

BI BLAST

Nii Baa Yaa'mii Yaan o Waan Giizis

Christmas Month- December 2013





Season's Greetings, Everyone!

Winter is truly upon us. There was some wild weather at the end of November- minus 20 on the 24th. Because of the super-cold temperature and open water, the lake had yet another unique outfit on- steam rising and grabbing onto the trees at the shore, making a wonderland of ice formations with green tops.

Will there be an early freeze-up this year?

The Blast got a great contribution from Duane Paul this month- a fun and funny language quiz. Love it, Duane! Please give us more! Miigwetch!

Tammy Presseault has contributed a great article about the Turtle Concepts workshops held on the island in November. She was very moved by Dave Jones' message of the importance of confidence, positivity, and the importance of appreciating and encouraging each other. Tammy gives Chi Miigwetches to many people for their help in making the workshops a big success.

Now it's our turn to thank you, Tammy: Chi Miigwetch for all your hard work in making it happen! It was a very powerful experience and we hope Turtle Concepts will return.

As Tammy says, the power to show someone that you appreciate them so easy to use, and makes such a big difference. We all need kindness and recognition.

Dave Jones also talked about the concept of pride. He said : "Humility equals pride, but it doesn't equal bragging". A very popular description of the Grandfather Teaching of Humility is "To Know Yourself as a Sacred Part of Creation".

Sounds like a good description for knowing that everyone is equal and that means everyone has a right to be proud and stand up tall...celebrate being alive... and celebrate others. Life is short...might as well strive for joy and happiness!

Joy, Peace, Kindness, Appreciation, and Pride to Us All this Holiday Season!

Ummm... The Blast Made a Boo-Boo...

Miigwetch to Millie White for correcting an error in the November issue.

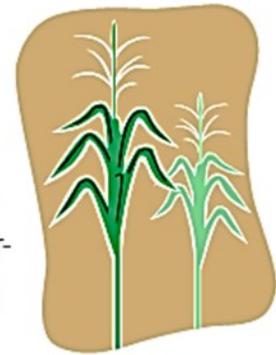
Maggie Potts Was Not Tom Potts's Mom, She Was His Sister.

The Blast regrets the error.





If you would like some free white corn, please stop by the Lands and Resources Department (White Staff House). Perfect for soup/traditional cooking or programs! The corn was generously donated by an inter-tribal/inter-treaty hunter. There is a process to properly prepare the corn. Please see Casey Becker for more details.



Miigwetch!

Who doesn't hate potholes?

No matter where you go, people complain about potholes. Chi Miigwetch to TFN's new Heavy Equipment Assistant Shawn Saville for making our rides smoother. If only the road of life were less bumpy!

BTW... Chi Miigwetch to Randy and Shawn for doing a great job keeping the roads plowed and safe! ...Excellent job, Gentlemen!
(Gentlemen?... Wellll...)



The Elders Would Like to Thank

All the members who donated to and everyone who came and shopped at their very successful silent auction and penny sale on November 23rd. They will be meeting within the next 2 weeks to decide which deserving First Nation Community will receive their donation. Way to go, Elders! Miigwetch!



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*****

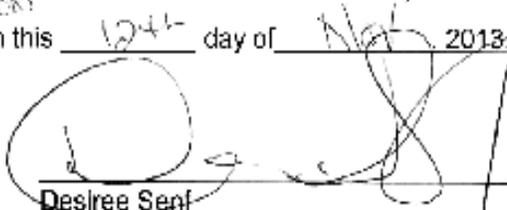
**MAIL-IN NOMINATIONS FORMS ARE AVAILABLE
MUST BE RECEIVED BY ELECTORAL OFFICER NO LATER THAN
THURSDAY, JANUARY 9, 2014**

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

Effective 2013.11.12

NOTICE OF NOMINATIONS BY ELECTION

TEMAGAMI FIRST NATION



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**Temagami First Nation and Teme-Augama Anishnabai Councils
invite applicants for the Enrolment Committee – 3 Vacancies –
2 year term**

Purpose and Scope

In compliance with the Temagami First Nation Membership Code, the Enrolment Committee shall review and consider all applications for membership.

Meetings

The Enrolment Committee shall meet to review and consider membership applications every three months or more frequently if necessary; determine whether an applicant has met the requirements for enrolment as a Member of the Temagami First Nation.

Membership

The Enrolment Committee shall be appointed by the Temagami First Nation and Teme-Augama Anishnabai Councils which will comprise of three (3) members from among Members resident within the n'Daki Menan who have applied to serve on a volunteer basis. Consideration will be given to the candidates who can offer interest, experience, and knowledge for the enhancement of the Enrolment Committee.

