

B.I. BLAST



Ba-Ji-Bwon Giizis ~ Breaking Through Crust Month

March 2015

***Kwe Kwe! So we are on the second half of Biboon,
Winter... only 299 more days 'til Christmas!***



Good stuff to look forward to this month includes the arrival of the NOSM students once again, 2 evenings of community meetings, literacy week at LMLC including Speech Night and Scrabble Night, and an LMLC trapping trip at the south arm. Hopefully we'll have some nice weather (finally) to go fishing or just get out for a nice ski or snowshoe. We earned it!

Temagami First Nation is now on Facebook. The page is brand new so we're just starting out with postings and stuff. Here's the link:

<https://www.facebook.com/pages/Temagami-First-Nation/845864025436369>

The Blast credited Desi Senf and Terri McKenzie with the "Blast from the Past" photo in the February issue. Although the Blast did receive the photo thanks to them, Terry said this:

"All photos that are being scanned and put on-line are the Teme-Augama Anishinabai Elders' Group work, that's who to give credit to. It's that group who are donating pictures and lending equipment, plus online donors. Thanks very much to the Elders' Group and the people on-line who are contributing information. I just do the some of the work on behalf of them."

Miigwetch for the clarification, Terry, and Miigwetch to the Elders and online donors who are doing the great work of sharing, preserving, and identifying old photos.

The BI BLAST Belongs to the People.

Your voice is needed and welcome!

Do you have a memory, story, concern, photo, or idea to share?

All we ask is, "Be Nice, Keep Your Stick on the Ice!"

Please send your contribution to communication@temagamifirstnation.ca

Or BI Blast, C/O TFN Band Office, Bear Island, Lake Temagami ON POH 1C0

If you're close by, feel free to drop it off or call 705-237-8943 to arrange a pick-up.

*Congratulations to
Michelle Twain and Mike Polson, who became
Mr. and Mrs. Polson on February 28, 2015.
The Honourable Holly Charyna officiated. So nice!*



TEMAGAMI FIRST NATION



BEAR ISLAND
LAKE TEMAGAMI, ONTARIO P0H 1C0
TEL 1.888.737.9884 or 705.237.8943
FAX 705.237.8959
www.temagamifirstnation.ca



NOTICE

Tuesday, March 3rd, 2015
COMMUNITY MEETING
Dinner @ 5:30 pm
Special Guests/presentations (TBC)



Wednesday, March 4th, 2015
COMMUNITY MEETING
7:00 P.M.



BEAR ISLAND RECREATION CENTRE
To attend via telephone or internet, please contact Daisy at
communication@temagamifirstnation.ca or
(705) 237-8943 / Toll-free 1- (888) 737-9884

DRAFT AGENDA

More details to follow!

COMMUNITY NOTICE

**THE TEMAGAMI FIRST NATION HOUSING
DEPARTMENT IS HOSTING A
“SILENT AUCTION”**

AT LOT # 30

(FORMERLY CATHERINE (KAY) POTTS' HOUSE)

ONE DAY ONLY!

MARCH 11th, 2015

10:00 AM - 12:00 PM / Viewing of items

12:00 PM - 2:00 PM / Bids

**2:00 PM - 2:15 PM Announcement of Winning
bids**

**ITEMS: WINDOWS, DOORS, CUPBOARDS,
KITCHEN SINK, BATHTUB, VANITY, STOVE,
FRIDGE, ANY OTHER MATERIAL(S) WHICH
CAN BE RECYCLED.**

**ALL MATERIALS MUST BE MOVED FROM
THE PREMISES SAME DAY.**

**In the event that items such as lumber cannot be
removed the same day, a period of grace will be
extended to Friday, March 13th, 2015**

QUESTIONS: PLEASE CONTACT LIZ @ 705-237-8943 or EMAIL: elizabeth.potts@temagamifirstnation.ca

TFN Enrichment Funds Update

All Enrichment Funds policies and application forms can be found on the Temagami First Nation web site at www.temagamifirstnation.ca. If you do not have internet access and require a copy of any of the policies, or have any questions, please do not hesitate to contact me. I can be reached by phone at 705-237-8943 / 1-888-737-9884 or by email at TFNEnrichment@temagamifirstnation.ca.

Note: When applying for funds under the Enrichment Funds, please refer to the policy to help guide you through the application process.

Applications for **Arts and Culture and Athletics Funds Polices** will be accepted starting on April 1, 2015.

Any **Health & Health Supplement Policy** receipts dated April 1, 2014 - March 31, 2015 must be submitted by April 30, 2015 for reimbursement. The applications will be accepted on a first come first serve basis until the annual budget is depleted.

Students should also keep in mind the deadline date of August 31st 2015 for the **Education Incentive Policy**. **Education Incentive** applications received after this date will not be considered.

The **Elders and Disabled Home Repairs** program is available for band members who are 50 years and older and /or disabled and own their own home. Members whose household income is below \$40,000 are eligible to reapply every 5 years. Please submit a letter with documentation to the Community Infrastructure Manager by April 30, 2015. To determine if you are eligible for RRAP, Residential Rehabilitation Assistance Program, please phone 1-800-704-6488.

The **Small Business Grant Program** is presently accepting 2015-2016 applications. The deadline for applications is June 1, 2015. If you have any questions, please contact Kim Cowan.

Sincerely

Beverley St. Denis

TFN Enrichment Clerk

Lands and Resources News

TFN Lands & Resources Department Will Be Hosting An

OPEN HOUSE & DINNER

Tuesday, March 17, 2015, at the Rec Centre



Agenda is as follows:

1:30 – 5:00 pm – Mining Information Session (Presentations)

Temagami Gold

Mining Act Processes

MOU's

3:00 pm – 5:00 pm - Mapping Project Open House

5:30 pm – DINNER (Ham, Beans, Bannock, Coleslaw & Dessert) – RSVP REQUIRED by March 12th

7:00 pm – Mapping Project Presentation (TK Study)

Suggestions for areas (under 25 hectares) to be taken out of mining staking will be discussed
Please ensure that you RSVP for dinner by March 12th, 2015 so cater to appropriate numbers

Are You Thinking About Education Options?

Leanna Farr contributed this notice from "Indspire" .

She says that Indspire assisted her through her entire time at university.

Miigwetch for sharing, Leanna!



Indspire, the largest funder of Indigenous education outside the federal government, has extended its latest application deadline for students entering or continuing their post-secondary education.

First Nation, Inuit, and Métis students now have until **March 9, 2015** to apply for Indspire's *Building Brighter Futures: Bursaries and Scholarship Awards*. This is an extension to the previously announced February 16 deadline.

<https://indspire.ca/for-students/bursaries-scholarships/>



Indigenous education,
Canada's future.

L'éducation des autochtones,
L'avenir du Canada.

