



Community Breakfast! Everyone Welcome! Saturday, July 18 10 am - 1 pm Community Centre

****Please bring a non perishable item or canned good for the Aamjiwnaang Food Bank****

This activity is sponsored by the New Horizons for Seniors Program - **“STRENGTHENING OUR COMMUNITY****



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Aamjiwnaang
Population Stats
Current: 2342

NOTICE

In an effort to be more environmentally friendly, starting in September the Tribe-Une will only be delivered to Community Members who specifically request the delivery. Community Members are encouraged (if you are able) to read the paper in an electronic version either online or by email.

The Tribe-Une is available:

- online at: <https://sites.google.com/site/chippewatribeune/> or
- by email in a pdf version (if you provide me with your email address)

If you would still prefer to have the Tribe-Une delivered to your home, please let me know. I can be reached at 519-491-2160 or at editor@aamjiwnaang.ca

Copies of the Tribe-Une will continue to be available at the Band Office, the Community Centre and at the Seniors Complex.

Thank you for your understanding.

Sandy Waring, Editor

NOTICE

**Aamjiwnaang School Bus
Transportation Notifications**

Any change must go through the Aamjiwnaang Education Department

- Address change
- Telephone number update
- Change of School
- New students
- Bus Service no longer required

**Please advise the Education
Department at the Band
Administration Building of any changes.
519 – 336-8410
Diane Aiken ext. 246, or
Vicki Ware ext. 247.**

***Bus Drivers will only accept changes as approved by the
Education Department.***

The Aamjiwnaang Bus Transportation Policy is available upon request. To ensure the bus safety of our students, we must all work together.

Boozhoo Community Members!

I hope you are all enjoying your summer so far! It has been a busy time with many activities happening around the community as well as a busy time for many community members as they travel to powwow's, ceremonies, family trips, sports, and all the other great activities summer offers.

Our annual powwow was another great success. We had better weather this year than in years past, but overall combined with Solidarity Day as well as Father's Day; it was a tremendous weekend in the community. We had many positive comments on the annual fireworks show, and it was great to see so many out during the events. A huge miigwetch, to all of our staff, volunteers and committee members who work so hard to make these events happen for our community, your efforts are appreciated!

During the early summer we attend the assemblies for the Union of Ontario Indians (Anishinabek Nation), Chiefs of Ontario, and the Assembly of First Nations. This year was an election year for the Anishinabek Nation as well as the Chiefs of Ontario. In Curve Lake, Patrick Madahbee was re-elected as the Grand Council Chief, and Glen Hare was acclaimed as the Deputy Grand Chief. Also at the same meeting, I chose not to seek re-election for the regional grand Chief for the Southwest, and that position is now held by Chief Miskokomon from Chippewa's of the Thames. I am pleased for the honour I had to hold that position for the last 6 years, and the accomplishments reached during that time. I am thankful for our neighbouring First Nation's support during that time. In Rat Portage during the Chiefs of Ontario assembly, Isadore Day was elected as Ontario Regional Chief. Chief Day presented a strong platform and we look forward to working with him during a very critical time, with so many issues facing us. During the AFN, the Federal Leaders of the NDP, Liberals, and Green Party, all accepted the invitation to address our assembly and present their platforms for the upcoming election. The Prime Minister declined, and there was no representation from the Progressive Conservative party at our assembly. I strongly encourage you to follow our local candidates, and become familiar with their platforms, and exercise your right to vote in the upcoming election.

Recently we saw the closing events as well as The Final Report on the Truth and Reconciliation Commission (TRC). Aamjiwnaang was represented at the closing events, and has remained active throughout the entire process. I would like to extend my gratitude to Elder Geraldine Robertson, for her hard work and continued efforts during the TRC process and for all her assistance provided to our Residential School Survivors and their families. The political leadership remains committed to following up with the 94 recommendations in the Final Report. The report and its findings received much dialogue and commitment during the summer assemblies I attended.

In the last few weeks, Aamjiwnaang closed a deal to acquire 25% ownership of the Adelaide Wind Project from Suncor. Information related to this project presented to the community promoted employment opportunities, supplier and manufacturing, career incentives, a 20 year revenue stream, as well as environmental benefits. Several other potential partnerships are being considered as the department remains committed to capitalizing on opportunities that create economic development.

On a final note, I have been advised that Canada is prepared to provide an offer related to our Clench Defalcation Claim. We will be planning a meeting with all parties in the near future to hear that offer, and then we will plan out our next steps. Please watch for upcoming information related to this issue.

Miigwetch for taking the time to read this short update, and I encourage you to contact myself or members of council with any questions you may have or information you need as we always appreciate community input and feedback.

G'chi miigwetch,
Chief Chris Plain



**COUNCIL AGENDA
ITEM SUBMISSION
DEADLINE!!**

FRIENDLY REMINDER

To whom it may Concern:

Please be advised that the Council Meeting Agenda Item deadline is the Wednesday prior to the Regular Council Meeting (RCM) at 4:00 p.m. (unless otherwise noted below). Sorry, no exceptions. Any items submitted after the deadline will placed on the next RCM Agenda/Meeting. RCM's are every 1st and 3rd Monday of each month. Should the RCM fall on a holiday, then it will be held on the following Tuesday.

Miigwech for your co-operation and understanding.

Respectfully,
Lynn, A/Band Council Clerk

Please Note:

If you have any discussion items for
Chief and Council on:

Tuesday, August 4, 2015

The deadline for submission is:

Wednesday, July 29, 2015, 4:00 PM



Aboriginal Affairs and
Northern Development Canada

**IF YOU DO NOT HAVE THE
MANDATORY IDENTIFICATION TO OBTAIN A STATUS CARD,
PLEASE CALL: 1-800-567-9604**

- Advise the call centre representative that you want to obtain a Temporary Confirmation of Registration Document (TCRD).
- They will ask a series of questions to confirm your identity and then mail a Temporary Confirmation of Registration Document (TCRD) to you.
- **This document will state your registration number and can be used in place of a Status Card to access benefits and services.**

Medical Travel Drivers

Terry Plain (Monis)402-5535
Ron Simon328-0203
Sheila Firth383-1073
Mary Lou Williams337-9342
Carol Miller332-0751
Christine Plain466-0054

ANIMAL CONTROL OFFICER

Ron Simon - Text/Call 519-330-7450

**For animal control
issues only!**

- Primary duties are to follow up on loose dog.
- complaints and monitor quarantined dogs.
- If you are a dog owner and your dog is loose, it is your responsibility to retrieve your dog.
- Traps available at Band Garage for use by community members. 519-336-0510

NOTICE

Development Committee Vacancy

There is a community member vacancy on the Development Committee. If you would be interested in serving on this committee for the rest of the 2015-16 term, please submit a letter of interest to Chief and Council by 4:00 pm on Wednesday, August 7, 2015.

Family Fitness Day at The Pinery



**Friday, July 17,
2015**

**9:00 am –
3:30pm**

**Transportation
Available**

Call the Health Centre TODAY
to sign up as there is limited
spots available.

**Day will include
various activities:**

**Hiking, Kayaking,
Canoeing, Yoga**

***Packed lunch will
be included***

**GREAT DAY FOR THE
WHOLE FAMILY!**

For further information or questions please call Jessica or Roberta at 519-332-6770



CHIPPEWA INDUSTRIAL DEVELOPMENTS LIMITED

978 Tashmoo Avenue

Sarnia, Ontario

N7T 7H5

TELEPHONE
(519) 336-9053
FAX (519) 339-9079
www.cidl.net

NOTICE

The Shareholder's of Chippewa Industrial Developments Limited (Band Council) are accepting applications to serve as Board of Directors.

Band Members interested in serving on the Board of Directors of Chippewa Industrial Developments are asked to submit your letter outlining your interest and experience to:

c/o Tom Maness
Chippewa Industrial Developments Ltd.
978 Tashmoo Ave., Sarnia, Ontario N7T 7H5

Closing date: **Friday, July 31, 2015 @ 4:30 p.m.**

Need Work Done?

Man willing to do odd jobs such as cutting grass, cleaning basements, garages, crawl spaces, digging, moving help, windows, eaves troughs, and other small jobs.

Contact: Kevin Cottrelle at 1940 St. Clair Pkwy. (Mitch Degurse's)

Messages: (519) 312-1468
Or
kevincottrelle@yahoo.ca

WANTED

Musician to play the piano or organ, each Sunday and Special Occasions.

