

BEAR ISLAND

BLAST



WAABIGOON KIIZIS



FLOWER MOON



TEMAGAMI
FIRST NATION



**TEMAGAMI
FIRST NATION**

BEAR ISLAND
LAKE TEMAGAMI, ONTARIO P0H 1C0
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NOTICE

**REGULAR COUNCIL MEETING
WEDNESDAY MAY 1, 2019
Lands & Resources Office
7:00 pm**

In regards to band members who wish to raise a matter – Any additional agenda items are to be submitted in writing and in person to the Band Office or via email to tfn@temagamifirstnation.ca the Friday preceding each council meeting by 4:30pm.

For dates for the next Regular Council Meeting - Call 705-237-8943

For Webex (live web broadcasting) login instructions please contact Courtney Saville, TFN Admin Support
Email: courtney.saville@temagamifirstnation.ca or call 705-237-8943/1-888-737-9884

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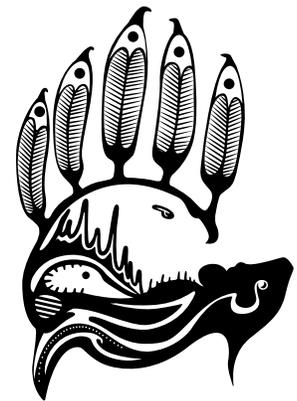
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Bear Island Blast Submissions can be sent to communication@temagamifirstnation.ca or call 705-237-8943

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Temagami First Nation

BAND ADMINISTRATION INTERN

Courtney Saville

Hello!

My name is Courtney Saville, I was born and raised on Bear Island and have always considered it to be my home. My formal education is in Veterinary Medicine and I have been hired as the Band Administration Intern as well as the WebEx Technician. My new position will give me the opportunity to work within all of Temagami First Nation's departments. I am excited for this new endeavour and look forward to seeing everyone around the island!

I can be reached at the Band Office (705) 237-8943 or courtney.saville@temagamifirstnation.ca

Doreen Potts Health Centre Service

May availability for Massage Therapy

Massage Therapist Katie Laronde available at the DPHC

- Tuesday May 14th 10:00am – 4:00pm
- Thursday May 23rd 10:00am – 4:00pm
- Tuesday May 28th 10:00am – 4:00pm



Please call DPHC to book an appointment (705) 237-8900



Temagami First Nation

INTERIM HUMAN RESOURCES MANAGER Katie Madore

Hello Temagami First Nation! My name is Katelyn, but call me Katie. I'll be covering the Human Resources desk while John is away for a few weeks and I'm quite excited to do so! Although I'm not originally from Temagami, I have been visiting the area for close to a decade with my fiancé, enjoying the lake and all it has to offer. I am happy to call myself a Temagami resident, residing on the Southwest arm of the lake but currently located in town during break up, which has been quite an experience for a greenhorn of northern Ontario. I grew up in Cambridge, Ontario but moved to Terrace, British Columbia in November, 2015, when we packed up our car with all of our belongings, our cat and drove across the country to our new home. That was really cool, seeing all of the provinces to the west and highly recommend doing the road trip once in your life if you're able. Terrace is a small mountain town in Northwest B.C., surrounded by the Rockies and known for the Kermode bear (a genetically mutated black bear that has white fur...it's a beautiful animal). We spent the past three years in Terrace but took the chance to move to Temagami and be where we've always dreamed of being and started a new adventure!

Some of my hobbies include hiking, painting, photography and engrossing myself in movies/television including Game of Thrones and anything Marvel. I consider myself to be a bit of a fantasy nerd so if you'd like to chat or discuss fan theories, I'm your girl! I'm also a huge NFL football fan: GO STEELERS! My fiancé and I have a dog named Sam and a cat named Nike and they both love to hike and explore the outdoors with us when we go off on adventures. If you ever need to pop into my office, you'll definitely find me listening to music of some sort, the genre changes depending on the day I'm having but a constant is the queen, Beyonce; I've seen her in concert three times and cannot wait for the next time she goes on tour! I've always been intrigued by travelling and experiencing all that the world has to offer. My favourite place I have been thus far has to be Hong Kong, mostly for the melting pot of culture and of course the international food, but I dream of experiencing Istanbul, Turkey one day soon.

I very much look forward to experiencing working and living on the lake and am excited to start the next chapter in this adventure we all call life. I hope to get to know each of you and invite you to stop into the Band Office and introduce yourself. Coffee is always appreciated. See you soon!



LMLC FIELD TRIP



On May 4th, 2019 LMLC children, grades 1-3 boarded snowmobiles for an afternoon on the land. We went out with Dan Mongrain who led in land teachings. We saw ancient pictographs on the rocks, had a fire and hotdogs and marshmallows with hot chocolate. The kids explored the shore and listened to stories.



Anishinaabemowin Revitalization

Daisy Fannin, Sagaswe’idiwin
Project Coordinator



Anton Treuer

The Timiaagaming Anishinaabemowin Sagaswe’idiwin (Temagami Language Commission) has been very busy over the past while.

In April, the Sagaswe’idiwin hosted Professor Anton Treuer on Bear Island for 2 days of activities related to revitalizing the language. He did a very compelling presentation, and people felt energized and encouraged to do what they can to promote the language and learn it themselves.

What is the importance of revitalizing and using our language?

- Language is “Bimaadzaawin” – a way of life. Values, principles, and ways of seeing the world are embedded in it. For example, there is no gender in Anishinaabemowin. Male and female are equal. There is no equal word for “goodbye”- instead, “gwaabmin” means

“see you again”. Considering the spiritual depth of this difference. Anishinaabemowin contains the concept of “animate” and “inanimate”- alive, or not alive. A tree is animate, but a broken off branch is inanimate. Even rocks are animate- alive- this speaks of a way of relating that is profoundly different from mainstream concepts.

These are only a few examples. In an interview with Muskrat Magazine, language learner and teacher Miskwaanakwad says, “I know a lot of speakers will tell you this that it’s very descriptive. The way words and sentences are put together, they are building blocks put together to create a larger picture of what’s being conveyed. Almost every single word in the language is a compound word – a construction of smaller names that have meaning in themselves. When an Anishinaabemowin speaker is speaking, there is so much meaning in every part of what they’re saying. It’s really cool that way. As a learner of it as a second language, I’m only just starting to be able to pick up on that- how those little parts of words work in coming together to paint the picture that’s being conveyed.”

You can read that interview here: www.muskratmagazine.com/language-warriors-needed-miskwaanakwand-anishinaabemowin-revitalization

Elder June MacInnis, stated the same in her book, “Friday Memories”, about an incident on the trapline- “This story is actually hilarious when told in Ojibwe”. When

asked about that in an interview with the Blast, June explained, “Our language is a descriptive language. I could spend more time telling about the surroundings where the rabbit snare was, and all about us, my Dad, then the rabbit. In English it would only be a few sentences and less words.”



June MacInnis, fluent Elderr, who began her Spirit Journey on August 17/15

How do we bring the language back?

There is no “magic bullet”. People have different ways of learning- what works well for one might not for someone else. What is certain is that we need all the energy and ideas and stuff to try as we can get. It is extra challenging because the language is so rarely spoken anymore. It is hard to immerse yourself when there is nowhere nearby to immerse!

It is helpful to think about the fact that most indigenous communities are dealing with the same challenge. Language revitalization is becoming a hugely popular movement in many communities. What are the successful ones doing?

One of the strategies that has proven success is creating a language “nest” in daycares. From there, in stages, immersion schools can develop.

Consider the example Anton Treuer gave of Hawaii:

30 years ago, the Indigenous Hawaiian language was illegal. Only 1000 speakers were left. Without funding or political support, a group of determined Hawaiians started

the change. Now Hawaiian is an official language, and there are over 20,000 speakers. They started with daycares, and have a full education system including college that is available in Hawaiian.

Another example:

In Minnesota, an Anishinaabemowin immersion school is creating a new generation of speakers. A large segment of their school time is spent on the land doing traditional activities, and learning naturally about biology, math, science etc. In addition, they learn math and science in the classroom in Anishinaabemowin. The rates of truancy and dropout are almost non-existent. The academic standards are high. Students are graduating, and many are going on to college and university.

The difference, Treuer says, is that these students know who they are in a deep and profound way because they know their language. They don't feel inferior due to being "other" in mainstream society. They have confidence and self-identity.

Language immersion in education is gaining momentum in Canada. For example, "Waking Up Ojibwe – Anishinaabemodaa" is a project being developed by the Seven Generations Education Institute, the Rainy River District School Board and the organization Say It First, along with 10 Rainy River First Nations. Its purpose is to encourage and help people of all ages in the Rainy River District to learn the language, as well as to develop future language teachers. In the district, 7 daycares are dedicated to teaching Anishinaabemowin. 8 primary schools offer Anishinaabemowin. You can learn more about this project here: www.wakingupojibwe.ca

There are other immersion schools in Ontario- Patsy and John Turner visited several in the past few months to learn more about them, to bring ideas and strategies home to Bear Island.

Strategies for Adult Learners

In 2010, Principal Cindy Hare and Laura McKenzie Learning Centre staff created a Language Resource Booklet that contains 260 pages of words and phrases, in the TAA dialect. They also created a DVD of students and community members speaking in various scenes. On the DVD there was also a lengthy segment of the community's fluent speakers, conversing. This is a fantastic resource that LMLC uses in its Anishinaabemowin classes.

The Timiiaagaming Anishinaabemowin Sagaswe'idiwin is now updating the 2010 project to expand the book, and last month filmed the precious remaining fluent speakers conversing again. The updated book and DVD will be online for everyone to access. This material is a great way to get familiar with the language, in the TAA dialect. There are many other online resources available, free. Here are a few:

- <https://www.youtube.com/watch?v=dBvYGALiS-gA&list=PL7XVz2qhiMdGe7CO-zL5HdwSaao6JZIZjN>
- A series of 29 free lessons!
- <https://www.youtube.com/watch?v=POeo2DIqck>
- Basics of counting in Algonquin

The Timiiaagaming Anishinaabemowin Sagaswe'idiwin is working on further steps to increase opportunities for learning. This will require everyone's input and cooperation- the Sagaswe'idiwin can't do it alone! For example:

- Signs on the rez in the language
- Developing a long-term strategy toward immersion learning at

If you google Anishinaabemowin lessons, or similar, you will get lots of intriguing results. There are also a lot of youtube videos that give tips on how to learn a new language. Not all apply to the unique situation of not being around fluent speakers, but these tips seem helpful:

-Take a deep breath. Relax. Allow yourself to feel free, and **don't worry about making mistakes!** Mistakes are part of learning. Be kind to yourself, give yourself a pat on the back for trying.

-Focus first on learning language that is relevant to you in your daily life. Stuff that has meaning to you is easier to remember.

- Find a chum who wants to learn, to practice with. Do little challenges- try speaking together for even 10 seconds, then 30, working your way up. Have fun with it. Again- don't worry about making mistakes!

Finally, consider this:

"Nothing can stop an Indigenous Person who knows who he or she is."

Knowing your language gives you the ability to think, dream, and converse in Anishinaabemowin.

LMLC

- Job descriptions and program missions for all band programs- center language in the work
- Developing more resources such as books, recordings, etc. for everyone to access- not just on the rez
- Immersion camp

There is much more work to do to get these steps to reality, but with the will, we can do it!