Temagami First Nation and Teme-Augama Anishnabai Chiefs and Councils are inviting interested persons to submit a letter stating reasons why you are interested in joining the Enrolment Committee. Also, an indication of the relevant skills and experience you may bring to the committee. Chiefs and Councils will review all applicants and appoint three (3) members.

MAIL/FAX/EMAIL APPLICATIONS by:

December 13, 2013 @ 4:00 p.m.

**Attention: Enrolment Officer
Temagami First Nation
Band Administration Office
General Delivery
Bear Island, Ontario
P0H 1C0**

Subject: Enrolment Committee

Fax: (705) 237-8959

Email:

enrollment@temagamifirstnation.ca

Lands and Resources News: Forest Tenure Modernization Initiative

The provincial government has been restructuring the forestry management units in the province since June 2011, under the Ontario Forest Tenure Modernization Act.

Background

The Temagami Forest Management Unit is one of the few remaining “Crown” Units and in fact, is the only Unit in the province that has been continually managed by the Crown.

Since the enactment of the Crown Forest Sustainability Act in 1994, there have been several unsuccessful efforts to establish a Sustainable Forest License on the area, including a previous lead effort by Temagami First Nation and the Municipality of Temagami.

With the Ministry of Natural Resources’ (MNR) recent organizational changes, and the passing of Bill 151 (Forest Tenure Modernization Act), the Ministry has indicated that it is anxious to explore new opportunities for changes to the administration of the Temagami FMU.

A meeting was held in Temagami on October 1st to discuss the process to be used to determine which management model will be used in the TFMU. Municipal, forest industry and First Nation representatives were in attendance among others. A draft Terms of Reference for an Advisory Team was presented.

Funding for this initiative has been provided by MNR through a Transfer Payment Agreement. A facilitator, jointly chosen by TFN/TAA and Municipality of Temagami has been hired to co-ordinate the Advisory Team meetings.

An Advisory Team has been established composed of representatives from the forest industry, local municipalities, and local First Nations **to develop a recommendation regarding the governance model**

and business arrangement to be put in place to support the issuance of an SFL for the Temagami Forest Management Unit to be completed by March 31, 2014.

To date, there have been three Advisory Team Meetings so far.

A Request for proposals has recently gone out for a consultant to assist with developing a base case model. Part of their duties would be to conduct and report on a business feasibility analysis of a preferred list of governance models identified, as well as a comparative of analysis of each model, identified and guided by the Advisory Team such as:

- an LMFC (Local Forest Management Corporation)
- a stand-alone eSFL (enhanced Sustainable Forestry License)
- amalgamation with another forest (such as Nipissing or Timiskaming)
- and any other model that may be identified

The Advisory Team after careful analysis of the feasibility studies of the business models presented by the consultant will identify the recommended model for the unit, including the comparative analysis of the models reviewed to MNR, for further support of a Forest Futures Application to implement the model.

This initiative is an opportunity to allow us, along with our partners to look at alternative ways of managing the Temagami Forest Management Unit, including an enhanced role for TFN/TAA in shared decision-making of the Temagami Forest.



The Lands and Resources Department will keep the community posted as developments occur on this initiative. If you have further questions please contact Robin Koistinen at (705) 237-8275 or at robin.koistinen@temagamifirstnation.ca

DPHC Cancer Prevention and Screening Presentation, November 14

Delma and Chris brought Michelle Rand (far left) and Sherri Baker (next left) of the Sudbury Cancer Centre to Bear Island to discuss prevention and care of cervical, colorectal, and breast cancers.



Take Charge of Your Health! Early Detection is the Key to Treatment.

Breast Cancer:

- Do self-exams monthly.
- First mammograms are now routinely done at age 50
- You can make your own appointment for a mammogram, or have your Doctor arrange it

Cervical Cancer:

- Have a pap smear test every 2 years, unless advised differently by your doctor
- HPV Vaccine is available and given routinely to girls after grade 7

Colorectal Cancer:

- People of average risk level over age 50 can do a FOBT– Fecal Occult Blood Test– at home.
- People of increased risk over age 50 are advised to have a colonoscopy.

For more information, visit
<https://www.cancercare.on.ca/>

Or talk to Delma, or your Doctor.

Sherri Baker is the Aboriginal Patient Navigator for the Sudbury Cancer Centre. Her Grandmother was Lucy-Ann Cote of Bear Island. She showed and described the culturally sensitive services available to First Nation patients and their families at the SCC.

Very cool.