Small stipend provided.

Apply to: St. Clair United Church, 984 Tashmoo Ave., Sarnia, ON N7T 7H5

Masters Chair

Full Service Hair Salon

107 Mitton St. N

Open Tues thru Sat 9:00 am to 4:00 pm

Evenings by appointment only !

Call 519-328-4066

EXTERNAL/INTERNAL POSTING

The North Lambton Community Health Centre is a community governed health centre serving identified priority populations in a defined catchment area. The Centre operates multiple sites in Ontario: Forest, Kettle & Stony Point, Watford, and Samia. Our interdisciplinary team of providers includes: physicians, nurse practitioners, registered nurses, social workers, health promoters, dietitians and physiotherapists.

Peer Worker – Diabetes Prevention

15 hours/week – 7 month contract

The Peer Worker position is based on funding provided through the Ministry of Health and Long Term Care, Health Promotion Division. The Peer Worker will work mainly with the Diabetes Education Program implementing diabetes prevention programs aimed at increasing food and activity skills.

The job will involve working in a variety of community settings with Health Centre clients, which include, First Nations, seniors and rural families.

QUALIFICATIONS

The Peer Worker should have an interest in and knowledge of cooking and nutrition. Experience working with First Nations, seniors and rural families is an asset.

For additional information/apply to:

Katelyn Black, Human Resources Assistant
North Lambton Community Health Centre
3 - 59 King Street West
Forest, Ontario, N0N 1J0
Phone: 519-788-4545
Fax: 519-788-6318
Email: kblack@nlchc.com



North Lambton Community Health Centre is committed to Employment Equity, welcomes diversity in the workplace, and encourages applications from all qualified individuals including women, members of visible minorities, aboriginal persons, and persons with disabilities. Only applicants selected for an interview will be contacted.

Closing Date: August 3, 2015



Employment Opportunity

**First Nations Constable
North Caribou Lake Police
Weagamow Lake, Ontario**

North Caribou Lake First Nation is currently accepting applications for the position of First Nations Constable. North Caribou Lake Police is administered by the OPP Aboriginal Policing Bureau while operations are supported and supervised by the Sioux Lookout OPP detachment.

North Caribou Lake First Nation is located on the north shore of Weagamow Lake. It is approximately 320 km north of Sioux Lookout.

ESSENTIAL QUALIFICATIONS:

- Grade 12 with Ontario Secondary School Graduation Diploma or equivalent
- Valid drivers licence in good standing
- 19 years of age or older
- No criminal record for which a pardon has not been granted
- Be of good moral character and habits
- Excellent communication skills, both oral and written
- Must be self-disciplined, motivated and community-oriented
- Must meet health and psychological standards.
- Must meet vision, hearing and physical standards
- Must have an up to date First Aid/CPR Certificate

DESIRABLE QUALIFICATIONS:

- Currently active as a First Nations Constable, Ontario Provincial Police, RCMP or Municipal Police officer
- Knowledge and understanding of aboriginal culture
- Diploma graduate of an accredited law and security program
- Other post-secondary studies in law and justice or native studies
- Experience working with young people in promoting healthy lifestyle choices

MANDATORY DOCUMENTATION:

- Cover letter/resume
- Copy of Grade 12 Ontario Secondary School Diploma or equivalent
- Copy of any other applicable educational post-secondary studies diplomas
- Copy of driver's licence and certificate of birth
- Three recent work related references (names and contact information)
- If applicable, receipt of a diploma from the Ontario Police College or equivalent

DEADLINE: Friday, August 7th, 2015 at 1600 hrs. Late applications will not be accepted. Only those candidates selected for further testing will be contacted.

Further information can be obtained by contacting Sgt. Kevin YOUNG at (807) 737-2020.

Applications must be submitted by e-mail only to: Kevin.Young@OPP.ca

Job Search Websites

- A. **OFIFC**, <http://www.ofifc.org/>
- B. **Nokee Kwe**, <http://www.nokekwe.ca/>
- C. **Southern First Nation Secretariat**, <http://www.sfns.on.ca/index.html>
- D. N' Amerind Friendship Centre (London), <http://www.namerind.on.ca/>
- E. **Anishnawbe Health Toronto**, <http://www.aht.ca/>
- F. **SOAHAC** London, Chippewas of the Thames, Owen Sound, <http://www.soahac.on.ca/>
- G. **Six Nations** (Ohsweken, ON), <http://www.sixnations.ca/>

Other Job Search Engines:

- <http://www.aboriginalcareers.ca/>
- <http://ca.indeed.com/Aboriginal-jobs>
- <http://www.wowjobs.ca/jobs-aboriginal-jobs>
- <http://www.turtleisland.org/front/front.htm>
- <http://www.eluta.ca/>
- <http://www.monster.ca/>
- <http://www.workopolis.com/>
- <http://www.jobs.ca/>
- <http://www.servicecanada.gc.ca/eng/sc/jobs/jobbank.shtml>
- <http://www.ofifc.org/>

For Up-To-Date News and Information in the First Nations Political Arena you may visit the following sites:

Chiefs of Ontario visit:

<http://www.chiefs-of-ontario.org/>

Union of Ontario Indians visit:

<http://www.anishinabek.ca/>

Assembly of First Nations visit:

<http://www.afn.ca/>

Southern First Nation Secretariat

<http://www.sfns.on.ca/>

Aboriginal Affairs and Northern Development Canada

<http://www.aadnc-aandc.gc.ca/>



Alternative and Continuing Education
is going on *Summer Break* in August



Last day of class is
Thursday July 30th

Classes resume on
Monday August 31st

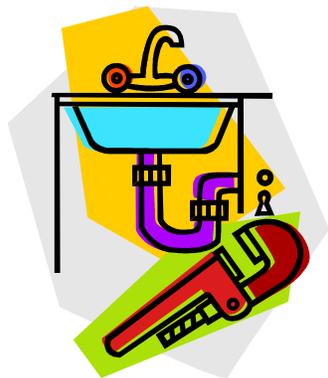


What is RRAP?

- It is a CMHC program for **LOW-INCOME** homeowners
- Provides loans, a part of which may not have to be paid back
 - Available to repair substandard living units

What repairs qualify my house?

- Your house must be substandard or deficient in one or more of the following:



- Structural
- Heating
- Disabled
- Electrical
- Fire Safety
- Plumbing

- Adaptations to make a unit accessible for a disabled occupant also qualifies for the Disabled RRAP program

Who is eligible?

- The **TOTAL** household's income must be lower than \$42,000.00.
Written verification of household income is required from all residence of the home.

The Inspector is available every Monday to do RRAP inspections. Please call the Housing Department at 519-336-8410. Deadline is September 30, 2015 to submit all required paperwork and quotes.



CURTIS HOPKINS MEMORIAL SCHOLARSHIP

1989-2007

Curtis is an inspiration to all he touched in his short life...always smiling, outgoing, and friendly and trying his best, even when he was not feeling well, his goal was to graduate and continue onto Post- Secondary Education at

Texas A&M, to become a Firefighter.

This award is to HONOUR YOUTH from the Aamjiwnaang community who struggle thru adversity to continue to Post- Secondary Education... *It is easy to keep trying when you are winning, but Heroes are those who keep trying even when despair and defeat are staring them in the face.*