Mary Katt, fluent Elder, who began her journey into the Spirit World December 21/14

As Mary Katt said, Aabjitoon Kawinitoonmin! Use it or lose it!

DIALECT WARS

Everyone wants to speak the language in the correct TAA dialect.

The 2010 Language Resource Book is faithful to this dialect. More dialect resources are needed.

But what happens when we feel so worried about getting it wrong that we don't speak at all?

Consider this: Anishinaabemowin is the language of all Anishinaabe people. Linguists call it "The Algonquin Language Group".

Micmac, Potawatami, Algonquin, Ojibway, to name a few... they are all based on the same words, sentence structure, grammar, concepts such as animate and inanimate... no matter what source of Anishinaabemowin you use to learn, you are still learning the basics. You can polish and hone your skills with dialect as you go

along. It is SO MUCH BETTER to at least start, get the basics, and not get everything 100% than to not speak at all!

Rather than saying, "you said it wrong, we say it like this..." how about saying, "Yes, and, this is also how we say it!" Dialect variations actually expand and enrich our knowledge. Some communities have developed vocabularies for specialized things that can add to our knowledge.

"Yes, and..." is so much more helpful than "No! Wrong!"

As Anton Treuer said, nobody insults a baby when he or she is learning to walk. We clap our hands, get excited, and encourage! Why not do the same for those who have the courage to try to speak? Check out this chart of words in different Algonquin language groups. Pretty similar, eh?

English	Algonquin	Ojibwe	Ottawa	Teme Augama Anishnabai! ☺
One	Pejig	Bezhig	Bezhig	Bezhik <i>(Say: Bay-zhik)</i>
Two	Nij	Niizh	Niizh	Niizhin <i>(Say: Neezh'in)</i>
Three	Niswi	Niswi	Nswi	Nisin <i>(Say: Ni-sin)</i>
Four	New	Niwin	Niwin	Niwin <i>(Say: Nee-win)</i>
Five	Nānan	Naanan	Naanan	Naanin <i>(Say: Nah-nin)</i>
Man	Inini	Inini	Nini	Niniim / Nini <i>(Say: Ni-neem / Ni-ni)</i>
Woman	Ikwe	Ikwe	Kwe	Kwe <i>(Say: Kway)</i>
Dog	Animosh	Animosh	Nimosh	Nimoosh <i>(Say: Knee-moosh)</i>
Sun	Kizis	Giizis	Giizis	Giizis <i>(Say: Gee'ziz)</i>
Moon	Tibik-kizis	Dibik-Giizis	Dbik-Giizis	Dbik Giizis <i>(Say: D'bik-Kee'ziz)</i>

DIALECT WARS



Paul Bondy, who began his Spirit Journey, was a great friend and family member to many in the community. He was raised fluent in his language.

Paul said that he could understand any "dialect" of Anishinaabemowin by simply listening, whether he was in Quebec or Alberta or Montana or northern Saskatchewan.

Zaagi'idiwin, Paul!

Anishnaabemowin Teg (A-TEG) Committee Supports TFN Anishnaabemowin Youth

In March, a wonderful opportunity came to the TFN Language Commission, from the A-Teg committee. We were offered 5 youth opportunities to attend the Anishnaabemowin Conference in Sault Ste. Marie. The A-Teg committee wanted to acknowledge the work we do in regards to language. Five TFN youth were sponsored to have their registration, travel, meals and accommodations covered at the Language Conference. Amiah Saville, Madison Mattias, Keitay Becker, Peyden Mongrain and Sadie Turner all participated in the conference. There were several youth oriented workshops, that they participated in, over the 4 days.

We are on a good path, to engage youth in the language is time and money well spent.

Miigwetch, Rhonda Hopkins, A-Teg Board Member for recognizing our community for this opportunity.

Patsy Turner

Community Members Speak Their Thoughts on Learning the Language:



Madison Mattias



Keitay Becker



Lucille McKenzie

Madison Mattias and Keitay Becker take Anishinaabemowin class in high school. They say, “We think it is important to learn the language because we are the next generation, and by us knowing the language, it is a good way to help keep it alive. By keeping it alive, it makes us feel connected to and proud of our culture.”

Lucille McKenzie taught Anishinaabemowin at LMLC for many years until she retired in 2014.

Lucille says of pushing for language revitalization,



**TEMAGAMI
FIRST NATION**

*“I am tired of talking about it.
We can’t wait anymore. We have
almost no fluent speakers left.
Let’s just do it, and do it NOW.”*

LMLC held their annual Literacy Week, April 15th - 18th

LMLC held their annual Literacy Week, April 15th - 18th.

We had a good turn out at our scrabble night, Parent Literacy and Game night and dinner as well as the speech night.

This year’s speech winners were

Gr. 1 - 3 : 1st - Charlie Lefrancois, 2nd - Denton Saville, 3rd: Huxley Becker

Gr 4 - 6 : 1st Wyatt Agonie, 2nd Sophia Turner, 3rd Cheyanne Presseault and Paige Becker

Gr. 7 - 8: 1st Sadie Turner, 2nd Amiah Saville, 3rd Alysha Donnelly

April 18, 2019

Multi-Use Facility Project

Here is an update on the Multi-Use Facility (MUF) Project of how the project is going and what to expect to see happening in the weeks ahead.

Community Update

The ice road is officially closed to band vehicles and to cars and trucks. It is still open for snowmobiles.

For anyone continuing to use the road with personal cars and trucks, you are doing so at your own risk.

The snowmobile shuttle is operating weekdays from 7:30 am to 5:15 pm. Please call the band office at 705-237-8943 to book a ride. Check the website for the schedule and updates.

Infrastructure staff has been busy getting ready for breakup and doing some maintenance around the island. We had an inspection on the barge. Some minor repairs are required and staff will be painting it once the repairs are done so that it's ready to launch when the ice is melted. Staff did some pothole patching on the island roads. We have scheduled tearing down the old canoe shed for the week of April 23rd and the airboat storage building for the week of April 29th to make room for the Elders Housing Complex. Clean up of the collapsed green cold storage garage will take place after that.

Lake Temagami Access Road/Mine Landing

Traffic on the Access Road is about average for this time of year. We have had some sporadic deliveries for the MUF project. There is still a half load restriction in effect on the Mine Road as imposed by the Municipality of Temagami. Give yourself extra time when traveling on the Mine road as there are some soft spots, rough spots and some large frost heaves. The Municipality did make some improvements on the road but with the frost coming out, it could change on a daily basis over the next few weeks.

The Mine and Manitou Landings are still mostly covered with snow and getting on and off the Lake is getting more and more difficult as the weather begins to warm up. Be careful walking around the access points as the ice is breaking up along the shorelines.

What's Happening at the Work Site

The bulk of the work continues to be inside the building and this will continue until it is warm enough to install the air barrier on the outside of the building.

The 3 mechanical rooms have been painted and flooring is installed in a couple of them. On the right is a picture of the mechanical room above the kitchen. You can see that it's painted and the flooring is installed. The picture below it is the mechanical room on the main floor. It's been painted and flooring will be installed in the next couple of weeks.



The ceilings in the administration wing have all been drywalled and taped. Ductwork, wiring, sprinkler system, plumbing, etc..., is in the process of being installed along the ceilings above where the T-Bar ceiling will be installed. The T-Bar ceiling will hide all of the ductwork and wiring. In the photo below on the left, you can see in the hallway that the ductwork is installed, insulation is being installed and some of the door frames are installed. The photo next to it is of the finance and administration offices. Drywall is being put up on the walls that have been wired, etc...



A reminder to residents and children to stay out of any fenced areas of the construction sites. We want to make sure that no one gets hurt.

Bi-Weekly Update by Capital Projects Department

The Council Chambers ceiling has been strapped, drywalled and taped. The picture on the right is looking towards the bay window and shows the walls and ceiling ready for paint. The picture below it shows the training centre/multi purpose room.



Below on the left is a picture of the kitchen looking towards the roll up doors between the gathering hall and the kitchen. The picture to the right of it is also of the kitchen. This is the area along where the walk-in refrigerator and freezer are located.



Crews will begin excavating in the gathering hall to install the fibre reinforced plastic duct work to heat the space. This should be done before open water season so that the concrete can be poured as soon as the lake opens up.

The plumbing, electrical and heating, ventilation and air conditioning (HVAC) systems continue to be installed. The ceiling insulation will continue in parts of the building where it is still outstanding. The walls are being insulated and drywalled and this will continue until complete.

The main entrance is complete with the tower just above it. There have been some questions about the tower and what will become of it. What you can expect to see with the tower is a lighthouse feature. You can see in the pictures below, the tower as it stands today and I have included a section of the architectural renderings that show the coloured lenses that will be installed. The lenses are coloured to represent the medicine wheel.



For all of the updates, checkout the Capital Projects Tab on the Temagami First Nation website at www.temagamifirstnation.ca/capital-projects or call us at the Lands and Resources Office at 705-237-8600 if you have any questions. You could also email Jamie at Jamie.Koistinen@temagamifirstnation.ca, Pat Cormier at projectadmin@temagamifirstnation.ca or Amanda Assiniwe at cimadmin@temagamifirstnation.ca



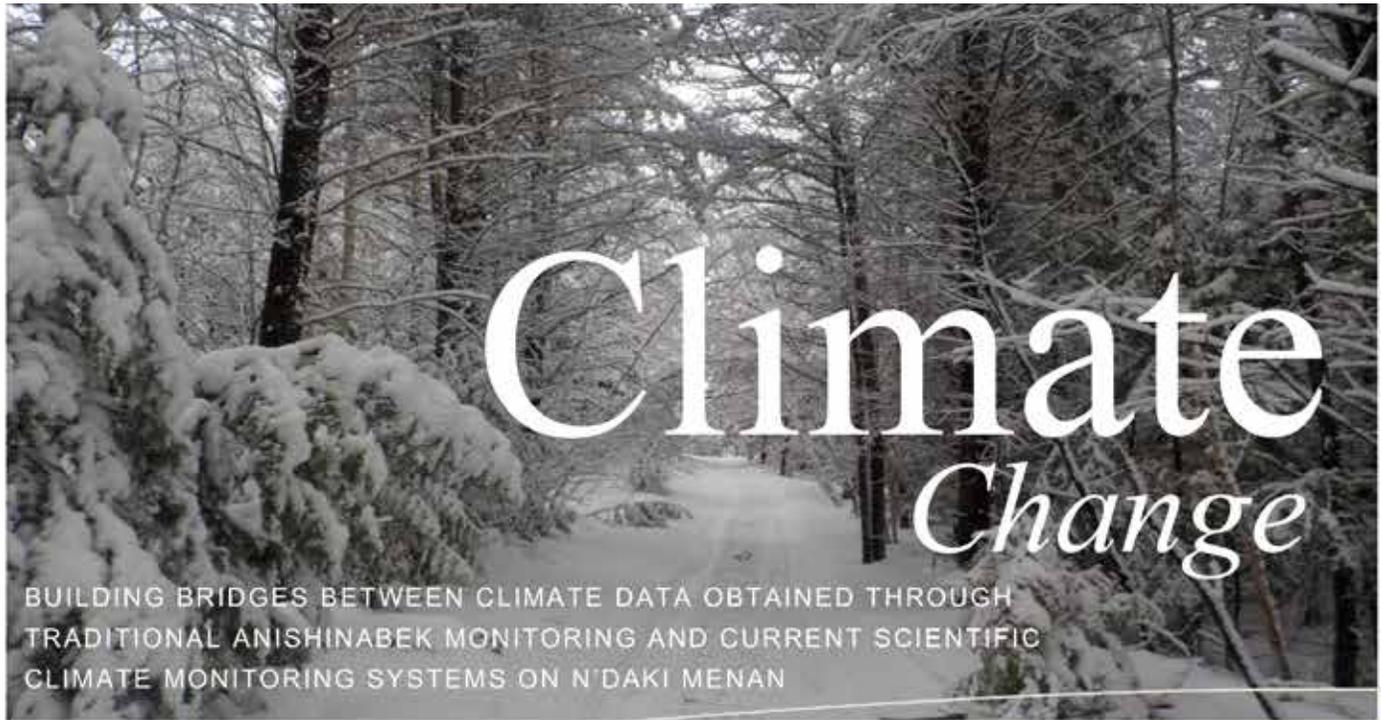


Photo credits go to the L&R Climate Change Monitoring Team.

