



B.I. BLAST



Niibaayamiiyaanoowan Giizis
Christmas Month~December 2014
Artwork by Kaiya, Grade 5 ♥

So, here we are with the Lake freezing up and Christmas upon us.

Already. Doesn't it seem like we just did this a few weeks ago? But no, a year has passed. Everyone is busy stocking up, bringing boats out of the water, getting ready for skidoo season. Dreams of the ice road dance in our heads! Most folks seem to think it's going to be a very cold and snowy winter. And speaking of seasons, Winter Solstice is on December 22. It's nice to think that although winter has barely begun, after that date the days are becoming longer. And this year, there will be a lunar eclipse on Winter Solstice. Check out this piece from cbc.ca: <http://www.cbc.ca/news/technology/lunar-eclipse-winter-solstice-to-coincide-1.955339>

"This year's winter solstice on Tuesday will fall on the same day as a full lunar eclipse for the first time in 372 years.

The rare, 72-minute lunar eclipse — when the sun, the Earth and the moon align — will begin in the early morning hours on Dec. 21 in North America, and should cast an amber glow on snowy landscapes, said NASA.

The moon will pass through the darkest part of the Earth's shadow. Tuesday marks the first day of winter in the northern hemisphere, and the winter solstice begins in the evening at 6:38 p.m.

Scientists said the last time a full lunar eclipse coincided with the winter solstice was in AD 1638. NASA forecasts that at 1:33 a.m. on Tuesday, "Earth's shadow will appear as a dark red bite at the edge of the lunar disk."

After roughly an hour, that "bite" will eventually grow to cover the whole moon. That stage, known as "totality," will probably start at 2:41 a.m. ET and last 72 minutes.

As for the best time to witness the cosmic event, NASA suggests being outside at 3:17 a.m., "when the moon will be in deepest shadow, displaying the most fantastic shades of coppery red."

Although the arrival of the solstice cannot be seen, the moment describes the instant when the Earth's axial tilt is farthest away from the sun, resulting in the shortest day of the year as well as the longest night of the year"

Sounds like a great night to spend with Grandmother Moon. All-night bonfire, anyone?



The B.I. Blast belongs to the People.

All Community Members are welcome and encouraged to share their thoughts, ideas, opinions, stories, history, photos, jokes, art...

contributions are gratefully accepted. All we ask is:

"Be Nice, Keep Your Stick on the Ice!"

Contact the Blast at communication@temagamifirstnation.ca

OR C/O General Delivery, Bear Island, Lake Temagami, ON, P0H 1C0

(705) 237-8943 / (888) 737-9884



Spirituality in n'Dakí Menan...

A Memoir from Madeline Katt Theriault

"Moose to Moccasins", Madeline Katt Theriault's story of her life, is such a treasure. The Blast has borrowed from it before, and is doing so again now. More will come in the future. Here's what Madeline had to say about Anishnabe beliefs, and Christmas.

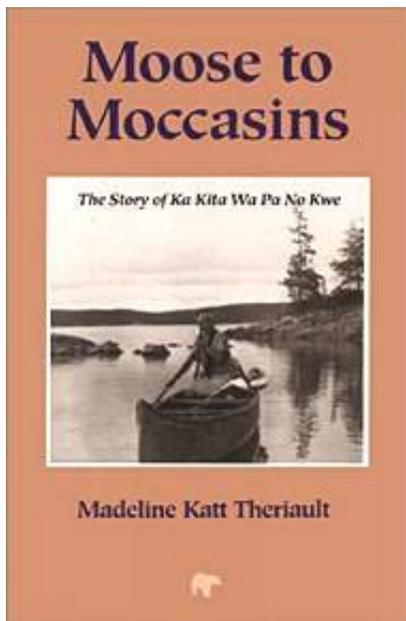
"Many years ago, before the missionaries came, the Indians' God was Nature. They respected all things that God made, the country and everything in it; the sun, the moon, night and day, trees, lakes, rivers, and animals of all kind. Animals were killed only when needed and nothing was ever wasted. If so, this was a sin.

Everything was used, nothing wasted.