COMPLETED application can be delivered to Band Office by **JULY 27th, 2015**

ATTENTION: Norma Romlewski - Secondary School Education Worker

NAME: _____

ADDRESS: _____

CITY: _____ POSTAL CODE: _____

PHONE: _____ =

Email address: _____ =

School you are Currently Attending: _____

Enrolled -Accepted into University or College for **FIRST YEAR** of study

Yes

No

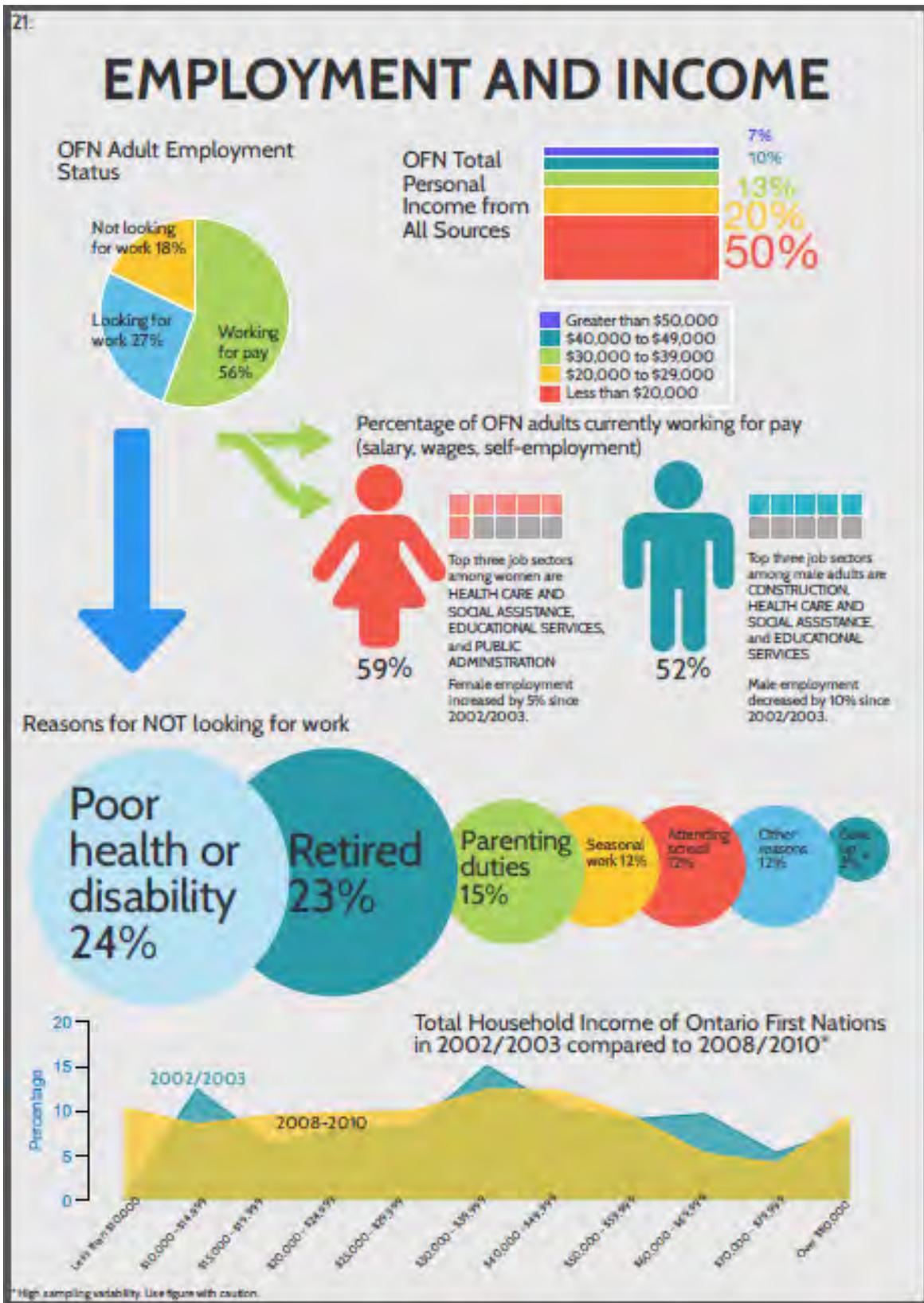
Name of Post-Secondary School: _____

Program : _____

Please INCLUDE the following documentation with your **COMPLETED APPLICATION**

Only completed applications will be considered

- 250 - 500 word essay -Why I Deserve this Scholarship **AND** Future plans
- Current Photo - (head and shoulder shot only) **OR** photocopy of status card.
- Copy of Secondary School Transcript **OR** Final Credit Summary
- List of Extracurricular activities including sports, volunteer work, if applicable
- Must be a registered Band Member of **Aamjiwnaang First Nation**



These infographics are from the Regional Health Survey Peoples' Report (on education).

Julia Candlish | **Education Director**
 Chiefs of Ontario | 111 Peter St, Suite 804, Toronto M5V 2H1
 📞 Office: 416 597-1266 | 📱 Mobile: 416 809-7489

Pat Nahmabin Memorial Golf Tournament

Friday, August 14, 2015
8 am Registration ~ 9 am Shot Gun Start

Greenwood Golf Course
London Line, Sarnia ON

\$400 Team / 4 Person Scramble - \$100 Hole Sponsorship
First 36 Paid by Aug 7th

Entry Fee includes... 18 Holes, Cart, Dinner & Golf Shirt

Proceeds go towards the Pat Nahmabin Memorial Fund
To register your team or for more info contact Jamie Maness at 519-491-2160
or Duffy Simon at 519-344-6757



Men's Cooking Class

Thursday, July 30, 2015

11:00am – 1:00pm

Health Centre

Prize For All Participants

Learn to love delicious food made with a few healthy ingredients.

New Participants Welcome!

Call the Health Centre TODAY to register at 519-332-6770

Transportation available



& SERVICE CENTRE

TAX FREE *Plus*
COURTESY SHUTTLE

Full Mechanical, Collision & Rust Repair
on all Makes & Models



OIL CHANGES • BRAKES
SUSPENSION • TUNE-UPS • TIRES

1069 Tashmoo Ave.

Mon to Fri 8am - 5pm, Weekends 9am - 3pm

Ken Plain: 519-336-6372

whiteplainsautobody@gmail.com

ANISHINABE ININIWAG GROUP



*Door prize's only a
Man would think
were perfect.*

Men's Group

- The group will be for men and young men.
- Learn: Historical information and practices.
- Learn to cook.
- Roles men play in the community.
- Fishing and frying

So if you have any good ideas for activities for the group, please come out share and participate in making the group a success

July 15, 2015 5:00 pm and every other week after at the Health Centre

AAMJIWNAANG'S BIGGEST LOSER!



THE RESULTS ARE IN!

1st Place: Elsie Williams

2nd Place: Audrey Jacobs

3rd Place: Kathy Waters

**Winners were determined by percentage of total weight loss

Congratulations to all the participants! Keep up the great work!

Total Group Weight Loss: 73.0 lbs

Total Group Inches Loss: 61.75 inches

Wendy Hill – Traditional Healer

Next Dates: August 12 & 13

Please call Aamjiwnaang Health Centre at 519-332-6770 to book your appointment.



THE GOLD CUBE

Call Shawnacey Williams:

519.312.5477

thegoldcube@gmail.com

GRAPHIC/WEB DESIGNER FOR HIRE!

Websites • Business Cards • Flyers • Branding
Brochures • Postcards • Logos • CD Album Design
T-shirts • Apps • Signage • Banners • Custom Design



Roger Williams' AUTHENTIC NATIVE CRAFT SHOP

**Lots to
Choose From &
Great
Gift Ideas!**

**STORE HOURS
Monday ~ Saturday
10:00 am ~ 6:00 pm
Phone 519-344-1243**



Wednesday trips to the Farmer's Market!

July 29th

August 5, 12, 19, & 26th

Enjoy the benefits of shopping local!

Lower Prices!

Ontario grown!



Healthier!

Fresher Food!

**Limited space available. Please contact
Roberta at 332-6770 to sign up.**

[Overdose]

People can overdose on lots of substances, including alcohol, Tylenol, opioids or a mixture of drugs. Opioid overdoses happen when there are so many opioids or a combination of opioids and other drugs in the body that the person is not responsive to stimulation and/or breathing is really shallow. This happens because opioids affect the body's drive to breathe. If someone cannot breathe or is not breathing enough, the oxygen levels in the blood decrease and the lips and fingers turn blue- this is called cyanosis. This lack of oxygen eventually stops other vital organs like the heart, then the brain. This leads to unconsciousness, coma, and then death. With opioid overdoses, surviving or dying wholly depends on breathing and oxygen. Fortunately, this process is rarely instantaneous; people slowly stop breathing which usually happens minutes to hours after the drug was used. While people have been 'found dead with a needle in their arm,' more often there is time to intervene between when an overdose starts and before a person dies. Overdose is a major and often overlooked cause of death among people who inject heroin or other opioids.

Naloxone: The Second Chance Drug

Naloxone (also known as Narcan) is an easy-to-use, lifesaving antidote to reverse an opioid overdose. Used in hospitals for decades, the medication has no abuse potential, and can be administered with basic training. It works by neutralizing the opioids in your system and helping you breathe again. Naloxone only works if a person has opioids in their system; the medication doesn't work on other drugs. Call the Health Centre to speak with Penny about overdose risks and safer drug use.

