

July 2015
Mega-Blast
Part 2

Tashina Paul

Blast: *Hi Tashina! How do you feel, having gone all the way through high school and successfully getting your diploma?*

Tashina: So happy! High school was everything it was supposed to be for me. It was a new place full of new people, hard and also a lot of fun. I met so many people and grew so much (mentally not physically, I was 5'2 in grade nine and 5'2 when I graduated :P). Finally graduating after taking an extra year was just amazing. When I put on my grad cap and got my diploma I knew I did it, and that I was ready to move onto the next stage.

Blast: *What's next? College? Apprenticeship? University? Do you know what career you want to pursue?*

Tashina: In the fall I will be off to Kinston to attend Queen's University for their Bachelor of Arts (Honours)/ Bachelor of Education program. For five and a half years I will be able to work on my undergrad and teaching degree simultaneously. After that I plan to pursue my dream of becoming a teacher and giving the kids of the future an education.

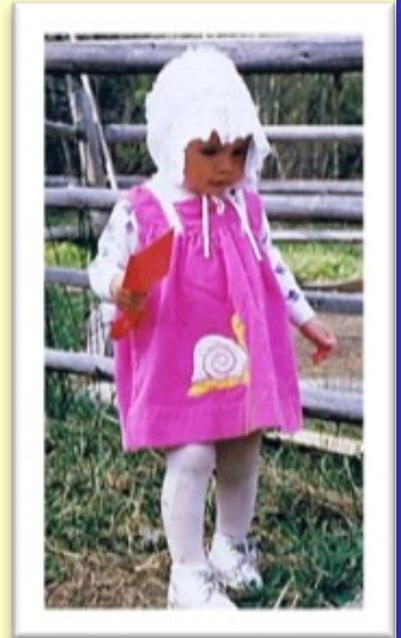
Blast: *Do you see yourself living on n'Daki Me-nan in the future?*

Tashina: I hope to gain teaching experience in cities, towns, reserves or wherever the work takes me. Eventually I will come home and hopefully work at the school here.

I will always see myself living here, this is where I grew up and it is my home. The experiences I've had throughout the years have brought me close to this place, which is why I will always come back.

Blast: *What are your thoughts about growing up on Bear Island?*

Tashina: Growing up on Bear Island was the best. I got to do so much and learn things people couldn't even imagine. Not everyone can grow up on an island surrounded by family members. Even though it got a little crowded at times I wouldn't change much about this place. It's home and it is beautiful. I am so grateful for everything I was given and everything I have experienced here.



Blast: Do you have a special memory to share:

Tashina: I remember this one morning it was really foggy on the lake and me and Misty were driving the little boat across to catch the bus. We came to the big channel and I told her we were going too far left and she's like "I'm driving straight!" Anyways we ended up somewhere around Friday's Point or something. After we finally got our bearings we made it to the bus and it was a quiet bus ride since we were the only ones to make it across :P.

Blast: What do you think of when you read the following words?

-Freeze Up:

-T- Really cold time of year. That's when dad would bring the boat box out and everyone called it the doghouse.

-Boarding Out:

-T- An extra hour of sleep at my second family's house!

-Living away from home:

-T- Sad. At first I was, then after adjusting, living with my second family was a blast!

-Cafeteria food:

-T- Ewww. Sooo gross. They tried and had some good stuff, but it wasn't my favourite place for lunch.

-Prom:

-T- Meh, I only went to prom this year and I should have gone last year, but it was still fun,

-Friends:

-T- So important, they helped me through high school and made it way more fun.

-Being Anishinaabe:

-T- Proud. I am proud of my native heritage and so happy to come from Bear Island.

-Life:

-T- Hard, but doing the right things and being with the right people make it so much better.

-Your Future:

-T- Pretty awesome! I am going to my dream school to get my dream job and I'm so excited!

Blast: Any other thoughts or stuff to share?

Tashina: I would just like to say thank you to all the people that have helped me out so far.

Thanks to my family and especially my parents for helping me through school and making me the person I am today. Thanks to LMLC for giving me the opportunity to work there, giving me an unforgettable experience. And thanks to all my friends for

helping me though all these years - you all know who you are :).

Have a fun and safe summer everyone!



Good Luck, Tashina! We're so proud of you!

Interviews With BIEA High School Grads



Alyssa Paul

Blast: Hi Alyssa! How do you feel, having gone all the way through high school and successfully getting your diploma?

