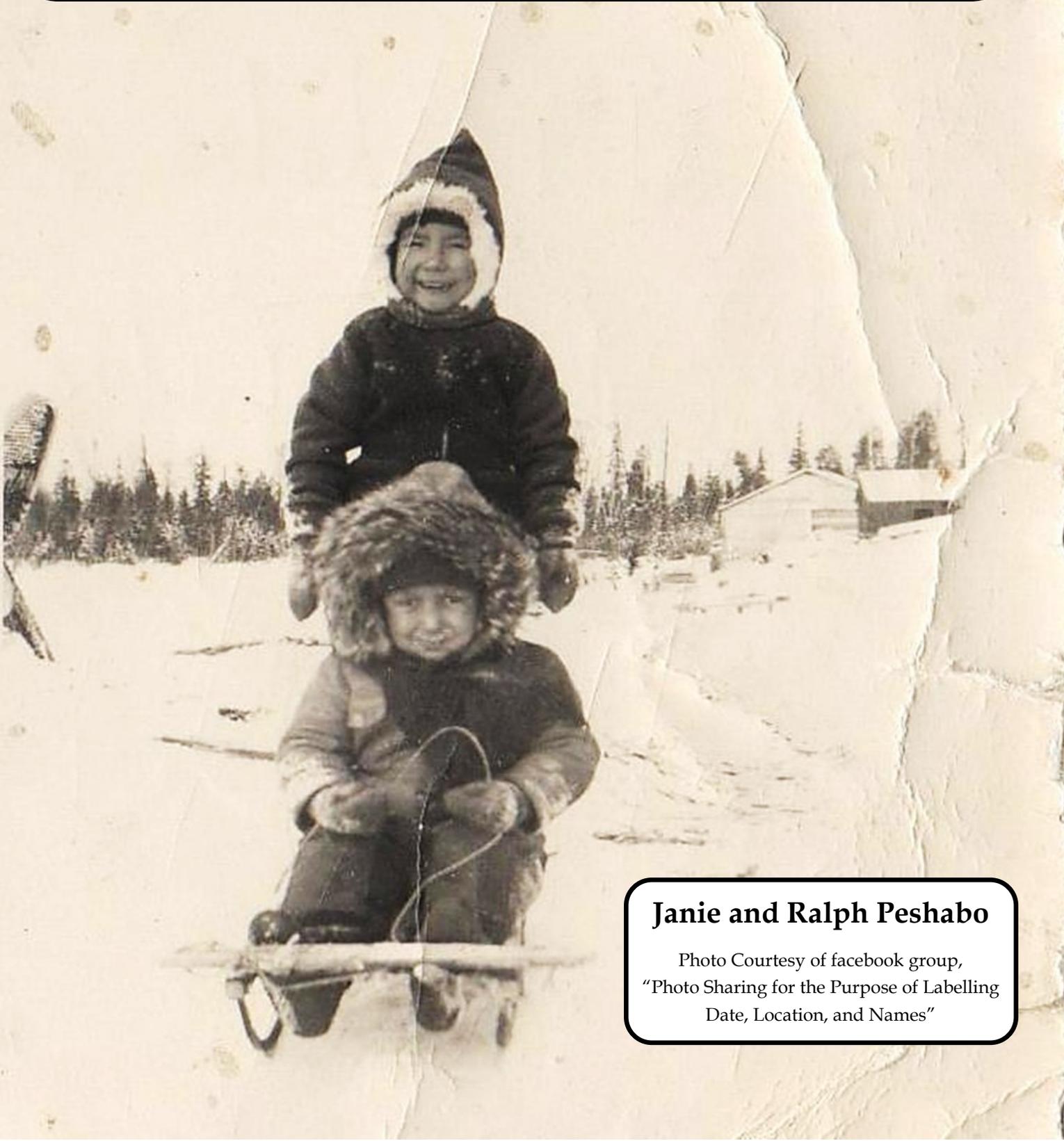


B.I. BLAST

Ba-Ji-Bwon Giizis ~ Breaking Through Crust Month

March 2016



Janie and Ralph Peshabo

Photo Courtesy of facebook group,
"Photo Sharing for the Purpose of Labelling
Date, Location, and Names"

Kwe Kwe!

Oh, ice road, ice road, do not leave us!!! As the Blast goes to print, Mother Nature is making it hard to predict how long the ice road will last. With all the snow and warmer temperatures, it's a slush fest. Island life...

This month there are 2 community meetings about Land Claim pre-negotiations. One is on Bear Island with online and phone attendance available, and the second is in North Bay. See the notice on page 4 (after Chloe) for all the info. Please use this opportunity to get informed and ask questions!

Lands and Resources is having an Open House.

Louis Councillor is coming,

March Break and Easter are both in March this year.

March 13 is By-Election day.

The official notice is on page 6, but here's the scoop: Candidates are (alphabetically):

- Jamie Friday,
- John McKenzie,
- Michael Paul,
- Jamie Saville.



Happy Ba Ji Bwon Giizis!

The BI Blast Belongs to the People.

Your Voice Matters!

Do you have an idea, opinion, concern, joke, photo, bit of history, or artwork to share?

Please send it to the Blast. All we ask is "Be Nice, Keep Your Stick on the Ice!"

ANNND...

Have you moved? Got a new email address or phone number?

Please keep in touch with your Nation.

Blast contributions and contact info changes can be sent to:

communication@temagamifirstnation.ca or call 705-237-8943 / Toll Free 1-888-737-9884

Big Sisters Haylie, Angel, Erickah, Big Brothers Isaiah and Colby,
Mommy Amy Paul and Daddy Shawn Jones proudly introduce...

Chloe January Paul Jones

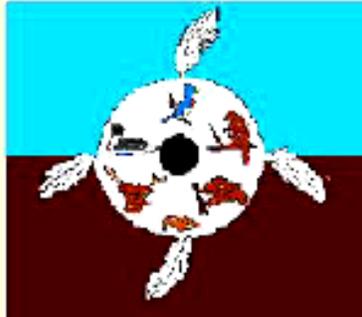


Born January 31, 2016, 12:56 am, 7 lbs 1 oz



NOTICE

Teme Augama Anishnabai – Temagami First Nation Land Claim Pre-Negotiation Community Meetings



- Saturday, March 5, 2016, 10:00 am
-Bear Island Rec Centre

Webex Internet or Phone Attendance Available

- Sunday, March 6, 2016, 10:00 am
-North Bay Indian Friendship Centre

All Teme Augama Anishnabai Citizens and Temagami First
Nation Members are Welcome to Attend

For more information, please contact
communication@temagamifirstnation.ca

705-237-8943 / Toll Free 1-888-737-9884

Last Minute News Before The Blast Goes to Print:

At the February 29th Community Meeting, there were 2 resolutions voted on and passed. The first was in regard to an Anishnaabemowin initiative, the second was in regard to Youth Programming.

Full information on the resolutions and second vote will be forthcoming shortly.

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



February 18, 2016

NOTICE – REC CENTRE DECOMMISSIONING

Be advised the Rec Centre will no longer be used after **MARCH 14TH/2016.**

The go-to plan would be to rent the School Gymnasium for the next while – space allowances permitted for community meetings & info sessions.

Further details regarding the salvaging process will be posted.

Any questions, contact me at the above number.