ATTENTION ALL BEAR ISLAND RESIDENTS

The Bear Island First Response Team is looking for new members.

Are you interested in helping others and willing to volunteer some of your time to this worthwhile cause?

If so, we need you and look forward to working with you.

If you are interested or would like more information on this position please contact Kim Jones or Scott Poirier at 705-569-3258.

We will require a minimum of four to six people to sign up prior to commencing training for the position. Training for new members will likely take place in the spring.

Please consider joining this wonderful team!

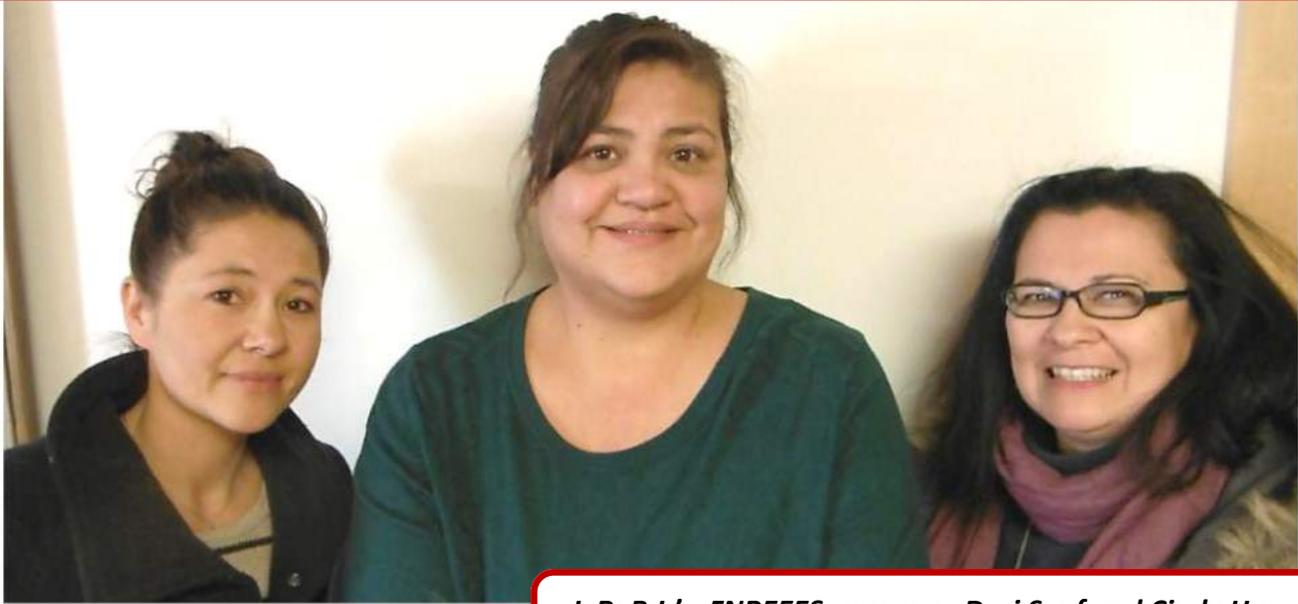


At this time we would like to remind community members to please learn your lot number so if you do ever need to call for an emergency we will know where to find you.

The number to call in case of an emergency is

705-569-3434

Introducing: The First Nations Regional Early Childhood, Education, and Employment Survey



L-R: B.I.'s FNREES surveyors Desi Senf and Cindy Hare, with survey co-ordinator Roseanne Sutherland

Overview

There is a significant gap in research information in First Nations about early childhood, education, and employment. Although we know our story through our experience, we do not have supporting statistical evidence on the needs, issues, and best practices required to support changes.

The First Nations Information Governance Centre (FNIGC) received a mandate to conduct the First Nations Regional Early Childhood, Education, and Employment Survey (FNREES) from the Assembly of First Nations in June 2011. The FNREES is a new national survey with an Ontario component. It has been developed by the FNIGC in partnership with First Nations.

This Survey respects the principles of Ownership, Control, Access, and Possession (OCAP). The information collected will be used to support decision-making in First Nations communities, governments, and organizations, and will help First Nations leadership to influence government policies.

What is FNREES?

The FNREES (or REEES, for short) will provide community based culturally relevant research about First Nations. REEES is a research project that has been developed by First Nations for First Nations!

Who will be involved in the REEES in Ontario?

The REEES goal is to survey 39 first Nations with approximately 4,510 randomly selected First Nations individuals. The Survey will gather data from the following age categories:

- Children 0-5, 6-11 years
- Youth 12-17 years
- Adults 18-54 years, 55+

While the Survey is voluntary, you cannot volunteer for it. This is because individual community survey participants will be randomly selected using a national community sampling strategy based on the registered First Nations membership. Personal information collected through the survey will be kept confidential and protected.

Where will the REEES happen in Ontario?

The REEES will take place in 39 randomly selected First Nations communities.

When will the REEES take place?

Data collection for the survey began in spring 2014. The Bear Island survey will begin this month.

How long will it take to complete the survey?

The survey itself will take a participant between 30 and 60 minutes to complete.

Why should I take part in the survey?

Your voice matters! Your participation will help us to develop a more complete picture of early childhood, education, and employment in First Nations and develop a vision for the future. We need you to share your story so that our leadership can raise our voices. In unity we can make a difference!

What happens to the data that is collected?

After the collection period is over, the data is stored in a locked secured server at the FNIGC and analyzed. A final REEES report will highlight the data in early childhood, education, and employment on a national and regional level for First Nations , outlining recommendations to support current and future opportunities.

For more information, please go to

www.chiefs-of-ontario.org/node/445



First Nations Regional Early Childhood, Education and Employment Survey

Your Voice Matters!





Temagami Winter— www.brenttrachart.com

Ice roads not so far north

By Rick Garrick. Anishnabek News

TEMAGAMI FIRST NATION – Most people do not associate Temagami with Ontario’s network of winter roads, but the Bear Island community usually builds a 12-kilometre ice road each year.

“It’s spectacular — they love it,” says Roger Assiniwe, Temagami First Nation’s community infrastructure manager, about the community’s reaction to each year’s opening of the ice road. “Just the small thing of getting your groceries — you only have to handle it twice, at the grocery store and at your door. We’re handling it four times during the summer, at the grocery store into your truck, out of your vehicle to the boat, from the boat to your house. The community loves the ice road.”

The ice road route varies each year according to ice and snow conditions.

“This year we have four access points to Bear Island whereas last year ice conditions were pretty poor and we were only able to get one access to Bear Island,” Assiniwe says. “So it varies from the freeze up to the amount of snow on the ice when we are doing this.”

Assiniwe says transport trucks do not use the ice road; if fuel is required it is usually brought over in saddle tanks. “If something catastrophic were to happen, then we would be in a bit of a jam there with contamination,” Assiniwe says.

