



CHIPPEWA TRIBE-UNE

Editor
Sandy Waring

FREE!!

AAMJIWNAANG
PRESENTS

ENVIROFEST

FAMILY EVENT

Wednesday, July 15th ● 2 Event times!!

ECO-FRIENDLY
Crafts • Activities • Face Painting

Part One: 11:00 AM – 3:00 PM

- Species at Risk ● Traditional Land Use Study ● Mountain of Inhaler Initiative ● Return the Landscape ● St. Clair Region Conservation Authority ● Various Presentations ● Aamjiwnaang Greenhouse Updates ● Habitat Creation ● Ground Breaking Signage Celebration (Turtles and Snakes) ● Fun Outdoor Games & Activities ●
- AND SO MUCH MORE!*

Part Two: 5:00 PM – 7:00 PM

To end this amazing event, we invite everyone to attend a Community Potluck BBQ Dinner from 5-7 pm. Please bring your favourite dish to share, and we will supply the hotdogs and Hamburgers. Information Booths will be available during this time.

Community Centre - Bear Park

**** VOLUNTEERS NEEDED ****
Please contact the Environment Department at (519) 336-8410

*** Children must be accompanied by a parent or guardian. Transportation is available. ***
Bring a non-perishable food item for donation to Aamjiwnaang Food Bank and receive an extra ballot for door prize.

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Aamjiwnaang
Population Stats
Current: 2341

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.



**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:

Monday, July 20, 2015

The deadline for submission is:

Wednesday, July 15, 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

**Aamjiwnaang
Afterschool Program**



Invites all children between the ages of 6-12 years of age to join us at the Maawn Doosh Gumig
Mon. Wed. & Thurs. 3-6 pm
to check out our new programming and to make some new friends! New registrations are always welcome.

It will be KIDS CHOICE of the games and activities so
Come out and see what all the FUN is about!

Melissa Joseph
Program Leader
519-332-6770 ext. 35 or
226-932-0786
mjoseph@nlchc.com





**CONTRACT EMPLOYMENT OPPORTUNITY
NORTH LAMBTON COMMUNITY HEALTH CENTRE &
AAMJIWNAANG FIRST NATION
Afterschool Program Leader**



Employment Term: September 5, 2015 to June 30, 2015

Supervision: This position will be based out of the Aamjiwnaang Community Centre and under the supervision of the Community Services Coordinator.

Qualifications:

- A Degree or Diploma in Health Promotion or Child and Youth Worker or Early Childhood Educator, or a related discipline.
- Experience facilitating programs for children and youth aged 6-13 years.
- Strong communication and group facilitation skills.
- Basic computer skills with proficiency in Microsoft Word, Excel, Power Point and Publisher.
- Access to reliable transportation.

Responsibilities:

- Participate in the planning of programs based on needs of children and youth, identifying potential partners, assist with implementing outreach and promotion strategies and assist with evaluating outcomes.
- Develop, facilitate, promote and evaluate the After-school Programs.
- Assist supervisor with reporting to After-school Program specific funders (i.e. gathering pictures, promotional materials, statistics for interim and year end reports).
- Responsible for maintaining a tracking list of inventory of equipment onsite and offsite.
- Supervise Youth Leaders and volunteers at the After-school program ensuring they conduct themselves in a safe and appropriate manner.
- Responsible for gathering and submitting monthly statistics to supervisor.
- Provide a written report to the supervisor monthly regarding monthly activities, for funding requirements for the Programs and Services Committee.
- Other related duties as assigned.

Include a cover letter, resume and three references.

Forward to: Katelyn Black
Human Resources Assistant
North Lambton Community Health Centre
#3 – 59 King Street West
Forest, Ontario N0N 1J0
kblack@nlchc.com
Fax: 519-786-4992

Deadline: All Applications must be received by July 15, 2015 at 4:00pm



**CONTRACT EMPLOYMENT OPPORTUNITY
NORTH LAMBTON COMMUNITY HEALTH CENTRE &
AAMJIWNAANG FIRST NATION**



Afterschool Youth Leader (up to 9 hours per week)
(4 positions available)

Employment Term: September 5, 2015 to June 30, 2015

Supervision: This position will be based out of the Aamjiwnaang Community Centre and under the supervision of the Afterschool Program Leader.

Qualifications:

- A current Ontario Secondary School Diploma or currently working towards O.S.S.D.
- Experience working with children and youth aged 6-13 years.
- Strong communication and group facilitation skills.

Responsibilities:

- Participate in the planning of programs based on needs of priority groups (children and youth), assist the Program Leader with the implementation of outreach and promotion strategies and assist the Program Leader with the evaluation of outcomes.
- Assist the Program Leader to develop, facilitate, promote and evaluate the "Afterschool Strategy" (funded by the Ministry of Health Promotion).
- Assist the Program Leader with the co-facilitation of the "Afterschool Strategy," following proper procedures and direction from the Program Leader.
- Assist with maintenance of equipment and a tracking list of inventory of the equipment onsite and offsite.
- Other related duties as assigned.

Include a cover letter, resume and three references.

Forward to: Katelyn Black
Human Resources Assistant
North Lambton Community Health Centre
#3 – 59 King Street West
Forest, Ontario N0N 1J0
kblack@nlchc.com
Fax: 519-786-4992

Deadline: All Applications must be received by July 15, 2015 at 4:00pm

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/>

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

Happy Independence Day to our American friends and families.





JULY 8, 2015

AIR MONITORING STATION RESULTS

Community Open House:

Michael Moroney, Sarnia District Manager and his team from the Ministry of the Environment and Climate Change will present the 2013 air monitoring results and the five-year trend data on July 8th, 2015 at the Community Centre. In addition, ministry experts will be available to discuss topics that are important to the Aamjiwnaang First Nation community, such as:

- Particulate matter
- Sulphur dioxide
- New Incident notification process
- New air monitoring program
- Health-based standards

Come hear about what the Ministry of the Environment and Climate Change is doing to improve Aamjiwnaang First Nations air quality. Everyone is encouraged to join the conversations, ask questions and engage with ministry staff on this important topic. For more information on this open house, please contact Courtney or Christine.

