

OCTOBER 2019

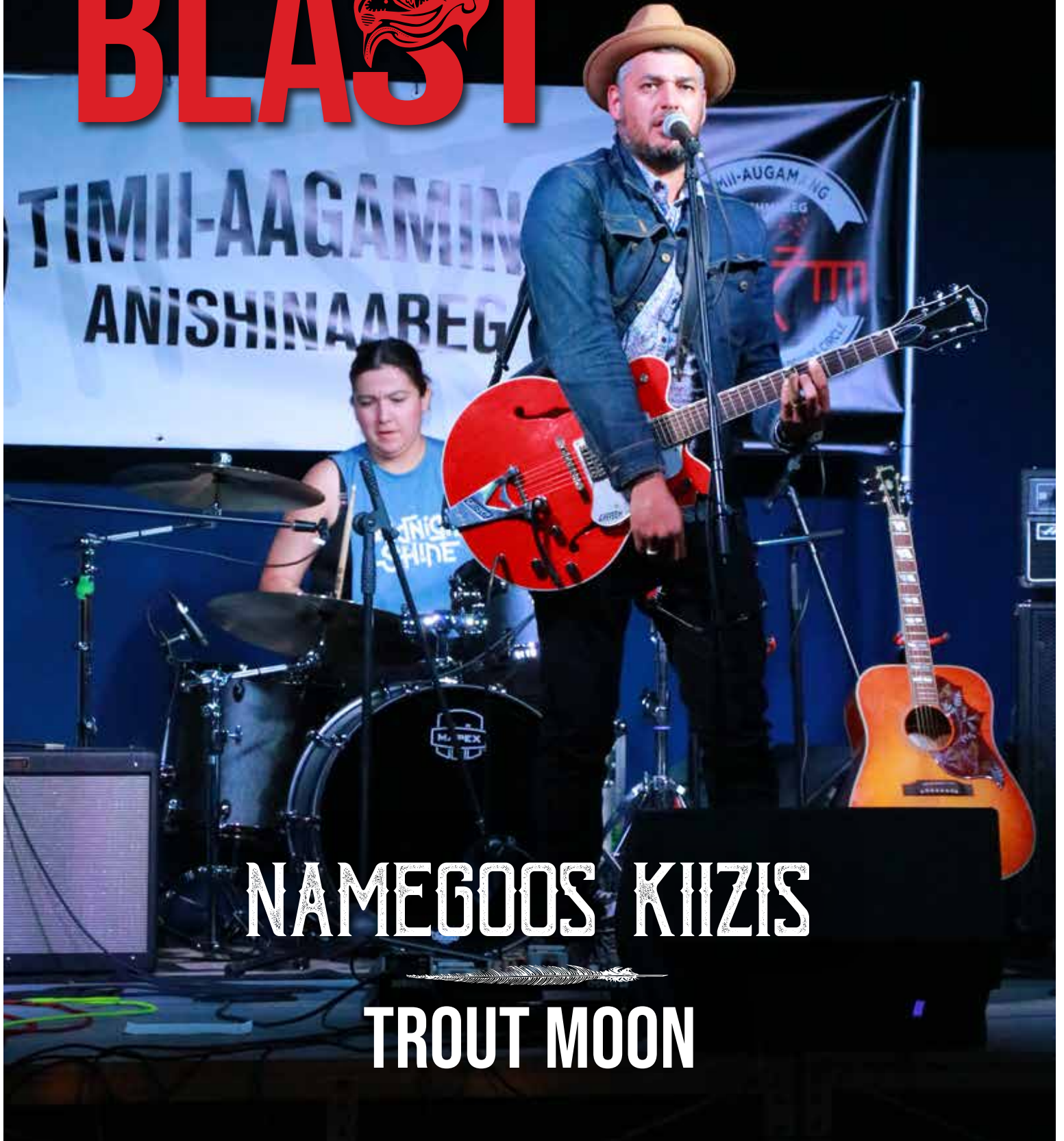
BEAR ISLAND

BLAST



TEMAGAMI
FIRST NATION

TIMI-AAGAMIN
ANISHINAABEG



NAMEGOOS KIIZIS

TROUT MOON

YOU
ARE
INVITED

MULTI-USE FACILITY

Grand Opening

Schedule
of Events

**POSTPONED
DUE TO
CONSTRUCTION DELAYS**



**TEMAGAMI
FIRST NATION**

FEAST
LIVE ENTERTAINMENT
& DANCE (19+)

Follow us on facebook and watch for the
Grand Opening event page for further details.

 www.temagamifirstnation.ca



Orange Shirt Day



17



19



35



Bear Island Blast Submissions can be sent to communication@temagamifirstnation.ca or call 705-237-8943

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CONNECT WITH US
temagamifirstnation.ca

NOTICE

REGULAR COUNCIL MEETING THURSDAY October 10, 2019 L&R Building 7:00pm

In regards to band members who wish to raise a matter – Any additional agenda items are to be submitted in writing and in person to the Band Office or via email to tfn@temagamifirstnation.ca the Friday preceding each council meeting by 4:30pm.

For Webex (live web broadcasting) login instructions please contact Courtney Saville, WebEx Technician Email: courtney.saville@temagamifirstnation.ca or call 705-237-8943/1-888-737-9884



The Bear Island Blast is a monthly publication.
To submit content or subscribe,
email communication@temagamifirstnation.ca.
The deadline for submissions for the
NOVEMBER Edition October 25th, 2019.

www.temagamifirstnation.ca



TEMAGAMI
FIRST NATION

COMMUNITY INFORMATION SESSION

Thursday, October 3, 2019
6:30 pm
LMLC GYM

AGENDA

1. Annual Report 2018/19
2. Future Generation Investment Report

On-Island transportation is available. For services, please contact Band Office Receptionist by October 2nd, 2019 at 4:00pm. Email: tfn@temagamifirstnation.ca or call 705-237-8943/1-888-737-9884.

Lake Transportation to/from the mainland may be available – TBD based on interest

For Webex (live web broadcasting) login instructions please contact Courtney Saville, TFN Admin Support.

Email: courtney.saville@temagamifirstnation.ca or call 705-237-8943/1-888-737-9884

BEVERAGES PROVIDED



**TEMAGAMI
FIRST NATION**

NOTICE

COMMUNITY MEETING

MONDAY October 28, 2019

LMLC

7:00pm

AGENDA

- 1. Negotiation Update**
- 2. TFN/TAA Strategic Plan**
- 3. Lands & Resources Strategic Plan**
- 4. Chief & Council Strategic Plan**

Shuttle boat transportation will be provided from the Mine Road at 6:00 p.m. returning 30 minutes after the meeting ends.

On-island transportation is also available.

****Call Band Office by Friday, October 25th to book your ride for island transportation or the Shuttle Boat****

Webcast will be available - email webex@temagamifirstnation.ca for login information or call 705-237-8943 / 1-888-737-9884

Beverages available at the meeting

September 27, 2019

Capital Projects Bi-Weekly Update

Here is an update on the Capital Projects taking place on Bear Island and what to expect to see happening in the weeks ahead.