Community Infrastructure Manager
Temagami First Nation

TEMAGAMI FIRST NATION



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Nomination Form For COUNCILLOR			
NOMINEE	NOMINATED BY	SECONDED BY	ACCEPTED
Jamie Friday	Alice Becker	Michelle Lalonde	YES
John McKenzie	Lucille McKenzie	Terry McKenzie	YES
Michael R. Paul	Virginia Hope	Cathy Metcalfe	YES
Jamie Saville	Monty(George) Becker	Patricia Turner	YES

A handwritten signature in black ink, appearing to be a stylized name.

By-Election Date is Sunday, March 13. Voting Hours Are 9 am to 6 pm.

Aboriginal Financial Officers Association (AFOA) Conference Report

Vicky Blake, Finance Manager

Kwe Kwe. I had the privilege of attending the 16th annual national conference of the AFOA held in Montreal from February 16-18, 2016.

The theme of the conference was governance and leadership . There were some excellent panel discussions, workshops and networking opportunities.

The highlight of the conference was the panel discussion of five former AFN Chiefs: George Erasmus, Ovide Mercredi, Phil Fontaine, Mathew Coon Come and Shawn Atleo. They spoke about their time as national leaders and what was accomplished. It provided an interesting overview of recent historical events regarding First Nations and has inspired me to learn more. George Erasmus mentioned Bear Island as he referred to the OKA crisis and other blockades during his time in office. Phil Fontaine provided an interesting comment when asked about his perspective on leadership. He said, "It's about engagement and reaching out to people. There go my people, I must follow them, I'm their leader."

During the Thursday luncheon, it was a treat to hear a speech by the current AFN Chief Perry Bellegarde. He commented that leaders do not have to be elected, because aside from elected leaders there are many leaders in our communities who lead by example through their family and community life and through their work. He is very optimistic about the future of First Nations and working with the current Canadian leaders. He sees Canada Day 2017 (150th) as a time to celebrate that we are still here, our languages are still spoken, and our young people are getting stronger.

There were several booths at the conference that offer resources and networking opportunities.

At the Aboriginal Financial Officers' Association of British Columbia booth, I picked up a booklet entitled "First Nations Financial Fitness: Your guide for getting healthy, wealthy and wise."

This is an excellent resource for families wanting to learn the basics about household budgets, banking, credit cards, savings and how to engage the whole family into thinking about money. Please see me if you are interested in obtaining a copy. It can also be downloaded from their website at www.afoabc.org (resources and publications).

During the Wednesday luncheon, four grade 12 high school students from across Canada received the 10th annual PotashCorp Aboriginal Youth Financial Management Award. This award earned them an all-expenses paid trip to the conference and a \$5,000 scholarship. Each gave a speech about themselves and their interest in finances. It was a real pleasure listening to these students; I encourage any high school students with an interest in finance to apply for this awesome award.

While these conferences are terrific learning opportunities, there are sometimes other opportunities presented as well. I was invited to a dinner at the Bell Centre hosted by AON, our insurance provider. After dinner we were given a tour of the arena, including the Montreal Canadiens dressing room. I had the privilege to sit in Carey Price's spot. Unfortunately he wasn't there.



Vicky Rocks!

NOTICE

Lands & Resources Department

Will be holding an Open House & Information Session

Wednesday, March 23, 2016

Open House – 1:00 – 4:00 pm

Dinner – 5:00 – 6:00 pm

Presentations/Info Session: 6:00 – 9:00 pm

Location: Lands & Resources Building (Former FHWC)



AGENDA: TBA closer to the date, and will be mailed out
Any questions please contact Lands & Resources at 237-8600

A Reminder...

The Elder's Building is Scent –Free.

*This includes hairspray, body lotion,
perfume-y cosmetics, etc.*

Miigwetch.

Scent Free
ZONE

GOT A COMPLAINT ABOUT HIGHWAY 11?

SEND AN EMAIL to Minister of Transport Steven
Del Duca at
minister.mto@ontario.ca

HIGHWAY BAD? GOT ACCESS TO A CAMERA OR
DASH-CAM?

TAKE A PICTURE (date/time stamped)

SEND THE ROAD CONDITIONS TO:
winterhighways@ontario.ca

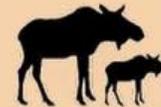
Submitted by Lake Temagami resident Sharon
Jones, who thought BI'ers would like to know.

Choose Today For A Choice Tomorrow

**Results of
shooting
adult cow**



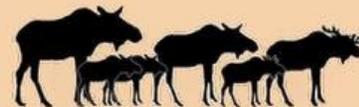
1st year



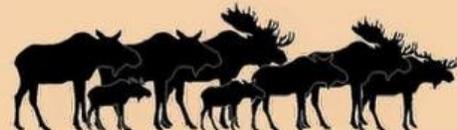
3rd year



5th year



7th year



10th year



**Results of
shooting
adult bull**

"Food for Thought"! Contributed by Hilary LeFrancois

Bear Island Education Authority Temagami First Nation



Community Consultation: TFN Post-Secondary and Secondary Policies and Procedures Manuals Review

**Date: March 4, 2016
@ 10:30 AM**

at the Laura McKenzie
Learning Centre



General Delivery
Bear Island, ON P0H 1C0
(705) 237-8982
lmlc@temagamifirstnation.ca

The Bear Island Education Authority, Temagami First Nation is starting the review process for the Post-Secondary and Secondary Policies and Procedures Manuals. There will be a Community Consultation on March 4th @ 10:30 AM at the LMLC.

We encourage the current/past/future TFN Sponsored Students to attend, as well as those who have input or have questions.

Refreshments will be available

Spiritual Advisor Visit

Thursday March 3 to Monday March 7, 2016

Elder Louis Councillor will be in the community Thursday March 3 to Monday March 7. He will be conducting teachings, individual appointments, a Feast and a Shake Tent during his visit. Louis is a spiritual advisor, a ceremonial leader and he conducts healing/doctoring. He is from the Lake of the Woods area and is a member of the Midewiwin Society. Louis has visited our community to help out numerous times over the past decade and we are fortunate to have him back again.

Teachings

Thursday March 3 1-3:00 pm Clinic
 7:30 pm Rec Centre

Feast & Social

Saturday March 5 5:00 Rec Centre

A Feast for the Temagami First Nation Eagle Staff and any Regalia or Sacred items people would like to be feasted. This is a POTLUCK so bring your favorite dish. Social and drumming to follow the feast. Please join us for a fun evening!

Shake Tent

Monday March 7 5:30 Rec Centre

Louis will be conducting a Shake Tent ceremony on Monday, starting around 5:30 pm. If you need help from the Shake Tent, please book an individual appointment or speak with Louis prior to the ceremony. All welcome. Ladies please wear skirts.

Individual Appointments

Friday & Sunday TFN Library

Individual appointments for spiritual advice, naming, counseling, healing, doctoring etc. Some times on Friday and Sunday still available. Call Suzie at the clinic or Tracy at 237-8905 to book an appointment.

Please contact Suzie, Kim or Tracy at the clinic with any questions.

The Blast Says “Kwe Kwe” to FHWC / TFN’s new Community Wellness Worker, Fred Quesnelle

Fred Quesnelle remembers the first time he came to Bear Island, over 18 years ago. He travelled the ice road with his very Kind Friend; he came as a helper for a Ceremony his Kind Friend was doing. Fred is a pretty easy going guy, so when he heard everyone saying Kwe Kwe, he thought that the Community members he met had a sense of humour teasing him about his long hair. “Woman, Woman!” he heard wherever he went. After a while he mentioned this to his Kind Friend, saying, “they like to tease here about my long hair, they keep calling me a Kwe Kwe!” His Kind Friend had a good laugh when he told Fred, “No, that’s the way they say Hi up here!”