“(As for) getting materials here, people can go over with their own trailers.”

Assiniwe says the community has a 60-ton barge for hauling supplies over to Bear Island during the summer.

“We can load transports right on there,” Assiniwe says. “We get our materials that way. The road is built 6 lanes wide at the beginning of the season to allow room for slush buildup

along the sides.

“Right now it is over two feet thick, so it is probably capable of holding up to 56,000 pounds,” Assiniwe says.

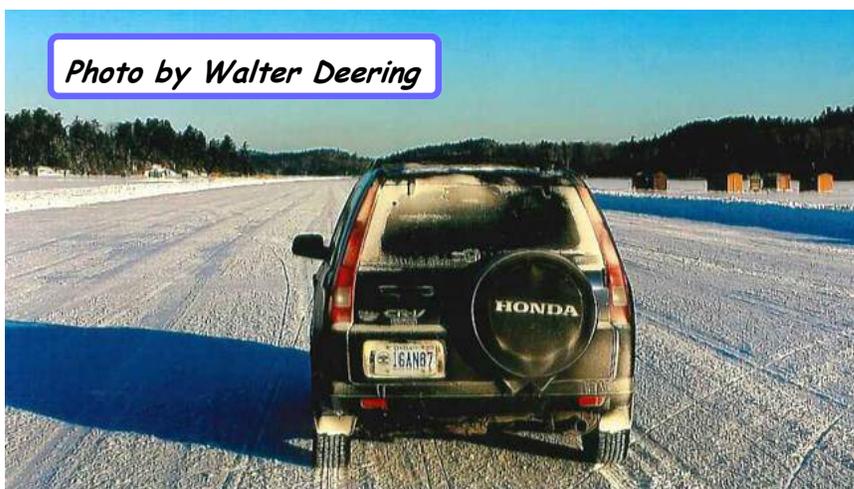
Assiniwe cautions drivers to keep to a maximum of 50 kilometres per hour on the winter road, noting that their vehicles cause waves underneath the ice.

“There are some people out there who tend to drive a little too fast on this ice road,” Assiniwe says. “You are creating a wave under the ice no matter how thick it is. You don’t want to be catching up to that wave — you are cracking the ice.”

Assiniwe says the community has an airboat for emergencies when the lake is freezing over in the fall and breaking up in the spring.

“If the helicopters can’t come in, then we have an airboat operator that is a very good driver,” Assiniwe says. “It’s quite costly to operate, but it’s there if we need it.”

While the community has considered a



permanent connection to the mainland, Assiniwe says it would involve multiple bridges.

“From Bear Island we’d have to go to a smaller island and then from that island there are two or three other islands we’d have to jump across in order to do that,” Assiniwe says. “But our water here is so deep — it’s over 100 feet deep in areas. It would involve major construction, major dollars.”

Gogama crude oil spill worries nearby Mattagami First Nation

-February 19, 2015

Cleanup continues at the site of a CN train derailment northwest of Gogama, Ont.



While investigators continue to search for the cause of a CN train Saturday near Gogama, Ont., the environmental impact is becoming more apparent.

Black charred oil tankers lie on their sides in snow stained by crude oil.

CN said the derailed train was carrying diluted bitumen from Alberta to eastern Canada.

Laurentian University professor Charles Ramcharan says that's one of the worst things that can be spilled.

"The trouble is that it's very toxic, so if you have a spill it causes a lot of damage and because the bitumen is a solid, it stays on the landscape for a very long time."

The nearby Mattagami First Nation is also concerned.

Oil is pooling at the frozen headwaters of a small creek near the site of the derailment.

Councillor Jennifer Constant said that waterway leads to her community.

"The impacts may be not immediate, but what are the long-term aspects going to be for people who do utilize the lake and go hunting in the area? They've used these lands for time immemorial and they're worried about the impacts of that," she said.

"Their health or practices have the potential to be affected by this."

Contamination, die-off

While CN works with partners to clean up the spill, Ramachran said he worries the incident could fall off the radar because of its remote location.

"Just because there are no immediate human health concerns, I do worry that this one will kind of fall off the radar."

CN says crews are letting a controlled fire burn out at the site.

Once the dilutants burn off, tar will be left to remove, Ramcharan noted.

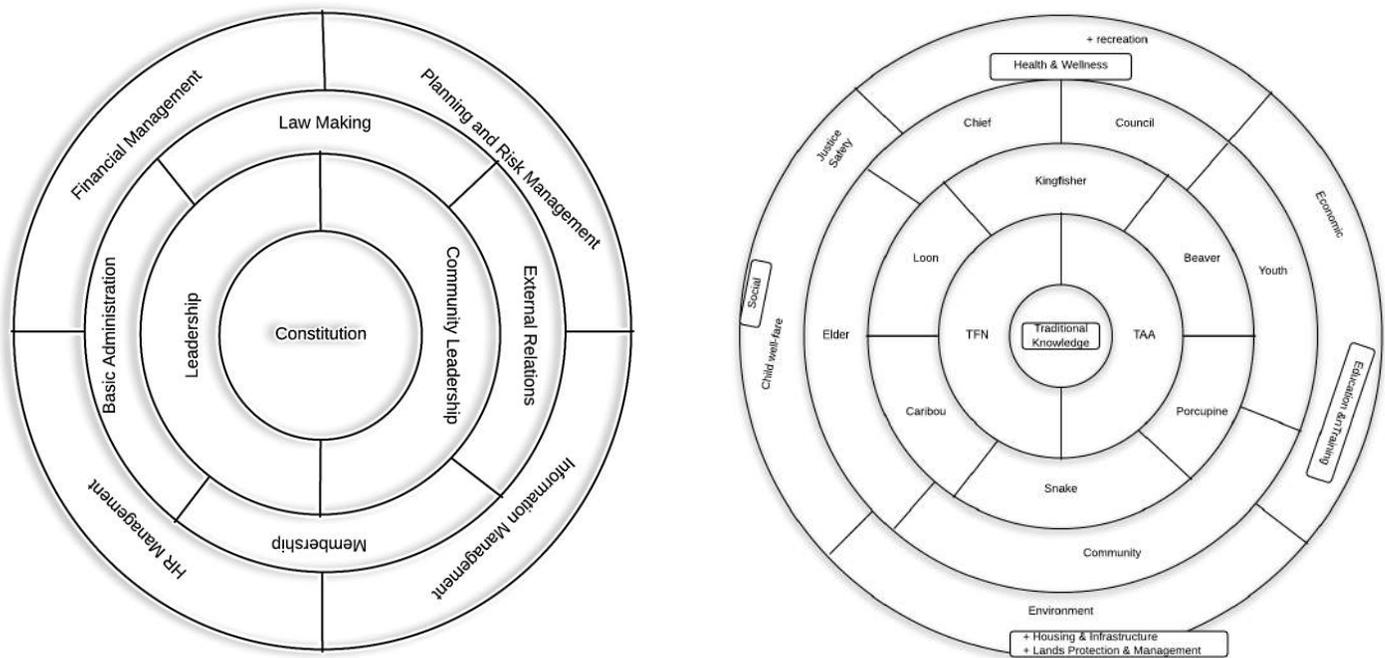
He predicted all trees in the surrounding area will be coated with toxins, leading to some die-off. He said the soil will be contaminated as well.