Community Update

DUE TO CIRCUMSTANCES BEYOND OUR CONTROL WE MUST POSTPONE THE GRAND OPENING. WE WILL BE PLANNING THE SAME FUN ONLY FOR A LATER DATE. MORE DETAILS TO FOLLOW !

The island continues with a steady buzz of heavy traffic. Dump trucks providing backfill for the Elders Housing Complex. There is also more heavy equipment on the island—with the Fibre Optic expansion, it brought over 5 barge loads of equipment.

The contractor camp is still operating at full capacity—its a home away from home for 35 workers.

Wayne Manderstrom is working with our Public Works Crew on connecting the mini homes (teacherages) to water & sewer and all are working with Temagami Electrical Services to get the homes powered up.

Lake Temagami Access Road / Mine Landing

Traffic on the road has decreased and parking has opened up now that many seasonal residents have left the area. Things are slowing down in the tourism sector now that summer is officially over.

There are various deliveries continuing down the road for both the MUF and Elders Housing Pro-jects. The Barge is always on the move to accommodate the 2 major construction projects and other community needs. The low water levels are making the barge landings and takeoffs more difficult with heavy loads. To maneuver more safely we now have to use the backhoe to assist with landings and take offs.



A reminder to residents and children to stay out of any fenced areas of the construction sites. There are open excavations. We want to make sure that no one gets hurt.

Bi-Weekly Update by Capital Projects Department

What's Happening at the Work Sites Elders Housing Project

The crew finalized the installation of the 240mm block walls in between units on Friday, Sept.6. The 290mm and 240mm wall were grouted as per specification and drawings. Then interior rigid insulation was placed along exterior walls on u/s of concrete slab.

The crew finished installing all the rebar for the slab on grade and installed the vapour barrier. The block wall exterior application of waterproofing was also completed as you will notice that the ground floor exterior walls are installed for Units 1, 2, 3 and part of 4. Packard Plumbing in-stalled the T's on the watermain inside the building and utility room.



View from end of Unit No.5 towards Unit No.4
Stego Wrap Vapour Barrier with 152x 152 6/6 Wire Mesh

A big concrete pour was completed on September 25 and 26 (almost 60m³).

With days getting shorter, it was spread over 2 days instead of trying to get it all done in one day.

Trusses were delivered the week of September 16th.



Please be safe around roadways on the island. There are a lot of large vehicles and equipment traveling the roads and we want everyone to be safe.

Please watch out for the large vehicles and equipment because they are more difficult to maneuver than a small truck or car is.

Multi-Use Facility Project

MUF Project

The MUF Project is in the home stretch. The exterior is getting soffit, fascia and siding completed and you're starting to see some topsoil being brought over for the finishing touches on the outside. Forms for the curbs were completed and curbs poured the week of September 16th.



Inside the building, crews keep working on finishing the floors and the remainder of the tile and rubber base. A finishing coat of paint will be applied to the Administration Wing and the hallway leading to the gathering hall as well as the library once they're done moving millwork and materials around. Pictured to the right is the millwork dedicated for all of our maps and on the right will be home to the plotter and scanner.



Crews continue to install the millwork in the reception and office areas. The ceiling tiles continue to be installed. All of the glass has been delivered and is being installed. Pictured to the left is the millwork for all of the interoffice mail boxes. To the right is the copier/office supply area.



For all of the updates, checkout the Capital Projects Tab on the Temagami First Nation Website at www.temagamifirstnation.ca/capital-projects/ or call us at the Lands and Resources Office at 705-237-8600 if you have any questions. You could also email Jamie at Jamie.koistinen@temagamifirstnation.ca, Patrick Cormier at projectadmin@temagamifirstnation.ca or Lorie Hunter at cimadmin@temagamifirstnation.ca.



Although the picture quality makes it hard to visualize—this is the view from a seat at the Council Chambers table.

Bi-Weekly Update by Capital Projects Department

MUF Project continued...



The crew has finished the floors and base and are hanging the rest of the doors, installing the remainder of the aluminum glass frames and glass, the rest of the millwork in the Administration wing and the hallway and library. To the left is the exterior view of the library and gathering hall.

The remaining light fixtures will go up and the ceiling tiles and wood slat ceilings will get finished up. Pictured to the right is the main reception area currently being utilized as a space to review the drawings and finishing touches.



The two pictures above are the amazing views of the library space !



They will be testing and commissioning the fire suppression system, the plumbing, electrical and phone and network cabling. They will also be commissioning the geothermal system ahead of the move. The phone system and computer network will be installed and the building will get hooked up to the new fibre optic network for internet and phone service. You will see some more landscaping taking place around the building. We're looking forward to reaching the finish line!

Stay tuned for the next Bi-weekly Update that will be coming out on Friday, October 11, 2019.

DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

Temagami First Nation Community Outreach

Reg Canard will be available to meet with you in the community.

Where	Date & Time
Bear Island - Lands & Resources Office 705-237-8600	Thursday, October 24, 2019 9:30 am - 12:45 pm

Unemployed & Looking for Options?

Are you Indigenous or a member of one of these First Nations?

- *Henvey Inlet First Nation*
- *Magnetawan First Nation*
- *Shawanaga First Nation*
- *Wasauksing First Nation*
- *Dokis First Nation*
- *Wahnapiatae First Nation*
- *Temagami First Nation*

Purchase of Training:

- For full-time programs (20+hours/week)
- Must obtain diploma within 52 weeks
- If eligible, funding may be available for tuition, books, supplies, transportation, dependent care, and living allowance

Employment Support: Up to \$250 to start a full-time job

Administer Second Careers

**PROGRAMS
TO ASSIST
UNEMPLOYED**

Apprenticeship:

- Wage Subsidies available for Registered Apprentices
- Purchase of Training for In Classroom Offer of Training

Wage Subsidies:

50% of wage for full-time jobs

Mobility:

Assistance to attend job interview

Relocation: Assistance to relocate for a full-time job

Self Employment Information



Gezhtoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3
Tel: 705-524-6772/Toll: 1-800-361-9256/Fax: 705-524-5152 www.gezhtoojig.ca



WELCOME ALEXANDRA CLARKE

Temagami First Nation Lands & Resources
TECHNICIAN ASSISTANT
Alexandra Clarke

Hi my name is Alexandra Clarke and I would like to introduce myself as the new Technician Assistant for Lands and Resources. I obtained my Bachelor of Science, Major in Genetics, Major in Biology from the University of Western Ontario, and furthered my education through graduate studies in the Conservation and Environmental Law Enforcement Program at Fleming College. I am from the Bruce Peninsula where I worked extensively with invasive species management programs and habitat restoration. I will primarily be working on the climate change project, which focuses on how climate change affects the lives of Temagami First Nation. I will be researching the impact of climate change on the community, methods to reduce our carbon footprint, and how we can adapt to current and future changes.

