

# **BIBLAST**



**Naa-Mek'so Giizis ~ Trout Moon ~ October 2014**

### **Kwe Kwe Everyone...**

Well we finally got summer, in the last week of September. It was beautiful...gorgeous fall colours, warm temperatures, and sparkling water. What a treat! Looks like temperatures will go down to normal for October though- good news for any of us who are looking forward to a fresh meal of moose. September was a busy month, with back to school, the new Chief and Council settling in, and welcoming our new Executive Director Marvin Hare. Marvin has a lot on his plate, but as he says, "I'm a glass half-full kind of guy." Marvin has a whopper of a résumé and everyone is feeling the positive energy of new beginnings with him at the helm.

Congratulations to all on a very productive community meeting on the 20th and 21st of September. There was lots of participation and everyone approached issues with creativity, passion, and respect. ***And Chi Miigwetch to Annette and the Youth, who kept the crowd well fed and satisfied with mino mijim...great eats!***

So, what's coming up for October? A mega-bingo put on by the LMLC students and Elders, Thanksgiving, Halloween.... ***Never a dull moment around here! Have a good one, everybody!***

## **Next Regular Council Meeting**

Is Thursday, October 9 at 7 PM.

Starting Tuesday, October 21st 2014, Regular Council Meetings will occur every 2nd Tuesday at 7pm.

### **Just a Reminder...**

The BI Blast is YOUR community newsletter! Contributions from members on or off reserve are always welcome. All we ask is : "Be Nice; Keep Your Stick on the Ice!"

Please send whatever you have to Daisy at [communication@temagamifirstnation.ca](mailto:communication@temagamifirstnation.ca) or by mail to TFN Band Office, General Delivery, Bear Island Lake Temagami ON P0H 1C0

Feel free to call too.... (705) 237-8943 / Toll Free (888) 737-9884 Fax (705) 237-8959

*Mommy Hope Augonia and Daddy Corey Paul*

*Are proud to introduce...*

*Caiden Dean Waatebehgaa Aguonia Paul*



*Born Saturday, September 6, 2014 at 9:05 pm. 9 Pounds 7 Ounces*

*Congratulations to Hope and Corey and all the Family!*

## A Word from TFNs new Executive Director, Marvin Hare

Greetings:

On September 22, I started as the new Executive Director for Temagami First Nation.

For those who don't know me, I would like to give you a brief introduction. My name is Marvin Hare and am currently a member of TFN, originally a member of M' Chigeeng FN on Manitoulin Island.

I recently moved from Ottawa, where my three children attend school and wife continues to work.



I accepted this position as it will provide me with an opportunity work with a relatively new Chief and Council to advance the overall well-being of the community.

I bring a diverse work background, having worked in the private sector, Aboriginal organizations and the Federal government. I hold a Masters of Business Administration degree as well as a degree in Social Sciences.

It is my understanding that the work ahead will be challenging, but with the cooperation and assistance of the community, I believe a great many things can be accomplished.

I am looking forward to eventually meeting all TFN staff as well as community members.

Miigwetch, Marvin



# Bear Island Annual Dog Clinic

## Saturday, October 4, 2014– Rec Centre

*Doctor Silver from Englehart Animal Clinic will be arriving at approximately 10:30 AM*

The Dog Control Officer will be coming to visit all dog owners at their homes to find out how many dogs are on the island and find out how many dogs will be coming to the Annual Dog Clinic. The Dog Control Officer will give the information on the by-law and answer any questions that you may have. The cost for the exam and necessary inoculations is **\$80.00 per dog.**

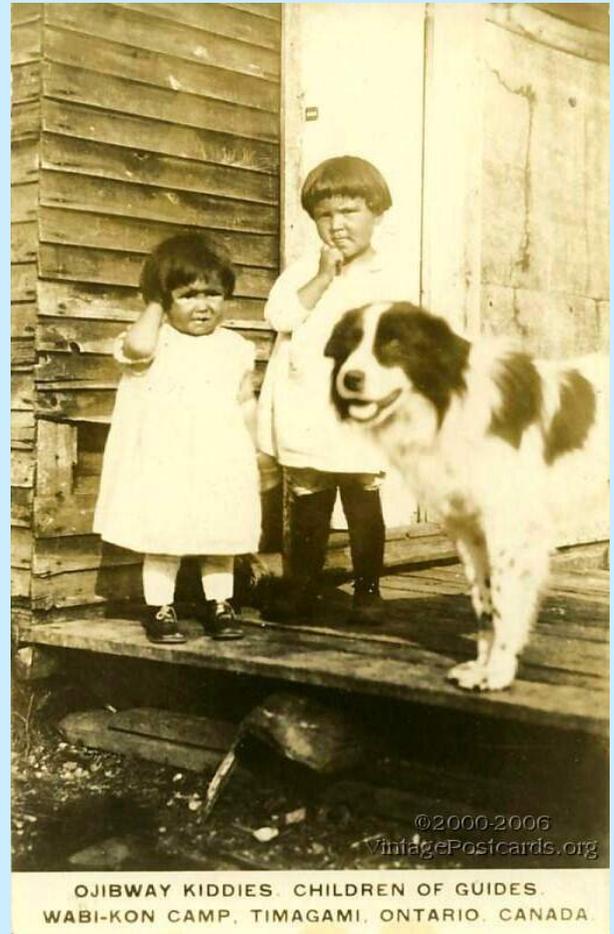
Cat owners are asked to contact the Dog Control Officer and advise if their cat will be coming for inoculations as we need to know the numbers that will be coming for the Clinic. Cost is