Whatever they had, Indians shared with one another. As well they believed in premonition. When the missionaries came, they told the Indians that this was a devil they worked with. Of course, Indians were very sad! So the missionaries threw out the Indian religion. That changed the Indian's lives in many ways. They were talked out of premonition, which they believed in. It's too bad that it happened, because they were very clever in their own way and good people."

Despite her sadness about how the missionaries had changed Anishnabek beliefs, Madeline had good memories of Christmas.

"Christmas day was always a religious day for us. We always had roast of beaver stuffed with raisins and flour dough for a dressing. We would have cranberries with baked beans instead of potatoes. That was our Christmas feast."



*On November 12th,
Mary Katt
Celebrated Her
80th Birthday!*



Having Cake with the Family



Mary received this plaque of recognition from Timmins-James Bay MP Charlie Angus. It reads, in part: "Thank you for being a valuable member of your community and for all your hard work and dedication that you have provided throughout your beautiful life. Please accept my best wishes for good health and much happiness for years to come".



Happy Birthday to You, Mary! We Love You!

Jayne Paul Says:

Miigwetch!

For All the Gifts She
Received from
Everyone at Her
Baby Shower.

As you can see, Ellie
and Eden are doing
great... and hopefully
Jayne is getting *some*
rest. (As if!)



***At the Cenotaph on November 11th, Maria Sams
Honoured the Memory of
Her Dad, Bill Twain.***

Miigwetch, Maria, for
bringing such a personal and
moving presence to the Ceremony.
Miigwetch to Bill and all who
served.

We will always remember.



Aboriginal Healing and Wellness Strategy News

B.I.'s Healthy Babies, Healthy Children Worker (and Councillor and all-around sweetheart!)

Alice Becker attended the 20th anniversary celebration of AHWS in Thunder Bay on November 19th.

At the celebration, a continued funding commitment of \$10 million was announced by the Ontario Minister of Community and Social Services Dr. Helena Jaczek.

Alice says, "I was so happy, I asked her for a photo!"

Here's a statement taken from the Ontario government's news website at

<http://news.ontario.ca/mcss/en/2014/11/ontarios-aboriginal-healing-and-wellness-strategy.html>



Alice and Ontario Minister of Community and Social Services Helena Jaczek

"The Aboriginal Healing and Wellness Strategy (AHWS) is a shared commitment between the Ontario government and First Nations, Métis and Aboriginal partners to reduce family violence and violence against Aboriginal women and children, and to improve Aboriginal healing, health and wellness through culturally appropriate programs and services.

The strategy was formally launched in 1994 in response to high levels of family violence and poor health status among the Aboriginal population.

Today, the AHWS serves approximately 42,000 people every year. Since its launch in 1994, the strategy has also:

- *Created 650 jobs to deliver healing, health and wellness programs in 250 Aboriginal communities, and*
- *Established 460 community-based projects across Ontario.*

The Strategy has established a network of programs located both on and off-reserve including:

- *Family violence community awareness and education programs*
- *Shelters and family violence healing programs*
- *Healing lodges*
- *Programs that support health promotion and education*
- *Crisis intervention teams that respond to high rates of suicide in northern communities*

Aboriginal Healing & Wellness Strategy News

- *A maternal and child centre*
- *Aboriginal Healthy Babies Healthy Children programs*
- *Mental health programs*

The government has committed to investing \$8.6-million to help improve the quality of life for Aboriginal people by expanding services such as crisis intervention; counseling; supports for women, children and families at risk; and health and family violence awareness and education. This investment will support enhanced salaries and wages for front-line workers in the sector....to support a strong service delivery system consisting of a stable, well-trained workforce. "

And speaking of a strong service delivery system with a stable well trained workforce...

Alice was delighted to bring home awards to B.I.'s

Linda Paul and Annette Polson

in recognition of 20 years of service with AHWS.

