$125.00/night (receipt required)
- Private Accommodation at \$20.00/night
- Meals @ \$12.50/meal
- Mileage @ 16.5 cents/km (Receipts for mileage no longer required)
- Boat & snowmobile travel from Bear Island @ 30.00/trip maximum
- Hospital parking (receipts required)
- Public transportation (receipts required)

To become more informed regarding Health Canada guidelines go to Health Canada website. Site address is: www.hc-sc.gc.ca.

Amended Health Policy can be found at temagamifirstnation.ca web site. Should you have any questions, please contact the Enrichment Office.

Keep an eye on the mail in late January, as the Enrichment Committee will be sending a notice of the upcoming community consultations. The Enrichment Program Policies will be brought to the people for discussion, and recommendations. Hope to see you there!

Elizabeth Potts (Liz)
Administrative Assistant
Bear Island, ON P0H 1C0
Phone: 705-237-8943 Fax: 705-237-8959
Email: tfnenrichment@temagamifirstnation.ca

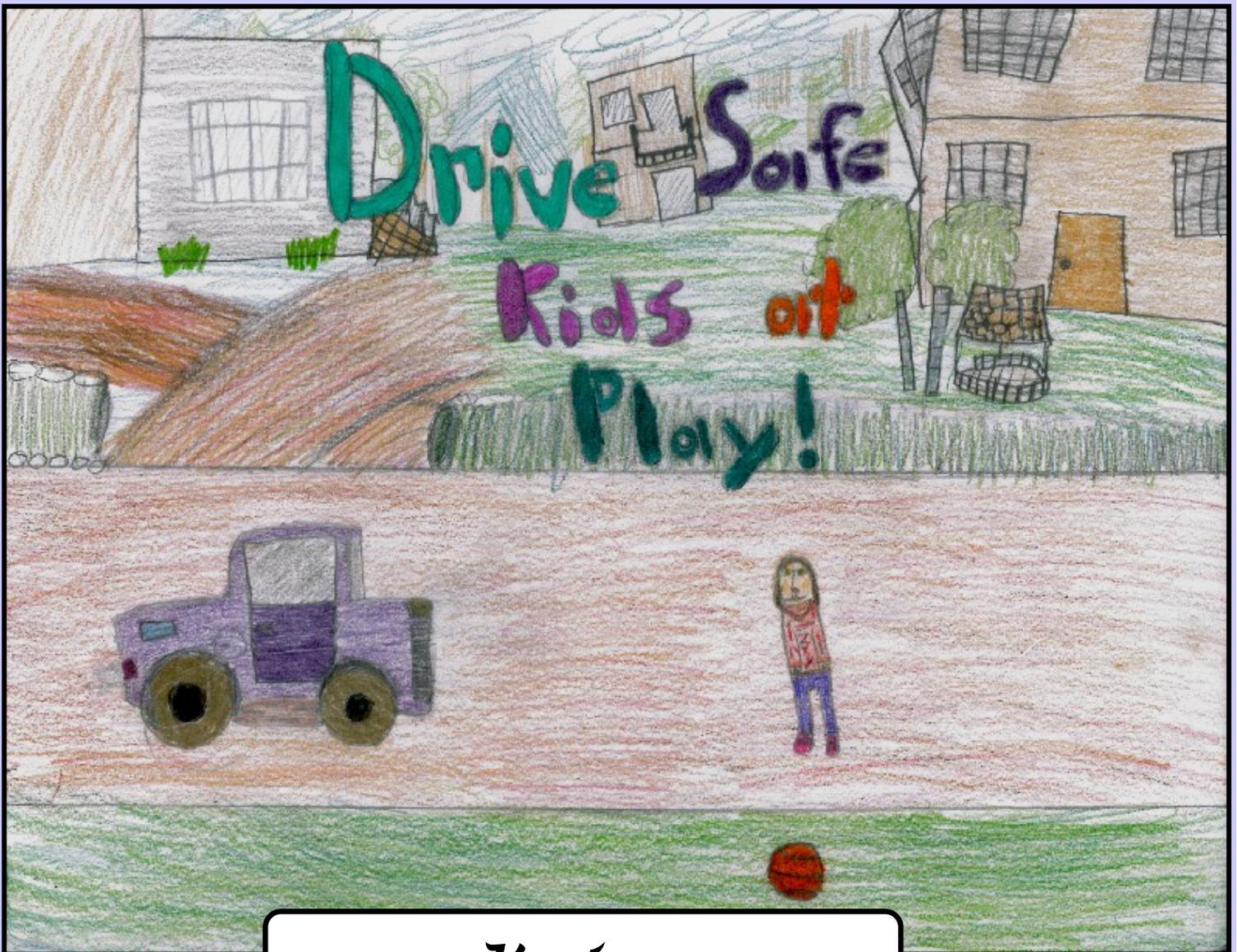


2013 Poster Contest-

Road Safety and Awareness

Congratulations to Kaiya, Angel J., and Stephanie on their winning entries in the Bear Island Road Safety and Awareness Poster Contest! Each of these talented artists has received a \$40 gift certificate and will have her creation printed on a billboard to be displayed on BI in the coming year.