MOBILEYEZ

Mobileyez has been visiting our community for a few years now. We'd like to know if you've been satisfied with the service you have received. If you would like to share your experience, please get in touch with Sara Plain at the Health Centre (519) 332-6770 or health@aamjiwnaang.ca.

We'd love to hear from you!



RP Home Renos
Interior and Exterior
For free estimates
7 days a week call
Ryan Pitre
519-312-7537

Grief & Loss Counselling Services

Through grief/trauma counselling, Tina can help you work through distressing experiences. Regardless of the kind of loss you're facing, Tina can help guide you through your grief and help you learn healthy ways to cope with your loss/trauma.

Tina provides confidential care and support for individuals, couples and families across the lifespan who are facing difficult seasons in their lives.

Please contact Aamjiwnaang Health Centre
to speak with Tracey or Penny
about accessing Grief & Loss Counselling
(519) 332-6770

Support for Families, Caregivers and Friends Who are Supporting Someone Struggling With Substance & Alcohol Use

Families can play an important role in supporting a loved one with a substance use problem. Often it is the families and loved ones that deal with the crisis, assist with system navigation, serve as informal case managers, encourage and support treatment. Family members, caregivers and friends may experience anxiety, stress, shame, self-blame, depression, fear and frustration. People dealing with addictions in their family can initially not have adequate information regarding the problem, treatment, self-care or available resources.

Facilitators from Bluewater Health Community Withdrawal Program will introduce ideas and concepts to you to support your understanding of substance use, how to better support yourself and how to better support your loved one.

TOPIC of discussion: **ADDICT EXPERIENCE IN AND
AFTER TREATMENT**

July 23, 2015

Aamjiwnaang Community Centre
10:00-11:30 P.M.

Please contact Penny @ 332-6770 for further information.

Crabs in a Bucket

We do not 'need' to get caught up in lateral violence. We can choose to walk away, let go of past 'grudges', and move on with our lives. We want to discourage our children from using lateral violence and model healthy living for them.

Why Do People Use Lateral Violence?

- **low self esteem and self worth**
- **cannot accept others**
- **confused and unhappy with themselves**
- **'stuck' in the cycle of oppression**
- **lack of knowledge and awareness**
- **unresolved anger, pain, shame**

The best way to deal with lateral violence is with kindness. We should try not to react to those people that spend their time and energy in a negative way. It is the reaction that they are waiting to see.

Let's Talk

“Normies” vs. “Addicts”

The difference between casual drug users and addicts (“normies” vs. addicts) is that addicts use drugs as medicine while “normies” use drugs for fun. Here’s a news flash: for most people, using drugs is fun, at least initially. Considering the hundreds of millions of dollars spent every year drilling that precise message into the public mind by the liquor and beer industries, it’s rarely conceded for illegal drugs. But it’s fun to get high on drugs just like it’s fun to have a couple beers. Having a toke or a martini or a line of coke makes people feel better, happier, hipper, smarter, more attractive, more sociable, less inhibited. More fun. That’s why I did it.

Most of us are introduced to psychoactive drugs by alcohol. We try it and like the feeling so we have more. We don’t know our limits or alcohol’s power, so we drink too much and get sick. We endure hangovers, recover and swear we won’t do that again. But we do, learning with practice how to calibrate intoxication most of the time. Once you’ve experienced that pleasure, you want it again and it’s not necessarily pathological. You want to recreate the excitement, the newness, the exhilaration, so you chase the high. You don’t know it, but it can’t happen — you can never do something for the first time again. But since you don’t know it, you may keep trying (and trying and trying). Like Spaulding Grey searching for the perfect wave, you might even risk drowning to achieve the feeling you seek. You may add drugs to alcohol, mixing and matching and, knowingly or unknowingly, increasing the risk in exchange for the promise of a more satisfying high. Maybe, like John Belushi, you take a speedball (heroin, a depressant paired with cocaine, a stimulant) blending polar opposites in search of the perfect combination. Or, less drinking worth the hangover? Is pot worth the dramatically, Red Bull and alcohol. You weigh the psychological dangers and physical costs. Is paranoia? Is acid worth the danger of a bad trip? Are illegal drugs worth the risk of arrest? Some say yes. Why? Because it’s fun for them.

Addicts, however, have a different experience. For them, alcohol and drugs are about much more than fun. For addicts, drugs are about the emotional payoff. The payoff people get from drugs varies widely. For some, there is no payoff: some people have a genetic predisposition that makes drinking alcohol, for example, uncomfortable, like they’re losing control. For others, alcohol makes them physically ill: a significant minority of Asians, Jews and Caribbeans have a gene that speeds alcohol’s metabolism, overwhelming the body’s ability to cope with toxic by-products. People who have this genetic makeup feel uncomfortable even if they only drink a small amount. Unsurprisingly, they have a very low risk of alcoholism.

At the other end of the spectrum are addicts, who get a profoundly positive emotional payoff from drugs. And there exists every shade in between. Broadly speaking, there are two kinds of addicts: “normies” who become addicted; and “born addicts”. The first become get addicted from excessive drug use over of time (though they may have a genetic predisposition that makes drugs particularly beneficial emotionally). Over time, excessive drug use causes their brains to develop tolerance as a defensive reaction to the overstimulation of their Limbic “reward” systems that drugs cause. Tolerance makes the Limbic system less efficient, which temporarily protects the brain from drug-induced overstimulation. But it also induces a counter-reaction: more drug use at higher doses to get the same emotional payoff users used to get with less. This starts a vicious cycle of increasing tolerance provoking increasing drug use. Eventually, as tolerance deepens, the brain adapts by permanently reprogramming itself to deal with continuous drug use. It adapts to a “new normal” under which the tolerant brain needs drugs. Tolerance mandates that addicts have to use drugs as medicine to feel normal and avoid the physical pain and psychological panic of withdrawal. In rehab, people who develop addiction were likened to cucumbers that become pickles after brining: they can never go back to being cucumbers. It’s an apt analogy because of the stability of brain changes that can result from developing ever-escalating tolerance. “Born addicts”, on the other hand, come pre-pickled. They use drugs compulsively from their first introduction to them. For “born

Let's Talk

...continued

addicts,” the emotional payoff is so immediate and profound they feel they’ve found the antidote to their previously unmet emotional needs. They too use drugs as medicine, they just do it right from the beginning. They also tend to be 2nd or 3rd-generation addicts who have inherited an addict brain. In either case, people who become addicted and “born addicts” use drugs to self-medicate. That’s the essential difference between addicts and those who can-take-or-leave drugs and alcohol. Addicts are long past the point where drugs are used for fun.

If you’re interested in learning more or exploring your treatment options please call the Health Centre to speak with Tracey, Robin or Penny.

**“BAND TOGETHER
for HEALTH”**

**Cooking, Education,
& Exercise Classes
have been
cancelled
for the summer.**

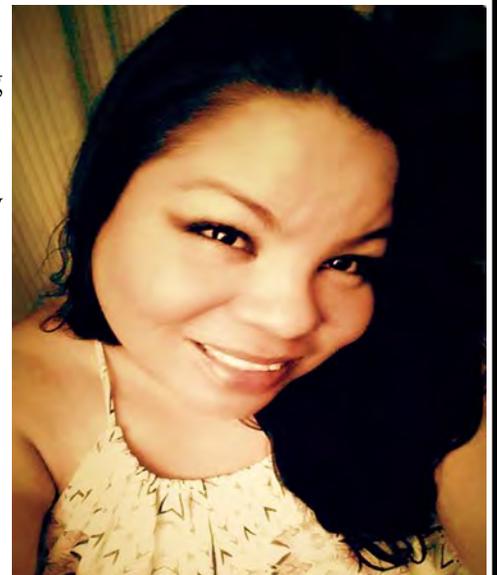
**Classes will resume
in September**



OUR GO TO GIRL !

Dorothy is the girl behind the phones when you call the Aamjiwnaang Health Centre. She accomplishes a variety of things during any given day such as filing, faxing, troubleshooting computer issues, answering calls, updating the health centre Facebook page, scheduling a variety of appointments, registering front line workers for workshops. You can also find her helping the community with meeting health professionals, making a coffee, and performing whole host of office tasks. Dorothy loves the whole aspect of social interaction with the community and meeting new people.

Dorothy’s spare time away from the office includes her home and children, she loves researching the internet on sites such as Pinterest where she has learned a pretty neat idea for a Secret Santa gift, and Youtube where she had learned to fix her front load washing machine. She also loves her Facebook.