Monitoring n'Daki Menan

Monitoring of n'Daki Menan has commenced as of March 2019.



Weather monitoring using the Kestrel 5500 Weather Meter

Monitoring of n'Daki Menan is essential to providing the information needed to create baseline data that will help establish how climate change is affecting Temagami First Nation, the lands, people and cultural activities. There are different parameters that will be looked at throughout this project, some of the weather parameters that have been collected on a daily basis this far are temperature, pressure, humidity, wind speed and direction. While out monitoring the lands our team is looking at anything and everything as it relates to our climate.

Animals, trees and weather conditions are among these parameters. With spring among us water sampling will begin.



Snow Bunting- Seen at the Helicopter Pad April 11, 2019



Equipment

Lands and Resources has purchased two new snow machines to assist in the monitoring program to allow better access of n'Daki Menan. The snow machines have been very useful throughout the beginning stages of monitoring, allowing for our technicians to commute to each location.

Current Sampling Locations (March-April)

These locations have been selected for various reasons. Additional locations will be identified throughout the project.

Current Sampling locations in proximity to Bear Island include:

1. North Side of Bear Island
2. Old Fire Tower
3. Lagoon Road Side
4. Lagoon Lake Side
5. Lands and Resources
6. Helicopter Pad

As well as other locations of interest are Shiningwood Bay, Phillip's Bay, Friday's Point, Tetapaga Outlet, Sand Point, Culture Camp area near Obabika Inlet, Sandy Inlet, Boatline Bay and the Mine Landing.

Our goal is to monitor as much as n'Daki Menan as possible.



Shiningwood Bay Ice Profile taken April 17, 2019
 21 ¾" white ice and 5 ¼" black ice

By: Meghan Pilon

Natural Resources Technician
 705-237-8600



View from Old Fire Tower located on Bear island

Watch for a Questionnaire next month about Climate Change in relation to n'Daki Menan. We will be looking for your input.

Temagami First Nation

Economic Development Report

Economic Development Strategy



The purpose of an Economic Development Strategy is to identify realistic and practical steps that can be taken to improve the economic well-being and quality of life for this community and its members, in a way that reflects the community's social, cultural and environmental needs and values.

Community economic development focuses on community ownership, control and benefit.

Successful community economic development begins with good planning. Planning helps communities determine what they want to achieve and how they will achieve it. Planning requires goals.

Some of the goals of creating an Economic Development Strategy lie in creating jobs and opportunities for community members, bringing financial returns to the community to be used to benefit all community members, using community-driven approaches to improve quality of life, and supporting projects that meet the community's unique needs, traditions, culture and vision.

Temagami First Nation has significant opportunities to capitalize on its unique assets - including its people, to support future economic development opportunities within the community.

The **Temagami First Nation Economic Development Advisory Committee** has undertaken the responsibility of creating a strategy to this end. The community, however should be the driving force behind the initiative.

We will be seeking active engagement from the community to guide us in creating this direction. We especially seek to encourage the involvement of youth.

This will involve community meetings and information sessions. We will announce these in the Bear Island Blast, and online.

We need to know your ideas and your goals. We require your input.

John Shymko, Economic Development Officer, Temagami First Nation,
705 237 8600 ecdev@temagamifirstnation.ca

Temagami First Nation

Economic Development Report

Canoe House Collective: Workshops and Live Music



Over the summer, the Canoe House will host a series of regular workshops focusing on arts craft and culture. These will be facilitated by community members. We will also be hosting regular live musical performances.

If you are interested in presenting a workshop or performing please contact John Shymko, Economic Development Officer, at 705 237 8600.



We hope to have a preliminary schedule developed for the next Bear Island Blast, which will also be available through social media and www.temagamifirstnation.ca



John Shymko, Economic Development Officer, Temagami First Nation,
705 237 8600 ecdev@temagamifirstnation.ca



**TEME-AUGAMA ANISHNABAI / TEMAGAMI
FIRST NATION**

**N'Daki Menan Lands and Resources Department
BEAR ISLAND LAKE TEMAGAMI, ONTARIO P0H 1C0**

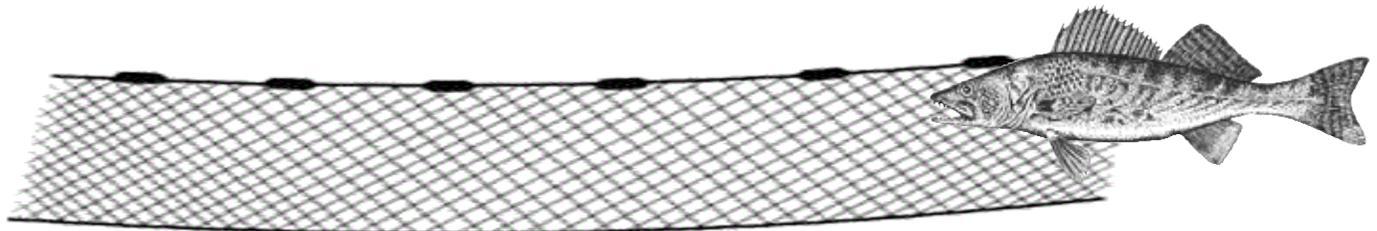
TEL 705.237.8600 FAX 705.237.8537

www.temagamifirstnation.ca



NOTICE

Net Tagging Reminder



**The Temagami First Nation citizens passed resolution
#0515-001 at a community meeting May 31, 2015**

**The Lands & Resources Department has net tags available.
Please come into the Temagami First Nation Lands &
Resources office to obtain tags.**

Any questions on the Community Resolution contact:
Robin Koistinen at 705-237-8600
robin.koistinen@temagamifirstnation.ca

Lands & Resources Department
May 2019

DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

Temagami First Nation Community Outreach

Reg Canard will be available to meet with you in the community.

Where	Date & Time
Bear Island - Lands & Resources Office 705-237-8600	Thursday, May 23rd, 2019 9:30 am - 12:45 pm

Unemployed & Looking for Options?

Are you Indigenous or a member of one of these First Nations?

- Henvey Inlet First Nation
- Magnetawan First Nation
- Shawanaga First Nation
- Wasauksing First Nation
- Dokis First Nation
- Wahnapiatae First Nation
- Temagami First Nation

Purchase of Training:

- For full-time programs (20+hours/week)
- Must obtain diploma within 52 weeks
- If eligible, funding may be available for tuition, books/supplies, transportation, dependent care, and living allowance



Apprenticeship:

- Wage Subsidies available for Registered Apprentices
- Purchase of Training for In Classroom Offer of Training

Wage Subsidies:

50% of wage for full-time jobs

Mobility:

Assistance to attend job interview

Relocation:

Assistance to relocate for a full-time job

Employment Support:

Up to \$250 to start a full-time job

Self Employment Information Administer Second Careers



Gezhtoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3
Tel: 705-524-6772/Toll: 1-800-361-9256/Fax: 705-524-5152 www.gezhtoojig.ca

From the desk of
Resource Development Advisor
David Laronde



GPS Instruction Course

I think it is important to provide a summary of the GPS education that is ongoing in the community from time to time. Its uses are practical for anyone that travels on the land. This is good knowledge to have and when you think that all topographic maps of the area are inside the GPS receiver. People that work outdoors should have this knowledge to enhance what they already know. All airplanes and any kind

to continue education toward getting our people proficient in the use of Global Positioning Systems or more commonly known as GPS. The instructor Jim Laidlaw comes with decades of GPS experience from practical fieldwork in geological work and was a valuable resource when it came to using the GPS software MAPSOURCE and BASECAMP that makes practical use of the data a GPS collects.



Photo from the GPS Course held in January 2019. Instructor Jim Laidlaw bottom left.

What is a GPS? The GPS is a hand held device the size of a telephone. It is actually a receiver that picks up signals from as many as 12 satellites in space. The GPS will triangulate and output a coordinate on the surface of the earth and tell you with +/-5 meters where exactly you are and it can track and show you on a map where you have been also. In essence, wherever you go the GPS will make record of it and all the waypoints you enter into it. For example if you turned on your GPS and walked through the bush you can see your trail or tracks on a map and also follow the trail later on.

What are the uses? There are many practical uses for a GPS. It can act as a compass, tell you how far you have travelled or how far to your destination. It tells you exactly where you are. If you breakdown somewhere out on the land you will be able to give someone your coordinates (if you have contact).

of rescue craft will operate using GPS. Give me a call at (705) 237-8600 if you would like to sign up for the next instruction course; it will be geared toward beginners and those with basic knowledge already. Like anything else the trick is to get started and get using it. Be aware that, and I stress this strongly, that GPS doesn't take the place of knowing how to navigate without a GPS. If the GPS receiver is lost or the batteries are dead then you must still know how to go to where you need to go. Your life may depend on that. For this reason the use of a compass and your pace factor is taught as a prerequisite to GPS instruction.



Participants of the GPS Course getting set to take GPS field points.

Back in January 28, 29, 2019 a GPS course was held

Summary of Mining Activities

An overview of mining exploration activities on nDaki Menan can be quickly summed up as “very busy”. During the past year we have received nearly 100 exploration plans or permits. In total there are 30 companies or individual prospectors that hold mining claims on n’Daki Menan. Half of these have active exploration programs that are mostly at the grassroots stage. Much of the exploration today is for cobalt, gold and other precious metals. Two main areas of n’Daki Menan is the Gowganda area and the Temagami area. Most of the cobalt exploration is in the Gowganda area largely due to a geologic feature called the Cobalt Embayment where better chances of finding the metal are.

The Temagami Area is busy also but mostly for gold and platinum group elements. The geologic formation that is targeted is called the Temagami Greenstone belt that runs through n’Daki Menan from Emerald Lake area through to the town of Temagami. Realities of having another producing mine on n’Daki Menan are a long way off at present. Once a mineable resource can be identified it takes about 7 years before mining operations commence. Currently there no mineable resources identified. The closest there is to that status is the Inventus Mining - Pardo Project or the New Age Metals - River Valley Project.