Stephanie's poster is on the back cover.



Kaiya

Miigwetch to Angel, Kaya, and Stephanie for the beautiful and imaginative artwork!

Miigwetch also to TFN Admin for coming up with such a creative way to keep our roads safe.

Miigwetch to all the Youth who submitted their designs- they were all great and it was hard to choose.



Angel

We all want safety and security for our children and everyone in the community. Let's enjoy the inspiration from these great artworks and keep the roads of BI a relaxing place to walk and ride.

On the Road with Joe and Simone Twain

Joe and Simone Twain have always been adventurers. They are on the Pow Wow trail steadily during the summers, selling their crafts and enjoying meeting new people.



In spring of 2013, Joe and Simone travelled to Tennessee, North Carolina, and South Carolina. They had been that way in the past, but wanted to return to devote time to exploring the Native culture in the area. They had a fascinating trip, and they are happy to share their experience with the Blast.

The Cherokee are the dominant Native American Nation of the Carolinas today. They also lived in what is now Tennessee as well, and although descendants of the Cherokee still live there they are not officially recognized. During the “Indian Removals” of the early 1800s, thousands of Cherokees, Creeks, Seminoles, Choctaws, and others were forced to leave their homelands on what became known as the “Trail of Tears”. In 1838 over 15,000 Cherokees walked over 1000 miles in a gruelling winter trek to present-day Oklahoma.

Conditions were horrific. Thousands died .

In spite of this terrible history the Cherokee community of the Carolinas survived. Some of the Trail of Tears walkers escaped to the mountains and hid; some others who had been “removed” to Oklahoma eventually returned to their homeland. Many also stayed in Oklahoma.

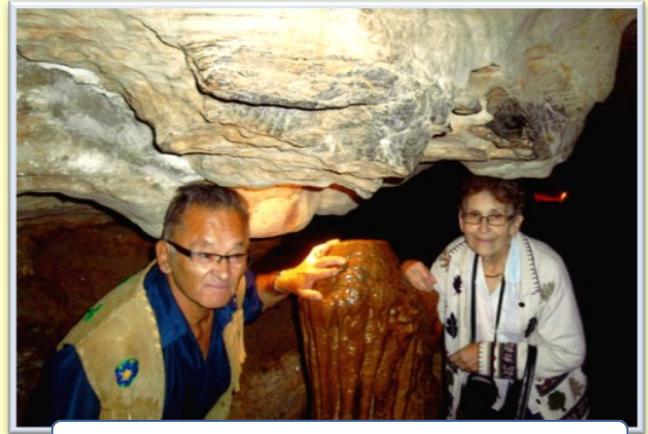
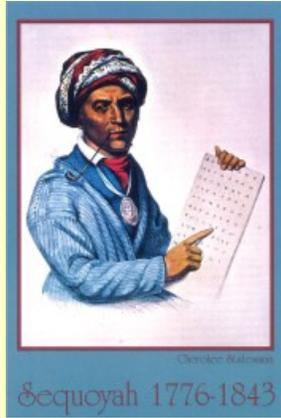
Joe and Simone were impressed by the strong Cherokee culture they found. They went to many craft shops that they say carry high-quality hand-made items.



They toured several museums where they viewed historic exhibits of tools, clothing, spiritual and political ceremonial items, and lifestyle depictions.



They were fascinated by the story of the development of the Cherokee alphabet, or “syllabary”. A citizen named Sequoyah took it upon himself to create the syllabary in 1809; the process took 12 years. The syllabary was introduced to the Cherokee people in 1821; by 1824 most Cherokees were fluent in this written version of their language.



At the Underground Lost Sea Lake and Caverns

Generally they found the people to be very friendly, and found it interesting that many shaganash identified themselves as part Cherokee. They were astonished by the size of Harrah’s Cherokee Casino Resort: over 1100 rooms, and 100 suites. Joe says the casino generates hundreds of millions in revenue each year. Now that’s a lot of Juneah!!! (They enjoyed touring the casino, but they didn’t gamble.)



Joe and Simone toured Bald River Falls at the Cherokee National Forest, and also went to Clingman’s Dome. A plaque there reads: “Clingman’s Dome is a sacred mountain to the Cherokees, where the Magic Lake was once seen. The Great Spirit told the Cherokees that, ‘If they love me, if they love all their brothers and sisters, and if they love the animals of the earth, when they grow old and sick, they can come to a magic lake and be made well again.’”