Creating Canada Symposium: From the Royal Proclamation of 1763 to Modern Treaties October 7th, 2013

Caitlin W. Morrison

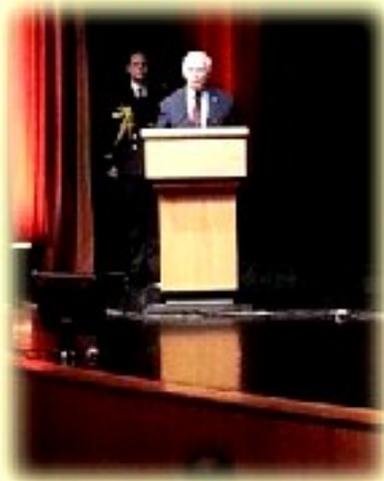
On October 7th, I attended a one-day symposium organized by the Land Claims Agreements Coalition to commemorate the 250th anniversary of the signing of the Royal Proclamation of 1763. This event brought together academics, government representatives, Indigenous leaders and legal counsels, (to name a few), to discuss the historical, present and future relevance of the Royal Proclamation to Indigenous land issues and rights. Governor General David Johnston and Minister Bernard Valcourt of Aboriginal Affairs and Northern Development (AANDC) were also present. They spoke to the significance of the Royal Proclamation and importance of maintaining positive relationships and respect between Aboriginal and non-Aboriginal peoples.

The Royal Proclamation is widely seen as the “Indian Magna Carta” recognizing Aboriginal Title and a foundational document setting out the relationship between the Crown and Indigenous peoples and the process for acquiring “Indian lands” or Treaty making:

And whereas it is just and reasonable, and essential to our Interest, and the Security of our Colonies, that the several Nations or Tribes of Indians with whom We are connected, and who live under our Protection, should not be molested or disturbed in the Possession of such Parts of Our Dominions and Territories as, not having been ceded to or purchased by Us, are reserved to them. or any of them, as their Hunting Grounds.—We do therefore, with the Advice of our Privy Council, declare it to be our Royal Will and Pleasure. that no Governor or Commander in Chief in any of our Colonies of Quebec, East Florida. or West Florida, do presume, upon any Pretence whatever, to grant Warrants of Survey, or pass any Patents for Lands beyond the Bounds of their respective Governments. as described in their Commissions: as also that no Governor or Commander in Chief in any of our other Colonies or Plantations in America do presume for the present, and until our further Pleasure be known, to grant Warrants of Survey, or pass Patents for any Lands beyond the Heads or Sources of any of the Rivers which fall into the Atlantic Ocean from the West and North West, or upon any Lands whatever, which, not having been ceded to or purchased by Us as aforesaid, are reserved to the said Indians, or any of them.

A variety of presenters addressed the “on the ground” history in what are now Canada and the United States which led to the creation of the Royal Proclamation, the intent behind and need for the Royal Proclamation, and what it means today in modern Treaty making and land claim agreements. Recurring themes of ethics, recognition and respect, and Honour of the Crown were discussed by the presenters and linked to the current issues of having to go to court to fight for Aboriginal and Treaty rights. They spoke of the

strong frustration with the challenges that consistently arise when it comes to implementing agreements. As Professor Mark Walters said in his presentation, “Canada goes to court to deny and negate rather than recognize and affirm Aboriginal and Treaty rights”



Governor General David Johnston

The take-away messages were clear: though a “dead letter”, the Royal Proclamation is still relevant in Canadian law, in the Constitution, and in modern Treaty-making processes.

Recordings of the speakers and select presentations are available online at: <http://www.landclaimscoalition.ca/creating-canada-symposium/#>

For more information about the Land Claims Agreements Coalition go to: <http://www.landclaimscoalition.ca/>

(Daisy can assist non-computer people!)



Matthew Coon Come

There need to be tools put in place to fully implement land claim agreements and modern Treaties. These tools are currently not being provided. The principles of the Royal Proclamation guide the relationship between the Indigenous and non-Indigenous peoples in Canada. They must continue to be reflected in treaty making and land claim processes to ensure mutual respect, autonomy and our cultural continuity.



The Royal Proclamation

Caitlin Morrison is an Associate Negotiator with the Ontario Ministry of Aboriginal Affairs. She's also Marvyn's daughter and a hilarious fun super-smart chick.



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

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

CALL: 705-237-8600

EMAIL:

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

Chiefs of Ontario Demand Feds Abandon First Nations Education Act

Second Chief Joe Katt attended the Chiefs of Ontario meeting at Fort William First Nation on the 26th and 27th of November.

The First Nations Education Act was a hot topic of discussion. Joe added his voice and stated that he would like to see accurate First Nations history courses be compulsory for all Ontario students for at least 2 years of high school.

Regional Chief Stan Beardy said in a news release issued by the Chiefs of Ontario on Wednesday:

“We discussed education at length over the last two days and along with maintaining our rejection of the federal legislation on education we also collectively affirm our inherent right to establish and control our own educational systems and institutions.”