A total of 15 cars released crude oil and seven caught fire when the train went off the tracks late Saturday night. Over 1 million litres of bitumen were spilled.

TFN Governance Initiative Update with Evan O'Leary

On February 22 a lunch was provided at the BI recreation centre . We met with community members and there were discussions about current and past research. We met with Elders at the Elder's Building. We discussed several topics derived from current and past research. Much information was provided from the consultations, providing valuable insights and validating past research.

From current and past research these diagrams were developed:



Continuing to strengthen our nation's governance can help build opportunities for the community. Capitalizing on our Nation's talent, a governance committee can build a sustained development and improvement of our governance projects. Developing an information management plan is a good strategic first step. An information management plan can assist the nation in supporting and building its governance capacity. Research suggests that developing an information management plan would take 4 months.

With the plan in place, the community will be in a position to more effectively leverage technology to support a variety of programs, projects, and services.

Research continues and the project is still looking to get more surveys and consultations from the community members. You can provide feedback and access the survey at <http://tfngovernance.blogspot.ca/>.

The community has been gracious, thoughtful, and very helpful throughout the consultations. On our way from recreation centre to meet with elders we ended up stuck on the side of the road, wheels spinning and stuck in the snow. In little time community members provided help and the vehicle was unstuck. Chi Miigwetch!

Month 1

Month 2

Month 3

Month 4

Establish Planning Team

Define Vision and Future State

Assess Current State

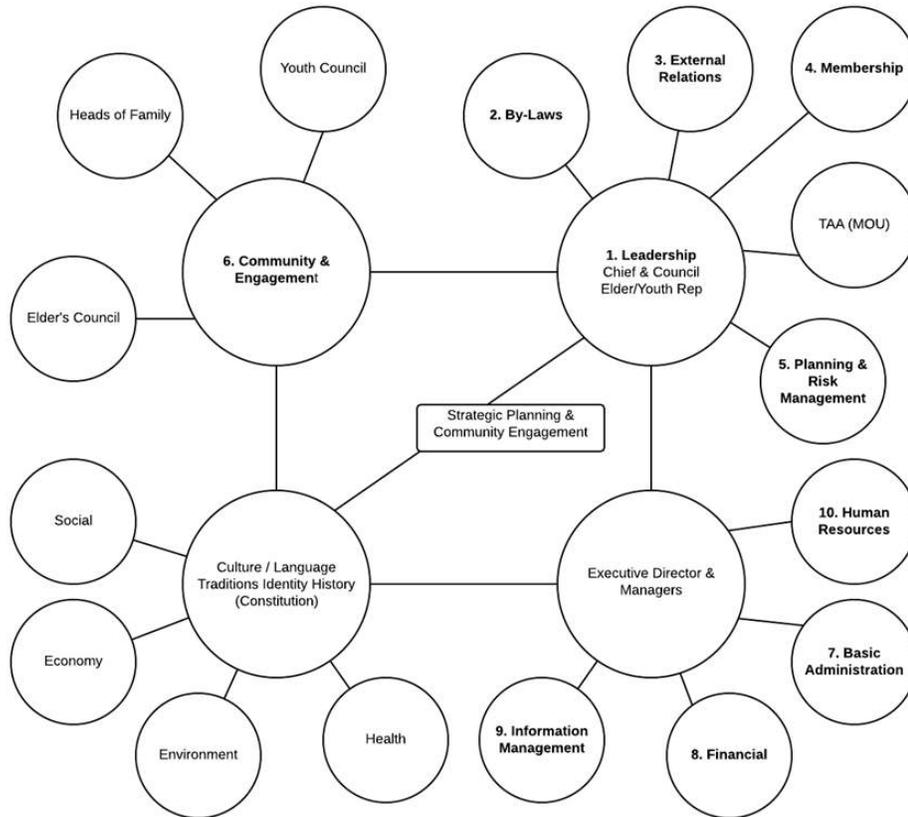
Identify Gaps; Set Priorities

Develop Action Plan

Validate Plan

Executive Endorsement

Communication



Committee Structure

- 1. Appointed Committee Coordinator (1) collaborates with Executive Director
- 2. Community Representation
- 3. Youth / Elder Representation
- 4. Council members
- 5. Managers

The Blast Says Kwe Kwe to Audrey Guppy– DPHC's New Community Support Services Co-ordinator

Blast: Hi Audrey! It's great to have people come home to the community. What is your job here?

Audrey: Thank you! It's great to be here. My job is the **Community Support Services Co-ordinator**. The goal of **Community Support Services** is to enable clients to remain in their homes/community by making supports available to them and their caregivers.

Blast: What are your duties in your work?

Audrey: Well, it is my job to ensure that **Community Support Services** runs smoothly and efficiently. I will assist in the development of client care plans, some recreational **Elder's Programming** and provide direct supervision of the **Personal Support Worker, Home Maintenance Worker, Home Support Worker, and Homemaker**.

Blast: When you came to BI for your interview you went to have a look at the canoe your uncle *Glen Guppy* built that is on display at the Rec Centre. What was that like for you?

Audrey: Yes, when I came up to BI for my interview in December, I made a point of going to have another look at the canoe he had built with the youth. That was very special for me. Uncle *Glen* was a kind and generous man and a talented builder. I find it very comforting to be in the presence of anything he created.



Blast: How are you adjusting to life on the rez? Any surprises? What is your feeling about being here?

I think I'm adjusting quite well. I have only been here for one month and already I've met a lot of great people. They have been very welcoming and are quick to answer any questions that I have had. My Aunt *Eva* and Uncle *Dan* have also helped to prepare both myself, and my partner - *Mark*, for life here. I can't say that I've been surprised by too much.

As for how I feel about being here, I am very happy to be here! My paternal Grandmother and her family were from BI. She passed away before I was born so I did not have the privilege of knowing her.

In a way, just being here, on the land she grew up on, is helping me get to know her.