Alyssa: I am happy to have finally gotten here. I feel like I've accomplished so much throughout high school and I am grateful to be moving forward. It's these challenges that will have prepared me to prevail and keep going in my future endeavours.

Blast: What's next? College? Apprenticeship? University? Do you know what career you want to pursue?

Alyssa: This coming September I will be heading to Canadore College in North Bay where I will be studying Practical Nursing. I haven't decided on exactly what I will continue in through university but it will more than likely be working with women and newborns whether in neonatal care, midwifery or OBGYN.

Blast: Do you see yourself living on n'Daki Menan in the future?

Alyssa: I know that it is important to return to N'Daki Menan to better the community. But I also find it prevalent to protect and when needed share your voice with the community. Since I've grown up here on Bear Island I know I will return sometime after I've gained work experience and can properly practice to help others if given the opportunity.

Blast: What are your thoughts about growing up on Bear Island?

Alyssa: I have been given so many opportunities

living where I am. I have gotten to experience the wilderness and lakes, seeing as they're right outside my door. Growing up here has its pros and cons but I've always been one to be thankful for the pros. I have grown up with the strong understanding of where I come from, who I am and where I am. I understand the importance of our territory and the need to keep its beauty. This is my most prized attribute of where I live, the natural environment.

Blast: Do you have a special memory or story to share?

Alyssa: In my opinion my whole childhood is a special memory. I can reminisce about any memory and have a smile on my face. I wouldn't trade my experiences for anything. Any camping trips, day trips on the lake, snowmobile rides in the winter through portages or swimming and jumping off high rock or even days at sand point would trump any day!

Blast: What do you think of when you read the following words:?



-Freeze Up:

A- You can freeze up all you want now ;)

-Boarding Out:

A- I will miss boarding out with my friend Melodie; we always had great times and I loved the house and people. However, I am excited to not have to worry about boarding out packing up all my clothes and only for two weeks.

-Living away from home:

A- It will definitely be an adjustment but what's wrong with a little challenge. I am very excited and I will not be too far from home anyways.

-Cafeteria food:

A- Probably will still be gross ;)

-Prom:

A- Great night to remember. It wasn't quite what I expected but it was still fun.

-Exams:

A- They're about to get a whole lot scarier, I believe ...

-Friends:

A- Couldn't have gone through high school without my main (Tashina Melodie and Steph). But Patrick and Kimmy helped me a lot and we had so much fun our last few years. I will miss them so much! I supposed I have to make some more, but they will unlikely be as amazing ;)

-Being Anishinaabe:

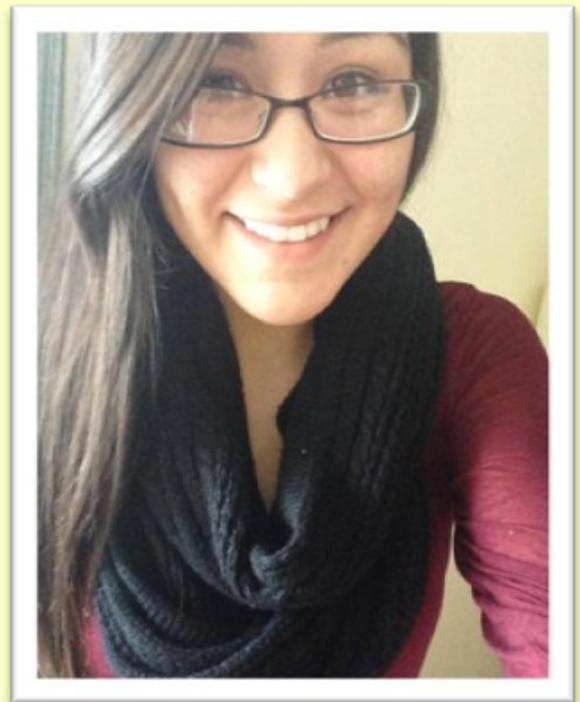
A- This makes me feel even more accomplished because everyone knows the struggle Native youth have today with graduating. I am happy to make my community proud and I am very thankful.

-Life:

A- "Just keep swimming"

-Your Future:

A- I am another step ahead. I am very nervous and extremely excited to be getting started on bigger things. It's looking bright so I think I'll keep going ;)



Blast: Any other thoughts or stuff to share?

Alyssa: Chi-Miigwetch to my community! I am so blessed to have Bear Island to come home to whenever I need.

Good Luck Alyssa! We're so proud of you!