More on this story can be found here:

<http://www.tbnewswatch.com/news/310694/Taking-on-education>

<http://www.cbc.ca/news/canada/thunder-bay/ontario-chiefs-demand-feds-abandon-education-act-1.2442508>

Non-computer users are welcome to contact Daisy for assistance.

Community Services Meeting #1

November 26/13

The first Community Services public meeting was held at the Rec Centre on Tuesday November 26th.

The purpose of this new form of public meeting is to address community services issues pertaining to Bear Island. By addressing these types of local issues at a forum separate from the regular community meetings, time and energy is freed up at the regular community meetings for issues focused on broad topics. These are issues that concern everyone in the community, not just island residents. This is particularly important considering that many off-island members travel far distances to participate in community meetings.

The November 26th meeting was attended by several residents. The first topic of concern discussed was vehicles and safety on the island. Other topics discussed included community policing issues and ideas for improving the island's waste situation. More information on what was discussed will be available as background for the next Community Services Meeting, which will be held in January.

Everyone is encouraged to attend and participate.

Aboriginal AIDS Awareness Week

HIV / AIDS Slide Show

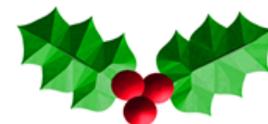
Wednesday December 4 /2013

1pm, 2pm, 4pm

(Same Presentation at Each Time)

At the Clinic

Presented by Donna



ELDER'S ANNUAL TURKEY BINGO

Sunday December 8, 2013

1:00 - 3:00pm



Elder's Building

Canteen open

EVERYBODY WELCOME!

ELDERS CHRISTMAS
LUNCHEON
& BINGO

DECEMBER 11, 2013

12:00 - 4:00PM



IF YOU REQUIRE TRANSPORTATION PLEASE
CALL THE ELDERS BUILDING 237-8623
DURING THE MORNING OF THE 11TH



LMLC's Annual Christmas Craft Sale

Sunday December 01, 2013

**11 am - 2 pm
LMLC Gymnasium**

PENNY SALE - Donation Items needed - send to Lucille

SNACK BAR - NDN TACO's - HOT DOGS

BAKE SALE - Request for Parents to donate to bake sale items

VENDORS - Vendors please make a cash donation for a table

SHOP, FUN AND VISITING ☺

SEE YOU THERE!

Fundraising efforts go towards School Trips





LMLC NEWS



Recently Julieanne Steedman , Early Learning Co-Ordinator of the First Nation Student Success Program, came to LMLC for a visit. Here is her (abridged) story, reprinted from the FNSSP website:

A Lovely First Visit to Laura McKenzie Learning Centre, October 29/ 2013

A couple of weeks ago I had the opportunity to spend a week at Laura McKenzie Learning Centre on Bear Island. The island is located on Lake Temagami which is about 100km north of North Bay.

The school is obviously unique in that it is located on an island. My boat journey each morning and evening was lovely. The driver, Lynn W, told me bits and pieces of history and information about the lake, its residents and life in the area.



Ever Cute Jammies, Lynn!

The school has an enrolment of about 30 students and really is a lovely little school. When you walk in, there is an immediate feeling of being welcome; everyone was so friendly! There are three classrooms: JK/SK/ Gr.1, Gr.2/3, and Gr.4/5/6/7/8 as well as a Special Education classroom.

I spent my time here getting to know the staff, conducting Early Year Assessments, and had the opportunity to work with two teachers to redesign their classrooms to create a layout more suited towards centre-based learning. A Harvest lunch was held on Thursday and all of the staff and students feasted on a wonderful lunch together in the gym.

I had a brilliant visit and can't wait to get back to the island. Thank-you to everyone for making me feel so welcome and letting me have a peek into your wonderful school!





TMFC NEWS

Kwe Kwe Community Residents;

The past month has been a whirlwind for the TMFC and AHS programs. We accomplished a lot in the past month.

The snowsuits for the children were delivered on Friday, November 15th, 2013. Thank you Desi and Michelle for tracking everything down and getting everything delivered to the right children!



The Temagami First Nation Chief and Council approved changes to six policies on October 9th, 2013. These policies were sent to parents in May and in September for their input and suggestions. The policies that were amended and clarified are the Administration of Prescribed and Over the Counter Medication Policy, Admission of Children Policy, Communicable Disease – Children and Staff Policy, Communication – Parents and Staff Policy, Daily Health Check Policy and Fever and Illness Policy. The Policy Manual will be updated and a new parent handbook will be distributed in the near future.

December will be a very busy month for all the frontline workers. I will say Thank you in advance for your hard work in getting the Christmas bins ready and delivered, and for the wonderful Christmas dinner for the community. I know how much work goes into planning for these things.