Fred has been back many times since then, and even brought his family up to live on Bear Island for a couple of years. He has relatives and many good friends here that he considers family.

The Blast sat down with Fred for a chat.

Blast: Fred, where do you come from originally?

Fred: My reserve is Mississauga #8, near Blind River, but I grew up near Sault Ste. Marie.

Blast: Where else have you lived?

Fred: I’ve lived in a lot of places. Toronto, Cape Croker, North Bay, Bear Island, Manitoba, Alberta.

Blast: What is your background and education that lead you to being a Community Wellness Worker?

Fred: My formal education is through Canadore College— I have a Diploma in Mental Health and Addictions. I have also been a helper at Ceremonies for 24 years.

Blast: What lead you to this work?



Fred: It came from my own experience.

When I was growing up, my family didn’t acknowledge being Indian. We didn’t talk about it, even though they lived in the bush until the 1950’s. My mom’s family left the bush after my grandfather’s death. I have 4 brothers and 2 sisters, and we were raised by my Mother, my Auntie, and my Grandmother. My parents divorced when I was 2.

When I was about 16 I started wondering who I was. I began questioning. I didn’t know anything about my history, my culture, my family. I felt different, like I didn’t belong.

After my teen years I moved to Toronto. I had a good job; I was a Glazier apprentice putting up curtain wall (Installing the walls of various high rises). I worked hard and partied hard.

Alcohol was my drug of choice.

In my late 20s I ended up in AA after things got out of control and I had some honest talks with friends who cared about me. It was in AA that I met some Anishinaabek who told me about the Toronto Indian Friendship Centre and a Native AA group called "Birds of a Feather". When I started going there and got to know people, I felt like I had found my people, like I belonged somewhere. That was the beginning of my Anishinaabe Bimaadziwin— my Anishinaabe Life. I started going to Ceremonies.

I made connections with people from Cape Croker and ended up living there for a while where I started my Life Long Work as a Helper. I seem to get adopted wherever I go! Lol!

I realized after a while at that point that I still had parts of myself that I still hadn't worked on, so I went to treatment.

Soon after that I met the mother of my 2 children. Her uncle was my Kind Friend. I began working as a helper with My Kind Friend for Ceremonies, and that's how I ended up coming to BI for the first time.

It was about 8 years ago that I lived here with my family for a couple of years. We really enjoyed it, and my kids still keep in touch with their friends here who have become family to them.

Blast: What do you have planned in your work as the Community Wellness Worker?

Fred: I'm in the process of finding out what the community wants. I hope to work with everybody—not just individuals, but LMLC, TMFC, Elders. I'm thinking about trips out on the Land with everyone, or maybe Father-Son days or Mother-Daughter days.

Some of the men are interested in getting together to make snowshoes, paddles, that kind of thing!

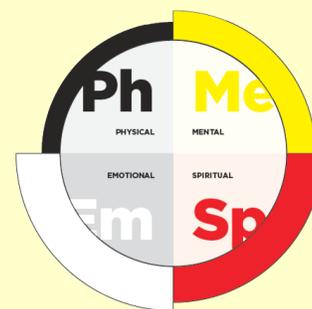
There are a lot of talented and hard-working people here. I hope to involve them and get them to share their knowledge.

I'll also be continuing the Talking Circles and the I Am a Kind Man Program.

Blast: What is Wellness?

Fred: Wellness comes from taking care of your whole self: Body, Mind, Emotions, and Spirit. In terms of importance, I would rank them as:

- 1) Spirit
- 2) Emotions
- 3) Mind
- 4) Body



This is holistic approach to change, where an individual tries to balance their way of life.

As the Community Wellness Worker, I am here to help with that.

The Family Healing and Wellness Centre has an "Open Door Policy"; come by any time.

You can also call me at 705-237-8900 extension 260.

My email address is

fred.quesnelle@temagamifirstnation.ca

Blast: Is there anything else you would like to say?

Fred: I want to express how glad I am to be here, how happy and grateful I am to have this job. My co-workers and supervisor have been really supportive; the Band Office staff has been really helpful. I have also got some supportive comments from Community Members I have gotten to know through the years. I'm looking forward to doing good work and glad to be living in this beautiful place.

Chi Miigwetch.

Brad Paul *has*

published one of his short stories on the website "Booksie". With permission, we've re-printed it here. Keep them coming, Brad! Thanks for sharing!



The Dream

It's an unknown place...full of white snow and icy trees. A young woman, Shannon Brant, has no clue where she is...even unaware of how she appeared there. There is still a sky, however, but it is more depressingly grey than enlightening blue. She realizes she's been resting on the ground, waking up more with each blink from her brown eyes. She sits forward on the snowy ground, seemingly unbothered by the weather.

She sees a trail uncovered by trees, but no sign of any footprints in it. She stands up on her two feet before she takes her mysterious hike. As she walks more uphill, the trees seemingly become taller and sturdier... but more lifeless. The bark of the trees becomes more rotted and dead, and ice seems to cover more of the trunks. She hoped she would remember something, but her memory has become irrelevant... even who she is.

She comes to a sudden stop.. Seeing something in front of her. She appears as an elderly woman who is incredibly ill and close to the end of her time. Shannon can't help but gaze upon her with widened eyes... preparing for the worst of answers. The Elder raises her hand in front of her, shaking her head and quietly gasping for air. Her weakly hand points her finger back to where Shannon came from , which Shannon acknowledges with a nod.

The Elder lowers her hand, standing firm and standing strong. Shannon turns around, and then she presses back to where she came. When she finds herself out of the mysterious woods, the sun becomes brighter and everything she sees becomes whiter. The sunlight seems to keep going until Shannon becomes completely blind and ultimately loses control of her body.

At the end of the road, Shannon comes to the realization... this was only a dream.

Her sore eyes blink; her body feels intoxicated and sickening from the night before. She is very pale, almost as white as if she were dead. She is home... or at least, she come to a familiar place with a terrible atmosphere. She remembers everything when she sees the table in front of her, finding an empty pill bottle and broken glass on top of it. She staggers to sit upright on the couch she slept on, burdened by an unimaginable feeling of a migraine.

Her sluggish thoughts return to her dream before they fade from her memory... but she realizes this will be a dream to remember always. She thinks about the mysterious Elder in the mysterious forest... she wonders who the Elder was. Shannon concludes that the Elder is either her late grandmother that she never met, or perhaps it is her spiritual helper, or even an avatar of Mother Earth. No matter who the Elder is, she seemed to want Shannon to go back and continue her journey. Shannon comes to an even darker realization, that she may have been to a place between her current reality and the afterlife.

Continued next page....

The Dream by Brad Paul, continued

Dream or not, Shannon realizes that she has returned for a purpose and she must still play a part in a grand design beyond her understanding. Her plan to overdose on her medication has ultimately failed, which she knows should have killed her if she consumed more than three quarters of what was left. She must talk with someone she knows will help her, burdening herself with life's miseries. Depression would soon consume what is left of her spirit if she keeps going without help... so she must make a call.

Shannon's eyes look outside, seeing the snow reflecting from the sunlight. The sky is clear as no cloud is in sight, and becoming as blue as the lake in the summer. She sighs, reluctantly nods, and stands on her feet. She staggers toward her phone sitting on the desk in the hallway, feeling completely dehydrated and drained of energy. She uses whatever strength she had left to dial the numbers on the phone, and call for her closest friend in town.