Join the Summer Culture & Career Camp

When: Tuesday, Wednesday and Thursday

July 14th – August 13th

10 am – 3:00 pm daily

Participants go home for lunch from noon – 1:00 pm

Where: Participants will meet at the LMLC gym for the 1st day where they will be given an outline of when and where events will be.

Who: Children currently in Grades 1 through Grade 6

Two groupings will be made:

Grades 1 – 3

Grades 4 – 6

What: Mornings will focus on thematic literacy and numeracy skills development related to a variety of careers that will complement land-based cultural teachings in the afternoon.

Afternoon sessions will also include swimming lessons.

Topics Include: *Architecture, Biology, Orienteering, Harvesting, Astronomy*

This summer program is being run through the Doreen Potts Health Centre.

The program leader is Tashina Paul.

The program is sponsored by:

Doreen Potts Health Centre ~ Family Healing and Wellness Centre

Frontier College ~ Temagami First Nation

Please get a registration form from the DPHC if you are interested in your child attending the summer culture-career camp and return it ASAP. Children can participate on a weekly basis.

Build, Grow and Explore this summer!

LMLC Year End Trip



After a long year of learning, there's nothing like screaming your head off on a roller coaster to de-stress!



Mrs. B's class had a great visit to Medieval Times.

Chi Miigwetch to the LMLC Staff, volunteers, parents, family members, and community members for raising the funds to make this happen.

What a way to end the year!



Elder's Trip to NBRHC

(North Bay Regional Health Centre)

On June 25th, 7 Bear Island Elders— John and Millie White, Annie St. George, John McKenzie, Marlene Burns, Judy Becker, and someone who's camera shy, lol- attended the NBRHC's Senior

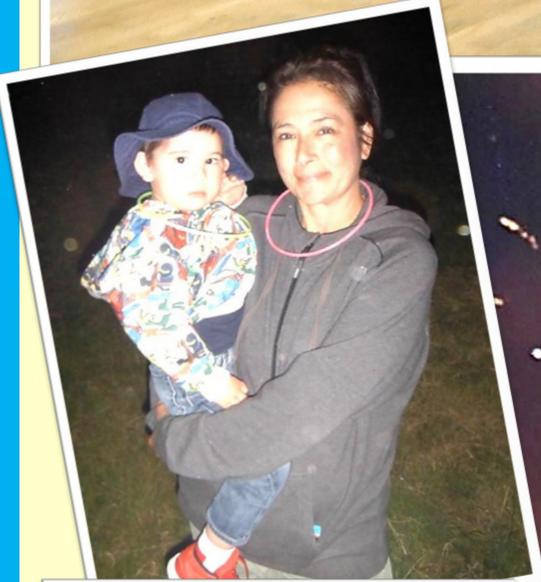
Education Day, along with Community Support Services Coordinator Audrey Guppy and Support Worker Terry McKenzie. The feedback about the trip was very positive, Audrey says. Everyone learned a lot and especially enjoyed a documentary on "The Alzheimer's Project". This day is an annual event, and Audrey says Bear Islanders will likely attend next year.



Lounging on building materials at the Mine Road!

Aboriginal Day Celebrations on Bear Island- Saturday, June 20

Dancing and fireworks were the order of the day on Bear Island the night before the "official" Aboriginal Day on Sunday June 21st. People gathered at the Rec Centre to see Christine Friday perform solo, then see her young students perform a group creation as well. And afterward... boom! Fireworks.