Dates to Remember:

- *The TMFC will be having our annual Christmas Family Luncheon on Friday, December 13th, 2013.*
- *The TMFC will close at 4:00 p.m. on the 19th so everyone can get ready for the annual Christmas Dinner and Laura McKenzie Learning Centre Christmas Concert.*
- *The daycare will close for the holidays at noon on December 20th*
- *The Daycare will reopen January 6th, 2014 at 8:15 a.m.*



The Tillie Missabie Family Centre would like to wish everyone a safe and happy holiday.

Remember to smile, everyone!

*Tammy Presseault
RECE Program
Supervisor,
Tillie Missabie*





*The Next Generation...
A Precious Gift From
The Creator.*





TMFC NEWS

Turtle Concepts Workshops

November 2013

Turtle Concepts visited our community during the week of November 4th to the 9th, 2013. The TMFC hosted workshops for the TMFC staff, Frontline workers, parents and extended family members and the children and youth. Each workshop was well attended and many topics were covered throughout the week.

The parent and youth workshops focused on the bullying issue in our community. The movie "Bully" was shown in three sessions, and what an eye opener. Hard cold truth people; our children and youth are affected by what we, as parents and extended family members, say in front of them. Our children and youth are hearing words and phrases that they should not be hearing or repeating. I think we all have to be very conscious about what is said in front of our children and youth because it is impacting them.



Validating staff and building confidence was a key point in the staff workshops. This is something I think all Temagami First Nation employees deserve. We all deserve to hear "thank you" for a job well done. We all deserve to be smiled at when we are providing those services, and we all deserve to be acknowledged with a kind and respectful word.

I would like to say Thank you to Dave Jones, and his two helpers Janey and Hovart for coming too our community and starting the process of building confidence within all of us. When we visited the school, Dave reached out to the children and they responded to him immediately. Dave built trust with our children and youth in a very short time and this is something that caught my attention..

I met Dave at the Native Early Childhood Conference and his message inspired me. I want our children, youth and community members to feel good. We have so much to be grateful for. We need to start appreciating all the good things our community has to offer.



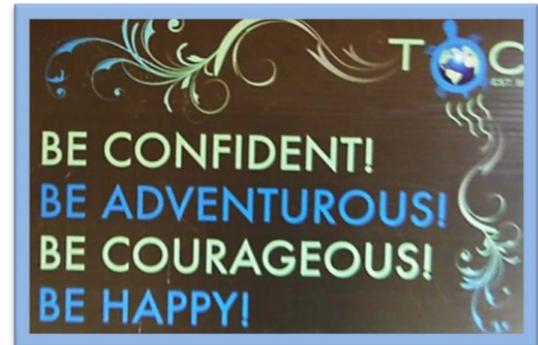
I want to say thank you to June Twain for catering all week for this event. The Turtles were very impressed with the food. Thank you to Linda Geo. Mathias for providing such a warm and clean place for the Turtles to stay in. I want to thank my staff for participating and trying to get the most out of this training and I want to thank the members of our community who participated in the workshops. I want to say thank



you to Joe, Jamie and Paul for helping me with the driving and getting the Turtles here and bringing them back to mainland. I want to say thank you to Virginia McKenzie and Rachel McKee for jumping in during the community dinner and taking over the kitchen. Managing a kitchen is not my area of strength so I am very grateful for all the help. Thank you to the Temagami First Nation Chief and Council and to all the Managers for your help and support.
-Tammy

Quotes from Dave Jones, Turtle Concepts Founder:

"People have 525,600 minutes in every year of their lives, but many people focus on the negative minutes instead of the positive minutes."



"Who taught you to be negative? Just start doing it- being positive. You will be surprised how far you can come when you start doing it."



"As soon as you get that little bit of self-confidence and run with it, it's amazing."

"When we feel good about ourselves, Good things happen in our lives and we make healthy choices".



ANISHNABAI WORDS AND EXPRESSIONS

WE SELDOM IF EVER HEAR ANYMORE

Can you guess the meanings?

Answers on inside back page.