WED., July 8 from 5:00 to 7:00 pm at the Maawn Doosh Gumig Community & Youth Centre

Agenda:

5:00 to 5:30 pm:
Open House and Poster Board Presentations by Ministry Staff

5:30 to 6:30 pm:
Presentation of 2013 Aamjiwnaang First Nations Air Monitoring Results and Five-Year Trend Data

6:30 to 7:00 pm:
Open House and Poster Board Presentations by Ministry Staff continues



AAMJIWNAANG ENVIRONMENT
978 Tashmoo Ave.
Sarnia, ON N7T 7H5
519-336-8410

www.aamjiwnaang.ca/environment

Like us on Facebook:
Aamjiwnaang Environment

Annual Aamjiwnaang Education Awards

It's that time of year again! It's been a great school year and we hope everyone had an enjoyable experience! This is a notice to the community that REPORT CARDS are due by **Friday, July 10, 2015 at 4:00 p.m.** Report cards and transcripts received after this date will not be eligible for cash awards.

Students who submit their report cards are eligible to receive cash awards and attend the annual Education Awards Banquet. The banquets will be held at Maawn Doosh Gamig Community and Youth Centre at 5:00 p.m. on Wednesday, August 12 (elementary) and August 19 (secondary/post-secondary).

For a complete list of eligible awards, please contact the Education Department.

Listed below are further details:

Elementary School Students (JK to Grade 8)

Parents/Guardians of Aamjiwnaang elementary students must submit a copy of their student's final report card for the 2014/2015 school year. The receptionist at the Band Office or the Education Department will take a copy of the report card for you. Please ensure that your telephone number is on the copy. Mrs. K. Henry will forward the information for her Aamjiwnaang Junior Kindergarten class to the Education Department.

Secondary School Students (Grade 9-12)

The Education Department will request the Credit Counselling Summaries directly from AMSS, St. Clair and SCITS for the Aamjiwnaang members who ride the community school buses. All other students must submit a copy of their final report for both semesters. Please ensure that your telephone number is on the copy. Grade 12 Grads going onto Post Secondary, apply for a free laptop. See flyer for more details on the free Laptop.

Post-Secondary & Adult Learning Centre Graduates

Students who have graduated from 2014/2015 must submit their final transcript or a copy of your diploma. Please ensure that your telephone number is on the copy.

Bursaries

There are a number of bursary applications available. Please take a look at them to see if you are eligible. The Suncor, Nova Chemicals, Shell, and Union Gas Bursary applications are now available in the Lobby in the Band Office. Bursary applications can be requested by fax or Email: to daiken@aamjiwnaang.ca

Deadline dates for report cards, transcripts, and bursaries are **Friday, July 10, 2015 at 4:00 p.m.**

If you have any questions, please contact:

Vicki Ware
(519) 336-8410 ext. 247
Fax (519) 336-0382
vware@aamjiwnaang.ca

Diane Aiken
(519) 336-8410 ext. 246
Fax (519) 336-0382
daiken@aamjiwnaang.ca

- DID YOU GRADUATE WITH A GRADE 12 DIPLOMA THIS 2014/2015 SCHOOL YEAR?**
- HAVE YOU BEEN ACCEPTED INTO A FULL-TIME POST SECONDARY PROGRAM FOR 2015/2016?**
- CAN YOU DEMONSTRATE PROMISING ACADEMIC ACHIEVEMENT, LEADERSHIP QUALITIES AND COMMUNITY INVOLVEMENT?**

IF YOU CAN ANSWER YES TO ALL THE ABOVE QUESTIONS THEN YOU MAY QUALIFY

FOR A FREE LAPTOP!!



CHIEF AND COUNCIL HAVE GENEROUSLY DONATED UP TO 10 LAPTOPS FOR THOSE RECENT GRADUATES CONTINUING INTO A POST-SECONDARY PROGRAM.

PLEASE SUBMIT THE FOLLOWING CRITERIA BY JULY 10, 2015 BY 4:00 P.M. TO DIANE AIKEN, EDUCATION SERVICE ASSISTANT.



PROVIDE PROOF OF GRADUATING IN CURREN YEAR OF 2014/2015



PROVIDE PROOF OF ACCEPTANCE INTO A POST SECONDARY PROGRAM FOR 2015/2016



WRITE A BRIEF SUMMARY (1 page) of ACADEMIC ACHIEVEMENTS, LEADERSHIP QUALITIES AND COMMUNITY INVOLVEMENT



Please indicate or state your preference: (circle one) Tablet or IPAD or Laptop

THE SELECTION PANEL WILL CONSIST OF THE EDUCATION COORDINATOR, 1 PORTFOLIO COUNCILLOR, AND 1 EDUCATION COMMITTEE MEMBER. SELECTION WILL BE ANNOUNCED AT THE SECONDARY/POST SECONDARY ANNUAL BANQUET IN AUGUST. PLEASE CONTACT THE EDUCATION DEPARTMENT WITH ANY QUESTIONS. (519) 338-8410 DIANE AIKEN AT EXT. 248



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**

Aamjiwnaang Education Department

BACKPACK REGISTRATION

NEW

backpacks will be handed out at the Annual Aamjiwnaang Education Awards for continuing Elementary & Secondary school students (JK – Gr. 12).

Registration forms due at Band Office: JULY 10, 2015 by 4:00 p.m.

Parent Name: _____ Contact Number: _____

Student Name	Grade	School
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Elementary School Banquet
August 12, 2015

Secondary Banquet
August 19, 2015

For more information contact: Vicki Ware or Diane Aiken at 519.336.8410

**HELP SUPPORT AAMJIWNAANG DAYCARE, ENJOY KERNELS
POPCORN!**



We are selling Snack Size Kernel's popcorn to help fundraise for our Year End Party in August. Each bag is \$2 and is available in Buttersalt, White Cheddar, Salt & Vinegar, Dill Pickle, Low-Fat Caramel and Kettle Corn. **Please drop in, or talk with a fundraising parent to place your order.** All proceeds go towards making this day as fun as possible. Thank you!