Celebrating National Aboriginal Day in Temagami

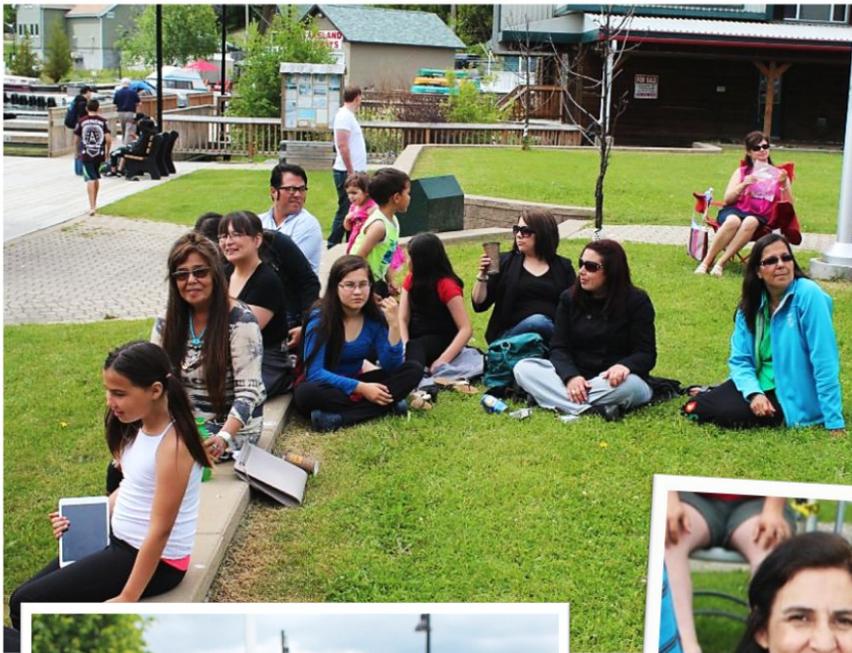
Sunday, June 21st was National Aboriginal Day in Canada. The Temagami Community Foundation, the Municipality of Temagami, Carolyn Laronde, and Temagami First Nation co-operated to organize the event. TCF Board member Paul Middleton MC'd.

There was a big crowd and although it looked like it might rain, the weather held.

Congratulations to all on a great celebration!











NAD in Temagami received front page coverage in the Temiskaming Speaker. The article quoted heavily from Keynote Speaker Mary Laronde. Chi Miigwetch to the Speaker and Reporter Diane Johnston for the article, partially reprinted here:

As a child, Mary Laronde was taught that the wheel was good. “If you didn’t have a wheel, man, you were lost.”

It was years later as an adult that she had a chance to view the region’s rugged terrain, dotted by lakes and rivers, from Maple Mountain. “All of a sudden it hits me. No wonder we didn’t need a wheel—totally useless in this country. What we need are canoes and snowshoes, and that’s what we got.” The tools of transportation were essential to survival and a key to the country’s development, but she was never taught “the wonderful contributions that my people had made to Canada.”

“I was taught that we were savages, and you were all taught that too, because we all had the same government-sanctioned textbooks,” she told the audience at National Aboriginal Day celebrations in Temagami. Ms. Laronde, a governance policy analyst with the Union of Ontario Indians, is Teme-Augama Anishnabai and a member of Temagami First Nation, and lived in Temagami for many years. As keynote speaker for the event, she delivered a wide-ranging speech that touched on history, traditional teachings, and developments both national and global. Only days earlier, in his encyclical on climate change, Pope Francis recognized the role of Indigenous peoples in learning how to live with the land, she said.

Temagami’s second annual celebration included drumming, dance and song and drew more than 150 to the waterfront. But there was also a sombre tone. It came only three weeks after the release of the Truth and Reconciliation Commission report documenting the abuse over more than a century sustained by children at Indian Residential Schools. “That’s our truth as

people in this land,” Ms. Laronde said. But the report also “gives us an opportunity to move forward as a society,” she said. “Where are we now, and where do we want to be? What does reconciliation look like? How do we find balance in our relationships?”

People can’t rely on governments, she said. “We’re the people. We need to direct our government as to what kind of country we want, and how we will live with one another, and Temagami is the perfect place to start this.” It offers, she said, the gifts of the Creator and tangible signs of First Nation contributions, “and we have such good people here.” This is the town that we live in. We need to re-examine what we think and be able to come to terms with where we were wrong,” she said. “Let’s move forward together.”

The entire article is available on TFN’s facebook page.



TMEFC NEWS



Kwe Kwe;

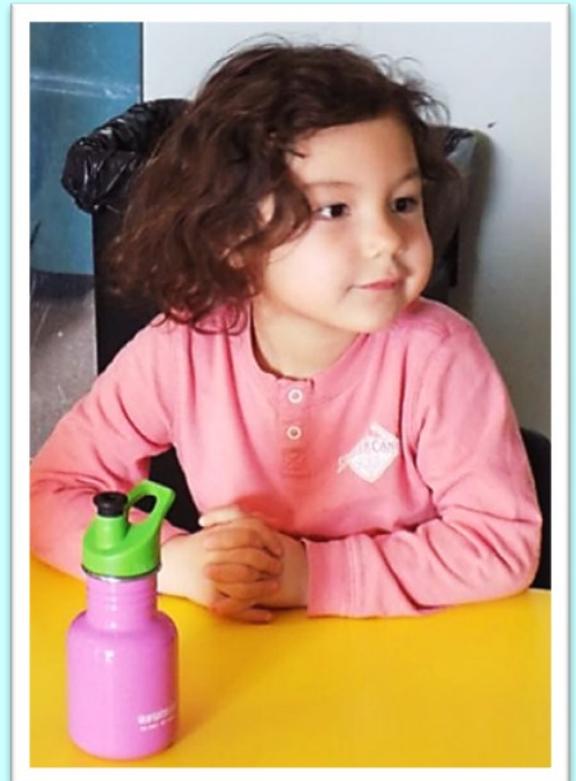
Summer has finally arrived and the children are taking advantage of the warm weather. I am very excited to say that we have hired a new ECE. Kelly St. Denis will be starting officially on Monday, June 29th, 2015. Please welcome her and feel free to introduce yourself to her.