There is only one planet and climate change is a global issue which threatens the quality of the environment for current and future generations. It is our responsibility to engage in stewardship and to use resources responsibly to ensure a healthy environment for everyone. In the near future we will be hosting information sessions; we are also very interested in hearing how climate change has affected you personally. I hope to see and hear from many of you at our next information session! Please feel free to contact me at: techassistant2@temagamifirstnation.ca



Temagami First Nation

Economic Development Report

Free websites available to band members' businesses



TFN Economic Development, through the Lands and Resources department, is offering free webpages to Temagami First Nation members' businesses. A professional webpage will be designed for all interested members to promote their businesses and a link will be provided on the Temagami First Nation Website. There is no charge for this service.

Please email John Shymko, Economic Development Officer, at ecdev@temagamifirstnation.ca, or call Lands and Resources, **705-237-8600** to book an appointment with John to discuss what photos and information is needed.

Items a business website should have.

- 1) A phone number. 2) An email address.
- 3) Business Hours. 4) Business Location
- 5) A photo of your Business, or an image related to your business.
- 6) A photo of the business owner(s).
- 7) A description of what you do.
- 8) A logo, if you have one. 9) A link to a facebook page, if you have one.

John Shymko, Economic Development Officer, Temagami First Nation,
705 237 8600 ecdev@temagamifirstnation.ca

Temagami First Nation

Economic Development Report

Economic Development Strategy Community Engagement Session #3

October 30, 2019, Multi Use Facility, 5:30 pm

TFN Economic Development will be holding a third Community Engagement Session On Wednesday, October 30, 2019. Snacks and Refreshments will be served.

Previous sessions were held at the LMLC on June 12th, 2019 and on July 16th, 2019.

These engagements were steps to develop a community Economic Development Plan for **Temagami First Nation**.

At these sessions, an **Asset Inventory** and **List of Stakeholders** with whom to take into consideration for the strategy were created and prioritized and a

Mission Statement and a **Vision Statement** and **Mission** were developed for our Economic Development Strategy.



Mission Statement: To give members of the Temagami First Nation the opportunity to achieve success and independence while respecting nature and others, maintaining our distinct language and culture on n'Daki Menan.

Vision Statement: To be successful and independent while maintaining culture, respect and sustainability.

see next page

John Shymko, Economic Development Officer, Temagami First Nation,
705 237 8600 ecdev@temagamifirstnation.ca

Temagami First Nation

Economic Development Report

Economic Development Strategy Community Engagement Session #3

We placed our stakeholders into three categories:

Essential - The process could fail without their involvement, **Important** - Implementation may suffer without their involvement and **Minor** - Nice to have, but not critical to the process.



A **Strategic Assessment** exercise was completed where we listed the community's economic strengths, areas to improve on, potential opportunities to build upon and where we should address any gaps and trends. The Asset Inventory and Stakeholder List will help us identify opportunities and challenges.

We developed Strategic Area Goals using this information to establish the priorities and values of the community. Our next step is to build an implementation workplan to move these strategic goals into action.

The **workplan** is set up something like this:

1) **Problem Statement**, 2) **Goal Statement**, 3) **Strategy Description**, 4) **Project Team Members**, 5) **Barriers to Successful Implementation**, 6) **Implementation Steps**, 7) **Communications Strategy**, 8) **Estimated Time and expense of each step**, 9) **Resources (and Approvals) needed for each step**, and 10) **Performance Measures**

We will be presenting our findings at this meeting and asking the community for guidance and direction.

A very special Thank You to all who have contributed so far.

John Shymko, Economic Development Officer, Temagami First Nation,
705 237 8600 ecdev@temagamifirstnation.ca

INFORMATION FROM THE TFN MEMBERSHIP OFFICE

TFN Lands & Resources

by Sheri Mathias, Indian Registration Administrator (IRA)

ESTATES MANAGEMENT AND WILLS

The best way for all individuals to manage their own estates is by writing a Will and naming a loved one to administer their estate to ensure that wishes are carried out after their death.

We have “Writing Your Own Will” packages available for individuals at the Membership Office and also available by email. The packages also include Power of Attorney for Health and Personal Care & Power of Attorney for Property and Finance. We will be hosting Estates Management and Will Workshops in November (TBA).

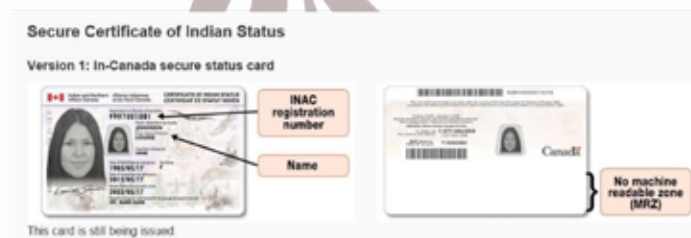


Temagami First Nation (TFN) Membership Office

The Membership Office is located at the Lands & Resources Office on Bear Island. Open Monday to Friday; 8:30 am to 4:30 pm (closed from 12:00 to 1:00 pm) Please contact the office for an appointment 705-237-8600.

Membership Office:

Certificate of Indian Status (CIS) cards are issued on island through the Membership Clerk/Indian Registry Administrator. *Two pieces of identification are required* when issuing a laminated Certificate of Indian Status (CIS) card (first, renewal, replacement, lost/stolen). We can also provide on-site photos for your status cards & passport style pictures for the Secure Certificate of Indian Status (SCIS) card which is good for 10 years.



Please visit www.temagamifirstnation.ca for more information under Lands & Resources tab you will find Membership.

Thank you, Sheri Mathias membershipadmin@temagamifirstnation.ca



Temagami First Nation Master Land Use Plan

Community Engagement Sessions

During the week of September 9, 2019, representatives from Dillon Consultants were here on Bear Island, in Temagami and North Bay for several community engagement sessions. I would like to thank all who attended, it's important that we hear from the community as we need your help determining the vision and future land uses of Bear Island and the Lands Set Aside.

The information gathered will be integrated in the next phase (5), which will be a Draft Master Land Use Plan. Information was gained through the various activities that attendees participated in as well as asking questions and feedback.

If you were unable to attend there is still an opportunity to participate as stated earlier, it is important to hear from as many members as we can; please complete the short survey found online at this link: <http://tny.im/jr3> The survey is confidential and results will only be reported as a summary, so no specific feedback will be linked back to you.

If we receive your survey by October 10, 2019 your name will be entered into a draw for an iPad.



If you require more information about the Master Land Use Plan, please contact Mike Molyneux, Assistant Lands and Resources Director at 705-237-8600 or assistantlandsdirector@temagamifirstnation.ca



From the desk of
Resource Development Advisor
David Laronde

Mining Information Session

On September 17, 2019 Lands and Resources staff hosted a bi-annual Mining Information Session at the Elders' Building where community members get to review the exploration work plans of mining companies and government and ask any questions they may have. DeBeers Canada, Coloured Aggregates, Ontario Geologic Survey and our very own contingent of knowledge holders and elders were present when we shared our Cultural 101. Both Chiefs Paul and Becker were in attendance welcoming our guests and showing them the current birch bark canoe in progress with builder Brian Burns. Our visitors appreciated the feel and touch of the building materials and the stories about gathering bark, spruce root, cedar for ribs and pitch. Chii Mee-gwetch Brian and Robin for taking the time to share this exciting project of culture revival. The Canoe House Project rocks!