**Way to go, Ladies!
Congratulations!!!**

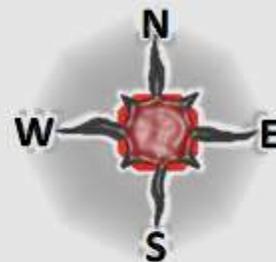


Linda and Annette with their Awards for 20 years of service with AHWS



N'Daki Menan Mapping Project

Compass design contest



Submit your original compass design to the L&R Office
by January 6, 2014 for a chance to win a \$50 cash prize

Entries will be judged by design, clarity and local First Nation culture.

For questions contact Casey Becker 237-8275

November Community Meeting Update

A Community Meeting Was held on November 25th and 26th.

On the 25th, the Agenda was open to Community Members. The following issues were brought forth and discussed:

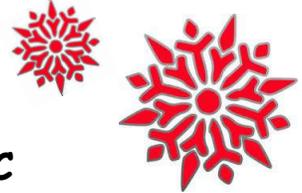
- Development of a Community Site at Shiningwood Bay
- Membership Code— process to be brought forward based on past resolution
- Open letter to the community—V. Hope
- Garbage issues
- Programs for children in the community
- FNLMA
- Community Meetings dates
- Traffic Signs for the Community
- Hiring Policy

On the 26th, the Agenda consisted of presentations by Chief and Council , TAA Chief John McKenzie, and Managers.

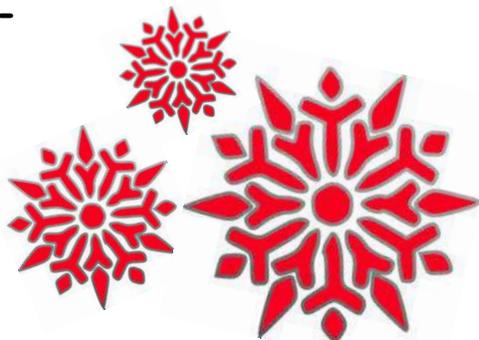
- Dillon Consulting— Bear Island Environmental Assessment
- Governance Initiative
- Access to Impact Benefit Agreement funds (Membership, Economic Development)
- Geothermic Dome project
- TBD (policy changes)

Due to the coming freeze-up, no Motions or Resolutions were made. Doing so would mean holding a vote within 2 to 3 weeks, which off-island citizens would not be able to participate in. The next Community Meeting will be in January, and business from the November meeting will continue then.

*Seasonal Fun for Children and Youth:
-Lots of Good Things are Coming Up!*



- Sunday, December 7: LMLC Christmas Bazaar—LMLC
- Monday, December 8: Christmas Crafting, 6-8pm FHWC- All Welcome
- Saturday, December 13: Youth Sweat ages 13-19 1pm FHWC
- Tuesday, December 16: Children's Game Night ages 7-11
6:30pm - 8:30pm FHWC
- Thursday, December 18: Community Christmas Dinner and
LMLC Concert Rec Centre 5pm, LMLC 6:30pm
- Monday, December 22: Christmas Baking ages 2-5 1pm DPHC
- Saturday, December 27: Family Karaoke Party 6:30pm Rec Centre
- Monday, December 29: Drop-In Social and Game Night
Youth Ages 13-19 7pm-10pm, FHWC
- Tuesday, December 30: Pizza Making & Games, 11am-3pm DPHC