1) A'noong-gwam

- a) Sleeping soundly
- b) A temporary shelter
- c) A nice evening
- d) Wide awake

2) Mah-g'moos-say

- a) To walk in soft snow
- b) To break through the top layer of crust while walking in deep snow.
- c) To walk, wearing snowshoes
- d) A winter portage

3) Kwee-gwee-shee

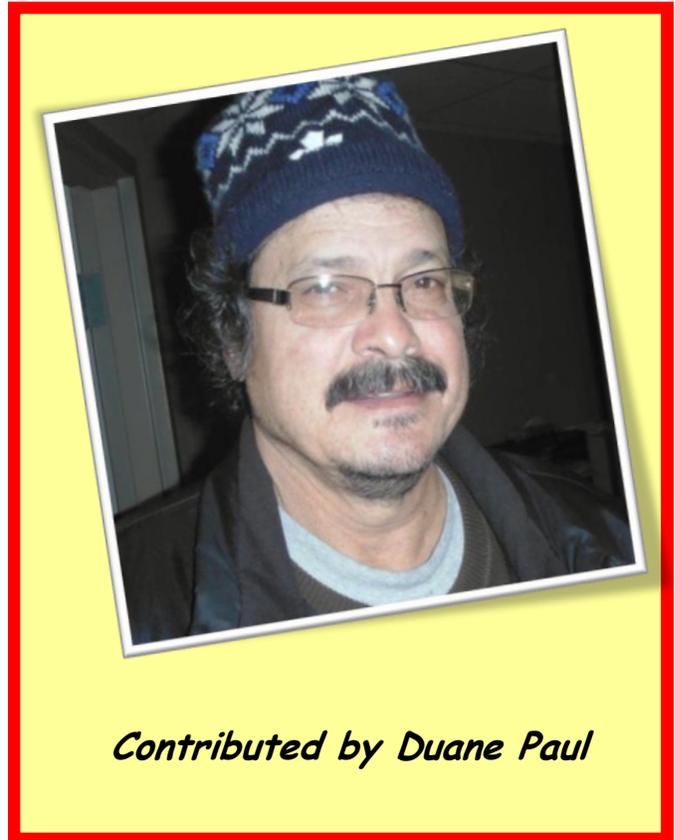
- a) Squeaky door
- b) Otter brains
- c) Candy/treat made from maple syrup.
- d) Canada Jay/Grey Jay

4) Shah-gay

- a) A person with slightly less powers than a shaman.
- b) Clam
- c) Crayfish
- d) Leech

5) Ah-biy-ah-way

- a) Sneeze
- b) Cough
- c) Yawn
- d) Pull a toboggan



Contributed by Duane Paul

6) Muk-ah-zhew-way

- a) To paddle (a canoe)
- b) To make a big splash with your paddle.
- c) Swimming towards (in our/your direction)
- d) Swimming away

7) Shuk-wun

- a) Cloudy
- b) Foggy
- c) Sharp teeth
- d) To remove the husk from an ear of corn.

ANISHNABAI WORDS AND EXPRESSIONS



WE SELDOM IF EVER HEAR ANYMORE

8) Nat-sub-bee

- To take fish out of one's net.
- To place net in water (set net).
- To retrieve one's net.
- Buy a sandwich at Subway

Some words associated with thinking or emotions contain the syllables "ain-dum", with "dum", implying a human or animate element.

Such as:

9) Wah-bah-shase-she

- Fisher
- Deer
- Wolverine
- Marten

- "Chee-nain-dum" - proud, or to think highly of oneself,*
- "din-ain-dum" - I think, and*
- "way-dain-dum" - smile.*

10) Zh` gud-dain-dum

- Jealous
- Lonesome
- In love
- Thinking bad thoughts

Spellings and pronunciations are to the best of my knowledge and recollection. Making an accurate written pronunciation in English isn't easy. Some of the Anishnabai sounds just don't exist in English.

So until next time, Way-dain-dum, bah-pin-nain-dum-dah - Smile, be happy.

Miigwetch, Duane!!!



"I stopped making a list. Nothing is considered naughty anymore!"



"We can stay home Christmas Eve! This year everyone is getting music, movies, and games they can download from my website!"

Hey Hockey Fans...

Here are upcoming
schedules for 2 of
our most dedicated and
accomplished Hockey Players:

*The Good Old Hockey
Game...Is the Best
Game You Can Name...*



Alex Paul Jr. -Major AA Bantam Trappers

Date	Time	Game	Arena
Wednesday November 6, 2013	7pm	vs East Nipissing	PPD
Saturday November 23, 2013	10:30 & 2:00	vs Sudbury AA	Warren
Wednesday November 27, 2013	7pm	vs WF Minor Bantam	PPD
Sunday December 01, 2013	1010am, 210pm	vs Tem Shores Girls	Hailabury
December 6-8	weekend	Tournament	Astorville
Saturday December 14, 2013	130pm	vs West Nipissing	Sturgeon
Sunday December 15, 2013	9pm	vs East Nipissing	Astorville
Wednesday December 18, 2013	7pm	vs WF Minor Bantam	PPD
Wednesday January 15, 2013	7pm	vs West Nipissing	PPD
Sunday January 19, 2013	9pm	vs East Nipissing	Astorville
Wednesday January 22, 2013	7pm	vs WF Minor Bantam	PPD
Sunday January 26, 2013	1230 & 530pm	vs TemShores Boys	PPD
Sunday February 9, 2013	TBD	vs West Nipissing	Verner
Wednesday February 12, 2013	7pm	vs Bbay Girls bantam	PPD
Thursday February 13, 2013	715pm	vs Nbay Girls Bantam	PPK
Wednesday February 19, 2013	7pm	vs East Nipissing	PPD
Thursday February 20, 2013	715pm	vs Nbay Girls Midget	PPK
Sunday February 23, 2013	1230 & 530pm	vs TemShoresGirlsMig	PPD
Arenas			
PPD - Pete Palangio			
PPK - Pete Palangio			
WF - West Ferris			
MG - Memorial Gardens			



Come On Out and Cheer Them On!