After chatting and coffee we got right into the presentations with a good crowd. I welcome any questions on this event and the presentations. My email is: david.laronde@temagamifirstnation.ca phone 705-237-8600



OGS geophysicist demonstrates conductive properties of rocks.

Ontario Geologic Survey – Leah Schmidt and crew visited to explain their plan to fly an airborne survey this winter. The surveys intended are a

simultaneous magnetic survey and an electromagnetic survey. The magnetic survey reveals how much magnetic mineral or iron is in the underlying rock while the electromagnetic survey measures how well the rock will conduct electricity. This data is very helpful to exploration companies searching for economic minerals.



Michael Paul listens intently to guest speaker



Chief Becker speaks to the group

DeBeers Canada - Chris Wallace shared their plans to test 3 drill targets within nDaki Menan. Their early exploration approach leaves a minimal footprint by flying in the drill by helicopter rather than using heavy equipment. This eliminates trail or road building through the bush. He explained

from start to finish the process involved in testing potential kimberlite targets. Kimberlite is the name of the rock formation that carries diamonds to surface from 150-250 km below.

Coloured Aggregates - Jeff Oravec gave us an overview on a small quarry operation 4 km north of River Valley in Dana Twp. The anorthosite rock is used as filler for industrial applications in concrete. The rock is drilled and blasted



Virginia McKenzie delivers Cultural 101 with stories from long ago



Council members visit Coloured Aggregates anorthosite quarry in Dana Twp.

The afternoon was capped off by a delicious dinner of ham, beans and scalloped potatoes. Thank you April. Good work. Thanks to all for coming out to see what is happening on nDaki Menan.



*Jeff Oravec - Co-
loured Aggregates*

then crushed on site before being trucked to Warren to a railway depot (see photo).

Cultural 101 – As we deal with various proponents on nDaki Menan it helps to build stronger relations

when others know who we are and our cultural history. Elder Virginia McKenzie spoke with elegance to the group and made a positive impact on our visitors.



Chris Wallace-De-Beers Canada



A Message From
Chief Randall Becker
 Teme-Augama Anishnabai



Quay quay, Booshoo.

I am sending this letter out to all to allow people to understand my thoughts. This does not reflect the opinions of the Teme-Augama Anishnabai Council. I am speaking as Chief only.

We have come a long way. The Federal Government and the TFN and the Teme-Augama Anishnabai have signed an MOU to look at getting back to negotiations. Ontario also stated it's willingness to restart the land claim settlement talks. With this comes a \$300,000 budget to make a work plan.

Since our election we have established an office and a staff person, we have set a Membership Criteria Committee. We brought forward a vision for economic development that would have funded programs for off reserve and on reserve members, both status and non status. Unfortunately this was shot down and deflected to the TFN nonprofit corporation.

There is no mention of the Teme-Augama Anishnabai anywhere in the by-laws of this not-for-profit company. The board also has elected members of council on the board. In the past, in other communities this has gone very bad and larger industry companies are well aware to stay away from such economic development structures.

There was also precedent set for as to how the attending of meetings by elected council is done.

1. An elected official may choose not to attend an assembly or meeting at all. Without sending regrets.
2. An elected official can chose not to sit at the executive council table but instead chose to declare they are not a council member that day but are there as a member only.

Therefore, I as Chief will take some needed time off. After September 28th I will be choosing not to attend meetings and will not send regrets for a period of 2 months. I will choose to resume my role as Chief on November 30th.

Our membership criteria needs to be completed and a clear outline of what the TAA governs and what the TFN governs and what are shared items of governance and how will they be co-managed moving forward.

We are not in anyway ready to go to negotiations. We have no membership criteria set. We have no online voting. We have no transparent economic development corporation to allow us to benefit from an agreement. We have not set our governance committee to deal with the overlapping governance issues between TFN and TAA. We do have the terms of reference though.

In our nations offices and meeting halls there is a constant unrelenting fight to protect the rights of all our members. Power and money are stronger than sweetgrass and sage.

If we truly are the original people to this land as we say we are, we would not stand for this in our meeting halls and offices. We should be looking to the best interest of all our people. The assembly and community meetings is where many of us will lose the land claim deal. We will lose our rights and benefits in these meetings. Not in the land claim negotiations.

With respect to our assemblies it seems we get twice as many people attending when they are held on Bear Island. To spare the unnecessary cost, all the rest of the TAA assemblies should be held on the reserve.

There is not much interest from our off-reserve members to be involved in this land claim settlement and that's understandable with how the last 25 years were handled. At the TFN community meeting the people in attendance will decide if the TAA will continue with the passing or defeating of our next year's budget.

You give up what you do not understand.

Meegwitch
 Chief Randall Becker

PURSUING PASSION



**YOUTH
WORKSHOP**

The Youth Workshop went well. Midnight Shine's Adrian Sutherland and Hip Hop Artist Rhymes Oso shared their journey into music and a little bit about themselves. One of the messages to the youth was to pursue your passion. Find something you enjoy doing in life



North Bay Indigenous Hub



The North Bay Indigenous Hub is happy and honoured to introduce the inaugural Board of Directors.

From L to R: Tracey O'Donnell, Beverly Restoule, Alice Moore, Joyce Lavigne Shortt, Pamela Forest and Raymond Katt. Photo taken at the first official board meeting on Saturday, September 21, 2019.

A Night of Entertainment

TAA organized a night of great music during September's Assembly





David Laronde and OSO Ryhmes opened for Headliners, Midnight Shine on Saturday, September 14th at the Temagami Arena. Chi Miigwetch to the wonderful musicians and to all the organizers.

DOG CLINIC

October 19th, 2019
Ball Field @ Sonny Moore
Building (tentative)