AAMJIWNAANG HEALTH CENTRE

Mammogram Screening

Tuesday, July 21 at 8:30 – 11:30 am

Open to women 50 years & older
with no history of cancer or implants

FREE BREAKFAST PRIOR TO APPOINTMENTS

Join us for a visit to the Ontario Breast Screening Clinic in Samia for a Routine Mammogram. Mammograms are recommended every two years for women 50 years and older. If your doctor has recommended you have one yearly, you may also join us this day.

Please call Jessica at the Health Centre to register at 519-332-6770

TRANSPORTATION AVAILABLE



Working Group

Are you trying to stretch your household dollar further and further? Couponing, Cash back sites, & Price Matching can help!

Come out and see what it's all about!

Thursday, July 16th & 30th
1pm-2pm

Aamjiwnaang Health Centre







Draw for a \$25 Grocery card!

For more information please contact Roberta or Penny at 332-6770.

Catch & Release Fishing with Tailgate Supper!

FOR DADS, GRANDPAS, UNCLES, BROTHERS WITH CHILDREN 6YRS OLD AND UNDER



A limited amount of children's fishing rods will be available for the event. Bring your own if you have one.

WHEN:
Wednesday, August 19, 2015
5:30 p.m.-7:30 p.m.

WHERE:
LITTLE TURTLE POND (LaSalle and Highway 40)

SIGN UP by August 17th
Health Centre Reception
(519)332-6770
Rides Available

MOSQUITO SURVEILLANCE & CATCH BASIN LARVICIDING TO BEGIN

We've been hearing the mosquitoes are bad again this year! We are working with St. Clair Region Conversation Authority and Health Canada once again to reduce the mosquito population. Larvicidal treatments of the catch basins will begin soon and continue throughout the summer.

With the help of Kyle Williams, we'll also be trapping mosquitoes throughout the community to test them for West Nile Virus.

Please remember to remove stagnant water around your home to eliminate potential mosquito breeding sites.



FIGHT THE BITE



Aamjiwnaang Mental Wellness Program
519-332-6770

CHANTAL BUTTERFIELD

SEXUAL ASSAULT SURVIVORS CENTRE

July 29th @ 10am—noon

Chantal will be offering counselling services out of the **Health Centre. If you'd like to meet her or ask questions** please drop in and have a talk with her. Chantal will be here every other Wednesday.

For more info please contact Tracey
@ 519-332-6770 or
email: tgeorge@aamjiwnaang.ca



Inspire	FRIENDS	MOTIVATE	SHARE
	ENCOURAGE	positive	1000
OPEN	happy	TOGETHER	1000
traditions	STRENGTH	praise	talk
HOPE	life	FAMILY	FUN
connect	SFPY	Understanding	
DREAM	Goal	COMPROMISE	
	Warmth	SUPPORT	
Listen	Learn	PARENT	
Smile	laughter	RESPECT	teen

SFPY

**A 9-WEEK
PROGRAM FOR
PARENTS & TEENS
AGES 12-16**

Interactive

Fun

Gifts & Rewards

HELPING PARENTS & TEENS TO GET ALONG BETTER



"I've seen a lot of change in my mom's attitude towards me" ~Teen

"It brought our family a lot closer" ~Parent

Coming to Aamjiwnaang in September!

Monday evenings at 5pm. Space is limited. For more information or to register, please contact Sara at the Health Centre (519) 332-6770 or health@aamjiwnaang.ca

Mnoasged Child & Family Services, Health Centre and Parent Action on Drugs

NOTICE

Once again we will be taking a summer break for
Congregate Dining.

There will be no Congregate Dining in August.

Lunches will resume on September 2.

Seniors 55 & Over Congregate Dining

Seniors Drop In Room



**Every Wednesday
12 - 1 pm**

Come on out...

Socialize and enjoy a home
cooked Nutritious, delicious
meal!

Hope to see you there!

**Any Questions give call
Peggy a call
519-332-6770**

Congregate Dining Menu Seniors 55 & older

July

- 22 Corn on the Cob, Meatloaf, Bean Salad, Dessert
- 29 BBQ Chicken, potatoes, coleslaw, dessert

NO LUNCH FOR THE MONTH OF AUGUST

September

- 2 BLT, English style chips, pickles, dessert
- 9 Chicken Quesadilla, veggies and dip, dessert
- 16 Fried Bologna sandwich, Bean soup, dessert
- 23 Egg salad on a croissant, Soup, dessert
- 30 Cabbage rolls, mashed potatoes, dessert

NOTICE

The Soup Kitchen will not be run in July or August.
The Soup Kitchen will resume in the Fall.

Thank you.



Mobile Market 2015



Coming to a community near you!

Mondays – Petrolia, Corunna & Aamjiwnaang

Petrolia – Food bank – 4156 Petrolia Line 9:30 – 10:30

Corunna – All Saints Anglican – Hill St 11:00 – 12:00

Aamjiwnaang – Community Centre Pavilion 12:30 – 1:30

Tuesdays – Forest, Thedford & Kettle Point

Forest – Contact House - 6276 Townsend Line 9:30 – 10:30

Thedford – Meadowville – 76 Mill Street St. 11:00 – 12:00

Kettle Point – Hillside School – 6285 Indian Lane 12:30 – 1:30

Wednesdays – Watford & Alvinston

Wyoming – 587 Ontario Street 9:15 – 10:15

Watford – United Church – 555 Ontario St 10:45 – 11:45

Alvinston – Township Office – 3236 River Rd 12:15 – 1:15

Fridays – Sarnia

Rogers St – parking lot 9:30 – 10:30

Kathleen Ave – park 11:00 – 12:00

Veteran's Park – along Victoria St N 12:30 – 1:30

YMCA Learning & Career Centre – 660 Oakdale Ave 2:00 – 3:00

Starts the week of July 6th until the end of October

A program of The Inn of the Good Shepherd, Fresh produce is available every week at no cost

(while supplies last).

Many thanks to the farmers, greenhouses and gardeners who support this program with donations of produce!

Accessing the Mobile Market

To access the Mobile Market, please bring one of the following:

- The Inn or any food bank client card
- ID and proof of residence in Lambton County or Co-op Housing
- Proof of social assistance income (OW or ODSP or OAS)

Many thanks to Mainstreet Credit Union for its financial support of the 2015 Mobile Market program

mainstreet Credit Union

Healthy Activities ... Healthy Lifestyles

Following up on the successes of last summer, Lambton Public Health and North & West Lambton Community Health Centres will be attending various mobile markets with health activities and providing resources with recipes and tips to preparing the vegetables.

The Mobile Market ...Community Kitchen nights!!!

In August & September join us for a couple evenings to learn how to prepare & freeze corn, squash and applesauce then get to take quantities home to stock your freezer for the winter!

Dates & locations will be announced at the markets, 2-3 weeks prior to the kitchen nights.



July

Healthy Babies/Healthy Children and Head Start

Thursday group will resume in September.

During the summer we will be spending some time programming outdoors. Please remember to bring your sunscreen, bug spray, bathing suit, towel, etc.

Monday, July 20th	10:30 a.m. to 1:30 p.m. Kids in the Kitchen
Tuesday, July 21st	New Parents Group Memory Bears (1 st of 2 weeks)—Space Limited—SIGN UP
Wednesday, July 22nd	5:00 p.m. to 7:30 p.m. Outdoor Fun and Frozen Treats
Monday, July 27th	10:30 a.m. to 1:30 p.m. Summer Craft
Tuesday, July 28th	New Parents Group Memory Bears (week 2)—Space Limited—SIGN UP
Wednesday, July 29th	6:00 p.m. to 8:00 p.m. Splash Pad at Cox Youth Centre (Meet at the park)



Thursday group will resume in September.

During the summer we will be spending some time programming outdoors. Please remember to bring your sunscreen, bug spray, bathing suit, towel, etc.

Monday, August 3rd	Civic Holiday! All band operations closed.
Wednesday, August 5th	Activity to Be Announced SIGN UP with Tanya
Monday, August 10th	10:30 a.m. to 1:30 p.m. Mike Weir Park

Erie St. Clair **LHIN**

Erie St. Clair Indigenous Community Health Care Needs Assessment Focus Groups

Plan to Attend...

The Erie St. Clair Local Health Integration Network (ESC LHIN) and the Local Indigenous Health Planning Committee are seeking your thoughts and input on local health care services.