**\$80.00 per cat.**

*Dog Control Officer, John McKenzie*

705-237-8966

<http://www.vintagepostcards.org/temagami-first-nation.htm>



## Teme Augama Anishnabai Election

*The election was held on Saturday, September 27th  
at St. Elizabeth's Church in Temagami.*

*44 Members were in attendance.*

### Results:

- Chief– John McKenzie (Acclaimed)
- Second Chief—Ursula Sawyer (Acclaimed)
- Councillor– Walter Deering
- Councillor– Gladys Farr
- Councillor– David Laronde
- Councillor– Marie Paul

## *Craft Night*

*Every Tuesday Night at 7pm at the Elder's Building*

*Craft Night and Potluck on October 28th*

*Come On Down! Everyone Welcome.*



*Bring your project and hang out. (Stitch and B\*\*\*\*!)*

# **TFN Council Portfolios**

**Chief Arnold Paul– Public Works**

**Second Chief Joe Katt– Governance**

**Alice Becker– Health and Social**

**Woody Becker– Housing**

**Leanna Farr– Lands and Resources**

**Donna Mattias– Education, Policing**

**Jesse Paul– Culture and Recreation**

**Marty Pridham--Housing, Economic Development**

## **Mapping Information Session**

*Updates on the n'Daki Menan Mapping Project*



October 7<sup>th</sup>, 2014

Rec Center 7pm

- ❖ GIS Demonstration – Web App to collect Data!
- ❖ Updated Data Collection Manual
- ❖ Ownership, Control, Access Possession of our information
- ❖ Next Steps

# 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](http://www.temagamifirstnation.ca)



## NOTICE

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**2<sup>ND</sup> & FINAL VOTE (SECRET BALLOT)**

**MONDAY, OCTOBER 6<sup>TH</sup>/2014**

**4:00 P.M. TO 8:00 P.M.**

**BEAR ISLAND REC CENTRE**

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Resulting from the Community Meetings held  
on September 20<sup>th</sup>/21<sup>st</sup> 2014

You will find the attached resolutions/motions  
that require a second and final vote.



*Please Note:*

*Because the copy was very blurry and hard to read, (thanks to the wonder of copy machines!) the BI Blast wrote out a new copy of the original document. All words are reproduced as written. The signed certification is copied from the original so it looks blurry compared to the rest of the text.*

**Temagami First Nation Community Meeting–September 21st, 2014– 1st Vote**

**RESOLUTION #4-09-21-2014**

WHEREAS, in 2006 Temagami First Nation completed a membership code. The membership code was presented to Temagami First Nation members for a vote.

WHEREAS, in January 2007 following meetings with the Bear Island community and elsewhere, TFN voted in favour of the Membership Code by secret ballot with 116 voting “Yes” and 19 voting “No” to the adoption of the Membership Code.

WHEREAS, the results January 2007 vote satisfied the Temagami First Nation Constitution but did not satisfy AANDC’s requirements under Section 10 of the Indian Act

BE IT RESOLVED That TFN Chief and Council direct the development of a process to satisfy Section 10 of the Indian Act to be brought forward to the next Community Meeting.

Motioned by Roxane Ayotte

Seconded by Gilbert Katt

In Favour: 14

Opposed: 1

Abstentions: 6

**MOTION # 07-09-21-2014**

WHEREAS Eva Couchie’s lot on #1 Whitebear Road for all intents and purposes may be deemed a commercial lot and a residential lot due to the 20 year Solar Micro -Fit contract with Ontario Power Authority

WHEREAS TFN has made allowances for TFN members to own a residential lot and a commercial lot

THEREFORE BE IT RESOLVED THAT 1 Whitebear Road be recognized as a commercial lot which would then allow for lot 137 to be transferred to Eva Couchie as a residential lot.

Moved By Eva Couchie

Seconded By Cathy Metcalfe

In Favour: 4

Opposed: 9

Abstained: 3

Certified True & Correct by:



Dated: September 20<sup>th</sup> /2014

## Money Matter\$... "

Our Financial Manager, Vicky Blake, will be making contributions to the BI Blast from time to time to explain different aspects of financial management. Here's the first one.

### AUDIT COMMITTEE

The purpose of the audit committee is GWAY-A-KO-CHI-GEWIN, or Strong Accountability.



**"Next time be more careful where you put the decimal point!"**

The Audit Committee consists of Chief and Council and Walter Ross, our external advisor. Committee meetings occur twice per year, once to plan for the audit and once to review it.

The Finance Manager, Vicky Blake and Executive Director, Marvin Hare attend all Audit Committee meetings along with a representative of our auditing firm.