INNOCULATION
\$90

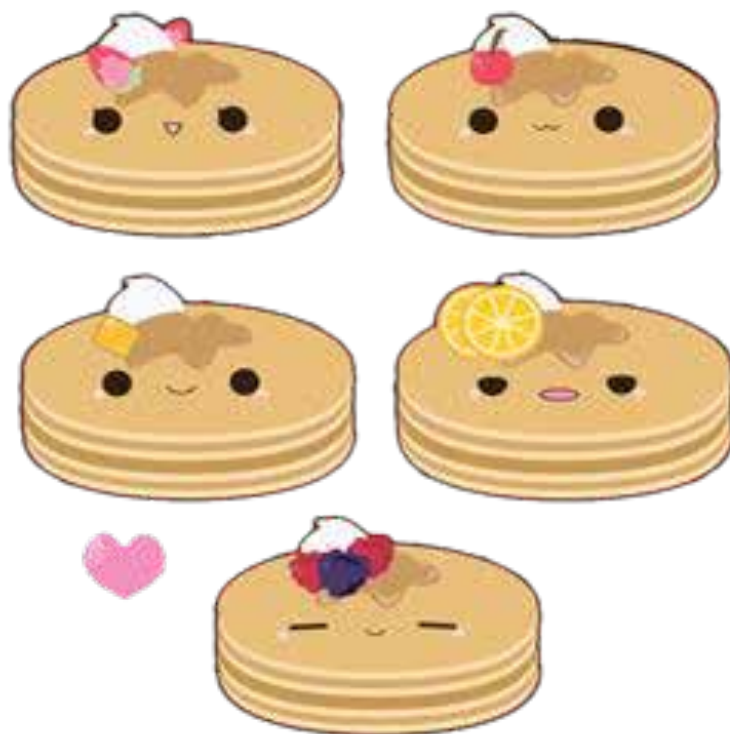
**10AM TIL
NOON**

Contact John McKenzie,
Animal Control Officer to
sign up.
705-237-8966

Dr. Silver from Dymond Animal Clinic will be coming for the Annual Dog Clinic to administer inoculation and registration for your fur babies. Registration (tags) cost is spayed or neutered \$10 and if not then \$40. Call if you want to inoculate your cat.



PANCAKE BREAKFAST!



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Fundraiser for Bradley Paul's Next Short Film!

With support from Hope Aguonia and Minawaa Miidjim, there will be a pancake breakfast at the school! There will be plain, blueberry, and cinnamon-bun flavours!

\$5 per pancake of choice & local maple syrup!

October 13th, 2019 From 8:30AM to 12PM

Laura McKenzie Learning Centre, Bear Island, ON

Call (705) 237-8982 on October 13th for pancake orders!



MOVIE NIGHTS!

TOONIE TUESDAYS!

Every \$2 will go towards food and beverages on Movie Nights. Otherwise, free admission!

Tuesday(s),
15th and 29th
of
October

THE CANOE
HOUSE
on
BEAR ISLAND

7:30PM IN THE
EVENING
(Subject to change from
attendees)

PLEASE RSVP TO: (705) 237 – 8436

Hosted by Bradley Paul

Movie Nights @ The Canoe House

Host(s): Bradley Paul

Date(s): 7:30PM @ October 15th, 2019

Call the Canoe House to R.S.V.P.

Intended for audiences 18 years old and over

Next Movie Night on October 29th at 7:30PM



Directed by: Tricia Lee

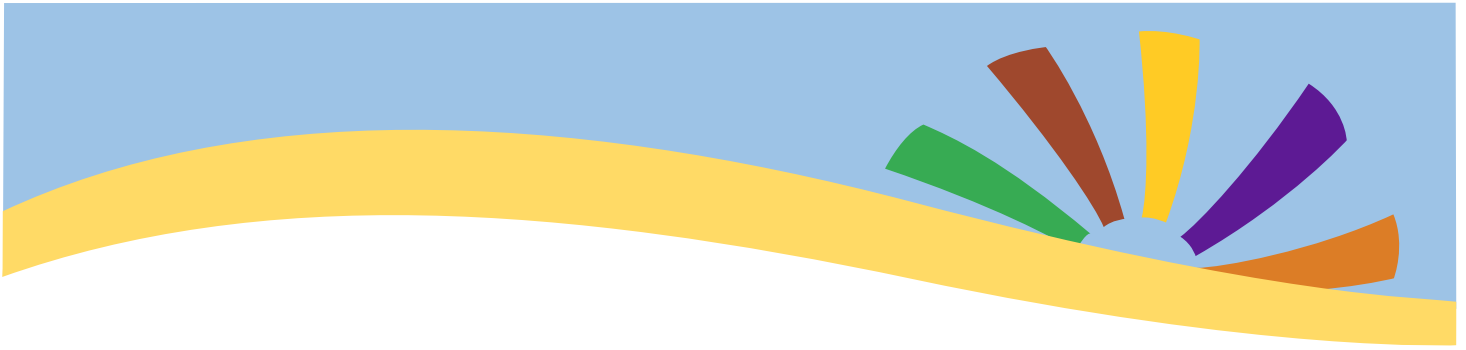
Logline: When a single mother wakes up in a medical facility filled with bodies, she discovers she is nine months pregnant and everyone is dead.

Initial Release Date: August 29th, 2016

Running Time: 90 minutes

Notes: Bradley Paul worked as a Production Assistant on this film... his first official job in the Film and Television Industry! The film was shot in Toronto around April-May 2015.

***Disclaimer:** The events are strictly not for profit, and any or all donations and proceeds will go towards food and beverages of next screening(s). The licenses or permission to screen films will have been obtained. If licenses haven't been obtained, event(s) may be subject to be postponed or cancelled.



Parenting Solutions Workshop



Please come and participate in an interactive parental education learning opportunity:

- Importance of routine, structure and consistency
- Managing children behavior and discipline
- Acknowledging parental emotional reactions
- Practical exercises
- Connect and share with other parents

October 19 & 20 2019 9:00 a.m. - 4:00PM

Doreen Potts Health Centre

RSVP to Alice Moore by October 9th

Please see Sandra Doweck, Biography on **next** page

Door Prizes and lunch will be provided



For as long as I can remember, I've had a passion for working with children. I am inspired and energized by them, and by the possibilities for making a difference in their lives, and the lives of the parents who love them.

Over the last twenty years, I've successfully parlayed this passion into a career in which I help guide parents through their parenting journey. Building and growing a successful parenting business exposed me to the unique challenges faced by today's parents. Over time, I've perfected simple and effective techniques for handling a diverse range of behavioural and developmental challenges, and helped numerous families use these techniques to meet their children's cognitive, social, and emotional needs.

In addition to running a thriving business, I've had the pleasure of raising four, beautiful children of my own. Like all parents, I want nothing more than to see my children grow into capable, emotionally healthy adults with the skills, abilities, and desire to make a meaningful contribution to society. However, like many parents, I've found that parenting is never a straightforward journey, and can often be filled with unforeseen challenges. My first child, Nathan, age 21, was diagnosed with Autism. My second, Josh, age 19, was born with a medical condition requiring tube feedings and multiple surgeries. Sixteen year old Jacob, my third, was diagnosed with a non-verbal learning disability. And while six year old Chloe has not had to deal with physical or development challenges, I employ the same techniques of open communication, discipline, routine, and affection that I use with my sons to ensure she is a healthy, happy, and well-adjusted little girl.

Raising four children - three with special conditions - and running a busy and successful parenting business taught me that the only way to survive is to establish clear, consistent ground rules and structure. The methodologies I employ with the children and families I work with are no different than those I use in my personal life. Everyone follows the same routine, including my own children.

I understand, of course, that every parenting situation is different. You may be a single parent, about to become a parent, ready to adopt, or thinking about becoming a parent. As a working mother, I understand the pressures of parenting in a fast paced, high-stress world. Time seems to fly by faster than ever as we rush from place to place, trying to balance long commutes, housework, our kids' activities and ever increasing demands at work. Parents are struggling to find time to assess and control behaviors that may be out of control. Excessive behavior can cause a great amount of stress in a household if not dealt with accordingly.