Joe and Simone would like to return to Cherokee Territory someday, but for their next adventure they are thinking of heading to the western provinces. ***Please keep the Blast informed, Joe and Simone! It’s great to hear about all you have seen and done.***



*Community
Christmas
Dinner
2013*

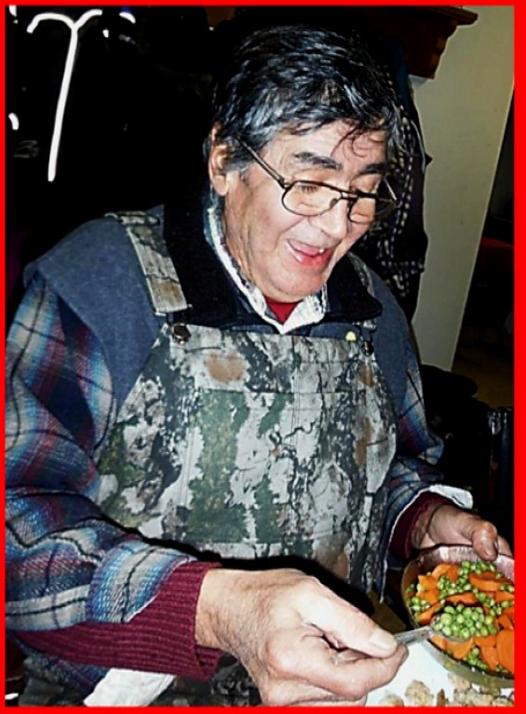
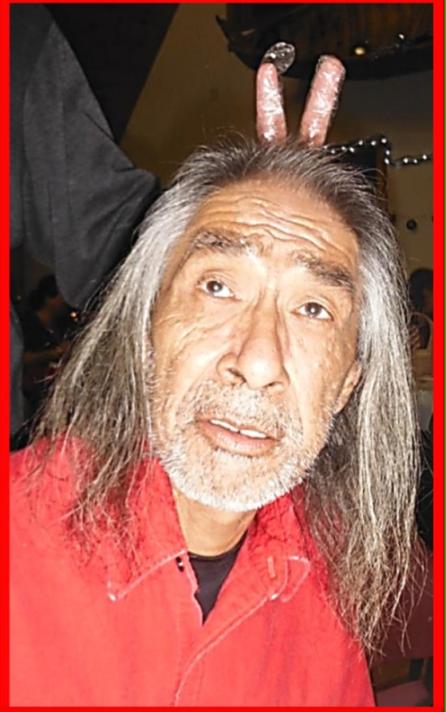




*Chi
Mügwetch
to Nathan
and Jen
for the
great
meal!*

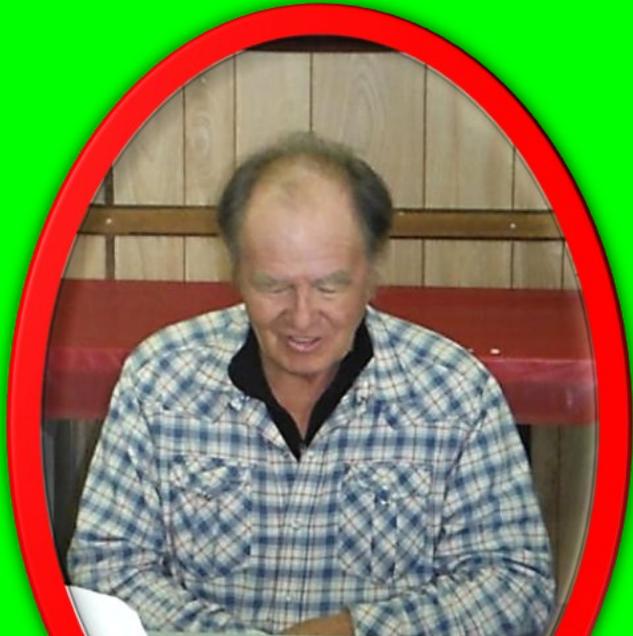






*Elder's
Christmas
Luncheon
and Bingo*





LMLC Christmas Concert







TMFC
Christmas
Luncheon







*Christmas
Hugs and
Kisses!*





*Chi Miigwetch to All the Hard
Working Staff at TMFC!
It's Been a Great Year
We Love You!*