I want to congratulate the LMLC 2015 graduates, from Senior Kindergarten, Cheyanne, Kazia and Zachary and from Grade 8 Spencer and Noah. We wish you well in your future endeavours.

The Tillie Missabie Family Centre employees have been doing professional development training with Cindy Hare. Cindy has been invaluable to us with her holistic approach and culturally relevant training plan. I am happy with all the things we have accomplished since beginning this journey with her and look forward to having Cindy work with our Parent Advisory Committee and Parents to develop future programming. We hosted a Whole Parent meeting on June 15th. A survey was given out, along with new policies for the daycare for parent input.

We invited Fathers and Grandfathers to join their children for a snack on June 18th, to celebrate Father's Day. Thank you to those of you who were able to take time out of your busy day to come to the Tillie Missabie Family Centre. It is Parent's and Family support that helps to make the program a success and a benefit for the children.

July will also be a busy month. The playgrounds will be renovated during the summer shutdown, July 21st to 31st. We will reopen on August 4th. The tentative date for the annual trip to the Strawberry patch is on July 16th,



I would like to ask parents of children ages, 0 to 6 years of age, to trace your children's footprints. If your child comes to daycare, we will do it here. If your child is not in daycare please drop off your child's footprints by July 3rd, 2015. The Tillie Missabie Family Centre will be purchasing swim shoes for all the children in the community in this age group.

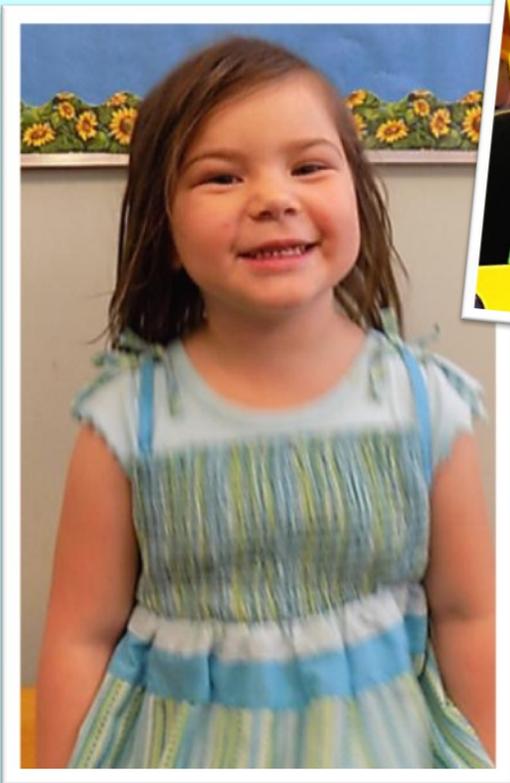
I would also like to remind parents to bring extra clothing, for the weather including swimsuits/ shorts. We always have water tables and/or sprinkler's out for the children in the summer. It is also very important to notify the daycare if your child will not be in attendance for the day. Sometimes, I have to ask for earlier pick-ups or close early because of staffing situations and I would not have to do this if our numbers are low enough. This also affects the cook. I do not like to inconvenience parents in any way so please be courteous and give us a call. Leaving a message on the answering machine is also acceptable.

Enjoy the weather and remember to be safe.

Tammy Presseault

RECE Program Supervisor

Tillie Missabie Family Centre



Student Nutrition Program Luncheon & Information Session

Parents/ Guardians, grandparents,
aunts, uncles, teachers & students
welcomed!

Come out for lunch & hear about
plans for the LMLC Student Nutrition
Program for the upcoming school
year!

12 pm Friday, July 24th, 2015 at the
Rec. Centre

PRIZES TO BE
WON!