Your feedback will help us to identify priorities and make improvements to the Indigenous patient journey through the local health care system by focusing on the following areas:

- Availability and access to primary care
- Quality of care
- Align service coordination between mental health/addiction services and Indigenous communities and patients.



WE WANT TO HEAR FROM YOU!

For more information on the Focus Groups, please contact Tanya Baniak at tanya.baniak@lhins.on.ca or by phone at (519) 351-5677 extension 3251

Aamjiwnaang First Nations Focus Group:

Date: Tuesday, July 21, 2015

Start Time: 5:00 p.m.

***Location: Aamjiwnaang Health Centre
1300 Tashmoo Ave, Sarnia, ON***

***Each participant will receive a \$10 gift card**

OVERDOSE AWARENESS 2-PITCH CO-ED BASEBALL TOURNAMENT

PRIZES AWARDED TO
1st 2nd 3rd

FUN ACTIVITIES FOR THE WHOLE FAMILY

GREAT FOOD & PRIZES

August 29-30, 2015

Aamjiwnnang

Baseball

Diamonds

Call Penny to register your
team today @

(519) 332-6770

\$100.00 entry fee

LIMITED SPOTS

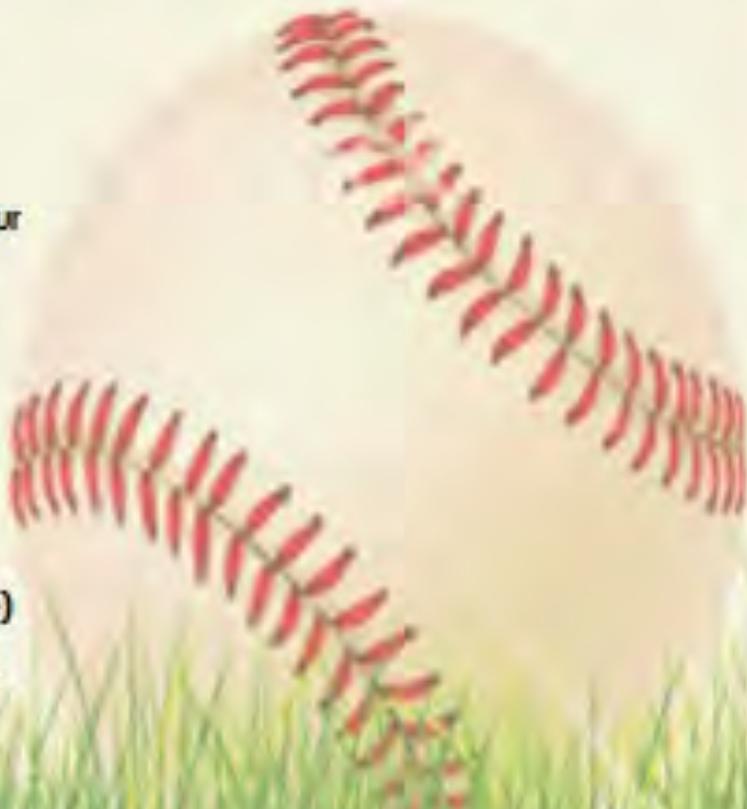
AVAILABLE!

(August 19th deadline)

THIS IS A SUBSTANCE

FREE EVENT

NON PERISHABLE FOOD ITEMS ARE WELCOMED FOR
AAMJWNAANG FOOD BANK



VOLUNTEERS NEEDED FOR AUGUST 29th & 30th

**LOOKING FOR
RESPONSIBLE
VOLUNTEERS TO HELP
MAKE THIS EVENT A
SUCCESS!**

**RESPONSIBILITIES WILL
INCLUDE**

- **ASSISTING WITH THE
FIRST AID TENT (valid
CPR and first aid required)**
- **MAINTENANCE AND UP-
KEEP OF THE DIAMOND
AND SURROUNDING AREA**
- **EXPERIENCED UMPIRES
(protective gear required)**
- **EXPERIENCED
SCOREKEEPERS**
- **COMMUNITY
ENGAGEMENT
VOLUNTEERS TO HAND
OUT PAMPHLETS AND
PRIZES**



**FOUR HOUR SHIFTS CAN BE EXPECTED AND THIS EVENT QUALIFIES
FOR ONTARIO WORKS COMMUNITY PLACEMENT \$\$\$\$\$\$**

(PLEASE CONTACT MARINA PLAIN)

AND

HIGH SCHOOL VOLUNTEER HOURS.

**EACH VOLUNTEER WILL RECEIVCE A BBQ MEAL AS A GESTURE OF
THANKS.**

PLEASE CALL PENNY TO VOLUNTEER

(519) 332-6770



AAMJIWNAANG FIRST NATION

EMERGENCY PLANNING



EXTREME HEAT

During a heat wave, everyone is at risk. Extreme heat can lead to adverse health effects such as heat stroke. When you are building your family emergency plan review and discuss these safety tips with your entire household to make sure everyone understands what to do.

General Tips

If you are indoors:

- Stay indoors as much as possible to limit exposure to the sun.
- Take frequent cool showers or baths.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Eat well-balanced, light, and regular meals. Avoid using salt unless directed to do so by a physician.
- Check on family, friends, and neighbours who do not have air conditioning and who spend much of their time alone.

If you are outdoors:

- Consider spending the hottest part of the day in public buildings that have air conditioning.
- Drink fluids (water is recommended) every 15 to 20 minutes even if you do not feel thirsty. Individuals with health problems should consult a physician before increasing their consumption of fluids.
- Wear light coloured, loose-fitting clothing that cover as much skin as possible.
- Protect your face and head by wearing a wide-brimmed hat.
- Wear sunglasses that provide full UVA and UVB protection for your eyes.
- Apply SPF 15 or greater sunscreen 20 minutes before going outdoors. Don't forget to apply sunscreen to ears and nose which are particularly susceptible to sunburn. Protect your lips with an SPF 15 or higher lip balm.
- If you feel dizzy, weak or overheated, go to a cool place. Sit or lie down, drink water and wash your face with cool water. If you don't feel better soon, seek medical help immediately.

Prepare Now

- Review and discuss the safety tips with your entire household to make sure everyone understands what to do in extreme heat conditions.
- Cover windows that receive morning or afternoon sun with drapes, shades or awnings.
- Include extra water, sunscreen and sunglasses (with full UVA and UVB protection) in your emergency survival kit.

Reminder: If you haven't signed up for our notification system, use this link:

<https://member.everbridge.net/index/453003085611503>

Or, complete one of the sign-up sheets and drop it off at the Band office

If you have any problems, contact Wilson Plain Jr. at the Band office (519) 336-8410



AAMJIWNAANG
NOTIFICATION SYSTEM
 NOONDAN GEZHAWEBAG
 (to hear what will happen)



ONTARIO ENERGY BOARD NOTICE TO CUSTOMERS OF UNION GAS LIMITED

Union Gas Limited has applied for pre-approval of the cost consequences of a long-term natural gas transportation contract with NEXUS Gas Transmission.

Learn more. Have your say.

Union Gas Limited has applied to the Ontario Energy Board (OEB) for pre-approval of the cost consequences of a 15-year gas transportation contract commencing on November 1, 2017. Union Gas Limited estimates that the total cost over the 15-year term of contract will be \$715 million. If its application is approved, Union Gas Limited says that the benefits will include:

- increasing the security of gas supply
- providing greater diversity of supply sources
- supporting the liquidity of the natural gas hub at Dawn, Ontario
- helping to lower natural gas prices and enhance price stability

Union Gas Limited estimates potential gas cost savings of over \$700 million over the term of the contract compared to current contracted supplies.

THE ONTARIO ENERGY BOARD IS HOLDING A PUBLIC HEARING

The OEB will hold a public hearing to consider the application filed by Union Gas. We will question Union Gas on the case. We will also hear arguments from individuals and from groups that represent the customers of Union. At the end of this hearing, the OEB will decide whether or not to pre-approve the costs as requested in the application.

The OEB is an independent and impartial public agency. We make decisions that serve the public interest. Our goal is to promote a financially viable and efficient energy sector that provides you with reliable energy services at a reasonable cost.

BE INFORMED AND HAVE YOUR SAY

You have the right to information regarding this application and to be involved in the process.