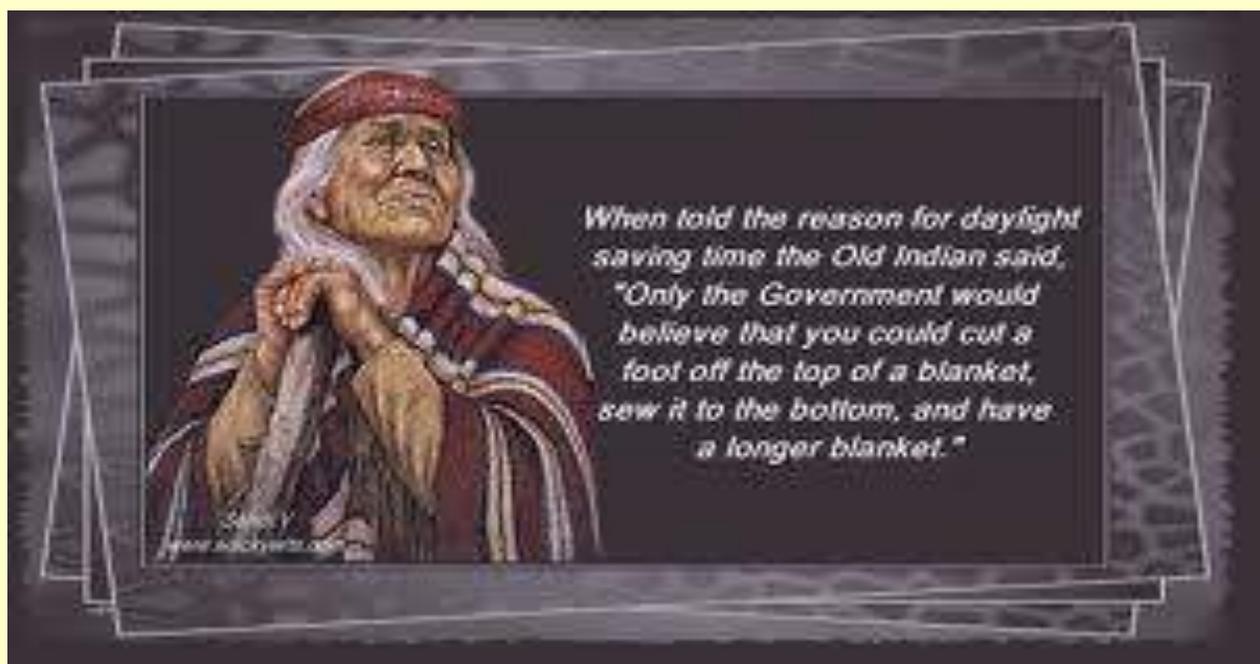
I did live in Temagami until I was five years old and I returned every summer until I was fourteen. I spent a lot of time on the lake and at my Grandfather's camp just north of Temagami. So, being back on the lake and meeting people who knew my grandmother and can share stories about her is exciting for me.



Blast: Chi Miigwetch for the chat. Anything else you want to mention?

Thank you! I would just like to thank everyone who has had a part in welcoming Mark and I to the Island. I'm really looking forward to helping Community Support Services deliver to its fullest potential. And I'd like to welcome any clients that I haven't yet met, and /or their family members, to stop by the Doreen Potts Health Centre and say hello!

Don't Forget... Daylight Savings Time comes up on Sunday, March 8th at 2am. We lose an hour of sleep! Meh.



LMLC Anishnaabemowin Update - *with Patsy Turner*



Patsy, Annette's program and Dan Mongrain have worked together to prepare for this trip.

Grandparents Visit and Lunch

The students had a wonderful opportunity to visit with some Grandparents February 4th during our final Winter Storytelling session. Our lunch started off with Jamie and Roger sharing a drum song, followed by a lunch for parents, grandparents, students and staff, followed by a whole group discussion. The grandparents shared stories of growing up around Bear Island years ago. The students were very attentive and asked some relevant questions. One thing that came across from the speakers was that despite how hard life was, they still had fun and an appreciation for how they did things. They spoke about chores they used to do, hauling water, hauling wood, making fire on a cold winter morning, having to help out with everything, having school in the summer and living on the land the rest of the year.

June MacInnes and Elsie Chapman even came from North Bay. It was a great opportunity to



connect the students with the grandparents and learn from one another. Even a special Elvis guest showed up to meet the guests and bring a smile to their faces!



Pow Wow Dancing Lessons

This month, the students have had an opportunity to practice some of their pow wow dancing moves. Tyler Paul, a Grass Dancer, and Misty Paul, a Jingle Dress Dancer, came into the school to teach the students some foot work. Misty worked with the girls and shared jingle dress and fancy shawl dancing steps. Tyler worked with the boys. It was really nice to see how much some of the students enjoyed it. You can see some have natural dancing abilities and would love to have more practice. We will try to do more of this later in the term.



Students Heading Out on the Land

There's nothing like getting on the land to bring learning to life. On March 3rd and 5th the students and staff will participate in a Trapping trip down the South Arm. We will head out one day to set traps and then 2 days later we will go back down the South Arm to check the traps and do some fishing. Our guide will be Dean Potts but many parents and program workers are contributing their time and snow machines to get the students and staff out on the land. We are looking forward to some hands on trapping experience. Patsy, Annette's program and Dan Mongrain have worked together to prepare for the trip.

Native Language Professional Development Opportunities

This month I had the opportunity to participate in a couple of different Prof. Dev. sessions. I participated in one day of the Stepping Stones Sessions that were held at the FHWC. Then I participated in a Planning Session for Native Language Teachers at Deerhurst. Teachers had an opportunity to share teaching methods, resources and contribute to some planning discussions on how to move the learning of Anishnaabemowin forward. These sessions were very informative and it was a valuable session to network with other language teachers.

TFN Environmental Contaminants Study Update: John Millar of Tin Roof Global Visits LMLC



Keitay (above) and Noah (below) explore the world of macro invertebrates (bugs) commonly found in and around lakes & rivers near Temagami First Nation, when John Millar from non-profit Tin Roof Global and hydrologist Murray Richardson from Carleton University recently visited Bear Island.



Kaiya discovers how watersheds work by raining water on a model landscape and witnessing how pollution from the land is washed into rivers and lakes by rainfall and surface water flows.