Questions? Call Misty @ the DPHC (705) 237 -8900

Enrichment Funds Reminder...

Education Incentives Applications are Due by Monday, August 31st, 2015.

Applications are available on the TFN website:

http://www.temagamifirstnation.ca/index.php?option=com_content&view=article&id=50&Itemid=37

Blast from the Past!

Left to right: Tina Peshabo, Cathy Becker Gomm, Victoria McKenzie Grant (top) ,
bride Janie Peshabo Becker, Stanley Becker, Jim Twain.

Chi Miigwetch to everyone in the Facebook group "Photos Sharing for the Purpose of Labelling
Photo's Date, Location , and Names" for this great pic!



JULY 2015



WHY STAY PHYSICALLY ACTIVE?

Physical activity increases your chances of living a longer, healthier life. As well as helping you feel your best, exercise can also help:

- Control your blood pressure, blood sugar and weight.
- Raise your HDL (good) cholesterol.
- Prevent heart disease, colorectal cancer and type 2 diabetes.

Start Slow: Work out for at least 10 minutes at a time. Combine aerobic and muscle-strengthening activities.

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6.00 x 4.00 in

EAT *for* ENERGY



Refined grains are quickly digested and produce rapid hikes in blood sugar and more insulin, raising the risk of weight gain. Whole grains produce slower spikes.

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JULY 2015



MAKE A GREAT PLATE.

Add protein-rich toppings to turn a salad into a meal.

ORANGE CHICKEN SALAD

Ingredients

3 grilled, skinned chicken breasts	2 tsp Dijon-style mustard
1 cup nonfat plain Greek yogurt	1 medium chopped orange bell pepper
4 tbsp frozen orange juice concentrate	2 tbsp sliced roasted almonds



Directions

Cut chicken into 2-in. strips. Whisk next 3 ingredients; combine with chicken and pepper. Serve on 4 plates of greens; top with almonds.

Makes 4 servings. Each: 224 calories • 33g protein • 6.5g fat • 12g carbs • 1.3g fiber • 123mg sodium

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Safety Corner — Sun Safe

According to the Centers for Disease Control and Prevention and the Canadian government, skin cancer is the most common type of cancer in North America. The main cause? The sun's dangerous rays. Here's some advice to keep you sun safe.

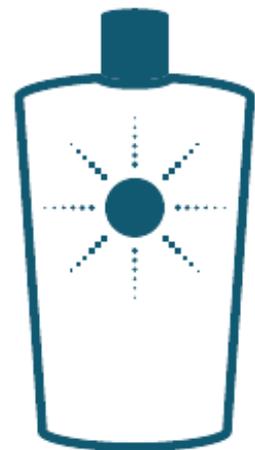
Apply sunscreen 15 to 30 minutes before you go outside. Best bet: Choose a broad-spectrum sunscreen with a minimum of SPF 30.

Use a generous amount of sunscreen – dermatologists recommend “1 ounce, enough to fill a shot glass.”

Reapply sunscreen every 2 hours and after sweating or swimming, as recommended by the American Academy of Dermatology.

Check if any medications you are taking cause sensitivity to the sun.