The dream is not the end, but waking up from the dream is certainly the beginning....

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Fundraising for Ruby... A Message from Mommy Amanda



Hello everyone, we decided to do a fundraiser to help with our costs of traveling to Sick Kids in Toronto.

As you may or may not know, we have been traveling down to T.O. every 6 weeks for Ruby's appointments at the Juvenile Arthritis clinic for her check ups.

With me being a student, this is hard on the finances. So fundraising is a great way to help cover some of the costs.

You can EMT at

amanda_paul79@hotmail.com

Thanks for your support!!!

Squares are \$10 each. The winner will get \$500 !

***Amanda says more fundraisers
are coming.***

Donations are always welcome.

Hugs to Ruby and all the family.

James Faubert is working hard on his art career.

James recently participated in an Artists' Gathering and Show at Nibiising School in Nipissing First Nation. You can see more of his beautiful work on his facebook page,

"Art by Jaymz".



**NIPISSING FIRST NATION
4TH ANNUAL ARTIST GATHERING & SHOW
SATURDAY, FEBRUARY 20TH
11:00AM TO 7:00PM
NIBISSING SECONDARY SCHOOL GYM**

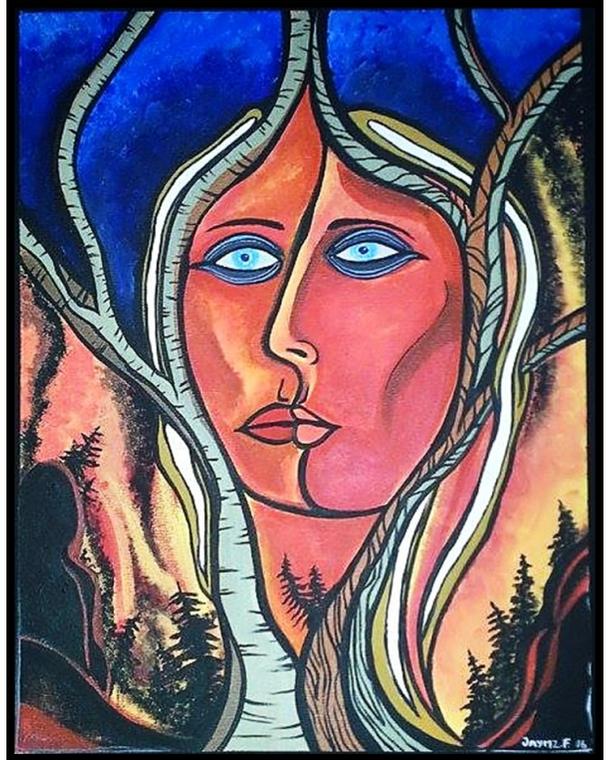
Everyone is welcome to join us for a fun-filled day of viewing and/or purchasing Authentic Anishinaabe Art.

A variety of Musical Entertainment will be showcased throughout the day, including:
Keith McLeod, Nathalie Renoule & Jordan Mowat, Josh Stevens, Leland Bell,
Dan Commins, Chelsea Solomon, a Mohawk Beatles Tribute by Karolyiweake
Jeff Doreen, and MARY MORE!

50/50 & Raffle. Refreshments for sale by Lana Chevrie.
Admission is \$2 with proceeds to Nipissing First Nation's 2018 Pow Wow.

Anishinaabe Artists please register with Jules at 705-753-2050 ext. 1260 or jules@nfn.ca

Proudly Sponsored by:
NIPISSING FIRST NATION, ONTARIO ARTS COUNCIL, ONTARIO ARTS COUNCIL, ONTARIO ARTS COUNCIL



Jamie Saville, Roger Assiniwe, Tyler Paul, Virginia McKenzie, Courtney Saville, and Timiskaming FN buddy Rodney Stanger

were all guests at the recent “Ontario Outdoor Adventure Show” in Toronto.

Virginia gave a talk called “Creation Stories Told Through the Traditional Drum”, and the guys did some traditional drumming. Jamie says they were well received, with a big crowd gathered to watch and listen. International outdoors TV personality Ray Mears, who was featured at the show and recently did a short documentary on Grey Owl in NDaki Menan, visited with the TFN gang.



Jamie says the drumming drew a huge crowd, and a little Inuit child who happened to be nearby joined in with them.

Congratulations also to **Jamie, Virginia, and Courtney**

for the launch of

Thunder Pipe Lodge,

their tourist getaway business.

You can check out their website at

<http://www.thunderpipelodge.com/>, or see their facebook page.



David and Carolyn Laronde

also attended the show, representing the

Temagami Canoe Festival.

Nice work, everyone!

Sheila Cote-Meek is one of the Role Models in a new campaign to encourage Indigenous students to believe in their abilities to get further education. Sheila has a PhD and is a Professor and department President at Laurentian University. Here's what she said about her journey to get those impressive initials, and what advice she has for Indigenous students:

***My name is Sheila Cote- Meek
and I come from the
Teme Augama Anishnabai.***

I completed my Doctorate in Sociology and Equity Studies at the University of Toronto. My advice to Indigenous Youth is to believe in yourself. Have confidence in your ability to achieve, surround yourself with goodness and people who believe in you, and look for a program that you're passionate about. My passion to complete a Doctorate came from my own personal experiences growing up, and from my experiences as a Professor in University. So, don't be afraid of those bumps along the road. Let's take our future further.



When I was young, I felt that, like other children who are Aboriginal, I couldn't succeed. There were signs all around me suggesting that Aboriginal people didn't finish school or move on to postsecondary education. I will never forget early memories of travelling to school on the bus where my brothers and I faced extreme forms of racism and bullying. These experiences instilled in me a deep desire to succeed.

Until I was 13 years old, I was always uncertain about school, never really feeling like I fit in or that I was very smart. Then, in grade eight, I had a teacher who instilled in me a belief that I could achieve much more academically. It was because of him that I decided to take the advanced program in high school to prepare myself for university.

I have always wanted to make changes in the postsecondary community so that schools are better and more welcoming places for Aboriginal learners. I completed my PhD in 2010 and my educational journey has given me the confidence, skills, knowledge, and ability to give back to the Aboriginal community at our universities in a very meaningful way. Today, as Associate Vice President, Academic and Indigenous Programs at Laurentian University, I have helped to bring a strong Indigenous perspective and some important changes to our institution.

Be persistent and committed to your life goals. Despite the challenges, you can succeed. Look for people who can support you and don't be afraid to lean on others from time to time.

<http://futurefurther.ca/role-models/>

“DESPITE THE CHALLENGES, YOU CAN SUCCEED.”

*Note from the Blast:
The photo on the
previous page is from
a Sudbury Star
interview with Sheila.
Here's a link:*

[http://
www.thesudburystar.
com/2016/02/05/
proud-aboriginal-role
-models-in-sudbury](http://www.thesudburystar.com/2016/02/05/proud-aboriginal-role-models-in-sudbury)



SHEILA COTE-MEEK

When I was young, I felt that, like other children who are Aboriginal, I couldn't succeed. There were signs all around me suggesting that Aboriginal people didn't finish school or move on to postsecondary education. I will never forget early memories of travelling to school on the bus where my brothers and I faced extreme forms of racism and bullying. These experiences instilled in me a deep desire to succeed. To hear more about Sheila's story: futurefurther.ca

**LET'S TAKE OUR
FUTURE FURTHER**

**FUTURE
FURTHER**



<http://futurefurther.ca/wp-content/uploads/2016/01/Sheilas-poster.pdf>

Alison Jackson and Robin Potts recently went on an epic work trip.