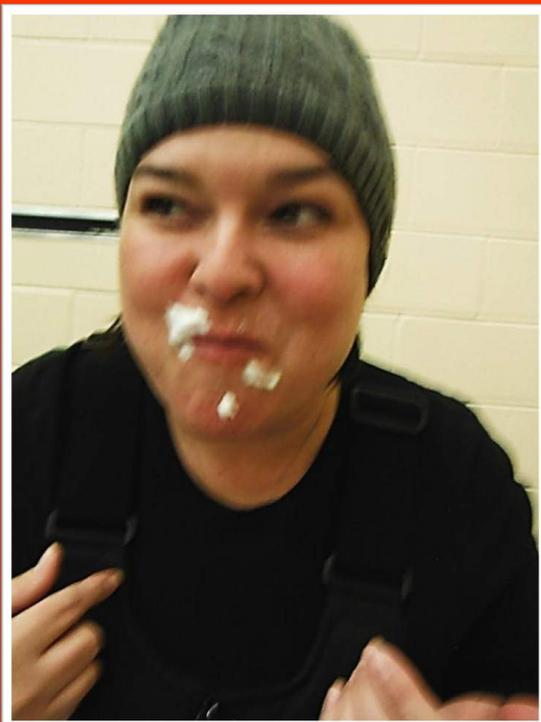
-Photos by John Millar



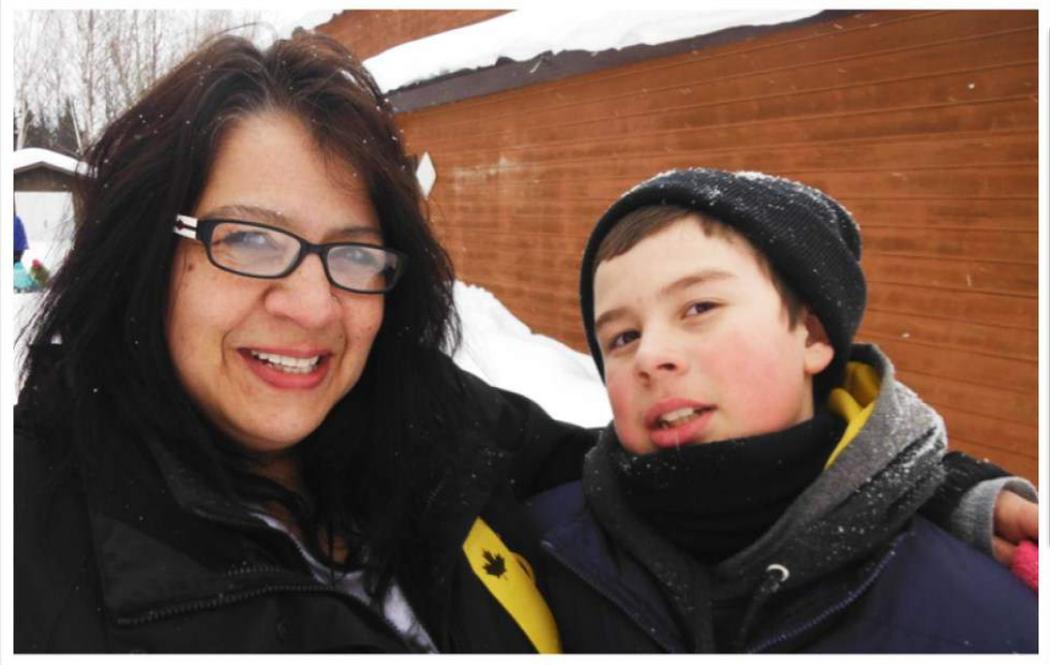


LMLC Winter Carnival ~ February 7, 2015

















Chi Miigwetch and Congratulations to Patsy and Everyone

who volunteered to make the Carnival a huge success.

Patsy tells the Blast that almost \$2000 was raised for the school.

Chi Miigwetch also to the community, parents, grandparents, program workers and students for supporting 3 successful fundraisers over the month of February.

The Candy Grams for Valentine's Day raised over \$200, The Little Caesar Pizza fundraiser raised about \$500... all successful only because of the community.

Congratulations to the 2015 Carnival Kings- it was a tie between Nick Venhenko and Louis LeFrancois. Carnival Queen was Rachel Potts, Carnival Prince was Tristan Lalonde, and Carnival Princess- Alysha Connelly.



Great Ideas for Healthy Living, Healthy Eating...

Contributed by Donna Mattias

The Benefits of Juicing

Juicing your vegetables will boost your immune system.

Juicing gives your digestive system a break.

Juicing throws a highly absorbable dose of vitamins and minerals directly into your bloodstream for some serious cold-fighting ninja moves.

Juicing will turn off that “hunger” signal in your brain that may have been in overdrive through the holiday season, so getting into that bathing suit may be easier on your ego than you thought.



Drink any one of these juice recipes first thing in the morning, before your breakfast and you will be kicking your body into high gear for the day. And your kids can join in on the fun too by helping you clean and prepare your vegetables and fruit (my kids love taking turns putting it through the juicing machine!).

-Sarah Blackwell

Rainbow Juice

Serves: 4 - small servings

Ingredients

2 cups frozen cranberries (thawed)

5-6 small navel oranges

1 large pink grapefruit

1 small lime (peeled)



Instructions

Wash and prepare all vegetables and fruit before juicing.

Alternate ingredients as you place them through your juicing machine.

Drink right away, repeating daily for at least 7 days.

The Cold Blaster



Serves: 1

Ingredients

1 lemon (peeled)
4 celery stalks with leaves
1 english cucumber (peeled if not organic)
1 Granny Smith apple (peeled if not organic)
1 bunch of cilantro
1 small bunch of curly parsley
1 piece of ginger, about 2" in length
Sprinkle of cayenne pepper on top before you drink

Instructions

Wash and prepare all vegetables and fruit before juicing.
Alternate ingredients as you place them through your juicing machine.
Drink right away, repeating daily for at least 7 days.

Mean Green

Serves: 1

Ingredients

1 lemon
1 piece of ginger, about 2" in length
2 cucumbers (peeled if not organic)
5 leaves of kale
5 leaves of swiss chard
1 large handful of spinach
1 green apple

Instructions

Wash and prepare all vegetables and fruit before juicing.
Alternate ingredients as you place them through your juicing machine.
Drink right away, repeating daily for at least 7 days.



*See the next page for
more healthy inspiration
and information
from Donna!*

30 Days of Healthy Snacks!

Stuck in a snack food rut? Try a different (healthy) snack every day of the month with this printable calendar!

1 Dip apple slices into a spoonful of peanut butter. Sprinkle each slice with raisins and/or coconut.

2 Make your own trail mix with your favorite nuts, dried fruits, and cereals. Separate the batch into plastic baggies for instant portion control.

3 Make a mini antipasto plate using small servings of low-fat cheese, deli turkey, olives, and whole-wheat crackers.

4 Top low-fat or fat-free cottage cheese with almonds and blueberries. Great for breakfast, too!



5 Heat air-popped popcorn and top with your favorite seasonings. Try herbs and a sprinkling of Parmesan cheese, or a light dusting

6 Skip the additives and make your own homemade granola bars using oats, dried fruit and nuts.



7 Make a smoothie with berries, milk or juice, and a handful of crushed ice. Add a scoop of cottage cheese for a protein boost.