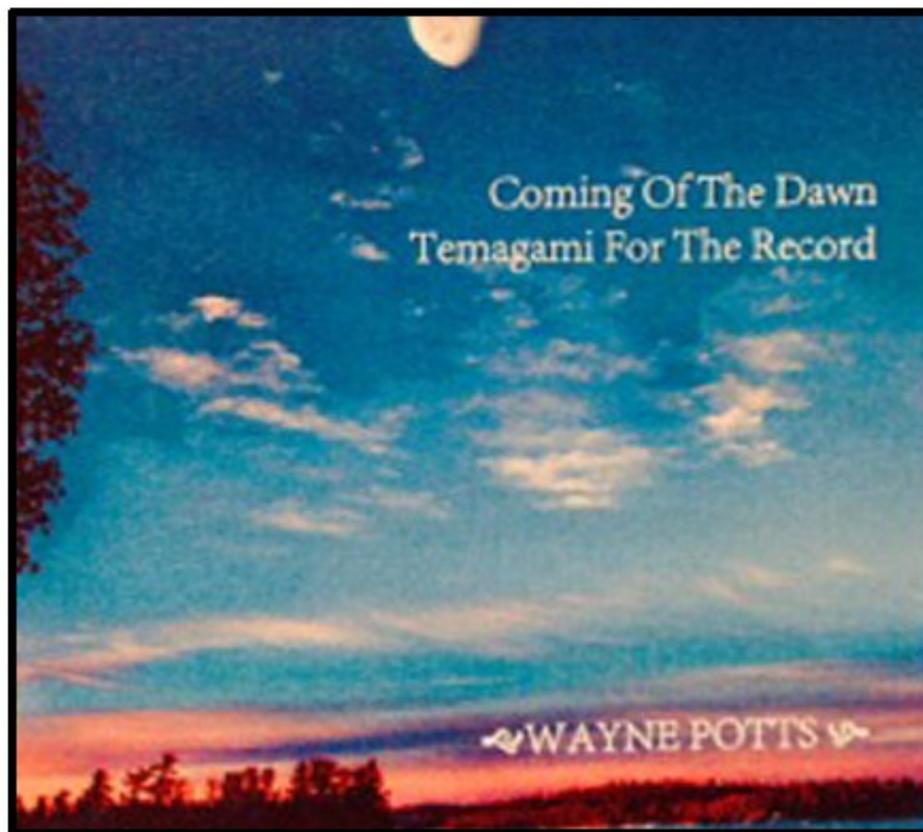
Wear specially treated clothing and sunglasses to protect against UVA and UVB rays.



WAYNE POTTS

“Coming Of The Dawn”

CD RELEASE CELEBRATION



Contemporary Aboriginal Music

Temagami Welcome Center Theatre

Friday July 3rd, 2015 @ 7PM

Wayne Potts and Friends

Live music, Snacks and Refreshments Provided

Sponsored by: Ontario Aboriginal Arts Council

Singer - Songwriter Wayne Potts

Wayne grew up on Bear Island on Lake Temagami, Ontario. At the age of 11 he went to live in the city of North Bay and attended school in the city, spending his summers on the Lake.

Eventually he left school and came back to the Lake Temagami area to trap and hunt ... all this time Wayne began writing songs. He also played at the square dances on Bear Island during the summer, played music with his older brother Gary and cousin Ted

(aka Bimbo). They formed a group called "Suker Gut", after Sucker Gut

Lake near Maple Mountain. After a few years Wayne returned to study

at Trent University, receiving his degree in Native Studies and the Arts.

Wayne then went to Teachers College and has worked in Education for

most of his working life to date. Presently he is a Vice- Principal in the

Elementary School in Attawapiskat.

It's been Wayne's dream to record a cd of his songs ... recently he

received a grant from the Aboriginal Arts Council in Ontario to do just that. After two years in

the studio, Wayne is releasing a story of Temagami and its lands, as seen through his mind's eye

with reflections of his own personal journey woven throughout. His wife Ronda also is featured

in a couple of the songs on the cd. Wayne recorded at Julian Cote's Pine Needle Studios in

Atikameksheng Anishnabek. Wayne feels that his collaboration with Julian brought out the

sound and feeling he wanted to express. Wayne's unique voice and perspective shine in this

eloquent and original CD.





**Michipicoten - Batchewana - Garden River - Thessalon - Mississauga
Serpent River - Sagomok - Atikameksheng - Timiskaming**

WE NEED YOUR SUPPORT!

We are two Anishinaabe Kwe that will be cycling 783 km from **Michipicoten FN to Timiskaming FN through July 4 - July 21, 2015.** We want to contribute to Josephine Mandamin's campaign to raise collective consciousness in relation to water. We want to share her teachings of love, care, and respect for the water.

We are inviting anyone with a bike to ride with us on any part of the trip! You can also help by coordinating a stop in your neck of the woods or by providing a place to sleep.

Lindsay McLaren Polson
Timiskaming FN,
Quebec

Tara Dantouze
Manitoulin Island, Ontario
Northlands FN,
Manitoba



Feel free to contact us, we'll be happy to hear from you!



Call 705-561-3688

or like our page

www.facebook.com/h2o.cycle



Aanmitagaagzi Summer Arts Program July 6 to August 14, 2015



**A six-week intensive in:
Dance,
Theatre,
Visual Arts
and
Storytelling.**

**Limited spots available
Registration now open!
For more information call Penny
or Sid at 705-477-3150
bobbsid@hotmail.com**





July 17th-19th, 2015
@ TEMAGAMI WATERFRONT

MORE FUN WEEKEND ACTIVITIES



Deepwater
Music Festival
@ Waterfront



Old Growth
Hiking Trails @
White Bear Forest



Hand-made
Birch Bark
Canoe Demo



White Bear
Challenge
Race Event



Canoe Building
Demos on site @
Temagami Canoe Co.