Here's what they had to say about it:

We are on the Aboriginal Post Secondary Information Program (APSIP) Tour in James Bay.

We are working for the Office of Aboriginal Initiatives, representing Nipissing University and providing information on programs offered for students who are thinking about post-secondary education. We are also making connections with educators.

We travelled the Wetum Road, which is named after two people in the north who were instrumental in its creation: by the names of Wesley and Echum.

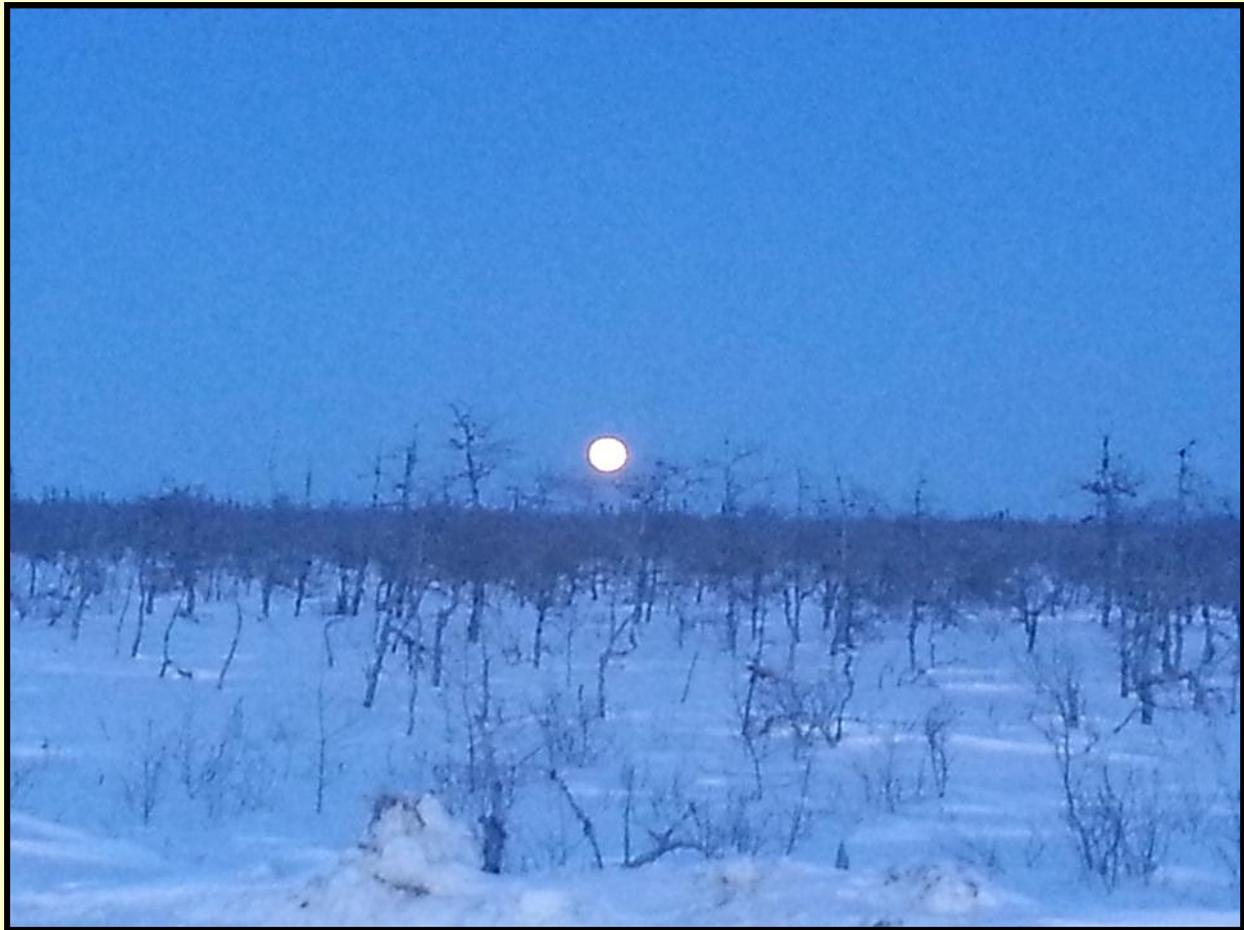
The Wetum Road stretches from Smooth Rock Falls to Moose Factory. It is a road that is only useable in the winter as the ice freezes over the marsh. We are staying in Moosonee at the Moose River Guest house.

From there we traveled and visited schools in Attawapiskat, Kashechewan, Fort Albany, and Moose Factory, as well as the schools in Moosonee.

On our APSIP tour on the ice roads of James Bay we are 'Looking for a place to happen, making stops along the way!' (Tragically Hip). Tragically Hip has played in Fort Albany in years past. While in Moose Factory we were treated to a Goose dinner and some musical entertainment by the Smalls family.



Here are a few more of Alison and Robin's great photos— Ice Road, Rez Dawg, Sunset. Wow!



Maria Sams has a message she would like to share:

"Thank you to my family and friends who went out of their way to help me during my sickness.

Great to get the phone calls, and the help in doing some of my much-needed shopping when I could not leave my home. It was all very much appreciated.

I will forever keep you in my heart and prayers."



Portrait of Maria by Gerry Gooderham

Maria has also contributed what she calls

"The Five Secrets of Life":

- 1) Be true to yourself and God*
- 2) Leave no regrets*
- 3) Become love*
- 4) Live the moment*
- 5) Give more than you take.*

Wise advice! Maria likes to have a laugh too. Check out the cute stuff she contributed on the next page!

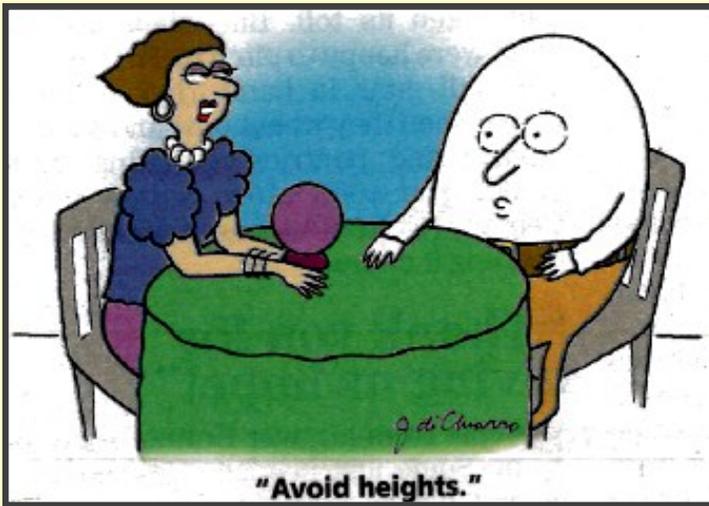
Hugs

*It's wonderous what a hug can do
A hug can cheer you when you're blue
It always soothes a small child's pain
And brings a rainbow after rain*

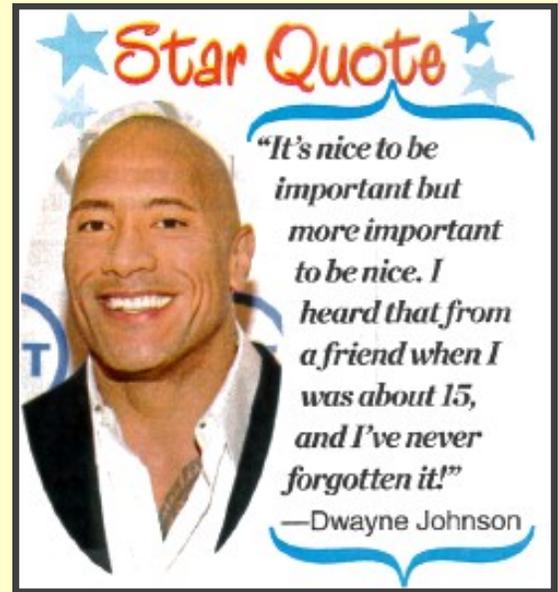
*A hug can say "I love you so"
Or "Gee, I hate to see you go"
A hug is "Welcome back again!"
And "Great to see you, where've you been?"*

*Hugs are great for fathers and mothers
Sweet for sisters, swell for brothers
A hug delights and warms and charms
It must be why God gave us arms*

*A hug can break the language barrier
And make the dullest day seem merrier
So stretch those arms without delay
And give someone a hug today*



Lol!!! Kind of an Easter theme with this one!