LMLC CHRISTMAS BAZAAR



Sunday, December 7

11am

Crafts Penny Sale Vendors Food



~~~See ya there!!!



*Community Christmas Dinner
and LMLC Christmas Concert*

**Thursday December 18
5pm**



LMLC Anishnaabemowin Update

With Patsy Turner



This month, the students were practicing O Canada and learning poems and songs for Zhimaaganish Giizhgad. On November 11, the students shared this song and Flanders Gitigaaning poem for the Zhimaaganish Giizhgad service at the Cenotaph. The students did an excellent job singing O Canada and sharing the poem.



Also this month, the students had an Anishnaabemowin Poster Contest. They had to create a poster and include words or sentences in the language about Remembrance Day.

The posters were very well done.

The winners in JK – Gr. 1 were: 1st place: Gage Trodd, 2nd place: Sophia Turner, 3rd place: Wyatt Aguonia

In Gr. 2 – 4 the winners were: 1st place: Isaiah Mathias-Paul, 2nd place: Caitlin Landriault, 3rd place: Amiah Saville

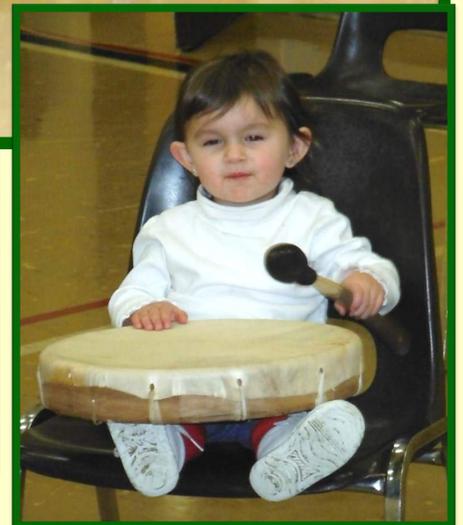
In Gr. 5 -8 the winners were: 1st place: Kaiya Mongrain, 2nd place Peyden Mongrain, 3rd place Keitay Becker

First place winners won \$5, second place winners won \$3 and third place winners won \$2.

On Tuesday, November 18 we hosted a Drum Social. Drummers Jamie Saville and Roger Assiniwe came to the school to drum and sing. They shared many songs. The social was a great event with dancing, singing, smiling, socializing and eating. There were a number of community members that came for the social as well. Following the drum social Jamie and Roger worked with a small group of students practicing hand drums and sharing the Eight Thunder Birds drum song.



I captured some footage of this session and I have been using it in the classroom as the students continue to practice learning this song. The students are improving and it's really nice to see them drumming and singing. Thank you to the drummers, students, and community members that helped make this event a success.



This month the students had an opportunity to try out the CAN8 computer language program. They have to listen to the word and then practice it and repeat it while they record themselves. There were a lot of laughs as they listened to themselves pronouncing the words. Once the program is working on the computers at the computer lab we will make regular use of the program.

Overall students are continuing to practice the language and they are doing well. Next term I will have the students share the Daily Thanksgiving for morning announcements, start learning some Christmas vocabulary, Christmas songs and also start reviewing the vocabulary program they used with Lucille last year.

Minowaas Niibaayamiiyoowan!! Merry Christmas!!

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

This Month: Phrases and Sentences. Can You Guess the Meanings?

Keep in mind that the words in sentences written or spoken in Anishnawbemowin are sometimes in reverse order or in a different order than would be written in English. For example:

Ah-zhah mush-kuh-wuh din-oon Ket chi-gum-een

Means: "The big lakes are now frozen." Literally, it translates to "Now frozen are the big lakes".



1. *Kee-zha-min nah ah-nook-ah-ming jee-na-go?*

- A) Are you going to town today?
- B) Did you go to town yesterday?
- C) Are you going hunting today?
- D) Did you go in the bush yesterday?

2. *Kah, bah-mah wabung n'di-zha-min din ain daum.*

- A) No, I am not going until tomorrow, I think.
- B) No, I am not going until Sunday.
- C) No, I will go tomorrow if the weather is nice.
- D) I don't need you to come with me tomorrow.

3. *Kee pee-doon nah paush-ke-ze-gun?*

- A) Are you going to bring your gun?
- B) Do you have any bullets for your gun?
- C) Did you bring your gun?
- D) Did you hear that gun shot?



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

4. Kahneen n'day-aun-se paush-ke-se-gun.

- A) I don't go hunting anymore.