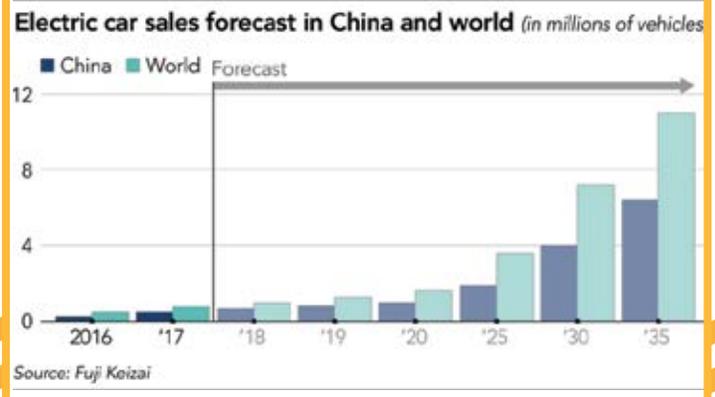
Inventus Bulk Sample-Pardo Project

The project could not be financed last fall and currently management is hopeful funds can be raised to be able to go ahead with the work this coming summer. Inventus is currently looking for a mill that will do the processing (crushing, grinding and separating) of the sample. The mill used for the initial bulk sample does not have the capacity to handle the tailings from 50,000 tonnes of rock crushing and grinding.



Presenting an update of mining exploration activity on n’Daki Menan at the TAA Assembly April 7/19

The Cobalt Story Most of these projects are from companies looking for the battery metal cobalt. Cobalt is used in batteries in electric cars. Each electric car battery requires 22 lbs. of cobalt. China is trying to corner the market in cobalt and electric cars are the way of the future. The Australians are exploring aggressively for cobalt supply on a global scale and that’s the prime reason they are here exploring the Gowganda area of n’Daki Menan. Many huge companies like Apple, BMW, Volkswagon and Sony are looking for a reliable source of cobalt. Currently 65% of the world’s cobalt comes from the Congo and mined by hand by house wives and children making 1-2\$/hr on a 12 hour shift. Many companies want to be able to say their supply is not from child labour from the Congo.



INFORMATION FROM THE TFN MEMBERSHIP OFFICE

TFN Lands & Resources

By Sheri Mathias, *Membership Clerk*

NEW TEMAGAMI FIRST NATION MEMBERS:

Once you receive a letter with your Registry number please contact the Temagami First Nation Membership office at 705-237-8600 or email membershipamin@temagamifirstnation.ca

**** YOUR CONTACT INFORMATION IS NEEDED ****

TO ALL NEW PARENTS, please call the Membership office to set up an appointment and I can help you with the Registry forms; if you are unable to get to the office please call and I can email you the forms.

YOU MUST INCLUDE the ORIGINAL PROOF OF BIRTH DOCUMENT

APPLICATION FOR REGISTRATION BY MAIL:

- You must include a Guarantor Declaration form with the *signature of the guarantor (Must have known you for 2 years, there is a list of criteria that must be met)*
- *Supporting identity documents must contain the following (4) elements: full name, date of birth, photo and signature*

Sheri Mathias, Membership Clerk 705-237-8600
membershipadmin@temagamifirstnation.ca

TFN Enrichment Policy Consultation



Date: Saturday, June 8, 2019

Time: 10am- 4pm

Lunch provided

Please contact the Band Office
to R.S.V.P

Location: Laura McKenzie Learning
Centre Gym
Bear Island

The Enrichment committee is seeking
input from TFN members regarding
the policies

Hope to see you there!

Contact person: Beverley St. Denis,
Enrichment Clerk

Phone: 705-237-8943

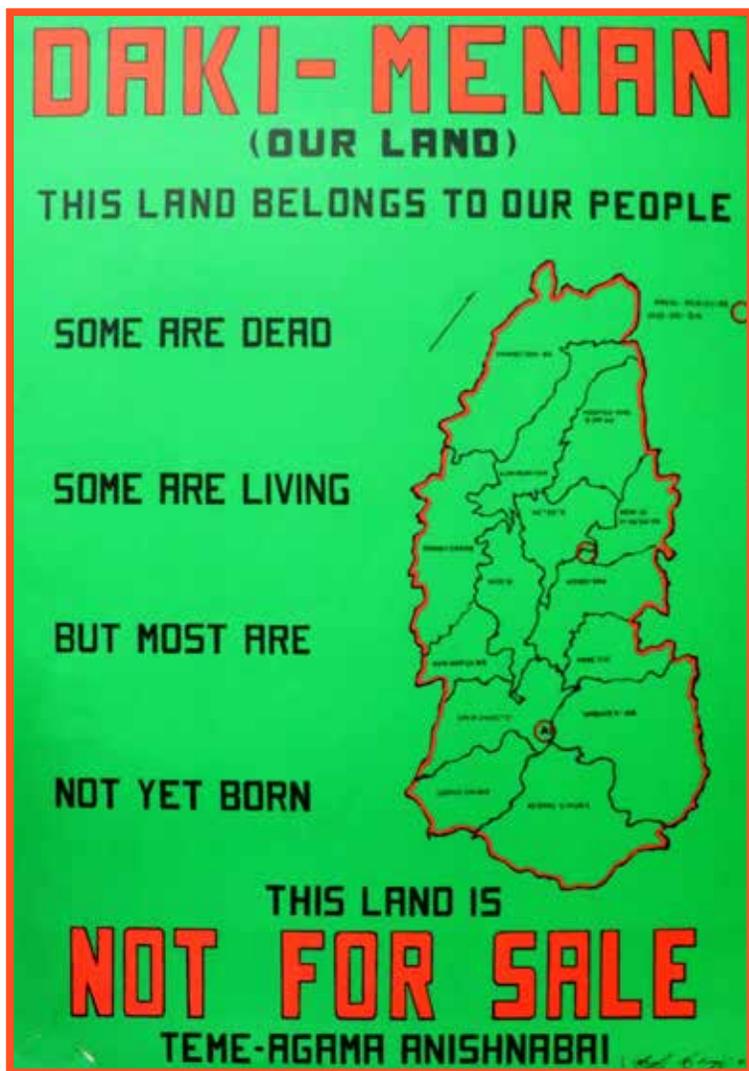
Email: enrichment@temagamifirstnation.ca



TEME-AUGAMA ANISHNABAI ASSEMBLY AND BI-ELECTION



Teme-Augama Anishnabai Chief and Council from left to right: John Turner, Mike Paul, Tessa Hope, Chief Randall Becker and Mary Laronde, as well as Chair person, Shelly Frappier and TAA Executive Assistant, Natasha Fortin. Missing from photo is Melissa Turner.



APRIL 6, 2019 On April 6th and 7th members of Teme-Augama Anishnabai Assembly gathered at the Bunny Miller Theatre in Temagami for a Bi-Election for Council Member and Information Assembly.

On the first day of the assembly, after opening prayer Chief Randall Becker recounted the experience that was shared at their retreat at Elk Lake Eco Centre in which they brainstormed initiatives to engage more youth. With the pending negotiations on the Robinson

Huron Treaty it is imperative that the future voices of TAA be informed and involved. He explained that through some changes in meeting format and a commitment from Teme-Augama Anishnabai Chief and Council to speak to the subject in a more courteous and thoughtful manner in order to ensure productivity at these meetings our youth are more likely to get involved and stay involved.

Chief and Council then moved on to the Bi-election nominations in which Marvyn Morission and Tessa Hope were nominated for the Council position. We adjourned to lunch which was provided by Temagami Shores Inn and returned to meet to listen to the candidates speeches.

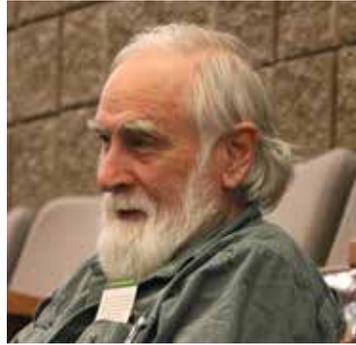


TAA Chief Randall Becker

Tessa Hope spoke first of her plentiful education and work experience. She is an Historian and has recently taken the position of Librarian at TFN Library. She has knowledge and experience in creating policies and funding for programing and a clear



TAA Council nominee, Tessa Hope



TAA Council nominee, Marvyn Morrison



TFN Resource Development Advisor, David Laronde

understanding of governance and membership. A key point in all of these qualities is that she herself is an active member of the Bear Island Youth Group. Her skills, education and community involvement have all set her up to be a “shoo-in” as a TAA Council Member.

That being said, when it was Mr. Morrison’s turn to speak, he graciously pulled himself from the running for Council member as he was impressed by Ms. Hope and all of the qualities she brings with her. He stated that he would still like to contribute to Teme-Augama Anishnabai but that she appeared to be a great asset to Council. No vote was necessary, Tessa had won the seat.

Shortly thereafter, Chief and Council discussed how to proceed in the negotiation for the Robinson Huron Treaty. Mary Laronde, John Turner and Chief Becker explain the history of TAA and how the treaty was adhered to although never signed. Through questions and answers they decided to have a lawyer present the options in a future information session (Apr.24-26). Talk of putting a Membership Committee together was top of mind as a sort of predecessor to any negotiation decisions. The committee would be comprised of six members appointed by the Joint Council.

APRIL 7, 2019 On day two of the assembly a projected work plan was presented outlining firstly, new protocols for communication, secondly, criteria for membership, thirdly, to secure recognition of TAA rights from Canada and finally to establish and implement a Consultation and Communication Plan.

Further discussion on engaging the youth was had. A motion to find an outdoor gathering spot on n’Daki Menan was made. Areas such as Shining Wood and Windaben were talked about. It was decided that a presentation on potential places would be given at the next assembly. It was agreed that an outdoor gathering place would be beneficial for all gatherings but particularly the Youth Gatherings to

which they eagerly want more involvement.

Moving on, Chief and Council presented an updated spelling of Teme-Augama Anishnabai in more current Anishnaabemowin terms. Councillor John Turner suggests Timii-Aagaming Anishnaabeg is a better option.

Further to that, the attendees discussed set up of a business corporation in conjunction with a Membership Council as to streamline the preparation for Land Claims

upon an approved deal. A Corporate Lawyer will present some options. Council suggested that simultaneous efforts are in our best interest. The group was adjourned to lunch which was again, provided by Temagami Shores Inn.

That afternoon David Laronde, the TFN Resource Development Advisor delivered a presentation on Mining Exploration updates on n’Daki Menan and a summary of the highlights of the past year in this regard.



Some of the crowd that gathered for the assembly on April 6, 2019.

Pregnancy & Opioids

You're invited to talk about what happens when babies are exposed to **opioids** during **pregnancy**

(opioids are drugs such as codeine, methadone, suboxone, oxycodone, heroin, and fentanyl)

Are you a:

- health care or social service provider
- teacher
- early childhood educator
- community leader or elder
- person with lived experience related to prenatal opioid exposure (e.g., a parent, grandparent, caregiver, friend, or family member)
- person who cares about maternal and child health



If so, we'd like to hear from you. This research project involves:

- Sharing your thoughts in a focus group with other people in your community or in a private interview
- Approximately 2 hours of your time
- Helping children, families, and your community

Refreshments and a thank you gift will be provided.