- Aamjiwnaang Child Care Centre

Orders **MUST** be in July 17 * Whole grain, GMO free corn. No trans fats, gluten and nut free



**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

“Handyman Work Wanted”

Painting, Drywall Repair, etc...

Need your Deck done?

Eves troughs, Yard Work, Digging, Raking, Snow Removal, Weeding Gardens, etc... Grass cutting, Ditches Lawnmower repairs, any kind of work.

Free estimates call

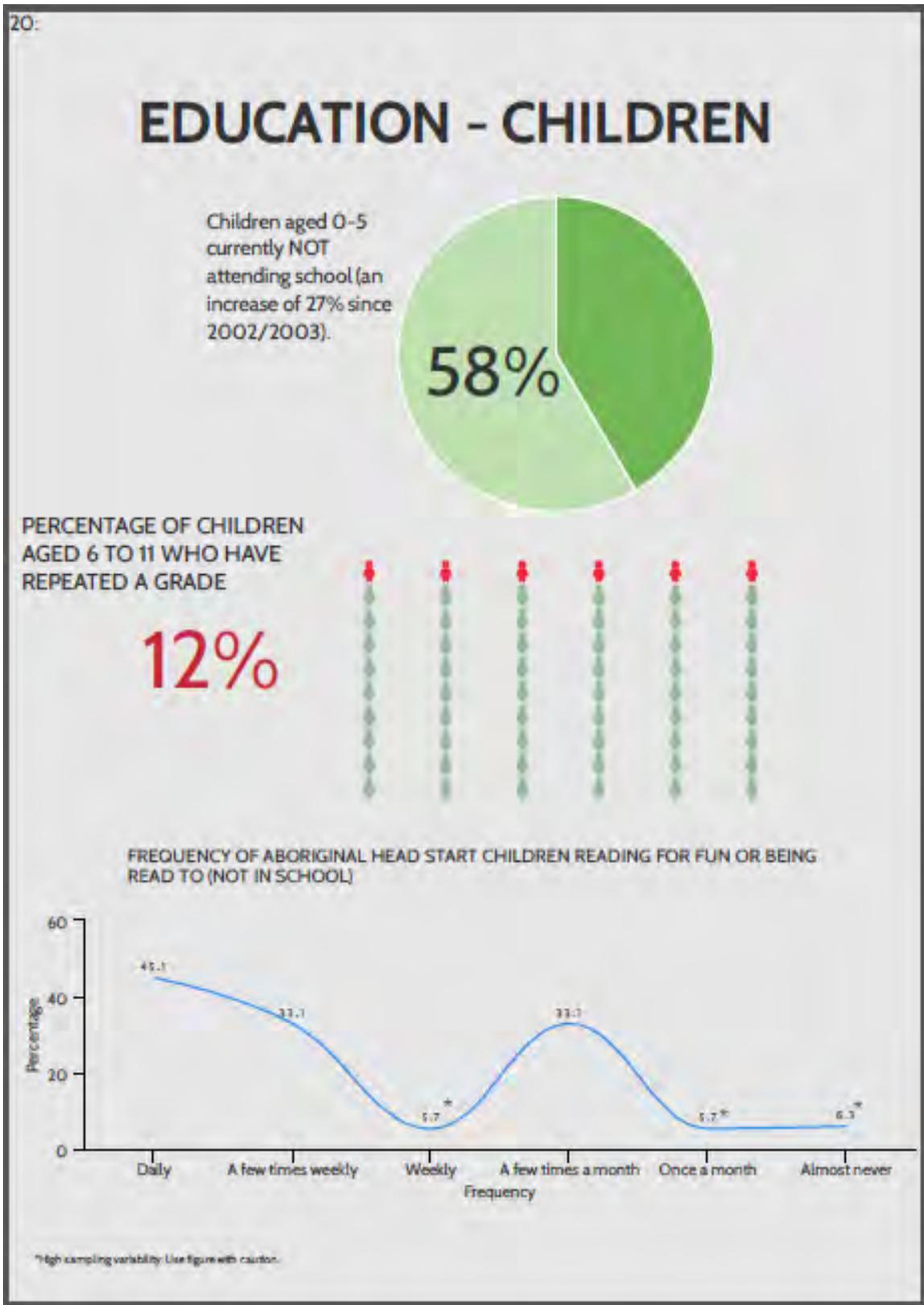
Rabbit at 519-344-2774

Students at Sir John Moore Community School have acquired a basic introduction on the topic of Residential Schools. They have learned the history and impacts and studied the timeline of events. This also included the Wounded Souls - Trauma, which has led to long term and present day effects as a result of these schools. They explored paternalism, stereotype, colonialism, assimilation and racism. The students viewed the "Apology" video from the Prime Minister, as well as "We Were Children". The final video was one with Christi Belcourt on "Walking with our Sisters, which deals with murdered and missing aboriginal women in Canada and how this topic came about. The students learned about the call that came out to create moccasin vamps to honour these women. The vamps were tops of moccasins that were never completed as the lives of these women were not completed. As a tribute, the students have created a bulletin board in the front foyer of the school. On the border of the board are hearts to honour the survivors of residential schools. There are large moccasin vamps which honour the murdered and missing women. In the center are small vamps to honour the children and babies that never returned home from residential schools. There are also explanations on what the residential schools purpose was as well as what "Walking with our Sisters" is. There is also a poster that was painted by Jon Labillois with portraits of some of the MMW on it. The students now have a better understanding of the history the First Nations people struggle with due to these residential schools. This subject has opened up conversation with the final goal in mind - Education.

Thank you Ms. Janet Steadman for the excellent work you are doing to raise awareness and knowledge of the true history of Anishinabek people.



Pictured above is the bulletin board created by students at Sir John Moore in Corunna.



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

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



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

What Happens In Treatment?