- B) I don't have a gun.
- C) I don't have any bullets.
- D) I never owned a gun.

5. K'wee mah-jee-doon nah n'chee maun?

- A) Do you want to borrow my canoe?
- B) Do you have a canoe?
- C) Do you want to take my canoe?
- D) Did you repair your canoe?

Answers on next page—no peeking!



By the way...I do not proclaim to be totally fluent in our language, nor am I a linguistic expert. Spellings, formation of sentences are to the best of my memory and knowledge. Please feel free to make corrections, or if you have an English phrase or sentence you would like to submit, please email it to duepal21@hotmail.com .

I'll do my best to translate and include it in a future issue.

The Blast made 2 booboos last month in Duane's language page.

In #3, M'noo-naug-gwin should be M'noo-maug-gwun

And in #10, the correct word for Climb Up is Nuh-quon-duh-way. Sorry!

Answers to Duane's

"Anishnawbek Words and Phrases We Seldom if Ever Hear Anymore"

1. -(D 2. -(A 3. -(C 4. -(B 5. -(C

In #2, "Nook-kah-ming" is understood to mean the interior or "in the bush", and refers to the place where one hunts, traps, lives, or gathers food. There is another word for forest: it's "metigwahkaun".

The Blast chimes in: Cool! That's a great example of how language is the key to culture...and how important it is to keep speaking. Miigwetch, Duane!

Chris Mathias Snow Removal

Driveways / Roadways
Walkways
Snow Roof Removal

Hours: Before 8 am
After 5 pm - Weekdays
Weekends



Call: 705-237-8311

Email:
chrismathiassnowremoval@gmail.com

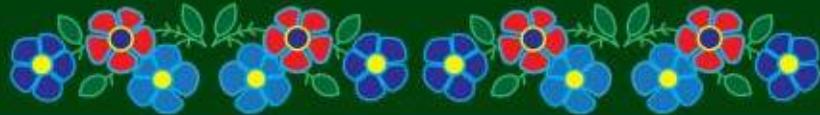
Prices are negotiable

Serving Bear Island and Surrounding Area

Check out this billboard! It's on Bayfield Street in Barrie.

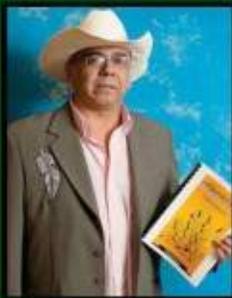
In English, it says "Don't be shy to speak

Anishinaabemowin when it's time."



ANISHINAABEMOWIN ONLINE VIRTUAL CLASSROOM

With Isadore Toulouse



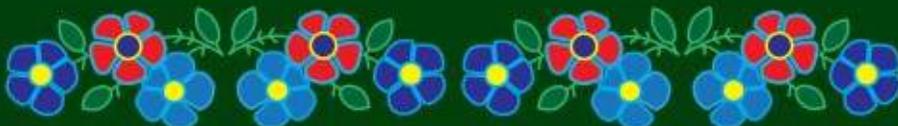
"Isadore Toulouse Nidishnikas Wikwemikong Ndoonjibaa Nswi Aandegok Ndoo-anishinaabe Noozwin"

LEARN THE DYNAMICS OF ANISHINAABEMOWIN IN A **FREE LIVE VIRTUAL CLASSROOM!** **STARTING JANUARY 8, 2014.**

THEN EVERY WEDNESDAY MORE INFORMATION COMING SOON PLEASE LIKE OUR FACEBOOK PAGE



"Online Anishnaabemowin"



Is 2015 the year when you learn your language?

There is a lot of discussion in the community about learning the true dialect of the Teme Augama Anishnabek. **Paul Bondy**, who was a fluent speaker of Ojibway, said he could understand anyone who spoke Algonquin, Ojibway, or Cree. He said the basics are the same. So, he said, at least whatever you learn is a start! Then you can tweak it to be truly n'Daki Menan as you progress. :)

“The Truth about Drugs”

Saturday December 6 2014

Dinner 5:00 PM

Presentation on “The Truth about Drugs”

Video and discussion to follow.

Family Healing & Wellness Center

Ages 11-29

Please contact: Carrie Landriault

705-237-8600.

Please RSVP



Door prize

Draws



Christmas Crafts

Please join us at the Family Healing & Wellness Centre

Rescheduled for:

Monday, December 8th

For Making a Christmas Craft

6PM-8PM ALL AGES

Snacks and refreshments provided.

Children 6 and under accompanied by an adult

Contact: Carrie Landriault 705-237-8600



Men's Dinner



Family Healing & Wellness Centre

Tuesday, December 9th

5:30 PM

Please RSVP by December 5th

**Video: Caring For Ourselves (Melody Beattie) to follow
dinner.**

Contact: FHWC.

705-237-8600

Family New Year's Dance



Wednesday, December 31st.

Rec Centre

7-10pm



Snacks and refreshments provided

Contact: Carrie or Chris Landriault 705-237-8600

Pursue education in YOUR COMMUNITY

Jessie Taylor appreciates the flexibility of online learning through Contact North | Contact Nord. She left her community of Ginoogaming First Nation to attend an on-campus program but returned home before the first semester was over. She prefers taking her Early Childhood Education diploma at a distance. She doesn't feel like she missed out on campus life with a busy family and school life.