Any questions? Please don't hesitate to contact Vicky at the Band Office.

vicky.blake@temagamifirstnation.ca

(705) 237-8943 / Toll Free (888) 737-9884 Fax (705) 237-8959

TFN Band Office, General Delivery, Bear Island Lake Temagami ON P0H 1C0

©www.davegignac.com



*Above: Near Kokoko Lake Below: Lady Evelyn Lake ...Miigwetch Dave Gignac!*

©www.davegignac.com



# Congratulations to Leanna Farr and all the members of the Farr and Saville families...

*As foretold in the September Blast, Leanna is now officially a lawyer. On September 19th at Roy Thompson Hall in Toronto on the she received her call to the bar, made her oaths of office and entry into the Upper Canada Law Society, allowing her to practice law in Ontario.*

*Way to go, Leanna!!!*

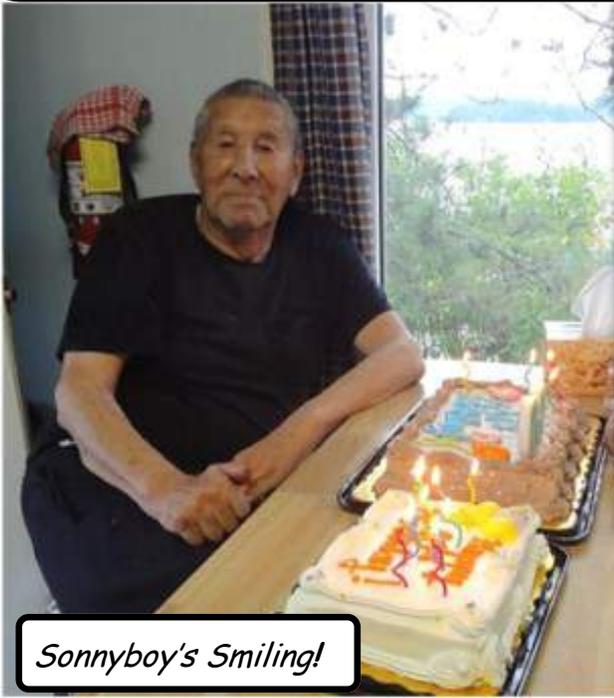
*We are so proud of you!!!*



*Congratulations to fiancé Shawn Saville too...you scored, buddy!  
Beauty and brains and heart, yeah! :D*



On August 3rd 2014, Albert  
"Sonnyboy" Mathias turned  
80 Years Old!



*Sonnyboy's Smiling!*



*Roxane, Axel, Ann, Karen, and Deb were there to celebrate the big day.*



*Blowing out the candles on 2 cakes.*



*Hanging out on the porch with son Ed.*



*Congratulations,  
Sonnyboy!*



# LMLC NEWS

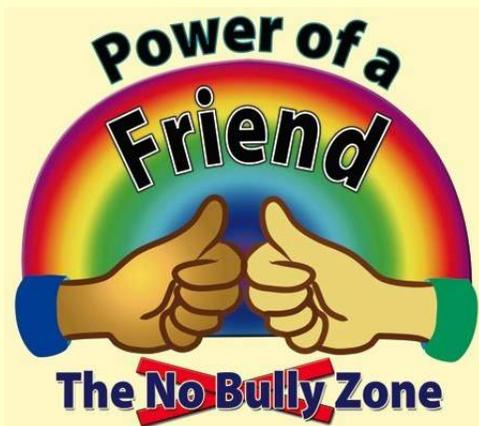


***BIG THANK YOU FROM LAURA MCKENZIE LEARNING CENTRE!!!***

***The staff and students*** would like to thank the parents, band staff and community members for their wonderful show of support to our school initiatives for the start of the school year.

Our Bullying Workshop with Susan Buchanan was very well attended by parents, band staff and community members.

We had almost 100% parent participation at our parent information session. Your continued support shows the importance you place on your children's education.



Thank You also to **Jessica Mattias at FHWC** and **Tammy Presseault at TMFC** for your generous contribution to Susan Buchanan's presentation. If not for your financial contribution we would not have been able to get this wonderful resource at our school. (Starting on the next page you can check out a full write-up about the workshop).

On that note; we have begun the social skills program in our classrooms and our virtue for this week is ***caring***. Please check your child's agendas for weekly updates about the virtues that are being taught.

We are gearing up for a busy October as well:

- IEP meetings with parents
- John Miller of Tin Roof Global will be in our classes to do some teaching about water as part of the Environmental Contaminants study.
- Early dismissal on the 8th
- Key Math assessments Oct 14<sup>th</sup> to 17th
- PD day on the 10<sup>th</sup>
- Thanksgiving Day on the 13<sup>th</sup>
- Trip to Leisure Farms on the 23<sup>rd</sup>
- Halloween party on the 31<sup>st</sup>.

*The staff at LMLC would like to extend a welcome to parents and community members to share your expertise with us. You could be a volunteer or a guest speaker or just a mentor for our students. Feel free to come in and visit our school see the students' accomplishments we have posted up on our walls.!*

***HAVE A GREAT OCTOBER!!!!***

**Taagwaaging Nongo. It's Autumn today.**



# LMLC NEWS



~Continued~

We are feeling very blessed this fall as **Tashina Paul** is here for a semester of high school internship. Tashina plans to study education at university after she graduates. It's so nice to have you home, Tashina!