Maria says the quote from Dwayne Johnson is dedicated to Ursula Sawyer, his biggest fan!

Speaking of Ursula Sawyer, the Blast owes an apology. Ursula requested that the messages below be put in the February issue, and they didn't get in.

It's the Blast's bad. Apologies. So, here they are... better late than never...

From the Gilbert and O'Sullivan families:

Thank you to TFN Council and BIEA for changing the date of the Christmas concert to accommodate those who wanted to attend Kathleen (Chaich) Gilbert's memorial.

Chi Miigwetch also to Lucille McKenzie for requesting the change.

Miigwetch to John and Lucille McKenzie for the food and shelter they shared with people on Christmas day during the power outage. They brought supper to some people's homes and gave some folks a warm stay at the Elder's building.

Reminder: It is always important to have a survival kit on hand, good for at least 3 days with food, medication, etc. -Here's a link to a government guide:

<https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprprdnssgd/yprprdnssgd-eng.pdf>

Gerry Gooderham was back on Bear Island recently to take more photos for his “Temagami Elders Project”. It is an ongoing effort to have Elders from TAA, town, and the Lake pose for portraits. Here, **Fred Petrant** takes his turn in front of the camera.



It was also a nice opportunity to socialize and see old buddies, including dear friend

Marie Paul.

You can see the full series so far at this link:

<http://gooderham.photoshelter.com/portfolio/G00002f3TKYHXy0Y>

Gerry is always looking for new subjects. If you know someone who hasn't been photographed yet and would be suitable for this project, you can contact him at

<https://www.facebook.com/GOODERHAM.PHOTOGRAPHY/?pnref=lhc>



Gerry says Chi Miigwetch to **Hilary LeFrancois** for all the help with the session at the Elder's Building.

Obabika Lake Resident **Natasha Mathias** sure seems to revel in the beauty around her. Here are a couple of pics she took while out snowshoeing. Gorgeous, eh? Those are Lynx tracks, btw.



Miigwetch for sharing, Natasha!





Mrs. B's Class Celebrates 100s Day!

The 100th day of school is literally the 100th day of the school year. More importantly, it is a great way for elementary school teachers to celebrate the various mathematical concepts that can be taught using the number 100.

Aside from numeracy, it's also a great way to participate in a number of different fun, engaging literacy activities. From the very first day of school, our class began keeping track of the number of days we've been in school in anticipation of the 100th day. It was this anticipation that was actually our first math lesson, as the days were marked using straws, ten of which become a "ten bundle," paving the way to counting by tens and ones (for the grade 2's) along with some addition and subtraction review for our older students in Grade 3 and 4.



With this being my second year teaching on Bear Island, this was the second year in a row my class has celebrated the 100th Day of School. The 100th day of school is celebrated in schools around the country, usually in mid-February. With our school year being right on track with most other schools around the province, our class enjoyed a break from the normal routine as they engaged in cross curricular activities throughout the day on Tuesday February 9th, 2016. Together with Theresa we were able to share in some of the learning. It was yet another fun day had by all in Grade 2/3/4.

-Mrs. B

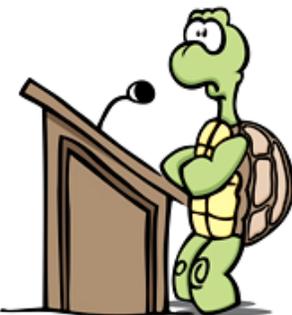


LMLC'S

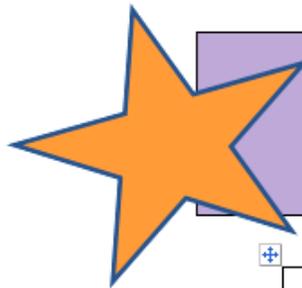
LITERACY WEEK

A PASSPORT TO OUR FUTURE...OUR SUCCESS

3 FUN-PACKED EVENINGS

Tuesday, March 8 6:30 – 8:00 pm	Wed., March 9 6:30 – 8:00 pm	Thurs., March 10 6:00 – 8:00 pm
 <p>Scrabble Night</p>	<p>Are you Smarter than a 5th Grader?</p>  <p>Quiz Show</p>	 <p>SPEECH NIGHT</p>

Attend all 3 evenings and earn a chance to win a brand new pot and pan set worth \$ 400.00



Snacks & Refreshments
Door Prizes
Winner Prizes



Spelling Bee

Wednesday, March 9

2:30 – 3:30 pm

Everyone is welcome to join in the fun!

Bear Island Winter Carnival!

Saturday, February 6, 2016...Chi Miigwetch to Patsy and all the Volunteers









Below, L-R: Carnival Princess Kaiya Mongrain; Carnival Queen Bev St. Denis; Carnival King JJ Peshabo; Carnival Prince Zach Senf.

Bottom photo: High scorers in all the categories.



Anishnaabemowin Update—with Patsy Turner



Girls' Night Out Drumming

Kakogiish Giizis 6th, kwezensag shij niin gii-zhaamin dawechigemin deweganan odenaang.

On February 6th, the girls and I went to play our drums in town for Girls Night Out. We were invited to open the show and sing two songs. The girls did great. We sang two songs in Anishnaabemowin, Biindigen shij Anishnaabe Kwe. Afterwards Mary Laronde shared some kind words about our school and the work we do with the kids. Then each girl received a gift bag from the Silver Moccasin in appreciation for their time.

Zhooshkwabanoo shij Zhooshkaagime

Later in the month our school took a trip to North Bay to visit Nbiising Secondary School and go skiing. In class I shared the words for skiing before we went. We use them frequently this time of year as I like to get the students out skiing as well. I remember Mary Katt sharing the word for skiing as zhooshkwaabanoo and I learned from Lucille that it is zhooshkaagime(&*. Each word being slightly similar yet different. When I use them in the class, I use both words and share how each speaker pronounced them. I also explain that knowing more than one way to say a word helps us learn more.



Ndaki Menan Trip Cancelled

This month I had plans with Alex and Mike Paul to get the students out on the land. First we were going to be learning about trapping and traps, then we were going to head out to a near by Beaver House across from Bear Island. Unfortunately the ice conditions were poor and we had to cancel that trip. I also asked them to guide us for a trip on Ndaki Menan. This also was cancelled due to weather. I will speak to Alex and possibly plan a trip for March.

Miijim

One interesting activity we've been working on this week is learning about Miijim. We held a Pkwezhigan Taste Test. Before then, over the week we learned a number of words for food.