10:00a.m. May 27th DPHC

For more information, please contact:

Fred and Alice RSVP by May 14, 2019 10 spots available
Number: 705-237-8900

Facilitator: Aggie Mazzucco
Project Manager & Research Coordinator
437-221-5555
research@nhtc.ca

You must be 18 years or older to participate.



THE TRUTH ABOUT CRYSTAL METH

and Methamphetamine

Ice
Tina
Chrissy
Speed
Tweak
Meth
Glass
drugfreeworld.org

THE DEADLY EFFECTS OF METH

The short-term and long-term impact on the individual

When taken, meth and crystal meth create a false sense of well-being and energy, and so a person will tend to push his body faster and further than it is meant to go. Thus, drug users can experience a severe “crash” or physical and mental breakdown after the effects of the drugs wear off. Because continued use of the drug decreases natural feelings of hunger, users can experience extreme weight loss. Negative effects can also include disturbed sleep patterns, hyperactivity, nausea, delusions of power, increased aggressiveness and irritability. Other serious effects can include insomnia, confusion, hallucinations, anxiety and paranoia. In some cases, use can cause convulsions that lead to death.

Long-range Damage

In the long term, meth use can cause irreversible harm: increased heart rate and blood pressure; damaged blood vessels in the brain that can cause strokes or an irregular heartbeat that can, in turn, cause cardiovascular collapse or death; and liver, kidney and lung damage.

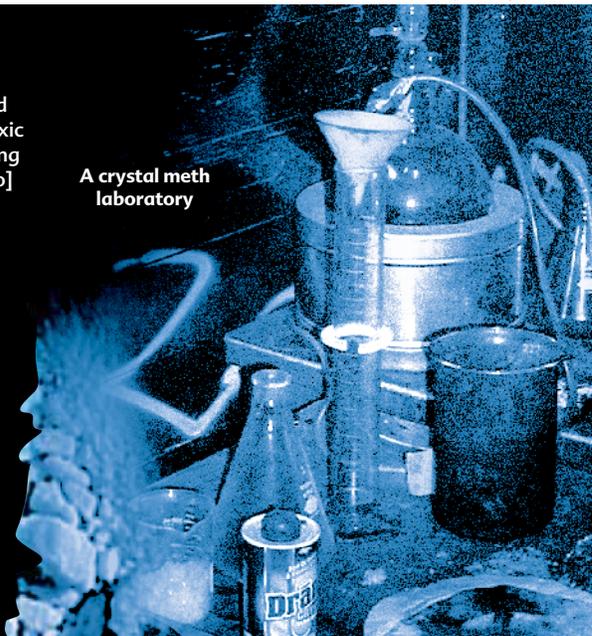
Users may suffer brain damage, including memory loss and an increasing inability to grasp abstract thoughts. Those who recover are usually subject to memory gaps and extreme mood swings.

Welfare money was not enough to pay for our meth habit and support our son so we turned our rented home into a meth lab. We stored the toxic chemicals in our refrigerator not knowing that the toxins would permeate [go into] the other food in the icebox.

“When I gave my three-year-old son some cheese to eat, I did not know that I was giving him poisoned food. I was too stoned on meth to notice, until 12 hours later, that my son was deathly ill. But then I was so stoned it took me two hours to figure out how to get him to the hospital five miles away.

BY THE TIME I GOT TO THE EMERGENCY ROOM MY BOY WAS PRONOUNCED DEAD of a lethal dose of ammonia hydroxide—one of the chemicals used to make meth.” —Melanie

A crystal meth laboratory



METH HARM

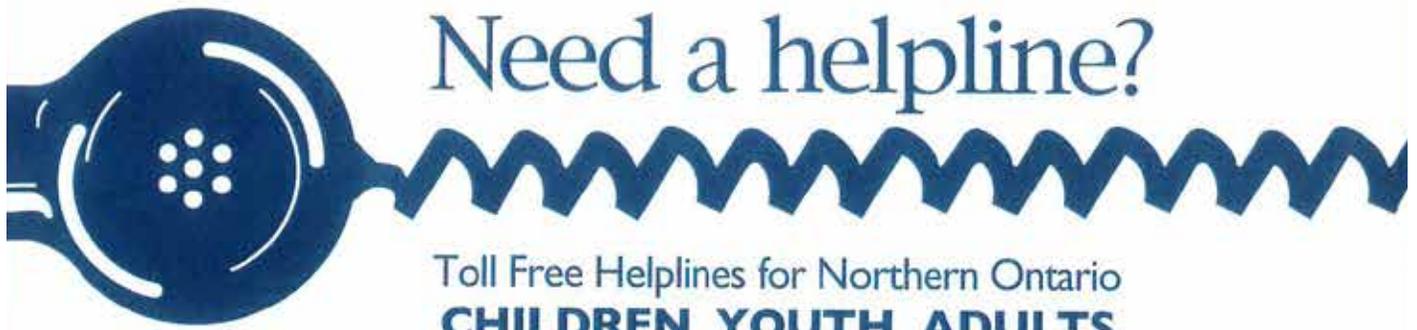
SHORT-TERM EFFECTS

- Loss of appetite
- Increased heart rate, blood pressure, body temperature
- Dilation of pupils
- Disturbed sleep patterns
- Nausea
- Bizarre, erratic, sometimes violent behavior
- Hallucinations, hyper-excitability, irritability
- Panic and psychosis
- Convulsions, seizures and death from high doses

LONG-TERM EFFECTS

- Permanent damage to blood vessels of heart and brain, high blood pressure leading to heart attacks, strokes and death

- Liver, kidney and lung damage
- Destruction of tissues in nose if sniffed
- Respiratory (breathing) problems if smoked
- Infectious diseases and abscesses if injected
- Malnutrition, weight loss
- Severe tooth decay
- Disorientation, apathy, confused exhaustion
- Strong psychological dependence
- Psychosis
- Depression
- Damage to the brain similar to Alzheimer’s disease, stroke and epilepsy



Need a helpline?

Toll Free Helplines for Northern Ontario
CHILDREN YOUTH ADULTS

Support and Information Lines

Kids Help Phone

1-800-668-6868
 24 hours

Operation Come Home

1-800-668-4663
 8:00 am - 4:00 pm (Mon - Fri)*

Child Find

1-800-387-7962
 24 hours

Assaulted Women's Helpline

1-866-863-0511
 24 hours

Victim Support Line

1-888-579-2888
 24 hours

* Eastern Standard Time

Mental Health and Addictions

Mental Health Service Information Ontario

1-866-531-2600
 24 hours

Drug and Alcohol Information Line

1-800-565-8603
 24 hours

Ontario Problem Gambling Helpline

1-888-230-3505
 24 hours

Motherisk (Alcohol & Substance Abuse Pregnancy Info)

1-877-327-4636
 8:00 am - 8:00 pm (Mon - Fri)*

Al-Anon - Alateen

1-888-425-2666
 8:00 am - 6:00 pm (Mon - Fri)*

Health

AIDS & Sexual Health Information Line

1-800-668-2437
 10:00 am - 10:30 pm (Mon - Fri)*
 11:00 am - 3:00 pm (Sat & Sun)*

Telehealth Ontario (Health Information Line)

1-866-797-0000
 24 hours

Information/Referral



When you don't know where to turn.

Connects you to health, community, government and social services.

24 hours

Toll Free Confidential Anonymous

Sponsored by the Aboriginal Responsible Gambling Strategy, NishnawbeAski Nation. Information provided by the Thunder Bay Community Information & Referral Centre, 211 North. Funding provided by the Ministry of Health and Long Term Care, Health Promotion Division.

Rev. **Spring 2012**, Thunder Bay, ON



NISHNAWBE ASKI NATION
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METH

METHAMPHETAMINE BY THE NUMBERS

METHAMPHETAMINE is a stimulant that affects the nervous system, increasing the release of dopamine and blocking its reuptake. It is a drug that does not allow room for casual use, those who use it quickly become addicts, their health deteriorating just as quickly.

PATH TO ADDICTION

Over **12 MILLION** adolescents have tried meth before finishing high school.

Teen abuse is frequent in **GIRLS** who are anorexic and attempt to lose weight with the drug.

500 TONS

tons of meth are made each year worldwide, the equivalent of 66 full-grown elephants.

2.5 MIL

total number of meth abusers in the world.

\$1000

of meth ingredients yields \$20,000 of meth.

1 LB

of meth being manufactured can create up to 5-6 pounds of toxic waste.

1 GRAM

of meth can cost from \$100 to \$250 based on purity.

5-7

years, the average lifespan of someone addicted to meth.

40%

increase in out of home child placements last year due to meth.

Some signs of METH abuse include...

SIGNS



- Spoons
- Lighters
- Syringes
- Glass Pipes
- Tourniquets
- Burned Foil

DANGERS



- Grinding of teeth
- Slow healing sores
- Weight loss
- Dilated pupils
- Tooth decay
- Loss of coordination
- Excessive scratching

EFFECTS



FROM EXPERIENCE

Methamphetamines destroyed my life within a matter of days. In my addiction I lost my teeth, I was malnourished, I became paranoid and delusional. Meth is not recreational, it's a lifestyle that is uglier than anyone can imagine. - Susan P



METH CAN BE...



Injected using syringes



Smoked off of foil



Snorted

NICKNAMES

- Speed
- Crank
- Crystal
- Tina
- Glass
- Batu
- Quartz
- Cookies
- Candy
- Gak
- Ice
- Junk
- No Doze
- Pookie
- Rocket Fuel

RESOURCES

Find more information about Meth and other drugs on our website at www.nnadap.ca and visit our blog, Into the Heart of Addiction.



The Addictive Brain

Summary

- Addiction can develop despite a person's best intentions and in spite of their strength of character.
- Repeated drug use disrupts complex but well balanced systems in the human brain.

Many people are addicted to more than one substance, complicating their efforts to recover.

The human brain is an extraordinarily complex and fine-tuned communications network containing billions of specialized cells (neurons) that give origin to our thoughts, emotions, perceptions and drives. Often, a drug is taken the first time by choice to feel pleasure or to

ALCOHOL REDUCTION STRATEGIES

Please note: not all of the below harm reduction techniques are rooted in scientific literature, nor will all of the items make sense for everyone. Harm reduction strategies should be tailored to individual needs.

- **Avoid drinking alone.**
- **Drink only non-alcoholic drinks or start-off with a non-alcoholic drink.**
- **Alternate usual drinks with alcohol-free or low alcohol drinks.**
- **Drink water while drinking alcohol.**
- **Break the habit of drinking in rounds.**
- **Have at least two alcohol free days a week and consider increasing the number of alcohol free days each week (note: 1-2 drinks a day is less harmful for the liver than 5 drinks in 3 hours).**
- **Do not drink when you have had a bad day.**
- **Don't keep alcohol around the home.**
- **Drink slowly.**
- **Substitute drinking with other health activities you enjoy doing**
- **Get support for yourself and your family/significant others.**
- **Identify the times of day/days of the week you are prone to drinking alcohol.**
- **Examine the situations that trigger harmful drinking patterns and develop new ways of handling these situations.**

Source: Adapted from the Harm Reduction Coalition

relieve depression or stress. But this notion of choice is short-lived. Why? Because repeated drug use disrupts well balanced systems in the human brain in ways that persist, eventually replacing a person's normal needs and desires with a one-track mission to seek and use drugs. At this point, normal desires and motives will have a hard time competing with the desire to take a drug.