## Raising a Bully-Free Family ...by Patsy

On September 11 and 12 LMLC had a special guest named Susan Buchanan. Susan is a certified Life Skills coach. She provides professional services to First Nation communities for the past 18 years. She works in a variety of areas including developing Bullying Prevention Strategies, Social Skills programs in schools, Anger Management programs and Team Building strategies, to name a few areas. She was invited to the community to work with school staff and community program workers to learn more about bullying, self-esteem, social skills, friendship skills, and teaching assertive skills.

She spent Thursday in the school working with students and teachers on developing hands-on strategies to confront bullying situations. Thursday evening the school hosted a dinner and evening session for parents. On Friday the school staff and community program workers participated in a day session on incorporating a bully-free/ social skills program for the students.

**More next page...**

## **Raising a Bully-Free Family, Continued**

The day ended with a full school year plan in place on incorporating the Social Skills Program in the school. The start date for this was September 22.

Susan's message was well received. It was very practical and informative. A few of her key messages that really hit home had to do with Bullying. She spoke about the role of POWER. She explained how Bullying is about wanting Power. Especially if a child feels they don't have Power they are trying to take it. She asked us to question how we raise our children at home, and how we treat them at school. Do they have too much Power at a young age? If they do, we can be setting them up for difficulty. It sets them up to have too much Power and then the parents are giving up their Power. During this discussion she spoke about how parents, teachers and care givers can make life too cushy for some kids. Life is hard and kids need to learn how to cope with that. They need to develop strategies at a young age and the adults in their lives need to teach them this. For example, "No" is not a bad word. Parents need to use it, as lax and permissive parenting can be more harmful to a child's character in the long run. She went on to explain how often we give too much Praise for things that are easy or simple for kids to do. When the child does something that warrants Praise then they earn it.

She discussed some of the Causes of Bullying:

- Lack of attention
- Aggressive behaviour at home
- Poor supervision
- Very forceful discipline
- Non-quality time spent with adults – Attachment issues with parents
- Few positive adult role models or few positive peer influences
- Classes with students that have behaviour, emotional or learning problems tend to have more bullies and victims.

She went on to discuss some Solutions to Bullying:

- The school implementing a "Virtues Program".
- Responsibility of the victim to learn strategies to avoid being bullied, for example saying "Stop that!". Teaching kids to deal with it on their own first, prior to reporting, depending on the severity of the situation.
- Teach kids when they need adult intervention.
- Teach kids to stand proud and tall – Look the bully in the eyes and stay calm.
- Never give up on trying to stop the bully.
- Help others with their bully stopping plan
- Walk away from the bully, go to a safe place.
- Watch your own behaviour.
- Tell an adult you trust.
- Kids need to learn to occupy themselves/play by themselves – teach them how to do this.

Susan went on to explain a few other factors that contribute to positive interactions:

- Positive role modelling from men and women in the community. Get the kids seeing men reading, drumming, playing ball etc.
- A high indicator of Success is having a high Emotional Intelligence.

Emotional Intelligence is:

- Knowing your emotions.
- Managing your own emotions.
- Motivating yourself.
- Recognizing and understanding other people's emotions.
- Managing relationships.

These are only a few of the key messages that she shared and were discussed during her visit. Please contact the school if you want to know more about the Social Skills plan that was initiated during her visit and the resources she left us to get started and implement the plan. You can also visit her website:

[www.susanbuchananconsulting.com](http://www.susanbuchananconsulting.com)

Miigwetch, Patsy



# LMLC NEWS

~Continued~



## *First Week of School, Mrs. B's Class*

A lot of learning has taken place in Gr.2/3/4 thus far, but we know how to have fun too!

The Gr.2/3/4's celebrating the completion of the first week of school with  
Mrs. Bykkonen and Amanda Assiniwe.



# LMLC NEWS

*~Continued~*



## LMLC Anishnaabemowin Update

**By Patsy Turner,  
Anishnaabemowin Kinoomaage Kwe**

If you've had the opportunity to be in the school at the start of the school day, you would have noticed that we start each day in the language. There are morning announcements each day over the phone system, into each class. It starts with a welcome, followed by a Daily Thanksgiving all in the language. This is then followed by any school announcements or we'll play the Eight Thunderbirds Community drum song, which Jamie Saville came in and sang for us. I recorded it and use it both in class and for morning announcements.

The students have been working on learning a personal greeting/introduction. They say their name or Anishnaabe name, where they are from and their clan. They've been practicing this introduction each day.

The students have also been practicing the sounds of the Ojibway alphabet, singing the sounds so they can recognize them when learning to read words.

The biggest obstacle I've noticed with using the language is the kids are often shy to say the words. Part of what we discuss is the pride that can come from using our language.

I understand if they aren't used to using the language, it is difficult to start.

We, as the adults can encourage them by using the words that we know, asking them what they are learning at school and then encouraging the use of this outside of school.

I am trying to incorporate several learning features into each lesson. Each day I try to get them to hear the language, speak the language, read the language and write the language. This may involve a variety of activities like singing, making crafts, drawing,



using the computer, playing games, dancing, special guests and videos, books or CD's.