"I like online learning, I can work at my own pace, not in a huge classroom with hundreds of people," she said.

Contact North | Contact Nord, Ontario's distance education and training network, has 112 centres across the province, with 27 in First Nation communities, to ensure that residents living in small rural, remote, Aboriginal and Francophone communities have access to education.

Through audio and video technology Jessie is able to participate in classes and also work on projects with classmates, without leaving her community.

She has come to really value her family and community support system since attempting to attend school far from home. Her mother is a certified Early Childhood Educator and helps Jessie with her studies. She is soon to graduate and is now working at the local daycare for her placement. While still living at home she has the opportunity as a big sister to get her three younger brothers to their hockey practices.

You can study right here on Bear Island. Call 1-877-999-9149, e-mail studentinformationhotline@contactnorth.ca or visit studyonline.ca for program and course information.

Jessie Taylor, Ginoogaming First Nation



Access more than 1,000 programs and 18,000 courses offered online by Ontario's public colleges, universities, literacy and basic skills and training providers.

Contact North | Contact Nord

Ontario's Distance Education & Training Network

Funded by the Government of Ontario

DibAAJIMOOWINAN

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Academic Upgrading

**Do you want to make more money by getting a good job?
Do you need to get your Grade 12 Diploma to get a good job?
Are you unemployed/under-employed, 18 and out of high school for
more than a year?**

If you answered yes to these questions,
Gezhtoojig Employment and Training Services may be able to help you?

You can get your Grade 12 or Equivalent Certificate in less than a year!
You may qualify for Financial Assistance while you study!

To learn more and get started on your future
Contact Reg Canard, Skills Development Coordinator
Telephone 705.524.6772
Toll Free 1.800.361.9256
Email: rcanard@gezhtoojig.ca

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Canada



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



ABORIGINAL ENVIRONMENTAL LEADERSHIP CIRCLE

OUR

One drop of water is the foundation of life.

Managing our actions to ensure environmental protection so that the water continues to flow and sustain life.

Managing our actions to minimize and eliminate negative impacts to our environment.

Promoting strong environmental management practices protects water for future life.



ABOUT AELC

The Aboriginal Environmental Leadership Circle (AELC) was launched in November 2014 in order to showcase, encourage and enhance Aboriginal Environmental management. The AELC is a not-for-profit association that is dedicated to educating and empowering others to enhance, build and sustain a clean environment for communities and future generations.

Our aim is to share our stories, experiences and environmental practices with each other and develop strong environmental relationships. The AELC recognizes that it is not the environment that needs to be managed, but it is human

activities so that they minimize the detrimental effects to Mother Earth.

The AELC brings together all who want to effectively and collectively manage their environment while balancing traditional/western science and community knowledge. The AELC showcases informed environmental solutions by highlighting the strong environmental efforts happening in communities.

The AELC is a forum for technicians, community leadership, youth, elders, and industry partners to generate and contribute to meaningful dialogue surrounding environmental management.