How Does the Brain Become Addicted?

Typically it happens like this:
 * A person takes a drug of abuse, be it marijuana or cocaine or even alcohol, activating the same brain circuits as do behaviors linked to survival, such as eating, bonding and sex. The drug causes a surge in levels of a brain chemical called dopamine, which results in feelings of pleasure. The brain remembers this pleasure and wants it repeated. Just as food is linked to survival in day to day living, drugs begin to take on the same significance for the addict. The need to obtain and take drugs becomes more important than any other need, including truly vital behaviors like eating. The addict no longer seeks the drug for pleasure, but for relieving distress. Eventually, the drive to seek and use the drug is all that matters despite devastating consequences.

Finally, control and choice and everything that once held value in a person's life, such as family, hob and community, are lost to the disease of addiction.

Co-occurring Addictions: Compounding Complexities

It is not unusual for an addicted person to be addicted to alcohol, nicotine and illicit drugs at the same time. Addiction to multiple substances raises the level of individual suffering and magnifies the associated costs to society. No matter what the addictive substance, they all have at least one thing in common -they disrupt the brain's reward pathway, the route to pleasure.

What is the best way to treat people who are addicted to more than one drug?

- **Medications.** In some cases, medications developed for one addiction have proven useful for another. For example, naltrexone, which can help former heroin users remain abstinent by blocking the "high" associated with heroin, has been found to be effective in treating alcoholism.
- **Cognitive Behavioral therapy or other psychotherapy.** Behavioral therapies do not need to be specific to one drug and can be adapted to address use of multiple or different drugs. It is the disease of addiction that the therapy addresses.
- **Recovery Coaching** works great because you are focusing on the person's wellness as opposed to their disease. Another model is **Craft or Community Reinforcement** where the community acts together to plan and support the person's recovery.
- **Combined medications and behavioral therapy.** Research shows that this combination, when available, works best.
- **Multi-pronged approach.** Treatment for multiple addictions should be delivered at the same time. This is especially true because there are always triggers, such as trauma, depression, or exposure to one drug or another, that can put the recovering addict at risk for relapse. In addition, treatment must consider all aspects of a person - their age, gender, life experiences - in order to best treat their drug addiction. Although the type of treatment may differ, it should always strive to address the entire person through a multi-pronged approach that tackles all co-occurring conditions at once.

Relapse: Part of Addiction as a Chronic Disease

Despite the availability of many forms of effective treatment for addiction, the problem of relapse remains the major challenge to achieving sustained recovery. People trying to recover from drug abuse and addiction are often doing so with altered brains, strong drug-related memories and diminished impulse control. Accompanied by intense drug cravings, these brain changes can leave people vulnerable to relapse even after years of being abstinent. Relapse happens at rates similar to the relapse rates for other well-known chronic medical illnesses like diabetes, hypertension and asthma.

How is relapse to drug abuse similar to what happens with other chronic diseases?

- Just as an asthma attack can be triggered by smoke, or a person with diabetes can have a reaction if they eat too much sugar, a drug addict can be triggered to return to drug abuse.
- With other chronic diseases, relapse serves as a signal for returning to treatment. The same response is just as necessary with drug addiction.
- As a chronic, recurring illness, addiction may require repeated treatments until abstinence is achieved. Like other diseases, drug addiction can be effectively treated and managed, leading to a healthy and productive life.

To achieve long-term recovery, treatment must address specific, individual patient needs and must take the whole person into account. For it is not enough simply to get a person off drugs; rather, the

many changes that have occurred physical, social, psychological - must also be addressed to help people stay off drugs, for good.

Repeated drug exposure changes brain function. Positron emission tomography (PET) images are illustrated showing similar brain changes in dopamine receptors resulting from addiction to different substances - cocaine, methamphetamine, alcohol, or heroin. The striatum (which contains the reward and motor circuitry) shows up as bright red and yellow in the controls (in the left column), indicating numerous dopamine D2 receptors. Conversely, the brains of addicted individuals (in the right column) show a less intense signal, indicating lower levels of dopamine D2 receptors.

CODEPENDENCY

Prior to returning home to N'Daki-Menan in April 2017, I have had the opportunity to work as a Mental Health & Addictions Counsellor for the Indigenous population through out Ontario. In reference to the topic of Co-dependence I have seen both personally and Professionally how it can negatively affect so many directly and indirectly.

Before beginning sharing my view on the nature of this topic, I humbly request that we begin with an open mind to help us achieve the goal of truly caring for each other.

To provide a simple light on the subject, we must understand co-dependency is a behavioural condition in a relationship where one person enables another person's addiction and can range from one individual to their family to an entire community of where it is disguised in reactionary responses. The individual that is identified and all others may not even realize they are going through this unhealthy process that creates relationship barriers directly and indirectly. Apathy rears its head of where caring goes out the window until it gets worse or is recognized for what it is with hope that reconciliation starts.

The cycle of addiction is complex and is as simple as the one whom needs to step forward which means taking caring control of what is really happening. Codependency is sleek as I am guilty of contributing to its negativity as when I do an internal review of what happened I process and develop a corrective path of reconciliation.

Should anyone wish to further address this difficult topic, please feel free to contact me at the Doreen Potts Health Centre...(705) 237-8900.

From the desk of
Community Health Representative
Raymond Katt



YARD CLEAN UP CONTEST

This year we will be organizing a contest to help make Bear Island look better after a long winter that provided a lot of snow that buried items we lost up until recently.

Registration date will be **May 10th, 2019** and from that time the contest will begin. The 3 judges will be by to take a picture to compare the before and after that shows the amount of work put into taking care of our yards.

On May 21st & 22nd the judges will be visiting contestant yards.

We will be having a **FEAST ON WEDNESDAY, MAY 22ND, 2019** to announce the winners of 1st place...Weed Wacker; 2nd place...\$100 Walmart Gift Certificate and 3rd place...\$75 Garden Store Gift Certificate.

This year I will be coordinating this activity along with our Promotions Worker, Diane MacInnis. Any questions, and or to register any time between now and May 10th, 2019, please contact me. MeeGweetch...

Raymond Katt - Community Health Representative



FIREARMS CERTIFICATE COURSE 2019



Please be advised that I am coordinating offering this 10-hour course be for the end of May 2019, which will take place on a Friday evening and completing by 2:00 pm Saturday.

The proposed date is Friday, May 24th, 2019. The course fee is \$200.00 per person, which will require a \$100.00 commitment fee by Friday, May 17th, 2019.

Please contact me to be added to the list as soon as possible as there are limited spaces.

MeeGweetch...
Raymond Katt - CHR



IT'S TIME FOR A COMMUNITY

BBQ



& INFO SESSION

HOSTED BY TFN JUSTICE
SERVICES

SUNDAY
MAY 5TH - 5
PM AT LMLC

CELEBRATION AND
INTERNATIONAL
DAY OF AWARENESS
FOR MMIWG



From the desk of
HEALTH SERVICE MANAGER
WAYNE POTTS

Recently there has been talk in the community regarding the Suboxone Program being run out of the DPHC. The talk has referenced the program as failing, enabling and/or contributing to a very volatile drug problem present in our community. I will attempt to dispel some of these rumours and negative talk by citing the facts of what this program is about. What I am sharing is based on the information I've been exposed to in a number of workshops by the experts in this field. Many in our community have formed opinions on the subject ... so there is a lot of opinions on the Suboxone Programs out there. If you are curious about it, I would suggest you read the literature of the experts on it. Drop by the Clinic and ask the NNADAP worker for this literature. The other fact worth noting is these programs are fairly new to our communities and there isn't a lot of studies out there that has the data of many years of implementation to draw from to demonstrate what the best practice or approach is. So we are charting fairly new territory. We also need to keep in mind that we are an Indigenous community and we at the DPHC are mindful of Cultural Safety and aspire to Indigenizing our services, where we can without compromising Health and Safety.

1. The program was introduced to the community some 4 years ago as a Harm Reduction tool or mechanism for individuals struggling with Opioid addictions ... without the program in the community clients would need to travel daily to North Bay, which we don't have the resources to support. The other reality is that other clinics that service clients with this particular need provide Methadone as a treatment which is deemed much more toxic (induced high) as opposed to the Suboxone which actually has a blocker ingredient that prevents an individual from getting high on it and/or any other Opioid.
2. The program has realized measured success with a majority of the clients participating in the program ... In my experience as an educator, if you make a difference in the life of one person you are successful. For that one individual has the potential to influence a whole nation in very positive and constructive ways.
3. There is a small percent that have not had as much success with the program but continue to try
4. Our community is very fortunate to have Mae Katt, an accomplished Nurse Practitioner/Clinician who's had extensive training and experience overseeing similar programs in other First Nation Communities, supervising the program we are delivering out of the DPHC. The design of the program is centered on building trust in relationships. This is a process and it takes more time with some individuals than others but it has been proven that with patience and perseverance success can be realized.
5. In her duties overseeing the program, Mae also provides a level of counseling and encouragement to participants in the program. Participants also receive counsel from the NNADAP worker and others from the clinic who help out with the program. Participants are encouraged to participate in the Clinical Counsel available through the clinic when we have licenced therapist available at the clinic (we aim to provide this service monthly , sometimes bi-weekly) Mae and/or a member of her team in Thunder Bay visit the community a couple of times a year and do assessments of the program and the clients as well.

6. We still have work to do for providing a comprehensive after care Land Based for Healing for participants in the program. Still, a number of participants have the support and encouragement of immediate family as they set goals to stabilize and beat their addiction to the Opioids.
7. The DPHC is not a Treatment Center ... we just don't have the resources or the expertise that a Treatment Center has. However, we have a dedicated, hardworking staff that is trying to do their best with limited resources. Our goal, when it comes to addictions is to help and support individuals on their path back to Healthy Living. One of our own said it well ... "Our community is mainly made up of people who are taking the responsibility and making the effort to live a happy healthy existence ... approx. 2% of the community are not."

I want to reassure our community residents that we, the health services team at the DPHC are very cognizant of the concerns out in our community around Health and Safety when it comes to drug abuse and addictions. As we have had concerns raised to us about other drugs in the community such as Crystal Meth, crack/cocaine which cannot be treated with Suboxone, as they are not opioids. We are working together with the other services in the community to educate and provide the needed supports for all our front line workers as they reach out to you in the community with encouragement to be making healthy choices for yourself and your loved ones. It is also our responsibility as community members to be cheering on those who are working at overcoming their addictions and doing this in a non-judgemental way. Meegwetch!

Wayne Potts
HSM

I NOTICED YOUR COMMENT ABOUT ADDICTION NOT BEING A DISEASE, BUT A CHOICE.

HUMANS  ADDICTION



HUMANS  ADDICTION

It is not a debate. There aren't opinions. It has been classified as a disease since the 1950's. That means that the facts have disagreed with you for over 60 years. You're not a doctor (or you wouldn't make this comment) and your Facebook rants have no merit because the medical community views addiction alongside every other physical and mental illness. Pick up a copy of the DSM-5 and read about it yourself. I assure you, substance use disorder is there. It's a medical FACT that addiction is a disease. Believing it is a choice not only makes you incorrect, but also delusional.