Keep in mind, the best way to encourage the children to speak the language is for them to hear us use it. Start by saying "Kwe Kwe" instead of "Hello" when greeting someone. It takes a conscious effort to do this but it quickly can become a regular habit.

Then start adding more words if you know more.



# LMLC NEWS

~Continued~



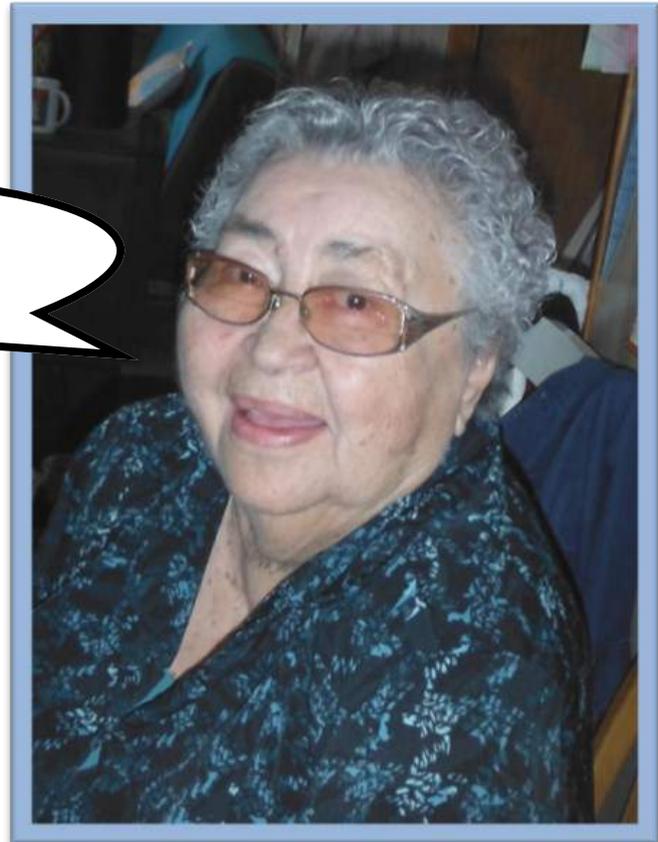
Mary Katt once told me  
"Aabjitoon Kaawinitoonmin!"

- Use it or Lose it!

*Aabitoon Kaawinitoonmin!*

Some words that the kids have been practicing:

- ◆ ndizhnikaaaz – my name is
- ◆ Mko Mnising ndoonjiyaan. – I am from Bear Island.
- ◆ ndoodem – My clan is
- ◆ waabmin – apple
- ◆ Taagwaaging – Autumn
- ◆ Nwii zhaa mnikwe. – I want a drink.
- ◆ Nwii zhaa wigwaamenskaan – I want to go to the washroom



**Baa maa Pii!**

# TMFC NEWS



Dear Community,

The month of September passed very quickly at the TMFC. The Junior Kindergarten children are now attending school for the full day so it is very quiet at the TMFC.

I want to say Thank you to June Twain for filling in at the TMFC for the months of June and July. What an extra special treat to have you here at the daycare. The children and staff really appreciated you meals. We will truly miss you (and your rolls).

The TMFC hosted the Mino Wiisin program with June Twain on the 27<sup>th</sup> and 28<sup>th</sup> of September. I had a great time and was glad to spend time with some of the other mom's in the community. We didn't just cook, we shared ideas and experiences as well. Thank you, June for sharing your knowledge and experience.

Upcoming October events:

- \* October 9<sup>th</sup> – Annual Thanksgiving lunch
- \* October 10<sup>th</sup> – Full day closure at TMFC (staff meeting and Ministry of Education training)
- \* October 14<sup>th</sup> – Licensing visit
- \* October 23<sup>rd</sup> – Pumpkin Patch trip with the LMLC and TMFC
- \* October 31<sup>st</sup> – 4:00 closure, earlier pick up so everyone can get ready for trick or treating!

Until next month!

Tammy Presseault  
RECE Program Supervisor  
Tillie Missabie Family Centre



# *Fundraiser for Jordan Metatawabin*

Jordan needs juneah for high school stuff- supplies, life, and a computer. So Grandpa Woody is holding a raffle to help out.

**Prizes: 1st: 20 lbs of Pickerel**

**2nd: 10 lbs of Pickerel**

**3rd: 5 lbs of Pickerel**

**Cost is \$1 per ticket or 6 for \$5.**

Tickets are on sale at the Band Office, the Hub Café, and from Woody. Call him at 705-237-8232 for more info or to get tickets.

*The draw will be held on Thanksgiving weekend,  
Sunday October 12th at 6pm.*

And by the way....

***Congratulations!!!***

to both Jordan (left) and  
Connor Presseault for  
making the Widdifield  
Wildcats Football team.

Have fun, guys!