- You can review the application filed by Union on the OEB's website now.
- You can file a letter with your comments, which will be considered during the hearing.
- You can become an active participant (called an intervenor). Apply by **July 22, 2015** or the hearing will go ahead without you and you will not receive any further notice of the proceeding.
- At the end of the process, you can review the OEB's decision and its reasons on our website.

LEARN MORE

Our file number for this case is **EB-2015-0166**. To learn more about this hearing, find instructions on how to file letters or become an intervenor, or to access any document related to this case, please select the file number **EB-2015-0166** from the list on the OEB website: www.ontarioenergyboard.ca/notice. You can also phone our Consumer Relations Centre at 1-877-632-2727 with any questions.

ORAL VS. WRITTEN HEARINGS

There are two types of OEB hearings – oral and written. The OEB will determine at a later date whether to proceed by way of a written or oral hearing. If you think an oral hearing is needed, you can write to the OEB to explain why by **July 22, 2015**.

PRIVACY

If you write a letter of comment, your name and the content of your letter will be put on the public record and the OEB website. However, your personal telephone number, home address and e-mail address will be removed. If you are a business, all your information will remain public. If you apply to become an intervenor, all information will be public.

This rate hearing will be held under section 36 of the Ontario Energy Board Act, S.O. 1998 c.15 (Schedule B).



Science Camp



For Girls and Boys ages 11-13. This camp is FREE!
Space is limited. Register early!

Date: August 4 – 7 2015

Time: Camp day – 9am-4pm; Drop off – 8:30am-9:00am; Pick up – 4:00pm-4:30pm

Location: Maawn Doosh Gumig Community Centre

To register, contact Janice Rising at 519-383-0404 or 978 Tashmoo Avenue, Sarnia

An Actua camp

Delivered by:

Supported by:



**Youth CHAT & the City of Sarnia Presents:
Outdoor Tobacco-free Movie Night!**

Friday, July 24th 2015, 7pm-9pm
Just behind Clearwater Arena

Featuring:



EVEN HEROES NEED A HELPING HAND WITH HEALTH!



FREE Admission and FREE popcorn!

- 7pm-9pm, Heroic Activities, Robotic Dance party, and tons more!
- Dusk: Big Hero 6 on the big screen. (Bring lawn chairs, blankets)
- Parents/ guardians must attend with children under 12.



**Lambton
Public Health**

For more information call:

- 519-344-2062 ext. 2167
- toll free 1-800-387-2882



Free Printable Crossword Puzzle #1

This is the Daily Crossword Puzzle #1 for Jul 7, 2015

Find the solution at

<http://onlinecrosswords.net/1519>

Across

- 1. Accept an invitation
- 5. 2005 NBA first draft pick Andrew
- 10. Exam you take before you can perform it
- 14. Vera starter
- 15. Scent of a woman
- 16. Spring break destination
- 17. Lost
- 20. Way through the Paris underground
- 21. Having a toothed edge
- 22. Home of the 49ers
- 25. Phoebe of "Gremlins"
- 26. Deerly loved animated film
- 30. Renegade
- 33. Delineated sections
- 34. Become ragged at the edges
- 35. Spill the beans
- 38. Lost
- 42. By what means
- 43. DNC chairman
- 44. Wilder character
- 45. Brosnan, pre-Bond
- 47. Mayle's "___ in Provence"
- 48. Westernmost African capital

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18						19				
	20							21						
				22		23	24		25					
26	27	28	29			30		31	32					
33						34					35	36	37	
38					39					40	41			
42					43					44				
			45	46						47				
48	49	50						51		52				
53					54	55			56		57	58	59	
60								61	62					63
64						65					66			
67						68					69			

Down

- 1. "Go, team!"
- 2. Gracile
- 3. Exercise a political right
- 4. Decayed vegetable matter
- 5. Flitch or rasher content
- 6. Food scrap
- 7. Federal domain ending
- 8. Boo targets, often
- 9. Counterbalance
- 10. Dr. Phil
- 11. 100 points
- 12. Decrease in intensity
- 13. Big bites for bookworms
- 18. Sign of a bad apple
- 19. Grampus relative
- 23. Morning mugful
- 24. Panacea
- 26. Verbally attack
- 27. Home of Kings and Monarchs
- 28. Catty remark
- 29. Famous sitcom setting
- 31. English historian Richard
- 32. Caustic soda
- 35. Alphabetic symbol of yore
- 36. Paul who sang "Having My Baby"
- 37. Simeon I, for one (Var.)
- 39. Ike's monogram
- 40. Cheadle's' "Hotel"
- 41. Famous victim of tiger attack
- 45. Powder-in-a-packet
- 46. Destiny's Child, for example
- 48. Father of thermos technology
- 49. Carol and Mike's maid
- 50. Kin partners
- 52. One of the Judds
- 54. Pulls on
- 55. Store for the future
- 57. The 13th of April
- 58. Foget, like an 'r', perhaps
- 59. Poet Teasdale
- 61. King preceder
- 62. Dream-time acronym
- 63. For each and every one



Native Youth Olympics was held on June 15, 2015 at Western University hosted by N[']amerind Friendship Center. Aamjiwnaang had about 20 athletes and about the same fans. We won 12 gold medals, 6 Silver, 3 bronze. Overall we came in third out of nine First Nations and friendship centers competing.

I would like to congratulate everyone who participated. It was a beautiful day full of team spirit, and fun!

(Missing from Picture is Anthony and Carolina Jacobs)



Right-to-Play group headed to the Pan Am games.



**TRIP TO MICHIGAN
INT'L SPEEDWAY**

Sunday, August 16th

Turn 1, Section 63, Row 36-39

\$130 U.S. per PERSON

Coach Bus, Ticket, \$10 Food Voucher,
Pit & Paddock Passes

Bus Leaves Food Basics at 6:00 am SHARP
Proper ID for Border Crossing

Contact Willie at
519-332-6771 or 519-384-1957



AC/DC - BUS ONLY

TUESDAY SEPTEMBER 8TH

\$30 U.S. PER PERSON

Bus leaves Corunna Ball Fields
Parking Lot at 2:00 pm. Maawn
Doosh Gumig at 2:15 pm and Food
Basics at 2:30 pm SHARP

Must Purchase Your Own Ticket

Contact Willie at 519-332-6771 or 519-384-1957,
Tracy at 519-333-7472, or
Preferred Charters at 1-810-983-7433

PINK OUT THE PARK
KANSAS CITY vs DETROIT



Friday, Sept. 18th @ 7:08 PM
TICKET(143), COACH BUS,
T-SHIRT, Shuttle from Nemo's Bar &
Grill, Fireworks after Game

\$ 100.00 U.S.

TICKET'S AVAILABLE @
HOLLYWOOD TAN, Corunna
or Tracey- 519-333-7472
or Willie- 519-384-1957

MUST HAVE PROPER ID FOR
BORDER CROSSING

BUS LEAVES 2:00 PM SHARP FROM
CORUNNA BALL FIELDS PARKING
LOT & 2:30 PM EASTLAND PLAZA,
SARNIA



CEDAR POINT BUS TRIP

Thurs., Aug. 20th

COST: \$90.00 U.S..INCLUDE
COACH BUS AND ALL DAY AD-
MISSION. BUS LEAVES CORUN-
NA AT 5:00 AM, MAAWN DOOSH
GUMIG AT 5:15 AM AND FOOD
BASICS AT 5:30 AM. **SHARP**

CALL Willie 519-332-6771 or 519-
384-1957 FOR SEATS
LIMITED SPACE AVAILABLE.



DETROIT RED WINGS
VS
TORONTO MAPLE LEAFS



Friday October 9th AT 7:30 PM

\$160.00 U.S.