The key to treatment is immersion in a therapeutic community. And the key to a therapeutic community is people. In rehab, professionals schooled in all aspects of addiction, often addicts in recovery themselves, instruct on the disease model. They describe addiction's behavioral components like denial and loss of control over drinking/using once it starts. They focus on how out-of-control addicts' lives are while using and explore psychological components of addiction — how addicts medicate away negative or uncomfortable emotions with drugs. Rehabs introduce the 12-Step recovery program and take patients to meetings (or have them brought in); provide family counseling and education to help rebuild relationships; urge patients to immerse themselves in the program by getting a sponsor and working the Steps; teach relapse prevention and help plan for sober life after rehab. Almost all of this happens in a group setting, as one of the key lessons is that the program is designed to be done with others, not alone, and because stable sobriety requires social support. But professionals are only one resource in rehab. You learn a lot from fellow patients, for example, because it's easier to see irrationality and powerlessness in others than it is in yourself. Identifying it in others, in turn, forces you to see it in yourself because similarities with your own experience inevitably arise. Former patients involved in alumni activities and Aftercare are also valuable teachers because they're out in the world sober, something scary and hard to imagine when you're in. They're proof positive that life is possible without drugs and alcohol. People you hear and interact with at AA meetings are another source of hope, inspiration, instruction and support. If you would like more information or you would like to have a conversation about your treatment options please call the Aamjiwnaang Health Centre to speak with Tracey, Penny or Robin

Behaviour Problems & FASD

Does your child have FASD?

Is your child between the ages of 4-12?

Does your family struggle with challenging behaviours?

Does your family live in Canada?



**If you answered YES.....
Then you may be interested in our study!**

- We have designed an online program to help parents of children with FASD.
- The *Strongest Families FASD* program gives parents tools to cope with challenging behaviour.
- Half of the families in the study will start the *Strongest Families FASD* program right away.
- Half of the families will start the program at the end of the study (online program only).
- Families can receive up to \$75 in gift cards for completing online questionnaires.
- **We would like your help!**

The Strongest Families FASD Program

Includes:

- Online sessions & materials
- Weekly phone calls from a Strongest Families "coach"
- Customized to your child
- Flexible schedule
- No travel
- No cost to you



To learn more or to apply for the study please
visit our website at: <http://mystudies.ca/studies/fasd>

Or contact us at: FASDstudy@queensu.ca
1-877-341-8309, Menu #4, then #2



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

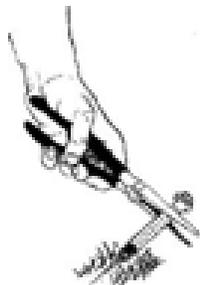
whiteplainsautobody@gmail.com

Found a needle? Protect yourself. Dispose of it

Children must be taught to never touch a discarded needle, but to show an adult where it is. Adults can safely pick up and dispose of a found needle by following the steps below.

You will need:

- Pliers, tongs, or tweezers
- A non-breakable, puncture proof container with a screw-top lid – like a thick plastic jar, empty bleach or fabric softener bottle



Take the pliers and container to where the needle is.

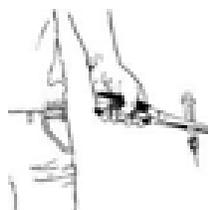
Place the container on a stable surface.

Use the pliers to carefully pick up the needle.



Hold the needle tip away from you.

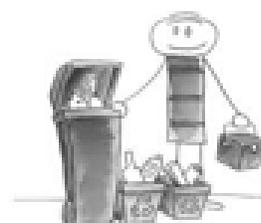
Be careful not to prick yourself with the needle.



Carefully put the needle into the container, needle end first.

Close the container tightly.

Wash your hands.



Do not dispose of needles in your curbside garbage or Blue Box containers.

Please drop off discarded needles at the Health Centre.

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: **ADDICTED VS. SOBER INDIVIDUALS**

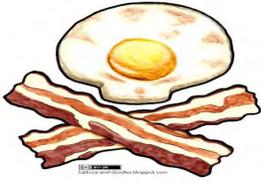
July 8, 2015

Aamjiwnaang Community Centre

10:00-11:30 P.M.

Please contact Penny @ 332-6770 for further information.

EVERYONE WELCOME!



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**"

Let's get cooking

"BAND TOGETHER for HEALTH"

Cooking, Education, & Exercise Class

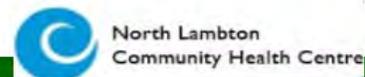


Where? Maawm Doosh Gumig Community Centre

When? Tuesdays & Thursdays from 10:00am-11:30am



Call Dorothy at 519-332-6770 for more info



Let's Talk

HOW TO SURVIVE THAT FIRST YEAR

Once you've emerged from any alcohol or drug treatment program, the real work begins: staying clean and sober. People in recovery and those who support them all agree that the first year is the most difficult, a bewildering time when relapse is most likely to occur. Here are some tips for beginners or those trying again:

Blood Sugar: Hypoglycemia is common among active alcoholics, but instead of burning sugar they're burning alcohol. For people in recovery, the body's craving for sugar often gets mixed up with a craving for alcohol - that's why there's always lots of candy around Alcoholics Anonymous (AA) and other self-help meetings. Find a substitute for alcohol to deal with the biological cravings caused by fluctuating blood sugar; consider a hypoglycemic diet, with six meals a day to avoid those wide swings.

Emotional Reminder: One stress management acronym widely used in the recovery community is H-A-L-T, which is a reminder to avoid becoming hungry, angry, lonely or tired.

Avoid Triggers: Stay away from people, places and things that are going to remind you of drinking or using drugs.

Exercise: Develop a regular exercise routine, even if it's only walking on a daily basis. During a good workout, the brain releases endorphins that create a "natural high," one that is certainly less potent than what you're used to, but still a mood elevator.

Seek Support: Regularly attend a supportive group, such as AA, Narcotics Anonymous (NA) or one of the alternatives to 12-Step programs, to help deal with depression, which is common among alcoholics and drug users. Meeting with others in recovery can help you understand the scope of the disease and prevent you from becoming bitter or angry.