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

1. *Kahween-maim-kah'ch*

- A) Not likely
- B) Not necessarily
- C) I don't agree
- D) I'm not sure

2. *Way-zhin-nah-gwas-ah*

- A) He/ she looks uncomfortable.
- B) He/she has a problem
- C) He / she is cute.
- D) He / She is helpful

3. *Nah-bway-zo*

- A) Perspire
- B) Breathe
- C) Vanish
- D) Happy

4. *Boo-dah-way*

- A) Exhale
- B) Inhale
- C) Make (a) fire
- D) Hold one's breath

5. *Wah-wun*

- A) Bones
- B) Worry
- C) Myth
- D) Egg

6. *Wass-wah-baun*

- A) Day after tomorrow
- B) Further away
- C) Over there
- D) Vastness

7. *Wuss-ah-nah-go*

- A) Pleasant
- B) Day before yesterday
- C) Underneath
- D) Expression

8. *Nah-dah-way*

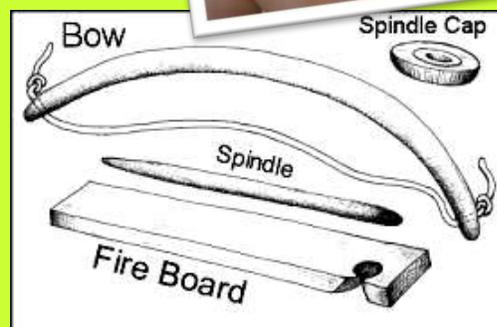
- A) Infected
- B) Iroquois
- C) Traditional
- D) Poison

9. *Wee-neeng-gway*

- A) The water is dirty
- B) Celebration
- C) He has a dirty face
- D) He forgot about it

10. *Zay-g'zay*

- A) He is brave
- B) He is strong
- C) Firefly
- D) He is afraid



*Answer to last month's sentence,  
"Kah-ween-kago N'gee-ween-duh-mo ah-wee-uk"  
-I did not tell anything to anyone.*

*Answers on  
next page*

Duane's Language Page Answers... No peeking!

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

Correction to last month's word quiz:

Tah-dah-gin-doh-gwin : Answer was D- Very Expensive.

Try Translating this Phrase: "Ah-b'tah nah -bik-kud shkwah"

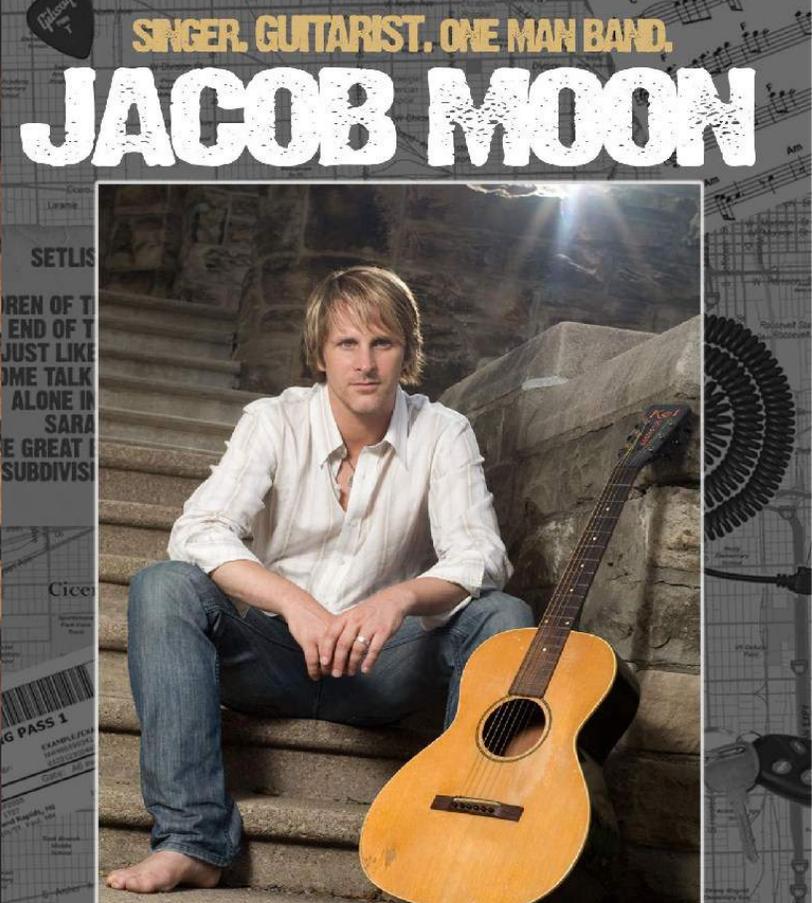
Answer next month.



**JACOB MOON**  
LIVE LOOPING CLINIC

TEMAGAMI WELCOME CENTRE  
BUNNY MILLER THEATRE  
OCTOBER 18, 2014  
\$10 PER PERSON  
2:00 PM

Come out to Jacob Moon's Live Looping clinic, where he will inspire you to use your creativity to get the most out of technology as a solo live looper. Watch and listen as Moon creates a variety of tunes, textures and rhythms to support solo performance, plays complete songs, and then breaks it down into how to create it technically and musically. People love being inspired to get under the hood of their looper if choice and use it in new ways, employing some of the concepts that they have seen in action.