Amanda and Mark

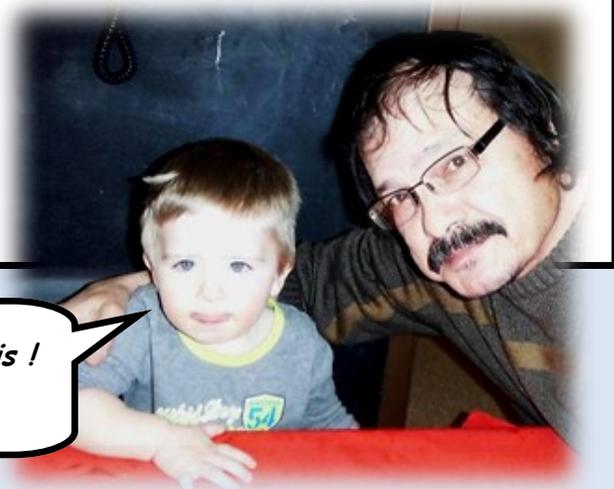
would like to thank everyone for the wonderful baby shower and gifts celebrating Ruby's arrival.



Chi Miigwetch!

Anishnabe Words and Expressions We Hardly if Ever Hear Anymore

- with Duane Paul



*Ever cool, N'Shomis!
Miigwetch!*

1) G'ween-G'waush

- A) Wolverine
- B) Peace Pipe
- C) Evil Spirit
- D) Regret

2) O'moo-day-ap-quon

- A) Vivid dream
- B) Roasting pan
- C) Pack sack
- D) Bottle

3) Schad-diz-ay

- A) Angry
- B) Crazy
- C) Cautious
- D) Hot

4) Ah-quad-diz-ay

- A) Confused
- B) Deformed
- C) Ill-tempered
- D) Crosswind

5) Mah-Whut-Shew-Way

- A) Visit
- B) Peaceful
- C) Wasteful
- D) Mystery

6) Day-a'kwe

- A) Broken Heart
- B) Headache
- C) Dizzy
- D) Animal tracks

7) Day-bway

- A) Repeat oneself
- B) Speak the truth
- C) Encourage
- D) Heart beat

8) Mah-gum-maug-in

- A) Wheel barrow
- B) Shovel
- C) Hammer
- D) Axe

9) Mah-mah-skee'sh

- A) Carelessly
- B) Cedar tea
- C) Regret
- D) Mama's boy

10) Ash-kay

- A) Hunt with a bow and arrow
- B) A method of hunting
beaver
- C) Chase
- D) Hunt at night

Answers are on the bottom of page 34, next-to-last page.



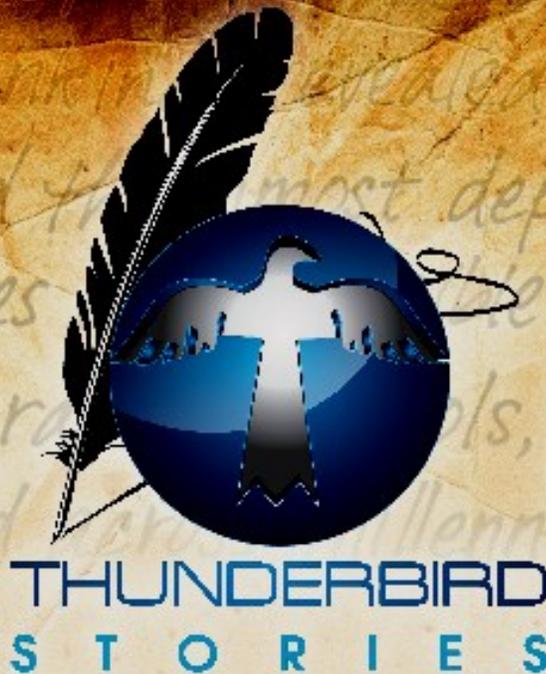
Calling All Aboriginal Artists!

We are paying cash to have your
artwork featured in our
next great iPhone app!

Deadline: January 14th, 2014
www.ogokilearning.com

Contact North has Resumed!!

If anyone is interested in taking a course
online, or just would like more information
about a course please contact Bev at the
LMLC
or
Beverly.stdenis@temagamifirstnation.ca



www.thunderbirdstories.com

Deadline date for story/legend submission: **February 28th 2014**

Win \$1000.00 Cash & have your story/legend featured in a book!

Rules:

- *Must provide proof of Aboriginal Ancestry*
- *Must be under 2000 words*
- *Stories & legends must contain Aboriginal content*

Portion of the proceeds are going to:



**FAMILIES OF
SISTERS IN SPIRIT**

Contact Information:

Please email info@thunderbirdtimes.com or call 613-890-3436



Health Info From Delma!



Diabetes

More than **three million** Canadians have diabetes

There are three main types of diabetes. **Type 1 diabetes**, usually diagnosed in children and adolescents, occurs when the pancreas is unable to produce insulin. Insulin is a hormone that controls the amount of glucose in the blood. Approximately 10 per cent of people with diabetes have type 1 diabetes.