TO PRESCRIPTION PICK UP

Please be advised that after open water the Medical Transportation Driver will only be picking prescriptions up at the following pharmacies:

Shoppers Drug Mart on Josephine
Guardian Drugs on Algonquin

Changes are being made to better accommodate the driver and his passengers.

The process of switching over is as follows:

- Phone the Pharmacy you want to switch to and they will ask you for your information.
- The Pharmacy will then phone your former Pharmacy for all other information and have them transfer you.

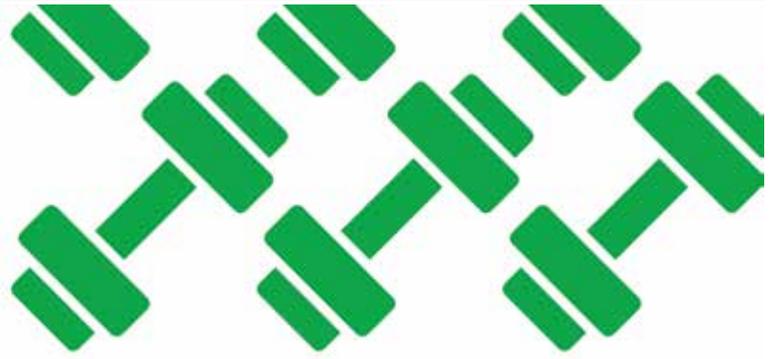
Donna Mattias
Office Manager
Work: 705 237 8900
Home: 705 237 8447

MAY

YOUTH-ELDERS | WALK, JOG OR RUN

TREADMILL & CIRCUIT TRAINING

IMPROVE CARDIO HEART HEALTH & MOBILITY.
LOWER BLOOD PRESSURE & STRESS.
LOSE WEIGHT AND TONE!



7:30PM-8:30PM

EVERY TUESDAY & THURSDAY

DOREEN POTTS HEALTH CENTER

FOR MORE INFO CONTACT DIANE @DPHC 705-237-8900

Circuit Training Defined

Generally, circuit training programs comprise 9 to 12 light weightlifting and other exercises ie. resistance band, kettle bells, medicine ball and floor exercise stations arranged to target all major muscle groups from largest to smallest. At each exercise station, you should perform 8 to 20 repetitions and take short rests lasting no longer than 30 seconds as you progress from one station to the next. Additionally, using weightlifting loads of 40 to 60 percent of your maximal ability ensures performance of an adequate number of repetitions for each exercise. Depending on your fitness level and preference, you can perform your circuit one to three times.

BENEFITS

1. Get maximum results in minimum time.

Circuit training is the perfect workout for the time-crunched fitness. You can set up as many or as few stations as you like and then continue through the circuit until your time runs out. You can fit in an effective, total-body workout whether you have 15 minutes or an hour.

2. Challenge your whole body.

Incorporating individual “stations” as part of a whole-body circuit, you’re guaranteed to hit every major—and minor—muscle group. A good rule of thumb: alternate between lower-body, upper-body, and core moves to give each muscle group a solid rest after each exercise.

3. Combats health conditions and diseases

Circuit training is one of the best forms of exercise. Exercise itself provides you with a great amount of health benefits. Some of these benefits include, better heart health, reducing the risk of diabetes, helping control asthma, reducing the pain of arthritis and improving back pain.

4. Improves mood

Exercise is the ultimate mood booster. You will reap many psychological benefits. It helps reduce stress and anxiety. According to the Mayo Clinic, exercise helps you gain confidence (getting in shape), take your mind off of your worries (exercise is a good distraction), get more social interaction (meet and socialize with others) and cope in a healthy way (exercising is a positive way to manage anxiety and depression).

5. Boosts energy

Taking a circuit training class is a great way to boost your energy. Exercise increases your endorphin levels making you mentally more aware and energetic. So, next time you are feeling exhausted or just too tired to workout... just workout! That workout will actually help wake you up. *Bonus: That workout will help you feel great too!

6. Sleep well

Do you suffer from insomnia? Take a circuit training class! Just a few circuit training classes a week and you’re on the right track to a better night’s sleep. It is actually proven that people who exercise on a frequent basis tend to sleep better and wake up more alert. So, what are you waiting for? Sign up for that circuit training class today!

DPHC COMMUNITY GARDEN

HEALTH PROMOTIONS

Start your seedlings
in the community
garden for the
Summer with take
home pots!

WEDNESDAY MAY 8TH
AT DPHC, 6PM

Snacks & Beverages
YOUTH-FAMILIES-ELDERS
WELCOME

Come get together to plant, pot & grow some vegetables and herbs for the DPHC Community Garden. (Seeds & Pots Supplied)

Community Gardens provide a great source of fresh, healthy produce for the community members and food bank clients. They also have many other benefits, including health, education, environmental, cultural and community-building.



TO SIGN UP OR FOR MORE INFO PLEASE CONTACT DIANE AT DPHC 705-237-8900



Welcome NOSM Students!

Between May 6 - 31, 2019,
our community will be hosting medical
students from the Northern Ontario
School of Medicine (NOSM).

These students are in the first year of the NOSM MD
program and studying to become doctors. They are
not yet doctors. The students will be working under the
guidance of a health professional in our community.

When you interact with a NOSM medical student, you
are helping to educate the doctors of tomorrow.

**For more information,
please contact your NOSM Local Community
Coordinator:**

NAME: Diane MacInnis

TELEPHONE #: 705-237-8900

EMAIL: healthpromotions@temagamifirstnation.ca



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Northern Ontario
School of Medicine
École de médecine
du Nord de l'Ontario

The Northern Ontario School of
Medicine serves as the Faculty of
Medicine of Lakehead University
in Thunder Bay and the Faculty of
Medicine of Laurentian University in
Sudbury, with teaching and research
sites across Northern Ontario.

NOSM medical students in the MD
program spend four weeks in an
Indigenous community in their first
year of medical school. As part of their
learning, the medical students will be
involved with health services in our
community. They will also be taking
part in a wide variety of cultural
and community experiences. Please
welcome these students, and feel free
to ask them about NOSM and what
they hope to learn while they are in
our community.

Follow us @thenosm



nosm.ca



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 Northern Ontario
 School of Medicine
 École de médecine
 du Nord de l'Ontario

Welcome NOSM Students!



Haley Duchesne

I born and raised in Wawa, Ontario until the age of 12 when my family relocated to Azilda, just outside of Sudbury. I have one sister who is completing her master's in environmental engineering and a cat named Merlot. My entire life I have been heavily involved in dance and I have continued in dance throughout my undergraduate degree by teaching various ages and forms of dance. I also enjoy spending time outside hiking and travelling to new places.

Last spring, I completed my undergraduate degree in Biomedical Biology at Laurentian University in Sudbury. During my last 3 years in my degree I had the amazing opportunity to work as the Student Assistant for the Family Medicine program at NOSM. Throughout my education I have participated in various fundraisers for the NOFCC and various other organizations, as well as, volunteering at the Ronald McDonald family room at Health Sciences North and Camp Quality.

Learning Objectives: During my placement in my ICE community, I look forward to learning more about the services provided and how primary care is administered in the community. I also believe that having interaction with Indigenous patients will be very valuable. As well, gaining a more in depth understanding of how Traditional medicines and practices are utilized in their community and personal health. Additionally, I feel truly privileged to be living within the First Nations community and I hope to learn about their culture and language.



Brooke Mathias

I'm excited to be back home for the month of May as one of the NOSM students! I graduated from the University of Ottawa last June and I am just finishing off my first year of medical school. I am so happy that I get to spend the month of May home on Bear Island as well as teaching my fellow students and friends about my home!

Learning Objectives

- Learn about traditional practices and world views.
- Learn about the challenges associated with health care and geographic isolation.
- Learn more about the social determinants of health and how they impact the residents of Bear Island.

nosm.ca

A Letter of Thanks



On March 8th, 2019, I left on a ten-day long trip to Europe over the March Break. The plane rides may have been long. I may have had to spend every day walking thousands of steps and the breakfast we were served may have not been great, but I must say the good outweighs the sore feet and early wake up calls any day.

I am writing this letter of thanks to everyone who helped me with my trip to Europe. I thank you all for the warm wishes and everyone who donated to aid in the efforts to get me “across the pond” and home!

Europe was beautiful, sure it rained in England but who could be surprised and the countries I visited made memories to last me a life time.



The first city I when to was London in the country of England. I explored the Tower of London and learning about the interesting history of one of the world’s most famous castles. I took a ride on the London Eye, seeing the beautiful sights of London in all directions. Even going to say hi to the Queen at Buckingham Palace...sadly she wasn’t there to have afternoon tea, but the palace sure looked pretty.



In Paris, France I ate my first French crepes, which was a banana and Nutella crepe with hazelnut and whipped cream. I visited the Louvre where I got to see the Mona Lisa and experienced what it felt like to be a royal in a proper palace. Even getting to see Notre Dame before it’s unfortunate burning, took a picture with the Eiffel Tower and saw Napoleon’s Arc de Triomphe that was smack dab in the middle of a crazy roundabout!



Finally, in Barcelona, Spain I took my first step in the sea (the Mediterranean to be exact) and found it to be surprisingly chilly! I even got to see one of the most beautiful buildings I’ve ever seen La Sagrada Familia and found out that it will not be completed until 2020. I rode around Barcelona on the back of a bicycle and even got to eat my first churros covered in glazed sugar and Nutella.

Again, I would like to say Chi-Miigwetch to everyone for supporting me in my adventure to Europe. I am very fortunate to live in a community that is so caring and generous. I certainly will consider traveling aboard more in the future!

Kaiya Mongrain



Mae Katt is One of Seven Distinguished Canadians to Receive Honorary Degrees at 2019 Trent University Convocation Ceremonies



Mae Katt – Monday, June 3, 2019 – 2:00 p.m. ceremony, Peterborough

Primary healthcare nurse practitioner, researcher and justice advocate will be honoured with an honorary doctorate of laws for her work in the area of First Nations health.

Virginia May Katt (Mae Katt) is a member of Temagami First Nation (Ojibway) and a justice advocate. She is a primary health care nurse practitioner with an expansive skill set in Thunder Bay, Ontario. Her forty-year career as a clinician, health administrator, educator, advocate and researcher has been dedicated to improving all aspects of First Nations health in northern communities.

Ms. Katt develops programs and teams to treat prescription dependence and provide opiate addiction treatment. Her work on a program at a First Nations high school led to a significant drop in student opioid use. Her efforts with drug addiction have also received media attention from outlets including the Globe and Mail, CBC Radio, and were featured in the documentary, Rings of Fire.

As a member of the Registered Nurses' Association of Ontario, she developed best practice guidelines regarding substance abuse. Ms. Katt also worked in senior management positions at Health Canada's First Nations and Inuit Health (Ontario) and Nishnawbe Aski Nation, representing many Ojibway and Cree First Nations in northern Ontario. She developed the Native Nursing Entry program at the School of Nursing at Lakehead University and became its first coordinator.



Paige Becker, Gr. 6 student at LMLC won 2nd prize in a provincial Fire Prevention Poster Contest.