Aboriginal communities, resource industries, government and environmental practitioners continue to learn from each other and continue to develop mutually beneficial relationships. We are all learning how best to leverage these relationships to assist in the development of meaningful environmental capacity for all. Communities and partners are learning how to grow and benefit from the resource sector, while attempting to eliminate or minimize potential negative social, cultural, economic and environmental impacts of projects. The AELC will promote and encourage the sharing of experiences so that all communities have the opportunity to actively develop and participate in effective environmental management initiatives.



OUR MANDATE

"Advocating

The Aboriginal Environmental Leadership Circle is an Aboriginal, non-profit organization which seeks to promote Aboriginal communities' paramount interests in lands and the environment.

The AELC will promote and encourage methods in which community knowledge and western science, if managed and respected, can create an optimal environmental management system.

The AELC will be the key forum for the advancement and assistance in development of Aboriginal environmental management regimes, resource development and traditional knowledge systems.

The AELC is the sister organization of the Canadian Aboriginal Minerals Association (CAMA) and was developed based on the need expressed by Aboriginal communities. By establishing meaningful relationships with industry and governments, negotiating practical benefits, and jointly developing project specific environmental practices, Aboriginal communities can advance to environmental leaders and advance economic opportunities.

YOUTH

AELC will actively engage Aboriginal youth across the country in order to foster and support meaningful environmental capacity development. Our youth are our future leaders; we need to ensure that they have a strong understanding of environmental opportunities and concerns to assist them in becoming the leaders we know they are.

MEMBERSHIP

The AELC encourages a diversified membership of Aboriginal individuals, groups, corporations, communities, consultants and executives.

The AELC organizes, coordinates and facilitates local, regional and national environmental discussions to promote and foster environmental sustainability.

Benefits of joining the AELC:

- Access to shared environmental experiences and solutions.
- Opportunities to develop relationships, networks and affiliations with representatives from the environmental field and Aboriginal communities.
- Supporting the growth and development of Canada's leading Aboriginal Environmental Circle.
- Discounts on AELC publications, including conference publications.

- Discount registration rates for AELC sponsored events and workshops.
- Access to AELC reports and publications.
- Participation in AELC research.

To become an AELC member, please click here:

EVENTS

The AELC will host an annual environmental conference to network and share experiences that move toward building positive relationships between Aboriginal communities, industry and government.



ABORIGINAL ENVIRONMENTAL LEADERSHIP CIRCLE

Questions?

295 Loonway Road, Wahnapiitae First Nation
 Capreol, Ontario POM 1H0
 t. 705-562-0654
 info@aboriginal-environmental.com

www.aboriginal-environmental.com

@AboriginalELC



THE TEMAGAMI
COMMUNITY
MARKET INVITES
YOU

Residents of Bear Island

To participate as a vendor at

The Temagami Community Market.

Whatever your crafty creations are, whether it be sewn,
knitted, painted, glued, nailed down, baked, drawn, or anything else

We want you to be part of our team.

For more information please call

Dianne Laronde at (705) 569-3686

www.temagamicommunitymarket.com

TEMAGAMI FIRST NATION
SHUTTLE BOAT SCHEDULE DECEMBER 2014

← SCHEDULE A		DECEMBER 2014							→ SCHEDULE B			