The remaining 90 per cent have **type 2 diabetes**, which occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin that is produced. Type 2 diabetes usually develops in adulthood, although increasing numbers of children in high-risk populations are being diagnosed.

A third type of diabetes, **gestational diabetes**, is a temporary condition that occurs during pregnancy. It affects approximately 2 to 4 per cent of all pregnancies (in the non-Aboriginal population) and involves an increased risk of developing diabetes for both mother and child.



Is diabetes serious?

If left untreated or improperly managed, diabetes can result in a variety of complications, including:

- Heart disease
- Kidney disease
- Eye disease
- Problems with erection (impotence)
- Nerve damage

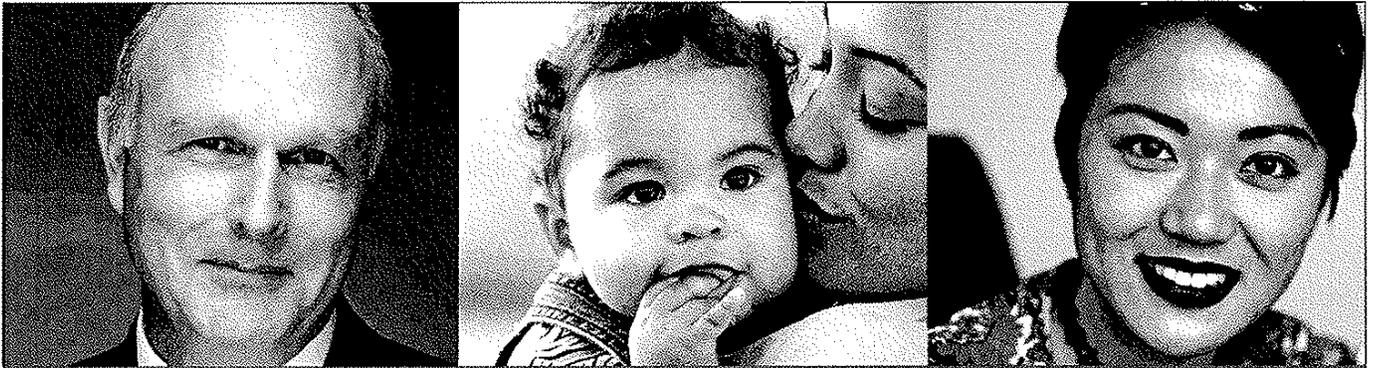
The first step in preventing or delaying the onset of these complications is recognizing the risk factors, as well as signs and symptoms of diabetes.

What are the risk factors for diabetes?

If you are aged 40 or older, you are at risk for type 2 diabetes and should be tested at least every three years. If any of the following risk factors apply, you should be tested earlier and/or more often:

<i>Being:</i>	<ul style="list-style-type: none"> • a member of a high-risk group (Aboriginal, Hispanic, Asian, South Asian or African descent) • overweight (especially if you carry most of your weight around your middle)
<i>Having:</i>	<ul style="list-style-type: none"> • a parent, brother or sister with diabetes • health complications that are associated with diabetes • given birth to a baby that weighed more than 4 kg (9 lb) • had gestational diabetes (diabetes during pregnancy) • prediabetes (impaired glucose tolerance or impaired fasting glucose) • high blood pressure • high cholesterol or other fats in the blood • been diagnosed with any of the following conditions: <ul style="list-style-type: none"> – polycystic ovary syndrome – acanthosis nigricans (darkened patches of skin) – Psychiatric disorders: schizophrenia, depression, bipolar disorder – I have obstructive sleep apnea – I use glucocorticoid medication

*This document reflects the 2013 Canadian Diabetes Association Clinical Practice Guidelines. ©2013 Copyright



How is diabetes treated?

Signs and symptoms of diabetes include the following:

- Unusual thirst w Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.

Can you prevent diabetes?

Research shows that lifestyle changes can help prevent or delay the onset of type 2 diabetes. A healthy meal plan, weight control and physical

How is diabetes treated?

People with diabetes can expect to live active, independent and vital lives if they make a lifelong commitment to careful diabetes management, which includes the following:

Education: Diabetes education is an important first step. All people with diabetes need to be informed about their condition.

Physical Activity: Regular physical activity helps your body lower blood glucose levels, promotes weight loss, reduces stress and enhances overall fitness.

Nutrition: What, when and how much you eat all play an important role in regulating blood glucose levels.

Weight Management: Maintaining a healthy weight is especially important in the management of type 2 diabetes.