The students worked on a few different activities to use the vocabulary and on Friday we made 3 different kinds of bread. Beeza made Fry Bread, Amanda made oven bread, and Barb MacInnes will helped us outside making bread over the fire.

When it was done, we gathered in the gym and decided which bread we liked best. The frybread and fire bread were the winners, but they were all delicious! In addition to eating the bread we had a taste test of some mooz wiiyaas shij giigoonhs. Each child also set their place setting and practiced the words of the plate, cup and utensils that they will use when eating. It was a lot of fun and very tasty.

I want to thank June MacInnes for the kind and thoughtful card she sent me, expressing her appreciation for the work the kids do in Anishnaabemowin at the LMLC. I thought of June when I was planning our Pkwezhigan Taste Testing because the last time I did this, a number of years ago at the school, June MacInnes was helping me and she was at the school with me making bread and helping the kids learn language while doing it. Miigwetch June.



More next page...

Anishnaabemowin Update with Patsy, Continued

Mijim Kidwenan/Food Words

- pkwezhigan...bread
- mooz wiiyaas...moose meat
- giigoonhs...fish
- choojoosh mide...butter
- choojooshaaboo....milk
- nbiish...water
- plate...oonaagan
- fork...bdakigan
- knife...mookman
- cup...mnikwegan



LMLC Special Dates



Wednesday, March 2, 2016

2:30 pm dismissal
Monthly Awards 1:45 pm

Thursday, March 3, 2016

12:00 dismissal
Parent-Teacher Interviews
Starting at 1:00 pm

Please arrange appointments with your child's classroom teacher.

March 7 – 11, 2016

Literacy Week
See Flyer

March 14 – 18, 2016

March Break
No School

Friday, March 25, 2016

Good Friday, *No School*

Monday, March 28, 2016

Easter Monday, *No School*

TMFC NEWS



Kwe Kwe,

I did not do a submission for the Blast for February so it seems like I have a lot to say this month.

February was a hard month for the employees and children. We had high rates of illness with cold and stomach viruses going around the daycare.

The employees did their best to disinfect the building appropriately but it seemed like there was always something going around. I want to thank the parents and guardians for your continued understanding and support when I had to close on short notice.

On February 2nd, Perry McCleod, (see photo below) came to visit the preschool room. Perry spent about thirty minutes with the children, drumming and singing and drawing pictures for the children. There were a couple of children who were shy at first but they warmed up to Perry very quickly. We had one parent join us. It was a very nice visit. Perry will be coming to the TMFC each time he comes in for the sharing circles.

Parents are welcome to come join their children for these visits. I will ensure parents are notified when he is coming.

On February 5th, Angel Paul's friend Cal came in with his guitar and sang a few songs for the children. The children also enjoyed this visit.

If there are any interested community members who have a special gift or have something to share with our children, please give us a call and we can arrange for a time for you to come in.

On February 18th and 19th, Second Chief Joseph Katt and I attended a First Nations Gathering for Chiefs and Child Care Supervisors with the Ministry of Education. On the 18th, we went over the Child Care and Early Years Act, along with some proposed changes to the Act. After the meeting with the Ministry, a Leadership Caucus occurred with the Chiefs of Ontario. First Nations Leadership and Childcare Supervisors communicated their concerns over the proposed changes.



More next page...

Deputy Grand Chief Denise Stonefish gave a good speech and encouraged the attendees to voice their concerns and bring them to the attention of Chiefs of Ontario and the Ministry of Education. On the 19th, we participated in a discussion on “How Does Learning Happen?” the curriculum framework and pedagogy we are using in the daycare programs. It is quite interesting that this document is focusing on the importance of the Whole Child which is something we as Anishnabeg have always done. Working with families to meet the needs of the children, planning around the children’s interests and letting the children explore and learn from their environment is extremely important. We also got to participate in some group discussions on how to implement the required changes to our program statements. This is a licensing requirement and a requirement of the Child Care and Early Years Act. Ontario Regional Chief Isadore Day took time out of his busy schedule to come address us and also to openly thank all the daycare providers. He acknowledged the importance of our jobs and expressed his gratitude.

On February 22nd, 23rd and 24th, I participated in Manager’s training in Sudbury. I enjoyed this training and liked the Facilitator. He did a good job at putting theory into perspective. It was very beneficial for all of us to participate in this training together.

I ask parents to keep your children at home if they are ill or are showing symptoms of illness. I would also like to remind parents that the daycare needs to be notified when the children are ill, so that we can put the extra measures into place to ensure that we are doing our best to minimize the exposure of the illnesses to the staff and children.

Miigwetch.

There are four employees at the daycare who are enrolled in ECE courses. It is very exciting to me that the staff are enthusiastic about this training and are doing very well in their courses. I do think this shows that they are committed to the children and families in our program and that they are willing to do what is necessary to provide the best program possible

for the children in their care.

Our whole approach to the curriculum is more in tune with focusing on the whole child. In order to do what is best for the children, the staff need to be trained in and understand child development and this is what they are doing.

In January, we invited Paula Potts to come join the toddlers for lunch. June Twain, our relief cook made her spectacular Indian tacos. It was really nice to see Paula spend time with her great nieces and nephews; one was even her great, great nephew. These opportunities do not occur very often and we were happy to be a part of it.



***Birthdays are always special at TMFC!
Here, Nicole and friends celebrate her special day.***

Upcoming events at the TMFC:

- **March 3rd**, Louis Councillor will be at the TMFC to visit the children. Parents are welcome to join their children.
- **March 14th to the 18th**, the daycare will shut down for program delivery. The March Break is a scheduled shut down for the TMFC.
- **March 23rd**, tentatively, the TMFC staff are invited to participate in training with Couchie Memorial Daycare and Garden Village daycare employees, in "How Does Learning Happen?" More information to follow.
- **March 24th**, the TMFC will host our annual Easter lunch for the parents and children in the daycare and AHS program. Invites will be send out to the parents in the next week or so.



A Bush Guy can sleep anywhere, right Jasper?

In closing, I want to ask parents to keep the lines of communication open with you children's teachers.

I would encourage parents to ask questions about their children's progress and to read the communication books each day.

It is our goal to support parents and the families who use the service and we believe it is important to support you all in your roles as primary caregivers to your children.

To do this, we need to work together.

In kindness,

Tammy Presseault

RECE Program Supervisor

Tillie Missabie Family Centre



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

1. **Kee chi-che-bak-quay-ah-naun-ah-wun o'quay-wuk.**

- a) The weather was nasty for the last few days.
- b) The women were very busy cooking.
- c) They made a lot of money when they worked.
- d) They were amazed and mystified.

2. **O'gee o'mee-naun o'quay-zhah-gun.**

- a) S/he gave him/her the bread.
- b) S/he threw the bread at him/her.
- c) The wolves were howling.
- d) The wolf was smelling the air.



3. **N'gee chi-nah-bwaz ah-peche n'gee-che- bak-quay-aun.**

- a) I was sweating heavily in the heat.
- b) I was praying that you would get better.
- c) I was hoping that you would be feeling better.
- d) I was sweating (lots) when I was cooking.



*Answers
next page*

4. **N'gee gee-zis-zaw sah-sach-ah-quay-zhig-un.**

- a) This bread is not very fresh.
- b) I will cook some frybread.
- c) I cooked some frybread.
- d) I bought a new Teflon frying pan.