Depart Band Office WEEK DAY (MON-FRI)	Depart Mineroad WEEK DAY (MON-FRI)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Depart Band Office SUNDAY	Depart Mineroad SUNDAY		
8:00 a	8:15 a	7	8	9	10	11	12	13	12:00 p	12:15 p		
8:30 a	8:45 a	237-8955	237-8284	237-8284	237-8955	237-8955	237-8955		2:00 p	2:15 p		
9:00 a	9:15 a								4:30 p	4:45 p		
ON CALL	ON CALL	14	15	16	17	18	19	20	*as required – call DRIVER to confirm trip ICE & WEATHER CONDITIONS WILL CHANGE THIS SERVICE WITHOUT NOTICE SAFE TRAVELS ALL			
1:15 p	*1:30 p*	21	22	23	24	25	26	27				
4:00 p	4:15 p	SHUTTLE BOAT SERVICES ENDS FOR SEASON										
4:30 p	4:45 p	28	29	30	31	SHUTTLE BOAT SERVICES ENDS FOR SEASON						
Mail run→	Tue & Fri											

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

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 one way
- Drivers: Dean Potts (705) 237-8955 OR Lynn White (705) 237-8284

December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BFB	2 Client Shopping HBHC parent shopping BFB	3 BFB	4 I am a Kind Man 6:30pm BFB	5 LMLC Gr 4-8 baking 1:30pm BFB	6 Youth ages 11-29 Dinner & presentation 5pm
7 LMLC Christmas bazaar	8 Christmas craft making all ages 6pm HSP	9 Men's Dinner/ Video 5:30pm HSP	10 HSP	11 HSP	12 LMLC Gr 2-4 baking 1:30pm HSP	13 (Tentative) Youth Sweat 13-19yrs 1pm
14 HSP	15 HSP	16 Children Game night 7-11yrs @ 6:30pm HSP	17 HSP	18 Community Dinner/LMLC Christmas Concert HSP	19 HBHC parent shopping HSP	20
21	22 Christmas baking 2-5yrs @ DPHC 1pm	23	24 Holiday	25 Merry Christmas! 	26 Boxing Day	27 Family Karaoke night 7pm
28	29 Youth Drop In 13-19yrs 7pm-10pm @FHWC	30 HBHC Pizza making games 4-7yrs@11am	31 Family Dance 7pm-10pm @Rec Centre	1 Happy New Year!	2 Chief's Holiday	3

Family Healing and Wellness Highlights

708-887-8800



Client shopping trips for men & women please call Annette @ FHWC by January 2, 2014 trip will be on January 5, 2014.

Men's Dinner/Video presentation Tuesday, Dec 9, 2014 @5:30 pm call to let us know if you are attending by Dec 5/14.

Upcoming Healthy Babies Healthy Children Program

- ◆ Parent shopping trips Dec 2, 6 and 19/14 call Alice.
- ◆ Christmas baking 2-5yrs @ DPHC 1pm Dec 22/14
- ◆ Family Karaoke night @ 7pm Dec 27/14
- ◆ Pizza Making & Games 4-7yrs @11am Dec 30/14

Upcoming Youth Programs

- Youth Pizza Dinner and Truth about Drugs presentation on Dec 6/14
- Youth 13-19yrs Sweat with Richard Assiniwe (tentative date Dec 13, 2014 travel permitting)
- Youth Drop In (social & games) Dec 29/14 @ 7pm

*** Breakfast for Brains (BFB) program runs this month for one week.**

Healthy Snack program (HSP) runs monthly.

***I am a Kind Man Program will run Dec 4/14 @ 6:30pm if no one shows will be cancelled.**

Any questions about our calendar please call FAMILY HEALING AND WELLNESS CENTRE @ 237-8800

M@gwetch!!!

~ December 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Breakfast for Brains</i> Massage Therapist DPHC	2 <i>Breakfast for Brains</i> TFN COUNCIL MEETING 7pm <i>Women's Workout LMLC</i> 7pm	3 <i>Breakfast for Brains</i> <i>LMLC Awards Assembly</i> Lands and Resources Committee Meeting	4 <i>Breakfast for Brains</i> <i>Women's Workout LMLC</i> 7pm AA Meeting 7:30pm Elders	5 <i>Breakfast for Brains</i>	6 Video and Dinner FHWC 5pm Ages 11-29 RSVP Carrie 8600
	7 LMLC Christmas Bazaar 11am <i>Women's Workout LMLC</i> 7pm	8 Christmas Craft Night FHWC 6-8pm All Welcome	9 Men's Dinner 5:30pm Carrie 8600	10 BIEA Meeting 7pm Band Office	11 <i>Women's Workout LMLC</i> 7pm AA Meeting 7:30pm Elders	12
14 <i>Women's Workout LMLC</i> 7pm	15	16 TFN COUNCIL MEETING 7pm Children's Game Night Ages 7-12 6:30-8:30 FHWC <i>Women's Workout LMLC</i> 7pm	17	18 Community Christmas Dinner & LMLC Concert AA Meeting 7:30pm Elders	19	20
21	22 Christmas Baking ages 2-5 DPHC 1:00 	23	24 	25  <i>Christmas Day</i>	26	27 Family Karaoke 6:30pm Rec Centre
28	29 Youth Drop-In, Games Night Ages 13-19 FHWC 7pm	30 Pizza Making & Games DPHC 11am-3pm TFN COUNCIL MEETING 7pm	31 Party at Rec Centre! 	Notes: 		