Medication: Type 1 diabetes is always treated with insulin. Type 2 diabetes is managed through physical activity and meal planning and may require medications and/or insulin to assist your body in controlling blood glucose more effectively.

Lifestyle Management: Learning to reduce stress levels in day-to-day life can help people with diabetes better manage their disease.

Blood Pressure: High blood pressure can lead to eye disease, heart disease, stroke and kidney disease, so people with diabetes should try to maintain a blood pressure level below 130/80. To do this, you may need to change your eating and physical activity habits and/or take medication.



Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our community-based network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into practical applications.

*This document reflects the 2013 Canadian Diabetes Association Clinical Practice Guidelines. ©2013 Copyright



Related articles: *Type 2 Diabetes: the Basics, Type 1 Diabetes: the Basics, Prediabetes, Are you at risk*

diabetes.ca | 1-800 BANTING

Protect yourself and others from the FLU

Influenza, or the flu, is a highly contagious and infectious respiratory disease.



- ✓ **Get your annual flu shot**
- ✓ **Wash your hands frequently with soap and warm water**
- ✓ **Keep your hands away from your face**
- ✓ **Cough and sneeze into your arm, not your hand**
- ✓ **If you get sick, stay home until your symptoms are gone**
- ✓ **Keep common surface areas clean and disinfected**

PEOPLE AT RISK OF COMPLICATIONS

The following groups are not more likely to get the flu. However, they are more at risk of developing complications if they do get sick:

1. Children under 5 years of age
2. Women who are pregnant
3. People with chronic conditions such as:
 - Heart disease
 - Liver disease
 - Kidney disease
 - Blood disorders
 - Diabetes
 - Severe obesity
 - Asthma and chronic lung disease
 - Neurological disorders
 - Cancer or immune-compromising conditions
4. Aboriginal people
5. People 65 years of age and older
6. People who are residents of nursing homes or other chronic care facilities

IMPORTANT If you have flu symptoms and you have one of these risk factors, contact a health care provider as soon as possible — antiviral medications may be needed.



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Immunize
Immunisation **Canada**
immunize.ca

IS IT A COLD OR THE FLU?

SYMPTOM	COLD	FLU (INFLUENZA)
fever	rare	usual high fever (102°F/39°C to 104°F/40°C) – sudden onset, lasts 3-4 days
headache	rare	usual – can be severe
general aches and pains	sometimes, mild	usual – often severe
fatigue and weakness	sometimes, mild	usual, severe, may last 2-3 weeks or more
extreme fatigue	unusual	usual early onset – can be severe
runny, stuffy nose	common	common
sneezing	common	sometimes
sore throat	common	common
chest discomfort, coughing	sometimes, mild to moderate	usual – can be severe
COMPLICATIONS	can lead to sinus congestion or earache	can lead to pneumonia and respiratory failure; can worsen a current chronic condition; can be life-threatening

SEVERITY INDICATORS

If you develop the following symptoms, you need to see a health care provider right away:

- Shortness of breath, rapid breathing or difficulty breathing
- Chest pain
- Bluish or grey skin colour
- Bloody or coloured mucus/spit
- Sudden dizziness or confusion
- Severe or persistent vomiting
- High fever lasting more than three days
- Low blood pressure

Additional symptoms to watch for in children:

- Not drinking enough fluids or eating
- Not waking up or interacting
- Irritability; not wanting to play or be held

To find out more, visit fightflu.ca and immunize.ca

Tillie Missabie Family Centre Newsletter

January

2014

Some important dates to write on your calendars:

January 1st - New Year's Day
January 6th - Welcome back regular programming

FRIENDLY REMINDERS:

Please keep in mind that the TMFC closes at 5 pm. Our hours of operation are from 8:15-5:00. Please remember that your child must be picked up and have left the centre by 5:15, not coming at 5:15 to pick your child up.

Winter Clothing

Please ensure that your child has warm winter clothing (hat, mitts, neck warmers, snow pants, boots, etc.) for outdoor play. Also, please ensure that your child has appropriate shoes for indoor activities.

ATTENDANCE FORMS:

Your child's attendance form for the month of February will be due with payment on January 28th.

Communicable Diseases

If your child contracts a health condition that is contagious please notify us immediately. Even if you suspect such a condition exists and the doctor has not yet confirmed it, we would appreciate being informed as this can help us take measures to contain the spread of illness. As well, if your child has a fever or a runny nose they cannot care for on their own, diarrhea or other illness, they need to be at home so they do not spread the illness to other children and staff.

SPECIAL THANKS

Thank you to all the families and friends of the Tillie Missabie Family Centre for their well wishes, cards and gifts.

We would like to welcome Colby, Chase & Julia to our daycare family.