Plan Ahead: Make a list of dangerous situations and how to deal with them. Let's say you're invited to a wedding. Be prepared to leave early or make sure in advance that a non-alcoholic beverage will be at the table if you're going to be called upon to make a toast.

Analyze Your Patterns: Examine your drinking or drugging life carefully to decide what situations might have stimulated you to use. If you realize that an argument and you started to drink, then it's every

probably a good idea to stop seeing mom in early sobriety or until you've worked with a therapist through the issues that cause the arguments.

Educate Yourself: Read everything you can, attend public lectures and watch TV specials, community recovery groups to try to understand what your addiction does to your body and mind. It will equip you to treat addiction like the progressive disease it is and provide insight into yourself as well as your new friends in recovery.

Clear Out The Clutter: Make it massively inconvenient to use your substance of choice. Get rid of alcohol, binge foods, cigarettes and drugs. Also dump the barware, wine glasses and beer mugs. Remove suggestive items, such as powdered sugar or baking soda (which looks like cocaine), flavoring extracts, (which contain a remarkable amount of alcohol) and other alcohol based household products and paraphernalia like handheld mirrors, ashtrays and even the music or incense you used to create a mood or cover up your using.

Choose Your Friends: Keep in contact with people who are in good recovery.

Avoid new addictions: If your recovery isn't going well, chances are you may have additional addictions. It's very common for recovering addicts to simply switch addictions (work, exercise, computer, food)

Rely On Rituals: Establish new routines and rituals, which can provide meaning, connection and even future promise. These can range from morning prayers and meditation or simply reciting the same encouraging words each morning to daily journal writing or a regular exercise routine.

Resist Romance: Striking up a new relationship in the first year can be dangerous because if it fails, the potential for relapse is greater. Don't use a romantic relationship as an excuse to get clean; in AA and NA parlance, this is called "13th stepping." Get clean for yourself - not somebody else.

Try again: Cycling more than once through treatment, recovery and relapse is not uncommon, so continue seeking help. The good news is that the cycles often are a precursor to stable recovery. Please keep in mind the Health Centre is here to support you during any stage of recovery. Don't hesitate to call Tracey, Penny or Robin to see how we can help.

TRADITIONAL HEALERS

Did you know that you can book appointments with the traditional healers at SOAHAC? They have sites in London and Chippewa.

What happens during a one-to-one visit?

At SOAHAC, visiting Traditional Healers/Elders are required to have a Shkaabewis – a Helper – present at all times. The Shkaabewis will assist you and the Traditional Healers with all aspects of your visit, including note taking to help you remember your



conversation. You might feel a bit nervous about approaching a Traditional Healer during your first visit; this is normal and natural. The Traditional Healers will do everything they can to try and put your mind at ease so you can be relaxed and comfortable as possible. Before and after each visit you will be given an opportunity to evaluate your experience based on a short, holistic evaluation.

For new individuals seeking these services, an intake assessment may be required to assist with service planning, and a conversation with the Shkaabewis (Helper) is recommended prior to your visit. For more information or to book an appointment, please call Stephanie Trudeau at 519-289-0352.

More information about traditional healing at SOAHAC, including the traditional healing calendar, can be found on their website: <http://soahac.on.ca/service/traditional-healing/>

DID YOU KNOW THAT YOU CAN ACCESS MEDICAL TRANSPORTATION FOR APPOINTMENTS WITH TRADITIONAL HEALERS?

FOR INFORMATION ABOUT MEDICAL TRANSPORTATION, PLEASE CALL DOROTHY OR TRUDY AT THE HEALTH CENTRE 519-332-5770

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 Sarnia 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.

LUNCH & Learn



It is a basic human right to live without fear of abuse

Women's Interval Home Of Sarnia Lambton

The Women's Interval Home is not just a shelter. They offer a wide range of programs and services. Come out and hear what they have to offer!

Thursday, July 9th
11:30AM – 12:30PM

FOR MORE INFORMATION CONTACT ROBERTA BRESSETTE AT 519-332-6770

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





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**

NOTICE

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

The Soup Kitchen will resume
in the Fall.

Thank you.

Congregate Dining Menu Seniors 55 & older

July

- 8 Chicken Caesar wrap, veggies and dip, dessert
- 15 Santé Fe Salad, biscuit, dessert
- 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

What is... LATERAL VIOLENCE

“Residential schools have been suggested as the primary cause of a cluster of behaviours known as lateral violence thought to be prevalent within Aboriginal communities. Lateral violence can occur within oppressed societies and include bullying, gossiping, feuding, shaming, and blaming other members of one’s own social group as well as having a lack of trust toward other group members.”

(see Chansonneuve, 2005; Gibson, 2010; Middleton-Moz, 1999.)

“Lateral violence clearly explains the high level of infighting within our communities, and why it is so difficult for us to trust that another person is genuinely willing to help us. Mistrust, lack of trust could be considered a complex trauma reaction.” (Goodleaf and Gabriel)

As oppressed people it is not surprising that we oppress our own people out of anger and frustration.

Bullying: a bully’s hostile actions are perpetrated against someone less powerful who cannot easily defend them self and are carried out intentionally and often on a recurring basis.

WHAT CAN WE DO?

- ♦ NOTICE AND TALK ABOUT THE KINDNESSES WE SEE OTHERS DOING
- ♦ FOCUS ON OUR STRENGTHS
- ♦ BE POSITIVE
- ♦ PUT UPS (not put downs)
- ♦ RESPECT EACH OTHER
- ♦ CARE ABOUT EACH OTHER
- ♦ CELEBRATE EACH OTHER
- ♦ REFLECT ON OUR ACTIONS & MAKE ADJUSTMENTS

WHAT ARE YOUR SUGGESTIONS?

STOMP OUT LATERAL VIOLENCE

What can we do to stop the gossiping, blaming, excluding, and fighting.... PUT UPS *not* PUT DOWNS

LETS FOCUS ON OUR POSITIVES and STRENGTHS!

Choose a leaf and write about something positive, ACTS OF KINDNESS, you saw someone doing in the community.

Place the leaf on the tree (using the green tape).