SINGER, GUITARIST, ONE MAN BAND,  
**JACOB MOON**

SETLIST  
REN OF T  
END OF T  
JUST LIKE  
ME TALK  
ALONE IN  
SARA  
E GREAT I  
SUBDIVIS

Cice

G PASS 1

EXAMPLE

Saturday, **OCTOBER 18, 2014** — 7:30 PM

Temagami Welcome Centre Bunny Miller Theatre

TICKETS: \$20 Available by calling 705-569-2904



RESERVE YOUR SPOT BY CALLING 705 569 2904 • [WWW.JACOBMOON.COM](http://WWW.JACOBMOON.COM)

*Chi Miigwetch to the Temagami Art  
Collective fro Brining in So Many Great  
Entertainers!*



[www.jacobmoon.com](http://www.jacobmoon.com)

[www.youtube.com/jacobmoon](http://www.youtube.com/jacobmoon)

*In Honour of Na'Mek-So Giizis. Trout Moon,  
Here is an Excerpt from Madeline Katt  
Theriault's Book, "Moose to Moccasins".*

*One day in October* we travelled from our hunting camp to Florence Lake to look for fish. When we arrived there, we looked for the signs of lake trout spawning. This is easy to find because the fish clear the bottom of the lake where they gather to spawn. Anyway, we set our fish net and were not even finished setting the net when the fish were already caught. So we just stayed there and went back and forth to take out the fish from the net from 8:00 until 10:00 in the evening. Finally I said to my husband, "enough of this fish business, I am tired." So we unloaded the fish again and went home to our camp. It was a beautiful evening with full moon. Trout always spawn at October full moon.

The next morning I said to my husband, "Before we go to the fish, you get me some moss." He did. He got me two big bags of it and we went to where the fish were to clean them. We took the insides out, cut the heads off and wiped the fish with the moss. It really works. The moss dries the fish very clean.

My husband said to me, "Where are we going to put all these fish? We have nothing to use." I replied, "You get me several sheets of birch bark and I will make baskets to use." While he was peeling the birch bark, I looked around for a spruce tree. I dug up the roots, several yards of them. I boiled these roots, peeled the bark off, and split them in half.



*Four year old Madeline Katt gets a ride in her grandparents' birch bark canoe on Lake Temagami in 1912.*

## *Madeline Katt, Continued*

They make a good strong string for sewing the basket. To waterproof the basket we used spruce gum chipped off a spruce tree, melted and pasted on the seams.

We salted all those fish and put not too many in each basket as the fish are heavy to carry. We took some home with us and the rest we cached away for our return. Each time we made the trip we brought some home with us. After we finished salting fish, my husband said, "What are we going to do with those heads?" I answered, "Save them, we need the fish heads for our bait for our traps." Alex said, "I wonder how many fish we caught?" I replied, "That's easy to find out." I started counting the fish heads. I counted up to two hundred fish heads.

That October fishing brought a dandy catch. We had enough for the whole winter.



*If you want your own copy of **Moose to Moccasins**, it's available by mail order at [Amazon.ca](https://www.amazon.ca). The **BI Library** also has it available for loan.*

## *How about a Lake Trout recipe that's kind of old-school, but with a modern twist?*

Find a cedar plank that's about an inch thick and a foot long, and at least as wide as your fillet with some room to spare.

Sand it down a bit if it's too rough.

Soak the plank in the lake or some other clean water for a couple of hours.

Take your trout, clean and fillet it. Put it in the fridge if you're going to take a while before cooking.

Mix together some maple syrup and soy sauce. (The low-salt kind of soy sauce is better for your heart and tastes great.) You can judge how you like the taste and eyeball the amount you need for the fish. Pepper, garlic, fresh herbs, maybe some butter or even lemon juice can be added if that appeals to you. Now you can marinate the trout in the mixture for up to an hour in the fridge, or you can baste it on just before it goes on the heat.

Get your cedar plank and let it heat up on the barbecue or at the side of the fire for a while. Let it get good and hot.

Put the fillets skin-side down on the plank. Pour on any leftover syrup and soy sauce mixture. Let the trout cook until it's done— you know when. *Yummmmm.*



TEMAGAMI FIRST NATION  
**SHUTTLE BOAT SCHEDULE OCTOBER 2014**

← SCHEDULE A		October 2014							→ SCHEDULE B	
Depart Band Office WEEK DAY (MON-FRI)	Depart Mineroad WEEK DAY (MON-FRI)	Sunday 28 237-8955	Monday 29 237-8284	Tuesday 30 237-8284	Wednesday 1 237-8284 237-8955	Thursday 2 237-8955	Friday 3 237-8955	Saturday 4	Depart Band Office SUNDAY	Depart Mineroad SUNDAY
8:00 a	8:15 a	5	6	7	8	9	10	11	12:00 p	12:15 p
8:30 a	8:45 a	237-8284	237-8955	237-8955	237-8284	237-8284	237-8284		2:00 p	2:15 p
9:00 a	9:15 a								4:30 p	4:45 p
ON CALL *1:15 p*	ON CALL *1:30 p*	12 237-8955	13 <i>Thanksgiving</i> 237-8284	14 237-8284	15 237-8955	16 237-8955	17 237-8955	18	*as required - call DRIVER to confirm trip	
4:00 p	4:15 p (students)	19	20	21	22	23	24	25		
4:30 p	5:15 p	237-8284	237-8955	237-8955	237-8955	237-8284	237-8284			
5:00 p										
*Mail run→	Tue & Fri*	26 237-8955	27 237-8284	28 237-8284	29 237-8284	30 237-8955	31 237-8955			