Upcoming Birthday's



Charlie LeFrancois January 10th
Cheyanne Presseault January 11th

Empower your child by giving him/her a choice and a chance. Let them learn to make their own decisions, when appropriate, and learn to trust their feelings. Taking risks is the number one condition for building positive self-esteem.

RECIPE OF THE MONTH

Easy Sugar Cookies

"Quick and easy sugar cookies! Terrific plain or with candies in them. This recipe uses basic ingredients you probably already have."

INGREDIENTS:

2 $\frac{3}{4}$ cups all-purpose flour
1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon baking powder
1 cup butter, softened
1 $\frac{1}{2}$ cups white sugar
1 egg
1 teaspoon vanilla extract

DIRECTIONS:

1. Preheat oven to 375 degrees F (190 degrees C). In a small bowl, stir together flour, baking soda, and baking powder. Set aside.
2. In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.
3. Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.



Christmas Bins

Chi Miigwetch to Alice and all the hard-working DPHC Staff for putting together such great Christmas Bins for the community!

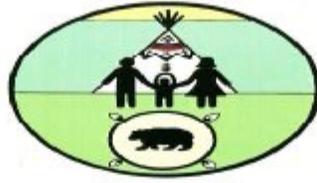


The Beauty of Co-Operation...

New Year's Food for Thought...

- "In the long history of humankind (and animal kind, too) those who learned to collaborate and improvise most effectively have prevailed." ~ Charles Darwin
- "Sticks in a bundle are unbreakable" -Kenyan Proverb
- "The secret is to gang up on the problem, rather than each other." ~ Thomas Stallkamp





*TEMAGAMI FIRST NATION FAMILY HEALING AND
WELLNESS CENTRE STAFF ARE LOOKING FOR
INTERESTED COMMUNITY VOLUNTEERS TO BE PART
OF OUR CRISIS RESPONSE TEAM*

*IF INTERESTED OR HAVE QUESTIONS PLEASE CALL
ANNETTE OR LINDA @ FHWC*

By January 10, 2014

CALL: 705-237-8600

EMAIL:

*Annette.Polson@temagamifirstnation.ca or
Linda.Paul@temagamifirstnation.ca*



"Today, as we wish each other a happy new year, let us determine to be more sincere, compassionate warm-hearted human beings, trying to make our world a more equal place. That way we'll actually make it a happy year".

'The Dalai Lama, January 1 2014

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day	2 FHWC Holidays	3 FHWC Holidays	4
5	6 Men's shopping trip	7	8	9 Men's Dinner/faceless doll presentation 5:30pm	10	11 YOUTH COOKING 3PM
12	13 Programming Gr.2&3 LMLC Gr. 4-8 LMLC 1pm	14	15 Women's Dinner/faceless doll presentation 5:30pm	16	17	18
19	20	21 Cooking Gr. 6-8 1pm	22 Boys & Men's Drumming 7pm	23	24	25
26	27 Gr Jk-1 LMLC 1pm Program	28	29 Honouring A Child 7pm	30	31 Youth Workshop Ages 13-18yrs (Tentative date)	

Family Healing and Wellness Highlights

708-887-8800



Client shopping trips for men please call leave a message for Annette @ FHWC by December 30, 2013 on answering machine, next men's trip will be January 6, 2014.

Ferry McLeod will be in the community for Dinner/ Sharing Circle in January no date set but keep eye out for a flyer posting.

Men's & Women's Dinners/presentations please call to let us know if you are attending by January 6, 2013 please leave a message on our answering service.

Edu-Therapy Program will be starting again in February 2014 if you are interested in attending please sign up with Annette or Linda.

Crisis Team meeting will be in January we will be contacting people about the time and place we are still in need of volunteers if interested please contact Annette or Linda before January 10, 2014.

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

Temagami Artistic Collective Presents:

Girls' Night Out 2014!

Saturday February 8
Bunny Miller Theatre ~Temagami



Get your tickets early...it always sells out!
Watch for the list of performers on the coming flyer.

Answers to "Anishnabe Words and Expressions We Hardly If Ever Hear Any More" :

1-B * 2-D * 3-A * 4-C * 5-A * 6-B * 7-B * 8-C * 9-A * 10-B

To "Aash-kay" was / is not considered good practise and in fact frowned upon, as it involved the breaking open of the beaver dam to lower water levels in the beaver pond. The natural instinct of the beaver is to inspect and repair the damage, leaving the safety of the beaver house and making them easy prey. The entire family of beaver could easily be wiped out, jeopardizing the population.