Please do not use names (to protect the privacy of those who do not wish to be named)

Put your name on the back of the leaf along with your phone number so we can enter your name into a draw for prizes.

You may write as many acts of kindness as you want but you will only be entered into the draw once.

The dark leaves represent acts of Lateral Violence. The dark leaves are on the “ground” to represent being discarded and so they can be stomped out.

Lets watch as the tree becomes a beautiful blooming of Acts of Kindness and the strength and beauty of the people in our community.

Thank you so much for your participation!!

The ACTS OF KINDNESS leaves and TREE OF COURAGE are located at the COMMUNITY CENTRE across from the youth room.

Please contact the Health Centre if you have questions or concerns.
519-332-6770



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 – 6265 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

See over for more details





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!

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



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)

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.

Wednesday, July 1st	Happy Canada Day! All band operations closed.
Monday, July 6th	All day. Greenview Aviaries Trip: SIGN UP
Wednesday, July 8th	5:00 p.m. to 7:30 p.m. Patio Stones
Monday, July 13th	10:00 to 12:00 p.m. Splash Pad at Cox Youth Centre
Wednesday, July 15th	5:00 p.m. to 7:30 p.m. Tie Dye Day--Please bring an article of white clothing. Pre-wash without fabric softener or dryer sheets.
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)

Crabs in a Bucket

This way of thinking has brought on feelings of jealousy and envy. We have learned to think individual-based rather than our traditional, community-based ways of thinking.

We must not get 'stuck' in a place that is constantly 'blaming' one another. 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 mode healthy living for them. 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.

Move from
greed, power,
control, money,
authority,
jealousy, envy,
shame

Move towards
harmony,
equality, sharing,
balance, respect,
happiness

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
Aamjiwnaang
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 PARISHABLE FOOD ITEMS ARE WELCOMED FOR
AAMJIWNAANG 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 RECEIVE A BBQ MEAL AS A GESTURE OF THANKS.

PLEASE CALL PENNY TO VOLUNTEER
(519) 332-6770

Join us in making...



Wednesday, July 8, 2015

2:00 – 4:00pm

Health Centre

Please call Jessica or Roberta at the Health Centre to sign-up at
519-332-6770

All participants will have the opportunity to take home a fresh jar of homemade strawberry jam. All extras will be donated to the Aamjiwnaang Food Bank.



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







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Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

June 2015

Non-Insured Health Benefits (NIHB) Program Update

Informing First Nations and Inuit clients, as well as their representative organizations, about their coverage and NIHB policy changes

What's Inside

<i>Pharmacist Prescribing for Allergy Medications</i>	1
<i>Change in Listing Status of Buspirone</i>	1
<i>Government of Canada Direct Deposit</i>	2
<i>Client Inquiries</i>	3

Pharmacy Benefit Information

Pharmacist Prescribing for Allergy Medications

Effective June 15, 2015, the NIHB Program will accept prescriptions from pharmacists for some medications to treat common allergy symptoms. The laws and regulations on pharmacist prescribing are not the same in every province. You can ask your local pharmacist if they are able to prescribe allergy medications.

For the treatment of runny nose due to allergies (known as "allergic rhinitis"), pharmacists may prescribe some oral and nasal spray medications. For the treatment of itchy, watery eyes (known as "allergic conjunctivitis"), the NIHB Program will accept prescriptions from pharmacists for medications such as eye drops and oral medications.

Change in the Listing Status of Buspirone

The medication buspirone is used to treat anxiety. It is less likely to be addictive, compared to some other anti-anxiety treatments, such as benzodiazepine medications (for example, diazepam). Effective April 21, 2015, buspirone became an open NIHB benefit. This gives NIHB clients and their doctors another treatment option for anxiety.

General Program Information

Government of Canada Direct Deposit – Information for NIHB Clients

What is the Direct Deposit Initiative?

The Direct Deposit Initiative is a new and modern way for the Government of Canada to make payments by switching from cheques, to depositing payments directly into your bank account. This way of making payments is secure, fast and reliable.

When will the Direct Deposit Initiative come into effect?

Direct deposit is now available and enrolment for direct deposit is underway. By April 1, 2016, most Government of Canada payments will be made by direct deposit.

Should all NIHB clients enroll for direct deposit?

Yes, all NIHB clients are encouraged to enroll for direct deposit if they expect to receive future payments from Health Canada.

However, payments for dental, pharmacy and/or medical supplies and equipment benefits are made through Express Scripts Canada on behalf of NIHB. These payments are not affected by the Government of Canada's Direct Deposit Initiative.

How do I enroll for direct deposit?

You must complete and submit a direct deposit enrolment form. You may have already received this form in the mail. You can download the form from the Health Canada website at <http://www.hc-sc.gc.ca/ahc-asc/branch-dirgen/cfob-dgcm/ddi-ddo/index-eng.php>, or you can request a form by emailing DD@hc-sc.gc.ca.

Completed forms should be sent to:

In the Northern Territories, Ontario, Québec and the Atlantic Provinces:

- By email to DD@hc-sc.gc.ca
- By fax to 613-954-3129
- By regular mail to Accounting Operations East, 2932 Baseline Road, Tower C, Ottawa, ON, K1A 0K9

In Manitoba, Saskatchewan, Alberta and BC:

- By email to vendor_codes_west@hc-sc.gc.ca
- By fax to 204-594-8151
- By regular mail to Accounting Operations West, 300-391 York Avenue, Winnipeg, MB, R3C 4W1

Are there any exceptions to direct deposit?

Yes. An exception can be made if an individual does not have a bank account.

To apply for an exception, you must fill out and submit the Direct Deposit Exception Form. You may have already received this form in the mail. You can also download the form from the Health Canada website at <http://www.hc-sc.gc.ca/ahc-asc/branch-dirigen/cfob-dgcm/ddi-ddo/index-eng.php>, or you can request a form by emailing DD@hc-sc.gc.ca.

If you need more information about direct deposit enrolment or exceptions, you can call 1-800-815-0506.