Maegan McKee

North Bay AA Midget Ice Boltz

Upcoming Tournament s

Massena, New York

North Bay vs. Markham Stouffville
@ Clarkson University
Friday November 29, 11:30 am

North Bay vs. Oshawa Lady Generals
@ SUNY Canton
Friday November 29, 5:30 pm

North Bay vs. Brampton Canadettes
@ SUNY Potsdam
Saturday November 30, 12:00 pm

North Bay vs. St. Catharines Chaos
@ St Lawrence
Saturday November 30, 6:00 pm

Upcoming Games

North Bay vs. North York Storm
@ Buckingham Arena
Saturday December 7, 12:30 pm

North Bay vs. Toronto Leaside
@ Mattamy Athletic Centre
Saturday December 7, 6:00 pm

North Bay vs. Sudbury Lady Wolves 2
@ West Ferris Arena
Saturday December 14, 11:30 am

North Bay vs. North York Storm
@ Memorial Gardens
Sunday December 15, 10:00 am

North Bay vs. Sudbury Lady Wolves 1
@ West Ferris Arena
Saturday December 21, 11:30 am

North Bay vs. Vaughan Flames #1524
@ Vaughn Sports Village
Saturday January 4, 5:15 pm

Huge Props and
Shout-Out to

Shaiyena Cote

and Super Hockey Mom
Abby, who are staying in
southern Ontario to
grow Shaiyena's career.

Watch for more news
and info on these
awesome players in
upcoming issues of the
Blast!



*Miigwetch to John McKenzie for
this great story idea!*



Christmas Cookie Decorating

Party

All children 0-6 years old must be accompanied by an adult.

The clinic will be hosting this event On December 22, 2013.

Time 1:00-4:00pm Ages 0-6 years old

Time 5:00-8:00pm Ages 7-14 will be making pizzas

There will be Christmas music, snacks, and fun activities.

Wii Night

December 23, 2013

Children 7-14 are invited to attend Wii & Nacho night from 5:00-8:00pm

New Year's Eve

December 31, 2013 Sliding & Hot Chocolate at the sliding hill from 1-4pm

Snacks and family movie at Recreation Centre from 6-9pm



Christmas Bin Delivery Dates



Dates to Remember are:

- December 12th, between 1:00pm-8:00pm
- December 13th, between 9:00am-12:00pm

Doreen Potts Health Centre will be delivering the Christmas bins. If you have any questions or please contact Chris Landriault at 705-237-8900



Silly Christmas Jokes!

- What's white and goes up? -A confused snowflake!
- How long should a reindeer's legs be? -Just long enough to reach the ground!
 - What is the best Christmas present in the world?
 - A broken drum ...you can't beat it!
 - What's green and white and red all over?
 - A sunburned Elf!
 - Which of Santa's reindeer has bad manners?
 - Rude-olph!
 - Where does a snowman keep his money? -In a snow bank!



*Unique and
Beautiful
Hand-Made Gifts
are Still Available
for Christmas...
Talk to Marty!*

[Martybearisland
@mail.com](mailto:Martybearisland@mail.com)



PAIN
In 5, 4, 3, 2, 1, ...

**Don't Forget to Get Your
Flu Shot!**



See Delma at the Clinic.