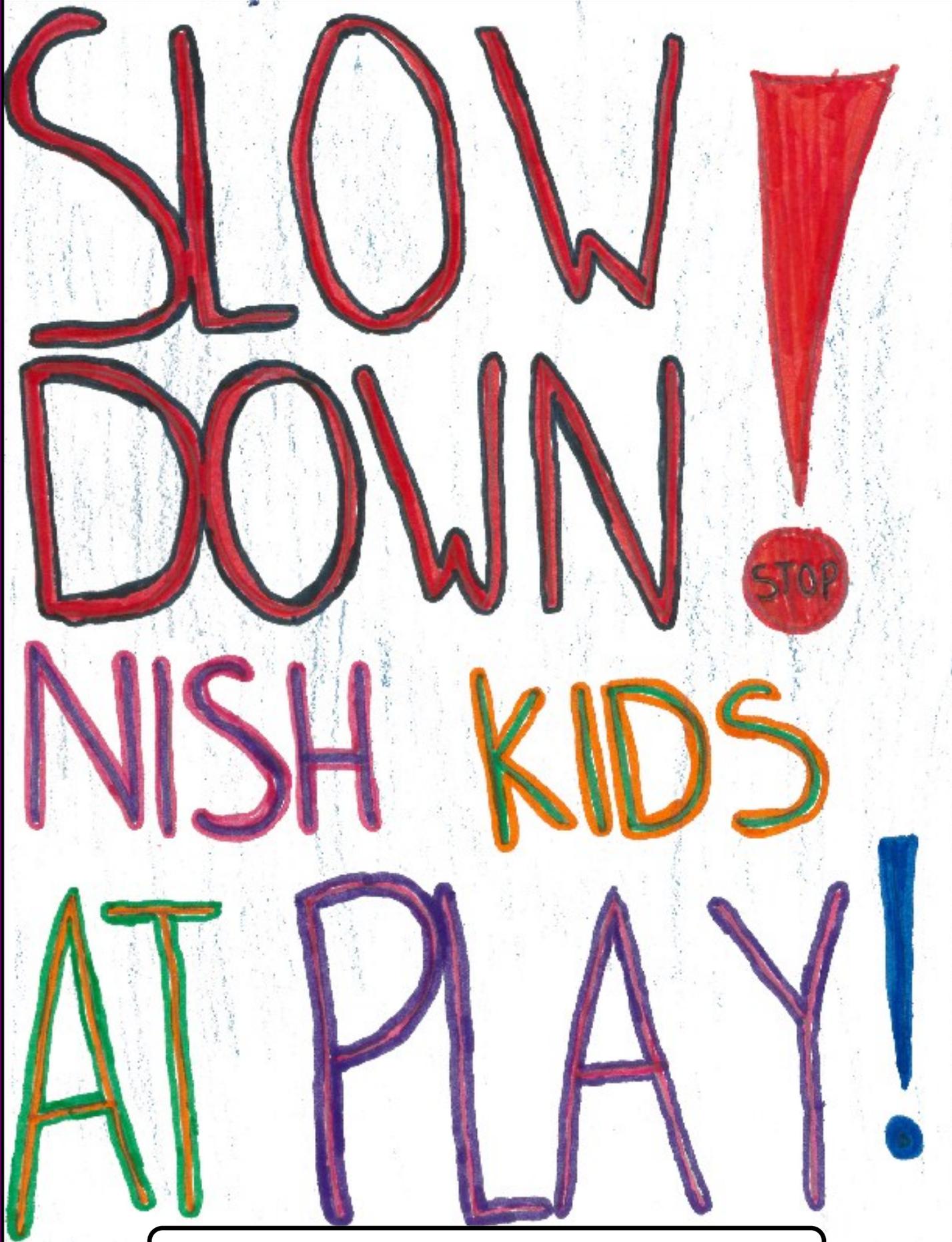
Note: Pronounce "aash", in the word "aash-kay" much like "ace",
ending with the "sh" sound as in "she"

~ January 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Back to School! TMFC Open Men's Shopping FHWC	7	8	9 Men's Dinner and Faceless Doll Presentation 5:30pm FHWC	10	11 Youth Cooking 3pm FHWC
12	13	14	15 LMLC Spirit Day Women's Dinner and Faceless Doll Presentation FHWC 5:30pm	16 Regular Council Meeting	17	18
19	20	21	22 Boy's and Men's Drumming FHWC 7pm	23 By-Election Nominations 7-9pm Rec Centre	24	25
26	27	28	29 Honouring a Child FHWC 7pm	30	31 Youth Workshop 13-18 years (Tentative Date) FHWC	Notes:

Notes:

- *Don't forget the By-Election Date is Saturday February 8th, 9am to 5pm.*
- *Perry McLeod will be coming for a sharing circle at some point in January- FHWC will let everyone know when.*

SLOW
DOWN
NISH KIDS
AT PLAY!



Stephanie