8 Feeling indulgent? Pair three dried figs with a tablespoon of dark chocolate chips.

9 Whip up an egg white omelet packed with your favorite veggies and herbs.



10 Top a small bowl of whole-grain cereal with a sliced banana and skim milk.

11 Make yourself a mini veggie tray with carrots, celery, cucumbers and cherry tomatoes. Dip into hummus or any other low-fat dip.

12 Top no-sugar added applesauce with walnuts and a dash of cinnamon.

13 Try a small bowl of oatmeal sprinkled with chopped almonds and strawberries for a fiber-rich snack.

14 Pair half a grapefruit with one hard-boiled egg for a boost of vitamins and protein.

15 Top fat-free or low-fat cottage cheese with pineapple and macadamia nuts.

16 Chew on turkey jerky with a side of grapes.

17 If you like creamy snacks and crunchy snacks, enjoy the best of both worlds with cucumber slices and an ounce of Gouda cheese.

18 Try some unshelled edamame sprinkled with a bit of sea salt. This snack will slow you down since you have to work to get it



19 Soup isn't just for lunch anymore. Try a cup of veggie soup for a quick and filling snack.

20 Feeling fancy? Top half a mini bagel with an ounce of smoked salmon.

21 Slice a sweet potato into strips. Drizzle with olive oil and bake in the oven for homemade sweet potato fries.



22 Dip a serving of whole-wheat pretzel rods in spicy mustard.

23 Sprinkle dried unsweetened coconut on top of a small can of pineapple (in its own juice).

24 Have a slice of whole-wheat toast spread with a spoonful of almond butter.

25 Enjoy pear slices with a cup of chai tea made with skim milk.

26 Spread a light English muffin with fat-free cream cheese and sugar-free jam.

27 Top half of a small baked sweet potato with cottage cheese and cinnamon.

28 Make your own tortilla chips by slicing whole-grain tortillas into wedges and baking them. Serve with homemade salsa

29 Savor a square of dark chocolate with a few cherries for a sweet pick-me-up.



30 Top whole-wheat crackers with hummus and slices of cucumber, radish, or any other crunchy veggie.





Health
Canada

Santé
Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.



Type 2 Diabetes: The Signs

Type 2 diabetes is the most common type of diabetes among Aboriginal people. You can have diabetes without knowing it.

What should I look for?

- Being thirsty often
- Having to pee often
- Unusual weight gain or loss
- Getting tired often
- Blurry vision
- Getting infections often
- Cuts and bruises that won't heal
- Tingly or numb hands and feet

If you have any of these signs, see your local health care provider and get tested. Finding out early gives you a head start in living a healthy lifestyle.

To learn more about diabetes, visit your local health care provider, or go to: www.healthcanada.gc.ca/ADI



Aboriginal *Diabetes* Initiative

Miigwetch, Donna!

Canada



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

Welcome NOSM Students!



Between April 27 and May 22, 2015, our community will be hosting medical students from the Northern Ontario School of Medicine (NOSM).



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

When you receive care from a NOSM medical student, you are helping to train the doctors of tomorrow.

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

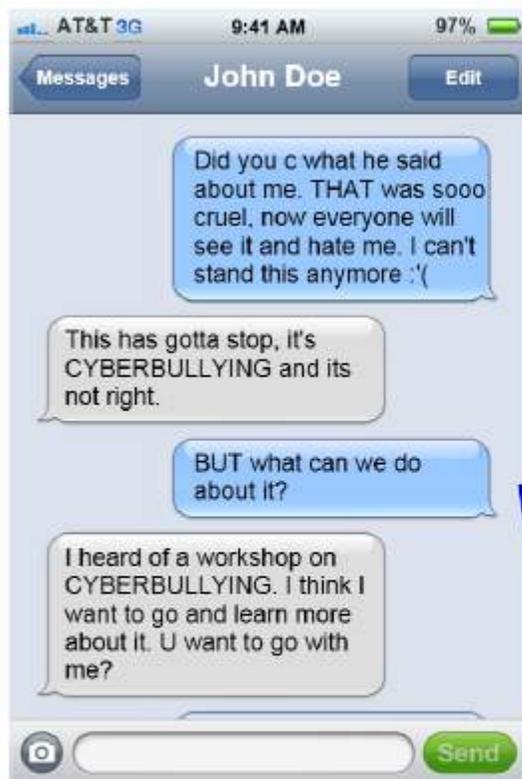
NAME: Chris Landriault or Terry McKenzie

TELEPHONE #: 705-237-8900

EMAIL: dphc@temagamifirstnation.ca

The Northern Ontario School of Medicine serves as the Faculty of Medicine of Lakehead University in Thunder Bay and the Faculty of Medicine of Laurentian University in Sudbury, with teaching and research sites across Northern Ontario. NOSM medical students in the MD program spend four weeks in an Aboriginal community in their first year of medical school. As part of their learning, the medical students will be involved with health services in our community. They will also be taking part in a wide variety of cultural and community experiences. Please welcome these students, and feel free to ask them about NOSM and what they hope to learn while they are in our community.

nosm.ca



CYBERBULLYING **Words Really DO Hurt**

- What is Cyberbullying?
- You think you know someone that is being cyberbullied
- Be an UPSTANDER not a BYSTANDER

Join Rod & Sue for an interactive talk about online hate

TO BE HELD AT THE FAMILY HEALING AND WELLNESS CENTRE ON MARCH 14, 2015 @ 10:30 AM

FOR AGES 11-18YRS

Light lunch provided! Prizes to be won!

Any questions call Annette at the FHWC 705 237 8600

TFN Governance Initiative

Please be a part of the survey! It can be found here:

<http://tfngovernance.blogspot.ca/>

**Non-computer users can contact Daisy at 705-237-8943
to receive a paper copy.**

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

1. **Ah-neesh nah ay-peche duh b'gee-way-aun?**

- A) Is it true that you are moving away?
- B) When are you coming home?
- C) Do you still live with your parents?
- D) When did you arrive back in town?



2. **Kah-n'ah-buh-zhay n'gee chi-gah-mino-gwam schwah-duh-bik-ud.**

- A) I did not attend the meeting last night.
- B) I stayed up late last night.
- C) I did not sleep very well last night.
- D) I think I will go to bed early tonight.



3. **G'dah-gah-meen-shin nah neesh-wah-bik?.**

- A) Would you give me two dollars?
- B) Do you have two dollars to spare?
- C) Do you think that the new toonies are too heavy?
- D) Can you lend me four dollars?



4. **Pay-sha-gwa-bik ain-tum n'duy-aun.**

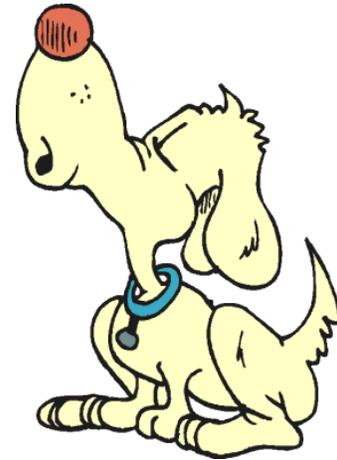
- A) I wouldn't pay a dollar for that.
- B) I only have one dollar.
- C) One dollar is too much to pay for that.
- D) This is the last dollar I have.