A few years ago I became passionate about the yoga theory and added to my career by becoming a yoga instructor. Immediately I fell in love with the benefits of practicing yoga as I felt this could benefit many children in my practice. After completing my certification I developed a very unique yoga program which combines my back ground in behavioural development and the yoga theory together. My classes focus on helping children understand their emotions, how to regulate their emotions, mindfulness, connecting their breath to their bodies and so much more. Next to these two businesses, I also work as an ABA therapist where I help children with special needs. I believe every child is unique and learns in their own way, it's just a matter of figuring out how they learn.

Sandra Doweck NLP, ABA, IBI

Parenting Solutions Practitioner

www.parentingsolutions.ca

Children's Yoga Instructor

www.yogatastic4kids.ca

Meditation Facilitator



YOUTH-ELDERS WELCOME

NUTRITIONAL SCIENCE

LUNCH & PRESENTATION ON
THE SCIENCE OF NUTRITION, CARBS, FATS, PROTEINS,
ENERGY METABOLISM, DIABETIC DIET GROCERY LISTS
AND WEIGHT REGULATION

**DATE
CHANGED**



THURSDAY
OCTOBER
3RD

12 IN THE
AFTERNOON

DIANE MACINNIS
DPHC
705-237-8900

GIFT BAGS AVAILABLE WHILE SUPPLIES LAST

Doreen Potts Health Centre Service Registered Massage Therapy

Massage Therapist Katie Laronde will be available at DPHC
from 10-3pm on the following dates:

- Monday October 7th
- Friday November 15th



Please call DPHC to book an appointment 237-8900



HUNT CAMP

Ontario Trillium Foundation
Fondation Trillium de l'Ontario

October 3rd – October 6th

Limited Space Available



WHERE: Red Squirrel Road or The Park

WHO: Community Members Ages 10 and up,
10-16 must be accompanied by adult

WHEN: Oct.3rd Setup 12pm - Oct. 6th and close camp 12pm

R.S.V.P. BY SEPT 30TH 12PM

Participants must provide own sleeping gear, hunting gear.

Please contact Boshk or Tyler @ DPHC (705) 237-8900
Email. Tyler.paul@temagamifirstnation.ca or boshk.aguonia@temagamifirstnation.ca



HEALTH PROMOTIONS

Nutritionist Workshop



Presented by, Brianna Campigotto-Holistic Nutritionist,
BReal Studio North Bay

"The How's, What's, and Why's of Meal Prep"

"Reading labels - What to Look For and What to Look Out For"

"A Macro' and 'Micro' look at Nutrients & Why You Should Care"

October 10th | 5pm-7pm | DPHC | Dinner Provided

For more details contact Diane @DPHC 705-237-8900

HEALTH PROMOTIONS

Nutrition Wellness Trip

MEAL PREP WORKSHOP

Learning, Prepping and Lots to Take Home!

3 MEALS

BREAKFAST, LUNCH & DINNER

- LEARN ALL ABOUT MEAL PREP 101
- HANDS ON PREP W/ NUTRITIONIST
- RECIPE BOOK
- \$75 WORTH OF SPONSOR GOODIES
- DRAW FOR A \$100 WHOLE FOODS GIFT CARD

HOTEL ACCOMMODATIONS-NOVOTEL
VENUE-THE EDIBLE STORY

TORONTO
NOVEMBER 8TH-10TH

Limit 20 Diabetic clients with Priority
Sign Up Deadline October 18th
For More Info Please Contact Diane @DPHC 705-237-8900



WELCOME MATTHEW PILON

Temagami First Nation Home & Community Care

HOMEMAKER Matthew Pilon

My name is Matthew Pilon, and I am currently working as the Community Support Services Homemaker. I have been welcomed back to my position, as well as the Island with open arms, and I am happy to be back in the community. I look forward to what the future brings!

I can be reached at 705-237-8275 or homemaker@temagamifirstnation.ca

Subscribe to our newsletter!



Contact the Administration Office to sign up for the online version or for a hardcopy mailout.

If you are not a TFN member you can still subscribe for the

low price of
\$48/year

705-237-8943

communication@temagamifirstnation.ca

*From the desk of
Temagami First Nation Housing Coordinator*

September 23, 2019

Kwe Kwe

It has come to the Housing Coordinator's attention that there are questions regarding the Seniors & Disabled Independent Living Center.

With regards to the Seniors Housing Application, you are being asked what your monthly household income is. From this amount the Housing and Non-Housing expenses are subtracted, and the remaining amount will assist in determining if one can afford the apartment. Also the scoring Priorization (which is tool used by the Housing Department) will be utilized along the Affordability Analysis.

Another concern is the rent. Rent is \$600.00 per month. This amount is for stove, fridge, laundry, hydro, water and sewer. That said, should there be any issues with the fridge for example, the fridge would be repaired or replaced at no expense to you. But only if there is no negligence or intentional damage done to the appliances.

The other matter is credit checks. As a potential tenant of the First Nation, when completing an application you are agreeing to the following to carried out by the Temagami First Nation:

- I/We authorize the Temagami First Nation to, at any time, confirm all or any of my/our income with the source of income, including credit rating/check.
- I/We authorize the Temagami First Nation Housing Department to exchange or confirm all or any of the information recorded in this application with my/our current and previous landlord and authorize any of these individuals to issue a tenant report to Temagami First Nation.

In the Policy you will have noticed that applicants are asked if they're "*willing to divest.*" This is a term used to dispossess especially of property, authority, or title. Should you be willing to divest, the divestment must occur and the verification of the divestment must be given, within 180 days of occupying the apartment.

Should anyone have any questions or require clarification regarding the Seniors and Disable Independent Living Complex Policy, Application and Affordability Analysis please contact the Temagami First Nation Housing Coordinator at the below contact information.

Please be advised that Chief and Council approved the Seniors & Disabled Independent Living Center Policy at duly convened meeting July 29th, 2019.

Seniors & Disabled Independent Living Complex Policy, Application & Affordability Analysis available on-line: temagamifirstnation.ca
Printed copies at the Band Office.
Upon request: fax, regular mail or email.

Elizabeth Potts, Temagami First Nation Housing Coordinator
Bear Island, ON P0H 1C0
Phone: 705-237-8943 Fax: 705-237-8959 EMAIL: elizabeth.potts@temagamifirstnation.ca

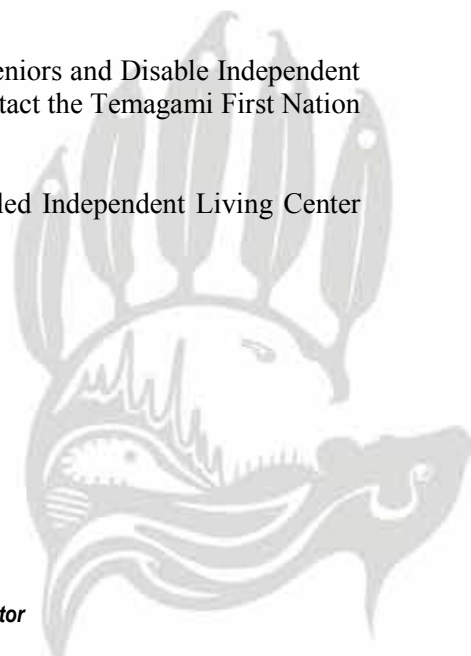




Photo: Bradley Paul

Photo: Bradley Paul

THIS YEARS' CULTURE CAMP OF 2019

This was by far the largest number of people we had at our culture camp, we also had people of the lake stop in for quick visits. It was nice to see so many TFN staff from different departments come in as well. Also having over half the school kids come in Thursday and Friday really livened up the camp. The culture camp was a great success having lots of fun participating in workshops, hikes, canoeing, language, ceremonies and cant forget all the laughter and stories. On behalf of the DPHC, FHW we would like to thank everyone for participating and helping around the camp. See you all next camp!!