Anishnawbek Words and Expressions We Seldom if Ever Hear Anymore with Duane Paul, Continued

5. *Kee bien-nah-poosh o'zhib-ee-gah-nah-tig.*

- a) S/he put the pencil in his/her pocket.
- b) S/he put something in his/her backpack.
- c) I will make some frybread next time you visit.
- d) May the force be with you.



I'm still going to bingo



Answers to Anishnawbek Words & Expressions We Seldom If Ever Hear Anymore, with Duane: 1.b) 2.a) 3.d) 4.c) 5.a)

NIPISSING

U N I V E R S I T Y

Aboriginal Advantage Program

The Aboriginal Advantage Program is a full-time, first year transition program designed for Aboriginal learners. Students earn up to 24 first year university credits towards their undergraduate degree. Students in the program have additional access to services, resources and space to support their success.

Why is this program an advantage to Aboriginal learners?

It creates an accessible pathway to university, Aboriginal learners can apply if:

- ✓ You hold a high school diploma or equivalency
- ✓ You are a College transfer student
- ✓ You have taken a break from your studies and are interested in attaining a university degree

Apply Today! Spaces still available for September 2016!

Contact the Student Success Coordinator at:
aboriginalprograms@nipissingu.ca
(705) 474-3450 ext.4441



ENJI GIIGDOYANG
OFFICE OF ABORIGINAL INITIATIVES

JJ & Beverley's Stag & Doe

March 12, 2016 @ the Rec Centre



St. Patrick's Day Theme

\$10 per person—\$15 per couple

8:00pm—1:00am

Cash Bar, Games + Prizes



March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Breakfast Program 8:15-8:40 @ LMLC DPHC Quill Boxing Men's Dinner/ Information Sharing session 5:30pm	2 Breakfast Program 8:15-8:40 @ LMLC	3 Breakfast Program 8:15-8:40 @ LMLC Men's Shopping Trip Louis Councillor	4 Breakfast Program 8:15-8:40 @ LMLC Men's Spa 5pm- 9pm @DPHC Louis Councillor	5 Women's Spa 9am- 9pm @ DPHC Feast Drum Social 5:pm @ DPHC Louis Councillor
6 Youth Spa 8am-11pm @ DPHC Louis Councillor	7 Breakfast Program 8:15-8:40 @ LMLC FASD Youth Dinner/ Workshop 5:30pm @ DPHC Louis Councillor	8 Breakfast Program 8:15-8:40 @ LMLC Sewing Gr. 3 & 4 @ DPHC 3:30 – 5:30PM	9 Breakfast Program 8:15-8:40 @ LMLC Sewing Gr.5-8 @ DPHC 6PM-8PM	10 Breakfast Program 8:15-8:40 @ LMLC	11 Breakfast Program 8:15-8:40 @ LMLC	12
13 Overnight Youth 18-29yrs Bowling/Dinner and movie North bay	14 Family Fishing Day Departure 10:30AM from DPHC Weather Permitting	15 Youth Workshops on Anxiety 13-29yrs 10-2pm OPP KIDS WORKSHOPS 1PM-2PM	16 Youth workshops Cyberbullying 12-18yrs 10-2pm OPP KIDS WORKSHOPS 1PM-2PM	17 Family Fishing Day Departure 10:30AM from DPHC Weather Permitting Tentative*Gambling Workshop 5:30pm	18 Family weekend trip	19
20 Family trip	21 Breakfast Program 8:15-8:40 @ LMLC Richard Assinon youth 13-29yrs dinner/sharing 5:30PM	22 Breakfast Program 8:15-8:40 @ LMLC Richard A Women's Dinner 5:30PM @ D.P.H.C.	23 Breakfast Program 8:15-8:40 @ LMLC Richard A Healing Ceremony	24 Breakfast Program 8:15-8:40 @ LMLC Community Frontline Workers FASD Dinner/Workshop @D.P.H.C. 5:30PM	25 Good Friday	26 *Family Easter Egg Hunt 11:30- 1:30pm
27	28 Easter Monday	29 Breakfast Program 8:15- 8:40 @ LMLC Men's Program @ DPHC 7:00PM	30 Breakfast Program 8:15-8:40 @ LMLC Tentative* Gambling Workshop 6pm	31 Breakfast Program 8:15- 8:40 @ LMLC Kihss Am-kiisbe Niin[Am A Kind Man] Info session 5:30PM Dinner @ DPHC	1	2

Family Healing and Wellness Highlights

705-237-8900



Client shopping trips for men please call Fred @ DPHC (7052378900) by March 28/16 next trip will be on April .

Daily Breakfast program offered to the students at LMLC 8:15am - 8:40am

Family Ice Fishing day trips. March 14 & 17, 2016 weather permitting.

Women's Dinner March 22/16 please call to let us know if you will be attending.

Upcoming Youth Programs

- ❖ Youth 12-29yrs workshop on "Anxiety" March 15/16 & Youth 12-18yrs workshop on "Cyberbullying" March 16/16 both start at 10 am-12pm Lunch provided on both days!
Call Annette if you will be attending by March 4, 2016.
- ❖ OPP for Kids workshops youth 13-29yrs March 15 & 16th 1pm- 3pm
- ❖ Youth 12-29yrs FASD dinner & workshop March 7/16 at 5:30pm
please RSVP if attending by March 4, 2016.
- ❖ Youth 18-29 yrs. overnight trip to North Bay Dinner/bowling/movie On March 13/16
call Annette or Fred by March 10/16 if attending.

***Note:** A 1 day workshop on Gambling (for frontline workers, youth and community) in March date yet to be determined notice will be coming soon!

Questions please call the FHWC @ 705 237-8900

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>Early dismissal</i> <i>LMLC 2:30 pm</i>	3 <i>Noon Dismissal</i> <i>LMLC</i> <i>Parent-Teacher</i> <i>Interviews</i> <i>Start 1:00pm</i> <i>AA Meeting</i> <i>7-9pm Elder's</i>	4 BIEA Policy Review 10:30am LMLC	5 Pre- Negotiations Community Meeting Rec Centre, Webex 10am
6 Pre-Negotiations Community Meeting North Bay Indian Friendship Centre 10am	7 Elder's Drop-In 1-3pm	8 <i>LMLC Scrabble</i> <i>Night</i> <i>6:30-8:00 pm</i>	9 <i>LMLC Spelling</i> <i>Bee</i> <i>2:30-3:30 pm</i> <i>LMLC Quiz</i> <i>Night</i> <i>6:30-8:00 pm</i>	10 <i>LMLC Speech</i> <i>Night</i> <i>6:00-8:00 pm</i> <i>AA Meeting</i> <i>7-9pm Elder's</i>	11	12 Bev and JJ's Stag and Doe! 
13 By-Election Rec Centre 9am-6pm	14 March Break Elder's Drop-In 1-3pm	15 March Break	16 March Break	17 March Break  <i>AA Meeting</i> <i>7-9pm Elder's</i>	18 March Break	19
20	21 Elder's Drop-In 1-3pm	22	23 Lands and Resources Open House and Info Session 1pm-9pm Lands and Resources Building	24 <i>AA Meeting</i> <i>7-9pm Elder's</i>	25 <i>Good</i> <i>Friday</i>	26
27 <i>Easter</i> 	28 <i>Easter</i> <i>Monday</i>	29	30	31 <i>AA Meeting</i> <i>7-9pm Elder's</i>	Notes: FHWC and DPHC Events are not listed on this calendar for March. Please see the FHWC / DPHC Calendar on the previous page. Regular Council Meetings TBA.	