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

5. *Gee chi-wah-woon-oo-win ah-nim-oosh-un nah-bay-dah-bik.*

- A) There were dogs running loose last night.
- B) The dogs kept me awake all night.
- C) I was bitten by that big dog.
- D) The dogs howled all night long



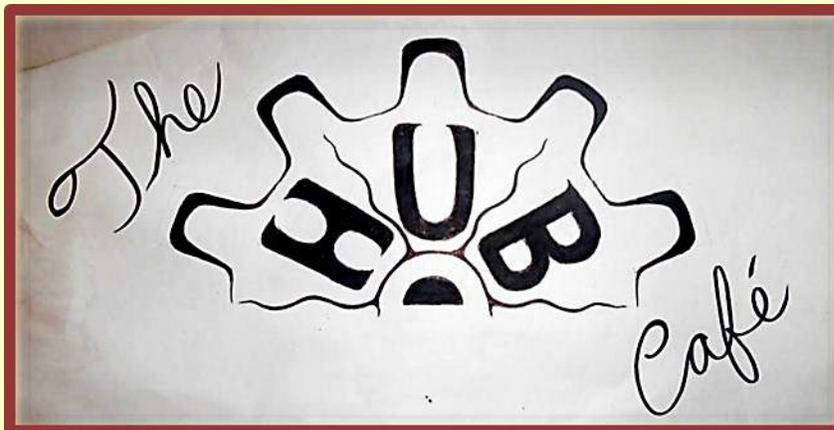
Answers on next page....

The Hub Café Has New Winter Hours!

Monday, Wednesday, Friday: 11:30 am to 2pm

Tuesday, Thursday: 11:30am to 6pm

Payday Wednesday Wing Night Starts Wednesday, March 11



Call ahead with your order and we'll have it ready for you— 237-8814



Raven ^{and} Republic

246—1st Avenue West, North Bay www.ravenandpublic.com



www.davidlarondemusic.com

DAVID LARONDE BAND



9:00 pm

FRIDAY, MARCH 13, 2015

Answers to "Anishnawbek Words and Expressions
We Seldom if Ever Hear Anymore" with Duane

1.B) ~ 2.C) ~ 3.A) ~ 4.B) ~ 5.D)



Chi Miigwetch to Linda for sharing this beautiful photo from her holiday with John, Holly, and Cooper in Punta Cana, Dominican Republic. Wow!

**TEMAGAMI
DEEP WATER
MUSIC
FESTIVAL**



JULY 17-18-19 / 2015

**TEMAGAMI
WATERFRONT
Folk/Roots**



March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Men's shopping	3 LMLC trapping 10am	4	5 LMLC trapping/ice fishing trip 10 am I am a Kind Man	6	7
8	9 Truth about Drugs Dinner 5:30pm	10 Dinner/ Sharing circle w/ Perry McLeod 5:30pm	11	12 ASIST Training I am a Kind Man	13 ASIST Training	14 Cyber bullying workshop
15 Winter Survival	16 Winter Survival	17	18	19 I am a Kind Man	20	21
22	23 Truth about Drugs 6:30pm	24 I am a Kind Man	25 Kids 6-12yrs game night 6:30pm	26	27	28
29	30	31				

Family Healing and Wellness Highlights

705-237-8600



Client shopping trips for men please call leave a message for Annette @ FHWC (7052378600) by March 27/15 next trip will be **April 1, 2015**.

LMLC Trapping Trips will be March 3 and 5th in coordination with LMLC; Ice fishing on March 5th as well any ice fishing gear bring it along.

Dinner and Circle with Perry will be on March 10/15 @5:30pm please call to let us know if you will be attending.

Upcoming Youth Programs

- ❖ Truth about Drugs with dinner @ 5:30pm March 9/15 also on March 23 @ 6:30pm
- ❖ Rod and Sue from Bazinet Consulting & Educational Services will be back for a workshop "Stop! Cyber Bullying, Words Do hurt" for ages 11-18yrs on Saturday, March 14/15 at 10:30am-2:30pm light lunch provided.

- **Applied Suicide Intervention Skills Training (ASIST)** will be held March 12&13/15 9-4pm anyone interested please call the FHWC only have 6spot available.
- Great Lakes Cultural Camp will be hosting an **"Anishinabeg Traditional Knowledge and Winter Survival Skills"** March 15 & 16/15 9am-5pm. More info to come!

***Note:** Also in March there will be a Snow Safari date yet to be determined notice will be sent out! Along with 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 @ 705 237-8600

~ March 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Men's Shopping FHWC	3 <i>LMLC Trapping Trip</i> Community Dinner 5:30pm Community Meeting 7pm Rec Centre	4 <i>LMLC Parent Teacher Interviews Awards Assembly 9am</i> Community Meeting 7pm Rec Centre	5 <i>LMLC Trapping Trip</i> I Am a Kind Man FHWC 6:30-8:30pm	6	7
8	9 LMLC Literacy Week Scrabble Night LMLC 6:30-8:00 pm	10 LMLC Literacy Week Speech Night 6:30-8:00pm Regular Council Meeting 7-9pm Dinner/Sharing w Perry FHWC 5:30pm	11 LMLC Early Dismissal 2:30pm <i>Silent Auction Kay Potts' House 10am</i>	12 LMLC Info Session, Dinner 5-8pm ASIST Training FHWC 9am-4pm I Am a Kind Man FHWC 5:30pm	13 ASIST Training FHWC 9am-4pm	14 Cyber Bullying Workshop FHWC 10:30am Ages 11-18
15 Winter Survival FHWC 10am-4pm ASIST Training FHWC 9am-4pm	16 Winter Survival FHWC 10am-4pm	17 Lands and Resources Info Session 1pm-8pm Rec Centre	18	19 I Am a Kind Man FHWC 6:30-8:30pm	20	21
22	23 Truth About Drugs FHWC 6:30pm	24 Regular Council Meeting 7-9pm I Am a Kind Man FHWC 6:30pm	25 Kids ages 6-12 Game Night FHWC 6:30pm	26 I Am a Kind Man FHWC 6:30-8:30pm	27	28
29	30	31	Notes:			

Winter Carnival Snow Sculpture Contest



From Top Left: Teddy Bear, Lynn White; Eagle, the Turners; Polar Bears, Jamie Friday and Christine Lalonde; Darth Vader, Lydia McKenzie; Turtle, the LeFrancois's. Awesome! Chi Miigwetch to Lynn White for the photos.