- Boshk



Photo: Bradley Paul





Photo: Bradley Paul

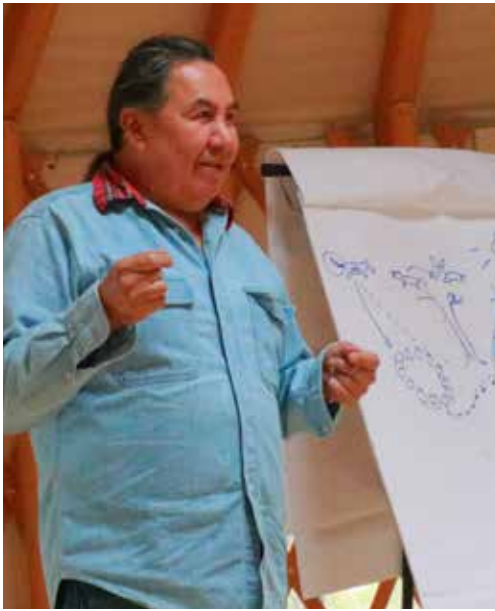


Photo: Bradley Paul



Photo: Bradley Paul





Just another reminder regarding Historical Project Questionnaire Packages.

We'd like to ask if you could complete and send back the package. If you have already done so, thank you!

For this Historical Project to be successful we require your input!

This can't be done without YOU!

mlhistoricalproject18@temagamifirstnation.ca

clhistoricalproject18@temagamifirstnation.ca

This Historical Project is for our children, our grandchildren, our future!

Please send in your Questionnaire Package!

Call us 705-237-8262 or email us and provide us with your email address and we will send you the Questionnaire Package – you can complete this online and send it back to us.

Welcome!

We'd like to introduce Calista Paul and Justin Barriault as our new Historical Grave Researchers.

They were hired as team members to work alongside Michelle and Christine Friday/Lalonde with the Historical Project.

The Historical Grave Researcher Project will have these two traveling to different burial sites, gathering information as to where our ancestors are buried. This is an important part of our history. These sacred sites are more than just a resting place and we must be respectful and share the knowledge of these resting places with our future children and grandchildren. Records of these burials will also be important to ensure that they are never disturbed by industrial development, construction projects and other ground disturbing works which can cause significant harm to sacred sites.

They will be calling a lot of people to arrange to meet and talk with you about your knowledge with burial locations. These two have a lot of work ahead of them and we are glad that these two showed so much interest in this position. If you have any information you would like to share with these two, please call.



The Historical Grave Researcher's, Justin & Callie can be reached at the Sonny Moore Building 705-237-8262



“We are happy to have Justin and Calista working with us. This new Historical Grave Researcher job is a branch from the Historical Project and is a great importance to us all!” ~ Christine & Michelle

TFN Anishnaabemowin Sagaswe'idiwin Update

The TFN Anishnaabemowin Sagaswe'idiwin/Language Commission has been quietly working on a lengthy project over the summer. Part of our Aboriginal Languages Initiative funding was to revise our TFN Anishnaabemowin Resource Book. John Turner has been working with a variety of resources to revise the book since the beginning of summer. Once the resource book is complete, it will be sent away to the publisher and copies made for band members will be ready to share. In addition to the book, John Shymko has completed the work on our DVD of our Anishnaabemowin speakers, that he videotaped last April, when the Commission hosted a session with Joey Twain, Alex Mathias, Elsie Chapman and Hugh McKenzie.

The exact date of release for these resources is not set, as of yet, but it will be in the near future. Once the date has been set we will let everyone know, so you can get your copies.

Miigwetch.

Patsy Turner

EMPLOYMENT OPPORTUNITIES

RELIEF DRIVERS - Ongoing Casual Position

Purpose:

The Temagami First Nation is seeking Casual Relief Drivers for the Doreen Potts Health Centre (DPHC). Relief Drivers will be responsible for medical transportation and after-hours medical trips for clients and community members. The nature of this position is on an 'on-call' basis and does entail a set number of hours weekly. The successful candidate will need to be able to operate an afterhours boat to accommodate travel off island when required. This position is for Bear Island community members and may require late night trips off island but safe transportation home following the trip will be provided in these instances.

Application due: **WILL REMAIN OPEN UNTIL FILLED**

RELIEF SHUTTLE BOAT DRIVERS - Ongoing Casual Position

Purpose:

The Temagami First Nation is seeking Casual Relief Shuttle Boat Drivers. Relief Drivers will be responsible for the safe transportation of visitors and community members, to and from Bear Island. This position will work on a casual basis and will be required to be available after-hours and sporadically throughout the day, when on-call. The Relief Driver will be needed for the duration of the 2019 water travel season, ending approximately December 16, 2019 (based on ice development on the lake).

Application due: **WILL REMAIN OPEN UNTIL FILLED**

**Detailed Job Postings including required qualifications and application submissions
can be found at www.temagamifirstnation.ca or TFN Band Office**

Fall SOCIAL GATHERING

Hosted by the Oxford County
Indigenous Advisory Committee



Saturday, October 5, 2019
10:00 a.m. – 4:00 p.m.
Museum Square
466 Dundas Street, Woodstock

**Experience Indigenous culture and
make new connections!**

This **FREE** event will feature:

- Children's activities
- Performances
- Exhibits
- Information booths
- ...and more!

For more information, visit
www.oxfordcounty.ca or follow
 Oxford County on Facebook and Twitter for updates.

Oxford County Human Services
 21 Reeve St. Woodstock
 519-539-9800 ext. 3317

Métis Nation
 of Ontario 

 **OxfordCounty**
 Growing stronger together



Ahshellla (Shella) Huxtable



It is with great sadness we announce the loss of Ahshellla Sarah Huxtable. Born in Toronto on December 8, 1982 she succumbed to serious head injuries resulting from a hit and run in Ottawa Sept 7, 2019. Ahshellla (aka Shella) was known for her out-going personality, kindness, generosity and zest for the adventure of life.

She is preceded in death by her mother Paula Hudson (nee Huxtable)

She'll be missed dearly by her friends and family; father, John Wayne Potts; step-mom, Ronda Potts; sisters, Casey, Chante, Tammy and Michelle; brothers, Jason and Ben, as well as her two children Luke and Simyn.