**INCLUDES: COACH BUS, TICKET (Sec.228, Row 7-10), and Shuttle
 from Nemo's Bar & Grill
 Proper ID for Border Crossing
 BUS LEAVES CORUNNA BALL FIELD AT 2:00 PM SARNIA MARKET
 PARKING LOT AT 2:30 PM SHARP
 Ticket's Available at Dempsey's Bar & Grill or
 Willie at 519-384-1957 or 519-332-6771**



DETROIT TIGERS vs MINNESOTA TWINS



Sunday - Sept. 27 @ 1:05 pm

\$70.00 U.S. (Coach Bus & Ticket Sec.113)

**Ticket includes – Shuttle from Nemo's - Kids Under Age of 14 – Get
 a Anibel Sanchez Bobble Head, Face Painting, Carousal & Ferris
 Wheel Rides, Running of the Bases after the Game.
 Kids 16 and Under must be accompanied by a Adult.
 Proper ID for Border Crossing.
 Bus leaves Corunna Ball Field @ 8:00 am &
 Sarnia Market @ 8:30 am SHARP
 Tickets Available Dempsey's Bar and Grill or
 Willie – 519-384-1957**



MOBILE MARKET BEGINS JULY 6
EVERY MONDAY
VOLUNTEER DRIVERS
 please call Marina

REMINDER:
 SUBMIT
 ATTENDANCE FOR EDUCATION
 & LIFE SKILLS THURSDAYS BY 2 PM
 MIIGWETCH

JULY 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CANADA DAY	2	3	4
5	6	7	8 Meeting	9	10	11
12	13 CHAINSAW TRAINING	14 DIANE FORBES	15	16 SERVICE CANADA	17 Happy Friday	18
19	20	21	22	23	24	25
26	27	28	29	30 CLAS info session	31	

Questions and registration info contact Marina Plain
 519-336-8410 | marinaplain@aamjiwnaang.ca



**Southwest Ontario
Aboriginal Health
Access Centre**

**TRADITIONAL HEALING
PROGRAM
JULY 2015**

To schedule an appointment at either our London or Chippewa sites, please call 519-289-0352 and ask for Stephanie Trudeau, Shkaabewis Kwe with the Traditional Healing Program. Schedules are subject to change with short notice. Miigwetch/Yaw^{ko}/Thank you

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>BOOKING WITH JOANNE CHEECHOO: Individuals with chronic illness, the elderly, and those supported by proper referral sources such as SOAHAC's Traditional Healers and Primary Care will be given priority for appointments.</p> <p>Please be advised, while visiting Traditional Healers are in office, your calls may not be returned efficiently by myself, speak with administrators for assistance. Miigwetch/Yaw^{ko}/Thank you</p>			<p>1 STAT Canada Day</p>	2	3	4
5	6 Joanne Cheechoo London	7	8	9 Joanne Cheechoo London	10	11
12	13 Bruce Elijah Chippewa	14 Bruce Elijah London	15 Joanne Cheechoo Chippewa	16	17 Joanne Cheechoo Chippewa	18
19	20	21 Richard Assinewai London	22 Richard Assinewai Chippewa	23 Richard Assinewai Nimkee (am)/Chippewa (pm)	24 Richard Assinewai Outreach	25 Richard Assinewai Outreach
26	27 Ernestine McLeod Chippewa	28 Ernestine McLeod London	29 Joanne Cheechoo Chippewa Elva Jamieson London	30 Elva Jamieson Chippewa	31	

www.onlinecrosswords.net/solution-1519.png

Puzzle Solution © OnlineCrosswords.net

R	S	V	P		B	O	G	U	T		M	C	A	T
A	L	O	E		A	R	O	M	A		C	A	B	O
H	I	T	A	B	C	T	V	P	R	O	G	R	A	M
	M	E	T	R	O			S	E	R	R	A	T	E
				U	N	C	C			C	A	T	E	S
B	A	M	B	I		O	U	T	L	A	W			
A	R	E	A	S		F	R	A	Y			R	A	T
S	C	O	R	E	D	F	E	W	E	R	R	U	N	S
H	O	W			D	E	A	N		W	O	N	K	A
			S	T	E	E	L	E		A	Y	E	A	R
D	A	K	A	R		L	Y	N	N					
E	L	I	C	I	T	S			A	D	I	O	S	
W	I	T	H	O	U	T	A	R	O	A	D	M	A	P
A	C	H	E		G	O	L	E	M		E	I	R	E
R	E	S	T		S	W	A	M	I		S	T	A	R

TJ's Salvage & Demolition

Down & Out?? We'll tear it down, cut it down and haul it out... trees, buildings, cars whatever you want removed.

Reasonable Rates...

Prompt Service...

Call Jamie, Jacob or Triah at
226-932-5784



**TRIBAL CUSTOM
INSURANCE SERVICES INC.**

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Mino Dbishkaayin-Happy Birthday July 17 - July 31, 2015

Matthew	Isaac	July	17	Bernard	Alindayu	July	24
Nicole	Maness	July	17	Katherine	Briones	July	24
Nicole	Waring-Gooding	July	17	Mary Lee	Simon	July	24
Michele	Bourque	July	18	Mary Lou	Williams	July	24
Brandee	Brooks	July	18	Esau	Adams	July	25
Justin	Ellerhorst	July	18	John	Baker	July	25
Negaunee	Gray	July	18	Hazel	Cottrelle	July	25
Steven	Maness	July	18	Aushja	Harbin	July	25
Lily	Myers	July	18	Arlene	Joseph	July	25
Amanda	Plain	July	18	Jeremy	Maness	July	25
Janice	Smith	July	18	Joseph	McCormick	July	25
Laura	Spero	July	18	Brook	Shorey	July	25
Terrance	Walker	July	18	Samuel	Sinopole	July	25
Nicolas	Williams	July	18	Paul	Stone	July	25
Avery Camilla	Adams	July	19	Kyla	Lacroix-Bardsley	July	26
Nawana	Adams	July	19	Kendra	Maness	July	26
Macklyn	Beauchesne	July	19	Naomi	Oliver	July	26
Roxanne	Oliver	July	19	Wilbert	Pitfield	July	26
Gerald	Plain Jr.	July	19	James	Rogers	July	26
Anthony	Rogers	July	19	Jeremy	Smith	July	26
Destiny	Williams	July	19	Matthew	White	July	26
Amber	Brooks	July	20	Shelby	Adams	July	27
Waasaya	Cottrelle	July	20	Carolyn	Bressette	July	27
Koshay	Matte	July	20	Matthew	Kriston	July	27
Linda	Sapier	July	20	Aaron	Maness	July	27
Nicona	Smith	July	20	Michaela	Nahmabin-Hiltz	July	27
Miranda	DeLauter	July	21	Kaylynn	Witting	July	27
Adrienne	Durkee	July	21	Mitchal	Yellowman	July	27
Nicholas Ross	Plain	July	21	Joseph Gerald	Jacobs	July	28
Tracy M	Williams	July	21	Sheree	Joseph	July	28
Telford Raymond	Adams	July	22	Verlyn	White-Plain	July	28
Richard	Ayers	July	22	Gabriel	Wilson	July	28
Corey	Bird	July	22	Tyrus	Hare	July	29
Joanne	Bird	July	22	Meghan	Akiwenzie	July	29
Tena	Gorrie	July	22	Matthew	Goulais	July	29
Xavier	Hare	July	22	Nehemiah	Gray	July	29
Jada	Henry	July	22	Yellow Medicine Root	Matte	July	29
Kalleigh	Van Troost	July	22	Myella	Rogers	July	29
Joseph	Chirico	July	23	Kaleigh	Tagak	July	29
James E	Maness Sr.	July	23	Brendan	Gold	July	30
Linda C	Williams	July	23	Joseph R	Lucas	July	30
Jana	Aiken	July	24	Charles E	Maness	July	30

Mino Dbishkaayin-Happy Birthday July 17—July 31, 2015

Markus	Nie	July	30	Mackenzie	Durkee	July	31
Aaron	Partin	July	30	Anna	Garrett	July	31
Joseph	Rising	July	30	Gregory D	Gray	July	31
Beverley	Rogers	July	30	Felicia	Maness	July	31
Darleen	Williams	July	30	Timothy M	Plain	July	31
Steven	Williams	July	30	Cassius	Smith	July	31
Steven	Chaisson	July	31	Jay	Williams	July	31
				Virginia	Williams	July	31

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St. Clair Parkway Golf Course
(Mooretown).

Tee off from 4:30 to 6:00pm.

\$20.00 a person

includes cart and 9 holes.

\$10.00 Golf fee that will

go towards year

end banquet and prizes.

Weekly longest drives,
closest to the pins and skins.

Proper Golf Attire is Required.



We would like to thank the Dream Catcher Foundation for their donation towards Avery's skating. This year she achieved 3 gold medals and without their support would not have been possible.

Thank you
John, Marjorie and Avery Robertson.

CHIPPEWA TRIBE-UNE

The next issue is due out on
Friday, July 31, 2015

The deadline for
submissions is
Tuesday, July 28 at 4:00 pm

Please submit your documents in
Word, Excel, or Publisher formats or
info
can be hand written; **jpeg** for pictures.

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Sandy Waring

4 - FAMILY YARD SALE

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