Client Inquiries - General

Ontario

Toll-free: 1-800-640-0642

Client Inquiries – Dental and Orthodontic Services

NIHB Dental Predetermination Centre

Toll-Free: 1-855-618-6291 (Dental Services)

Toll-Free: 1-866-227-0943 (Orthodontic Services)



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INSURANCE SERVICES INC.**

Do you feel your insurance is too high?
We can help you find the right price and
provide you with great service.

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Sarnia, Ontario N7T 7H5
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“Our Vision—Your Well Being—Our Coverage”



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

LUNCH & LEARN



WHEN

JULY 16 TIME: 11-2



WHERE

Maawn Doosh Gumig

FEATURING • SERVICE CANADA

CONTACT MARINA for more info:

marinaplain@aamjiwnaang.ca

**EVERYONE
WELCOME**

**TOPICS INCLUDE:
SIN, CPP/ OAS and
Employment Ins.**

**Social Insurance
Numbers**

***Guaranteed
Income Supplement
*Old age security
&
Employment
Insurance**

**PARTNERS:
HEALTH CENTRE -
E'MINO B'MAAD
ZIJIG GAMIG**

Motivational Life Skills Workshops

with

Diane Forbes
Motivation Through Inspiration



Workshops include exciting power point, work books, activities plus all clients receive a custom "Certificate of Participation".

Date: Tuesday, July 14, 2015

Time: 9:30 am to 3:30 pm

Goal Setting

This exciting workshop will inspire you to discover your path to self empowerment with the importance of having a positive self esteem. The workbook helps you plan with step by step actions while identifying roadblocks and effective problem solving.

Vision Board

Transform a piece of Bristol board into a collage of pictures and goals you would like to have in your life. By hanging this vision board art in your home you will be able to remind yourself about your goals, hopes and dreams making them a reality.



Workshop location: Maawn Doosh Gumig Community Centre

For more information please contact:

Marina Plain at: (519) 336-8410

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:





News Release

FOR IMMEDIATE RELEASE

Suncor Energy and Aamjiwnaang First Nation partner in the Adelaide Wind Power Project

Calgary, Alberta (July 6, 2015) – Suncor Energy and Aamjiwnaang First Nation today announced the Suncor Adelaide Wind Limited Partnership. Under the partnership agreement the Aamjiwnaang First Nation has a 25 per cent interest in the Adelaide Wind Power Project.

"This partnership is an opportunity for us to continue to work together with the Aamjiwnaang First Nation on our shared energy future," said Jim Provlis, vice president, Renewable Energy, Suncor. "Suncor is committed to working closely with the Aamjiwnaang community and we look forward to building on this relationship over the lifespan of our project."

The 40 megawatt (MW) Adelaide Wind Power Project is located approximately 5 km north of Strathroy, Ont. and has 18 turbines using 2.3 MW Siemens turbine technology.

"Aamjiwnaang is committed to creating partnerships that contribute to the development of our community," said Chief Chris Plain. "The Adelaide project will allow us to utilize our Traditional Territory in a way that is in alignment with our values and philosophy, by contributing to a more sustainable future for our community and the province as a whole."

Suncor is involved in seven operating wind power projects including Adelaide. The total installed wind capacity of these operations is 295 MW, enough to power about 115,000 Canadian homes per year.

Suncor Energy is Canada's leading integrated energy company. Suncor's operations include oil sands development and upgrading, conventional and offshore oil and gas production, petroleum refining, and product marketing under the Petro-Canada brand. A member of Dow Jones Sustainability Indexes, FTSE4Good and CDP, Suncor is working to responsibly develop petroleum resources while also growing a renewable energy portfolio. Suncor is listed on the UN Global Compact 100 stock index and the Corporate Knights' Global 100. Suncor's common shares (symbol: SU) are listed on the Toronto and New York stock exchanges.

Suncor works with Aboriginal communities across Canada to increase their participation in energy development. One of the ways we do this is through business development opportunities. Suncor has worked with more than 150 Aboriginal communities, including in the Regional Municipality of Wood Buffalo, home to our oil sands operations, and other locations through our Petro-Canada-branded retail, wholesale and lubricant products and services. In 2014, we spent \$500 million in goods and services with Aboriginal-owned businesses, bringing our total to almost \$3 billion since 1990. There are 17 Petro-Canada branded gas stations owned by First Nations and one wind project where a First Nation is an equity partner.

– 30 –

For more information about Suncor, visit our web site at suncor.com, follow us on Twitter [@SuncorEnergy](https://twitter.com/SuncorEnergy), or come and [See what Yes can do](#).