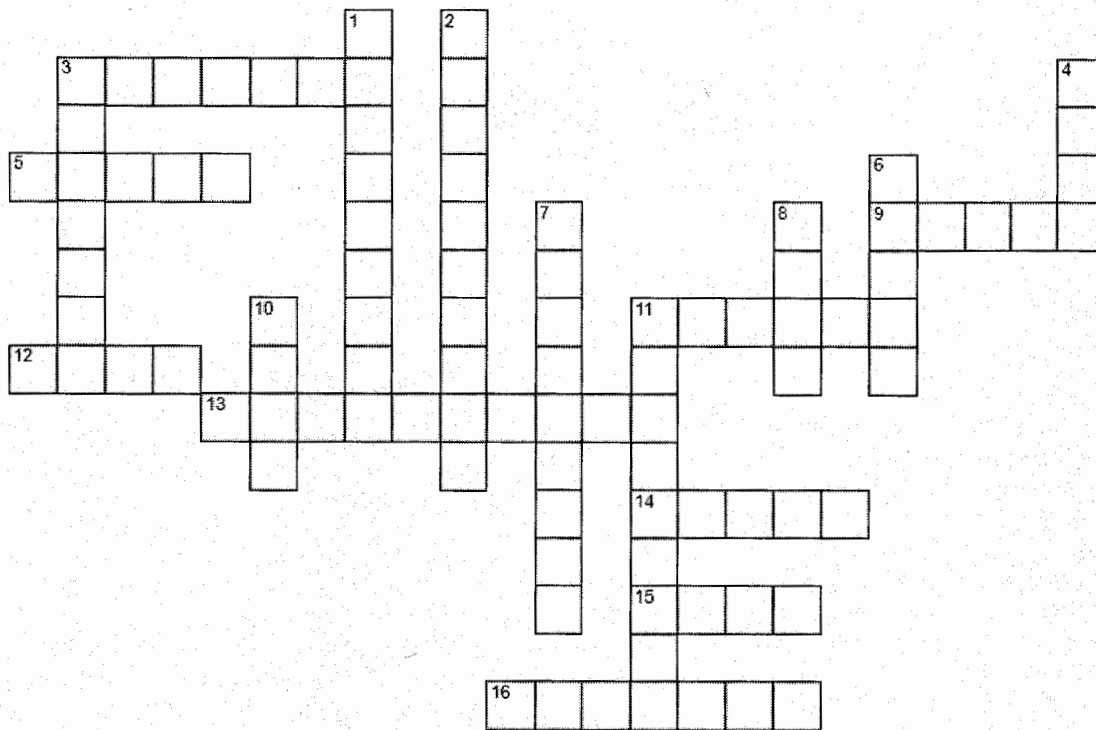
Sylvia Restoule



The family announces with sorrow her death in Sturgeon Falls, on Monday, September 9th 2019 at the age of 79 years. Daughter of the late Sylvester Beaucage and of the late Philomene Beaucage (née Goulais). Beloved mother of Julie Coote (Kelly), Patricia Turner (John) and Christopher Restoule. Predeceased by her son Robert Restoule. Sadly missed and lovingly remembered by her grandchildren Cody Coote, Samantha Coote, Sophia Turner, Julia Turner, Samantha Restoule, Karen Restoule, Scott Restoule and Denis Restoule as well as her 2 great-grandchildren. Predeceased by her siblings David Beaucage and Theodore "Teddy" Beaucage. Sylvia was a well-respected Anishnaabemowin Language Keeper and will also be missed by her friends at the Diner's club and Homemakers Club.

As a fluent speaker, Sylvia always made her way to Bear Island to participate in our Anishnaabemowin events. She'd come to learn about the Bear Island ways and got along with all that attended.

Bineshiinyag ~ Birds



ACROSS

3. Gyaashk
5. Migizi
9. Pichi
11. Miimii
12. Waabzii
13. Paapaasenh
14. Kaakaapshiih
15. Zhiishiibenh
16. Gwiingwiish

DOWN

1. Asignaak
2. Giishkmansii
3. Zhaawnobineshiinh
4. Maang
6. Mooshkaz
7. Jigjigaaneshiih
8. Memtigningwiishenh
10. Aandeg
11. Bine

WORD BANK:

Blackbird, Bluejay, Chickadee, Crane, Crow, Duck, Eagle, Kingfisher, Loon, Partridge,
Pigeon, Raven, Robin, Seagull, Swallow, Swan, Woodpecker, Wren



TEMAGAMI
FIRST NATION

OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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29	30	1	2	3	4	5
TFN HUNT CAMP Katie Laronde Massage Therapist @ DPHC	Lunch & Learn 12pm DPHC	Elders Drop in 1-3pm, Elder's Bldg	Women's Dinner 5:30pm DPHC	TFN HUNT CAMP - CALL TYLER OR BOSHK TO REGISTER St. Cyr Presents Benefits & Pension 9:30-11am - Elders Bid COMMUNITY INFO SESSION @ LMLC - 6:30	Nutritionist Workshop 5-7pm DPHC	Regular Council Meeting 7:00pm L&R
6	7	8	9	10	11	12
Pancake Breakfast 8:30-noon LMLC	THANKSGIVING	Elders Drop in 1-3pm, Elder's Bldg Sewing @ DPHC 6:30pm Movie Night @ the Canoe House 7:30pm	Elders Drop in 1-3pm, Elder's Bldg	Gezhtoojig Employment Outreach 9:30am - 12:45pm L&R	Dog Clinic Ball Field - 10-noon Parenting Solutions Workshop - 9am-4pm DPHC	Parenting Solutions Workshop - 9am-4pm DPHC
13	14	15	16	17	18	19
Parenting Solutions Workshop - 9am-4pm DPHC	FEDERAL ELECTION	Elders Drop in 1-3pm, Elder's Bldg Sewing @ DPHC 6:30pm	Economic Development Strategy Engagement 3 MUF - 5:30pm	Sewing @ DPHC 6:30pm OCTOBER 29	Sewing @ DPHC 6:30pm OCTOBER 29	Dog Clinic Ball Field - 10-noon Parenting Solutions Workshop - 9am-4pm DPHC
20	21	22	23	24	25	26
COMMUNITY MEETING @ LMLC - 7:00pm	Elders Drop in 1-3pm, Elder's Bldg Child & Family Services Presentation & Dinner (TBD) 5pm Movie Night @ the Canoe House- 7:30pm	Elders Drop in 1-3pm, Elder's Bldg Child & Family Services Presentation & Dinner (TBD) 5pm Movie Night @ the Canoe House- 7:30pm	Economic Development Strategy Engagement 3 MUF - 5:30pm	Sewing @ DPHC 6:30pm OCTOBER 29	Sewing @ DPHC 6:30pm OCTOBER 29	Dog Clinic Ball Field - 10-noon Parenting Solutions Workshop - 9am-4pm DPHC
27	28	29	30	31	1 Nov	2