SHUTTLE BOAT FREEZE UP SCHEDULE - DECEMBER 2013

← SCHEDULE A		DECEMBER 2013							→ SCHEDULE B	
Depart	Depart	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Depart	Depart
Band Office	Minerod								Band Office	Minerod
WEEK DAY	WEEK DAY								SUNDAY	SUNDAY
(MON-FRI)	(MON-FRI)									
8:00 a	8:15 a	1 237-8955 Sched B→	2 237-8955 ←Sched A	3 237-8955 ←Sched A	4 237-8284 ←Sched A	5 237-8284 ←Sched A	6 237-8955 ←Sched A	7	12:00 p 2:00 p 4:00p	12:15 p 2:15 p 4:15 p
8:30 a	8:45 a	8 237-8284 Sched B→	9 237-8284 ←Sched A	10 237-8284 ←Sched A	11 237-8955 ←Sched A	12 237-8955 ←Sched A	13 237-8284 ←Sched A	14	as required – call to confirm trip	
9:00 a	9:15 a	15 237-8955 Sched B→	16 237-8284 ←Sched A	17 237-8284 ←Sched A	18 237-8284 ←Sched A	19 237-8955 ←Sched A	20 237-8955 ←Sched A	21	NO SHUTTLE SERVICE: Dec 23rd to Jan 3rd	
ON CALL	ON CALL	22 237-8955 Sched B→	23 No Service	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27 Mail Run Only	28	Mail Run Only: Dec 27th, Dec 31st & Jan 3rd	
1:15 p	*1:30 p*	29 No Service	30 No Service	31 Mail Run Only	Jan 1 New Year's Day	2 No Service	3 Mail Run Only	4		
4:00 p	4:15 p									
4:30 p	4:45 p									
Mall run	Tue & Fri									
STUDENTS (board out)										

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

REGULAR SHUTTLE SERVICE ENDS DECEMBER 22nd/2013 AT THE LATEST - PENDING LAKE CONDITIONS

*****CHANGE IN SCHEDULE NOTED: NO TRIPS AFTER 5 PM (WEEK DAY) OR 4:30 PM (SUNDAYS)*****

HIGH SCHOOL STUDENTS BOARD OUT FOR DECEMBER

THIS SCHEDULE MAY CHANGE WITHOUT NOTICE – FOR MORE INFO CALL (705) 237-8943

(heavy fog; high winds; ice conditions; etc will impact departure times and/or may result in trip cancellations)

Regular Scheduled trips must be confirmed by calling the Band Office or Driver

- Two Recycling Bag or Regular size Bin Limit
- \$10 per passenger (regular scheduled trips) (cash only or prepay by debit at Band Office)
- PFD must be worn by all passengers & \$80.00 per On-Call Trip

- Drivers: Dean Potts (705) 237-8955 or Lynn White (705) 237-8284

December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Men's shopping Edu-therapy 5pm	3	4	5	6	7 Youth Cooking 3pm
8	9 Edu-Therapy 5PM	10	11 Elder's Luncheon & Bingo	12 Boy's/Men Drumming 7PM	13	14
15	16 Edu-Therapy 5PM	17	18	19 Christmas Concert & Dinner	20 Edu-Therapy 5PM	21
22	23 FHC Holidays	24 Holiday	25 	26 Boxing Day	27 Chief's Holiday	28
29	30 FHC Holidays	31 FHC Holidays	1 	2 FHC Holidays	3 FHC Holidays	4

Family Healing and Wellness Highlights

705-887-6800



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

Edu-Therapy Program will be offered in the New Year. Anyone interested keep your eye out for the calendar for the start date for the 8 week program.

FAMILY HEALING AND WELLNESS CENTRE STAFF ARE WISHING EVERYONE A MERRY CHRISTMAS AND A HAPPY NEW YEAR!



SEE YOU IN THE NEW YEAR!!

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

~ December 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>LMLC Christmas Sale</i> <i>11am-2pm</i> <i>LMLC Gym</i>	2 Men's Shopping FHWC Edu-Therapy 5pm FHWC	3	4 LMLC Parent-Teacher Interviews HIV / AIDS Presentation 1pm, 2pm, 4pm Clinic Donna	5	6	7 Youth Cooking 3pm FHWC
8 Turkey Bingo! Elder's Building 1-3pm	9 Edu-Therapy 5pm FHWC	10	11 <i>Elder's Christmas Luncheon & Bingo</i> <i>12-4pm Elder's Building</i>	12 Boys' / Men's Drumming 7pm FHWC	13 Annual Family Christmas Luncheon TMFC Enrolment Committee application deadline	14
15	16 Edu-Therapy 5pm FHWC	17	18	19 TMFC Closes 4pm Community Christmas Dinner Rec Centre LMLC Christmas Concert	20 Last day of School until January Edu-Therapy 5pm FHWC	21 Winter Solstice Longest Night of the Year
22 Christmas Cookie Decorating Party Clinic Chris 1-4pm 0-6yrs 5-8pm 7-14 yrs Pizza too!	23 Wii Night 5-8pm Clinic Chris 7-14 yrs	24 	25 	26 	27	28
29	30	31 	Notes: School and Daycare re-open January 6th, 2014 New Year's Eve: Sliding and Hot Chocolate at the Sliding Hill 1-4pm Family Movie and Snacks at the Rec Centre 6-9pm			

Answers to:

ANISHNABAI WORDS AND EXPRESSIONS WE SELDOM IF EVER HEAR ANYMORE

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