MORE INFORMATION AVAILABLE AT:
WWW.TEMAGAMICANOEFEESTIVAL.COM



TEMAGAMI DEEPWATER MUSIC FESTIVAL

JULY 17, 18, 19, 2015

AT THE TEMAGAMI WATERFRONT PARK

MUSIC & OUTDOOR STAGE INCLUDES

LES GENS DU NORD
NORTHFACING FOLK
RON NIGRINI
HEADFRAME

&
MANY
MORE

JAKE THOMAS TRIO
EIGHT THUNDERBIRDS
ADDISON & ADAMS
JAMIE DUPUIS

AT THE BUNNY MILLER THEATRE

\$25 ADVANCE



JUNO
NOMINEE

DIGGING ROOTS

FRIDAY, JULY 17 7:30PM

DIGGINGROOTSMUSIC.COM

\$20 ADVANCE



APGMA
NOMINEE

DAVID LARONDE BAND

SATURDAY, JULY 18 7:30PM

DAVIDLARONDEMUSIC.COM

TICKETS AVAILABLE BY CALLING 705-569-2904

FIND US ON FACEBOOK FOR MORE INFORMATION

July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Canada Day Holiday	2 Men's Shopping	3 Sewing/craft Night @ 6 PM FHWC	4 Youth(13-18) Lunch/movie North Bay
5	6	7	8 Boys/Men's Drumming 7pm	9	10	11 POW WOW
12 POW WOW	13	14 Sweat 6:30pm Ball field	15	16 Perry McLeod Dinner/Circle 5:30pm	17	18
19	20 Berry Picking	21	22	23 Canning DPHC	24 Children's Beach Day w/DPHC	25 Kids 6-12yrs Lunch/Movie North Bay
26	27	28	29	30 Kids 6-12yrs Game night 7pm	31	1

Family Healing and Wellness Highlights

705-237-8600



Client shopping trips for men & women please call Annette @ FHWC before July 28, 2014 shopping trip scheduled for August 1, 2015.

Sewing/craft night starts 6:00 P.M

Tentative Dates for Richard Assiniwe ceremony & Sweat dates are July 09, 10, or 11 2015
We will be sending out flyer with confirmed dates as soon as we get them

BOYS/MEN'S DRUMMING Wednesday, July 16, 2014 @ 7pm

Berry Picking anyone interested please call to sign up by July 15, 2014.

Beach Days July 24/15 w/DPHC

Sweat Tuesday, July 29, 2014 @ Ball field (bring towel) @ 6:30pm

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

~ July 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Canada Day	2 Men's Shopping FHWC	3 Sewing, Craft Night 6pm FHWC	4 Youth (13-18) Lunch / Movie North Bay FHWC
5	6 ART CAMP	7 ART CAMP	8 ART CAMP Boys' & Men's Drumming 7pm FHWC	9 ART CAMP	10 ART CAMP	11 POW WOW
12 POW WOW	13	14 Culture Career Camp / Swim DPHC Sweat 6:30pm Ball Field FHWC <i>TFN Council Meeting 7pm</i>	15 Culture Career Camp / Swim DPHC Lunch & Presentations Rec Centre 12:15 L&R 8275	16 Culture Career Camp / Swim DPHC Perry McLeod Dinner & Circle 5:30pm FHWC	17	18
19	20 Berry Picking FHWC	21 Culture Career Camp / Swim DPHC	22 Culture Career Camp / Swim DPHC	23 Culture Career Camp / Swim DPHC Canning DPHC	24 Children's Beach Day DPHC Nutrition Info Session Rec Centre 12pm	25 Kids (6-12) Lunch / Movie North Bay FHWC
26	27 TMFC Shut- down begins- Reopens Tuesday Au- gust 4th	28 Culture Career Camp / Swim DPHC <i>TFN Council Meeting 7pm</i>	29 Culture Career Camp / Swim DPHC	30 Kids (6-12) Game Night 7pm FHIWC	31	Notes: Monday August 3rd is the Civic Holiday

Saturday, July 11 —Sunday July 12, 2015

Niimwag Nongonhsag

The Dancing Stars Traditional Pow Wow

Bear Island Ball Field



Come Celebrate With Us!

No alcohol, drugs, or dogs...Miigwetch.