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

***Family Healing and Wellness Centre is proud to offer the Kizhaay Anishinaabe Niin (I am a Kind Man) Program!***

***Any men that wish to take part in the program are welcome to come out to Family Healing and Wellness Centre October 14, 2014 @ 7pm***



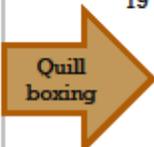
***Kizhaay Anishinaabe Niin  
"I am a Kind Man" Program  
Will be facilitated by Boshk***

***Any questions please call him @ 237 8999***

***Or call Annette @ FHWC 705 237 8600***

***MIIGWETCH!***

# October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Client Shopping	2 HBHC Play group 10 am  Applesauce making W/LMLC 1pm	3 Jam Making w/LMLC gr.jk-4 1pm DPHC	4
5	6	7	8 Crisis team meeting 1:30pm	9 HBHC Play group 10 am Men's Dinner/presentation	10	11
12	13 	14 I Am A Kind Man 7pm	15	16 HBHC Play group 10 am	Quill box making 9am-4pm 	
19 	20 HBHC shopping trip  Sewing LMLC 1pm High school 7pm	21 I Am A Kind Man 7pm	22 Boys/Men Drumming 7pm	23 HBHC Play group 10 am	24	25 Youth Cooking 2pm-6pm
26	27 Sewing LMLC 1pm High school 7pm	28 I Am A Kind Man 7pm	29 Edu-Therapy 7pm	30 HBHC Play group 10 am	31 	

## Family Healing and Wellness Highlights

708-237-8600



**Client shopping trips for men & women please call Annette @ FHWC before October 31, 2014 for shopping trip on November 3, 2014.**

Men's Dinner & Presentation with Julie Coote October 9, 2014 @ 5:30pm  
(call to let us know if you are attending by Oct. 7, 2014)

Quill Box Making October 16-19, 2014 (Light lunch provided)

Youth Cooking Saturday, October 25, 2014 @ 2pm

Youth Sewing Youth that are interest in making their own regalia we start on October 20, 2014 @ 7pm anyone interested please call Annette.

**NOTE:** \* "Healthy Babies, Healthy Children" Play Groups every Thursday @ 10am.

"I am a Kind Man" to start up in October 14, 2014 if there are any men interested please contact Annette ASAP.

"Edu-Therapy to start up on Wednesday, October 29/14 @ 7pm anyone interested sign up with Annette.

**Any questions about our calendar please call FAMILY HEALING AND WELLNESS CENTRE @ 231-8600**  
Mligwetch!!!

~ October 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> FHWC Client Shopping	<b>2</b> HBHC Play Group 10am FHWC	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Final Vote for Sept Community Meeting Motions / Resolutions 4-8pm Rec Centre	<b>7</b> Lands and Resources Mapping Project Presentation 7pm Rec Centre  <i>Craft Night –Elder’s 7pm</i>	<b>8</b> LMLC Early Dismissal	<b>9</b> HBHC Play Group 10am FHWC  Men’s Dinner FHWC 5:30pm  <i>Regular Council Meeting 7pm</i>	<b>10</b> LMLC PD Day	<b>11</b>
<b>12</b>  Pickerel Raffle 6pm Woody 8232  <i>Thanksgiving</i>	<b>13</b> Thanksgiving Statutory Holiday	<b>14</b> I Am a Kind Man FHWC 7pm  <i>Craft Night –Elder’s 7pm</i>	<b>15</b>  <i>Elder’s Call-In for Fogerty Show After 10am</i>	<b>16</b> HBHC Play Group 10am FHWC  <i>Quill Box Making 9am-4pm FHWC</i>	<b>17</b>  <i>Quill Box Making 9am-4pm FHWC</i>	<b>18</b>  <i>Jacob Moon music workshop 2pm Concert 7:30pm Bunny Miller Theatre Temagami</i>  <i>Elder’s Lunch and Bingo Quill Box Making 9am-4pm FHWC</i>
<b>19</b>  <i>Quill Box Making 9am-4pm FHWC</i>	<b>20</b> HBHC Shopping Trip FHWC	<b>21</b> I Am a Kind Man FHWC 7pm  <i>Regular Council Meeting 7pm</i>  <i>Craft Night –Elder’s 7pm</i>	<b>22</b> Boys and Men’s Drumming FHWC 7pm	<b>23</b> HBHC Play Group 10am FHWC  LMLC / TMFC Pumpkin Patch Trip	<b>24</b>	<b>25</b> Youth Cooking 2pm-6pm FHWC
<b>26</b>	<b>27</b> Youth Sewing 7pm FHWC	<b>28</b> I Am a Kind Man FHWC 7pm  <i>Craft Night and Potluck Elder’s 7pm</i>	<b>29</b> Edu-Therapy FHWC 7pm	<b>30</b> HBHC Play Group 10am FHWC	<b>31</b> <i>TMFC Closes 4pm</i> LMLC Halloween Party  <b>Halloween!</b>	