The Ontario First Nations Technical Services Corporation (OFNTSC) hosts this contest every year. Paige won \$150.

We were very proud of Paige and her win.

Temagami Community Foundation Presents



Summer Arts Camp

Hosted by Bear Island

at the Laura McKenzie Learning Centre

July 1st - 5th, 2019

Children ages 6 to 12 from the greater Temagami community are coming together to spend a week side by side creating art projects that encourage exploration and expression. Under the guidance of experienced volunteers, children will draw from their own experience and collective imagination to transform an idea into a work of art.

Space is limited!

**Registration is mandatory
and capped at 55. Please sign
up now to ensure a spot.**

Register online at www.temagamicommunityfoundation.com





7 year old **Niimin Hupfield** went to dance at CBC Kids on April 10th. She rocked it. Her parents John and Deanne were very proud. Chi-Miigwech Niimin for sharing your gifts so openly. Niimin has been dancing since she could walk.

TFN Communications Officer will share when the episode will air once Niimin's parents get word.



Hi everyone!

I just want to say Miigwetch for the opportunity to work with the children and youth of the community as the Family WellBeing Youth Worker. We had some great times together, I deeply care about the children and youth here; I would like to share how creative, amazing, funny, joyful and accomplished they are. Also, how much spirit they all have. I am especially proud of the youth how there are so many up and coming leaders to look up to.

Thank you, Annette for all your support and all my coworkers, especially Deva and Tyler. Keep up the great work everyone at the DPHC.

See you around the community!

~ Casey Huxtable



Congratulations to Demi Mathias, she has completed her **M.A. Thesis Defence for CANADIAN STUDIES & INDIGENOUS STUDIES, CANOEING THROUGH RESURGENCE: WIIGWAAS JIIMAAN AND CULTURAL RESURGENCE** at Trent University.

Demi would like to thank her family and Temagami First Nation for all the support throughout her journey!



Congratulations to Haylie Paul!

On April 12th, 13th & 14th Haylie competed in the Love 2 Dance Regional Competition at Deerhurst Resort.

April 12th She won **1st place for Acro Solo Small Group.**

She won **2nd place for Acro Solo** and was invited to the Nationals which will be held July 12-17th in Collingwood.

April 13th she won **1st place for Acro Open Solo** and **2nd place in Lyrical Solo.**

April 14th she won the **Top Overall Award for Acro Solo.**

Congratulations to Haylie Paul for doing so well. We wish you luck at the nationals.

Haylie will need to fundraise for her upcoming competition in July in Collingwood.

Thank you to everyone who purchased a card for find the joker. Julia Chapman won. Thank you Julia for donating the money back to Haylie.



Anishinabek Educational Institute

Summer Upgrading Courses

Students entering into AEI's Practical Nursing Program get **FREE** tuition for upgrading, please contact us for more details


English


Math


Biology

Chemistry



The AEI can give you the competitive edge you need. Take the first step towards your post-secondary career with our summer courses

Start Date

May 6, 2019

Location

1 Migizii Miikan, North Bay ON



Contact Jazmine Glass

for any additional information 705-497-9127 ext 2261 or jazmine.glass@anishinabek.ca



Community Support Services
Thane Dunn's
Elvis
Rock and Country

If you receive services from the Community Support Services Department, there are 10 tickets for this event. If you are interested in attending, please call Rachel or Kendall before **May 10, 2019 at 705-237-8275**

The following will be covered by program: ticket, transportation and accommodations.

WORDMATCH

- 1. Nuh-gwah-gun-un
- 2. Nuh-gwah-gun-ii-ke
- 3. Kii-zhah-te
- 4. Ah-buh-wah
- 5. Mah-gim-oos-se
- 6. Kii-zhoo-pe-zo
- 7. Kii-zhid-ay
- 8. Oo-nii-ge
- 9. Mii-ge-way-win
- 10. Gii-way-biz-o
- 11. Be-boon
- 12. Ke-sin-ah
- 13. Tuh-kiz-zay
- 14. Min-nik-qua-win
- 15. Nii-zhin-di'beg-a'nay-ah
- 16. Ay-kwoz-ay
- 17. Min-og-gah-min
- 18. Muh-noop-ah-goon
- 19. N'weej-kii-way
- 20. Kii-go-ke-win

- A. Tastes good (food)
- B. Walk with snowshoes
- C. Tastes good (drink)
- D. Winter
- E. Warm (in a building)
- F. It is cold
- G. He/she sets snares
- H. Two o'clock
- I. Dressed warmly
- J. Mild
- K. He/she sets traps
- L. It is hot
- M. He/she is tired
- N. Snares
- O. Fishing
- P. Travel Home
- Q. He/she is cold
- R. Prize/gift
- S. Drink
- T. My friend

Answers on page 4

*Please join us for LMLC's Annual
Spring Yard Sale
&
Penny Sale*

We are looking for Penny Sale & Baked Goods Donations

Where: LMLC Gym

When: Friday May 17, 2019

Time: 11:00 – 2:00

Scone dogs, refreshments & baked goods will be for sale.



Proceeds Support Student Trips

Donation drop off times are Monday-Friday between 8:30-4:30

If you would like a table to sell your own items please call the school to reserve



**TEMAGAMI
FIRST NATION**

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

EMPLOYMENT OPPORTUNITIES

ELEMENTARY SCHOOL TEACHERS - 2019/2020 School Year

Purpose:

Temagami First Nation (TFN) is seeking Primary and Junior Classroom Teachers at the Laura McKenzie Learning Centre (LMLC). The successful incumbent(s) will start late August 2019 for the 2019-2020 School year ending June 30, 2020.

Application due: Open until filled

GIS YOUTH INTERN - Two-year contract - 35 hours per week

Purpose:

To assist the Temagami First Nation Lands and Resources Department with GIS needs, including projects such as the n'Daki Menan Mapping Project, Land Code Development, Forestry and Mining.

Application due: Thursday, May 9, 2019 by 4:00pm

ASSISTANT LANDS AND RESOURCES DIRECTOR - Permanent Full-time

Purpose:

We are looking for a strategic thinker who is resourceful, flexible and adaptable, that can develop and implement an operational plan that incorporates strategic goals and objectives for the Lands and Resources Department. The Assistant Lands and Resources Director will primarily be responsible to assist the Director with the effective management of files related to Temagami First Nations' lands, resources and economic opportunities.

Application due: Thursday, May 9, 2019 by 4:00pm

TECHNICIAN ASSISTANT - 2 ½ -Year Contract

Purpose:

As a member of the Lands & Resources Department Team, you will provide technical assistance to the Natural Resources Technician and participate in n'Daki Menan resource management planning, compliance monitoring, auditing and implementation of n'Daki Menan resource management programs. This position will provide assistance to project staff. The Technician Assistant must be highly organized and have knowledge of Temagami First Nation values, culture, and traditions. The Technician Assistant will work under the supervision of the Lands and Resources Director.

Application due: Monday, May 13, 2019 by 4:00pm

HUMAN RESOURCES MANAGER - Full Time

Purpose: Reporting to the Executive Director, the Human Resources Manager is responsible for the development, implementation and updating of the Temagami First Nation (TFN) human resource policies, procedures and standards, for the recruitment of staff, as well as administering the Group Health & Pension plans. This position will also work with Temagami First Nation (TFN) program managers in regards to personnel management, including wage increases, promotions, and disciplinary actions in compliance with TFN policies.

Application due: Tuesday, May 14, 2019 by 4:00pm

**Detailed Job Postings including required qualifications and application submissions
can be found at www.temagamifirstnation.ca or TFN Band Office**

Note: Preference in hiring will be given to qualified Temagami First Nation members and Bear Island residents. All applications received prior to the deadline will be screened for an interview. Only those applicants who will be granted an interview will be contacted.

PRACTICAL NURSING PROGRAM SEPTEMBER 2019

Practical Nursing is a 2 year diploma program offered full time at the Nipissing First Nation and Munsee-Delaware First Nation campuses.

Students will be prepared to be proficient members of the nursing profession in various community settings.

Apply Today! No Registration Fees! Everyone Welcome!

Register online under our **APPLY NOW!** tab at www.aeipostsecondary.ca

For more information contact
Jazmine Glass
Anishinabek Educational Institute
705-497-9127 ext 2261
jazmine.glass@anishinabek.ca



Toll free 1-800-334-3330



www.aeipostsecondary.ca



The Bear Island Blast is a monthly publication.
To submit content
or subscribe, email communication@temagamifirstnation.ca.
The deadline for submissions for the
JUNE Edition is May 27th, 2019.

www.temagamifirstnation.ca



**SEEKING JUSTICE
FOR DAY SCHOOL SURVIVORS
AND THEIR FAMILIES:**



**THE INDIAN DAY SCHOOLS &
SIXTIES SCOOP
CLASS ACTION**

fill out the registration form online at:

www.ca.gowlingwlg.com/dayschoolclassaction

or call:

1 (844) 539-3815

HEALTH PROMOTIONS
**FITBIT LOANER
PROGRAM**

MAY-13TH-31ST



TRACK YOUR
STEPS, KM'S, CALORIES BURNED, HEART RATE, SLEEP
& WORKOUTS!

12 FITBITS AVAILABLE TO LOAN
MUST HAVE A COMPATIBLE SMART DEVICE TO PAIR WITH FOR
TRACKING

For more info or to sign one out, please contact
Diane @ DPHC 705-237-8900

SAVE THE DATE



**TEMAGAMI
FIRST NATION**

POW WOW

RETURNS

JULY 13 & 14, 2019

TEMAGAMI, ON

watch for more details  temagamifirstnation.ca



TEMAGAMI FIRST NATION

Temagami First Nation
P : 705-237-8943 | F : 705-237-8959
General Delivery, Bear Island, ON P0H 1C0

MAY 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

For Youth Programming - Check Bear Island Youth Building Facebook group for updates.

Pool Hour: Lunch hour and 3:30-4:30, Sonny Moore Bldg. 10 yrs+

*** REGULAR COUNCIL MEETING - MAY 1ST AT 7pm, L&R BUILDING**

		Garbage/Recycling every Wednesday							
		* CSS Yard Clean Up w/ Potluck Dinner and Movie - 7:00pm							
		Elder's Luncheon & Bingo 12:00pm-3:00pm							
		Children's Gym Night LMLC 6:30pm-8:00pm Ages 7-12							
		CSS Evening Movie or Games - 7:00pm							
		Yard Clean Up Feast							
		Children's Gym Night LMLC 6:30pm-8:00pm Ages 7-12							
		CSS Shopping Trip							
		Men's Dinner DPHC @ 5:30pm							
		Youth Dinner DPHC @ 5:30pm							
		Firearms Cert. Course							
		Men & Women's Shopping Trip - Call Alex to Sign Up Before May 27th							
		Yard Clean Up Judging							
		Children's Gym Night LMLC 6:30pm-8:00pm Ages 7-12							
		CSS Shopping Trip							
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		Men's Dinner DPHC @ 5:30pm							
		Youth Dinner DPHC @ 5:30pm							
		Firearms Cert. Course							
		Men & Women's Shopping Trip - Call Alex to Sign Up Before May 27th							
		Yard Clean Up Judging							
		Children's Gym Night LMLC 6:30pm-8:00pm Ages 7-12							
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