Media Inquiries:
403-296-4000
media@suncor.com

Free Printable Crossword Puzzle #1

This is the Daily Crossword Puzzle #1 for Jun 26, 2015

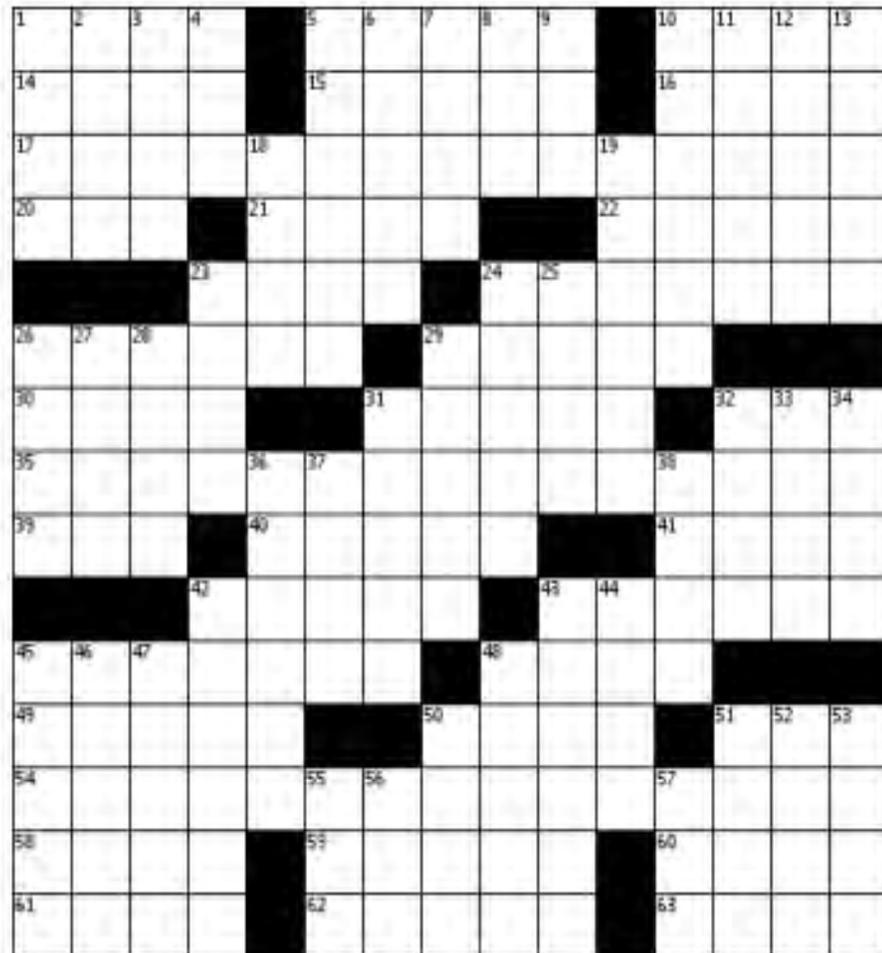
Find the solution at

<http://onlinecrosswords.net/8935>

Across

- 1. Rural stopovers
- 5. Ray, as of light
- 10. Fence for a felon, say
- 14. Offend a sense
- 15. Oddity
- 16. Like some losers
- 17. Marketer's dream
- 20. Matisse's pieces
- 21. Solo for Domingo
- 22. Mortise mate
- 23. Nest builder
- 24. Washer setting
- 26. Like some old photos
- 29. Model's session
- 30. Solitary
- 31. Sword fights
- 32. Planet
- 35. ABC reality show with before-and-after photos
- 39. Cyclone center
- 40. Sub finder
- 41. Cranes do it
- 42. Zeno, notably
- 43. "Humboldt's Gift" author Saul

- 45. 3/4-time dances
- 48. Subtraction word
- 49. Visibly incredulous
- 50. Bread with tabouli
- 51. Red army member?
- 54. Non-contact sport played with a disc
- 58. Bit of shark business
- 59. Port of Crete
- 60. Immensely
- 61. Oxford foundation?
- 62. Log listing
- 63. Trait transmitter



Down

- 1. "My Friend" of old radio
- 2. Dear's partner
- 3. Queue cue
- 4. Manage moguls
- 5. Run like a rodent
- 6. Hardly dry
- 7. Word after Bay or gray
- 8. Repair
- 9. Go one better
- 10. Green light
- 11. Headed (for)
- 12. Diamond flaw?
- 13. Diminutive
- 18. Everystreet
- 19. Of no use
- 23. Oktoberfest draft
- 24. Pilot's wind problem
- 25. President before Taylor
- 26. Tickled-pink feeling
- 27. Popular theater name
- 28. Prelude to a deal
- 29. "Poison" shrub
- 31. Patron saint of France
- 32. Indy path
- 33. Perform again
- 34. Witch's potion
- 36. Respect highly
- 37. Not worth debating
- 38. Night fliers
- 42. On one's back
- 43. Violate, as a trust
- 44. Morales of "NYPD Blue"
- 45. Roughs up
- 46. Dome home
- 47. Birth-related
- 48. One ineligible for parole, probably
- 50. Cooped (up)
- 51. Qualified
- 52. Broadway gas
- 53. Idée's source
- 55. Unbeatable service
- 56. Shade at the beach?
- 57. Mattress problem

Notice of Public Community Meeting For a Project Proposal Under the Large Renewable Procurement

The proponent identified below is proposing to submit a proposal to the Independent Electricity System Operator (IESO) to design, build, and operate a Large Renewable Project for the generation of electricity under the IESO's Large Renewable Procurement (LRP).

The LRP is a competitive process for procuring large renewable energy projects generally larger than 500 kilowatts. At the conclusion of the LRP, the IESO may award contracts for successful projects up to the specified procurement targets for each renewable fuel: 300 megawatts (MW) for wind, 140 MW for solar, 75 MW for waterpower, and 50 MW for bioenergy.

This notice is being distributed to notify members of the public of a public community meeting that has been scheduled to discuss the Large Renewable Project proposal. Information regarding the proponent, the Large Renewable Project proposal, and the meeting details are described below:

This public community meeting is being held as part of the early community engagement requirements of the LRP. The public community meeting will present details about the Large Renewable Project and its proposed connection line. Representatives of the proponent will be available to discuss the Large Renewable Project and the overall LRP process. Should this Large Renewable Project be awarded a contract, the Large Renewable Project would need to obtain all required permits and approvals and conduct any further required community engagement activities.

Further details regarding the LRP are available at www.ieso.ca/lrp.

Proponent and the Large Renewable Project proposal

Proponent:	Corunna Limited Partnership
Qualified Applicant from the LRP Request for Qualifications stage associated with the proponent:	BjuEarth Renewables Inc.
Name of the Large Renewable Project proposal:	Corunna Solar Project
Renewable fuel of the Large Renewable Project:	Non-rooftop Solar
Proposed capacity of the Large Renewable Project (MW):	15 MW
Proposed connection point of the Large Renewable Project:	Scott Rd. north of La Salle Line

Proposed location of the Large Renewable Project and proposed connection line

The Large Renewable Project Site (the "Site") will be located in the Township of St. Clair. The proposed Site, consisting of solar panel arrays and associated equipment, will be on private property owned by Pembina Pipeline Corporation. The Site is proposed to be located on both sides of Highway 40 between La Salle Line and Petroline Line. The Connection Line is proposed to be located adjacent to portions of La Salle Line and Scott Rd. Please refer to accompanying map.

Public community meeting information

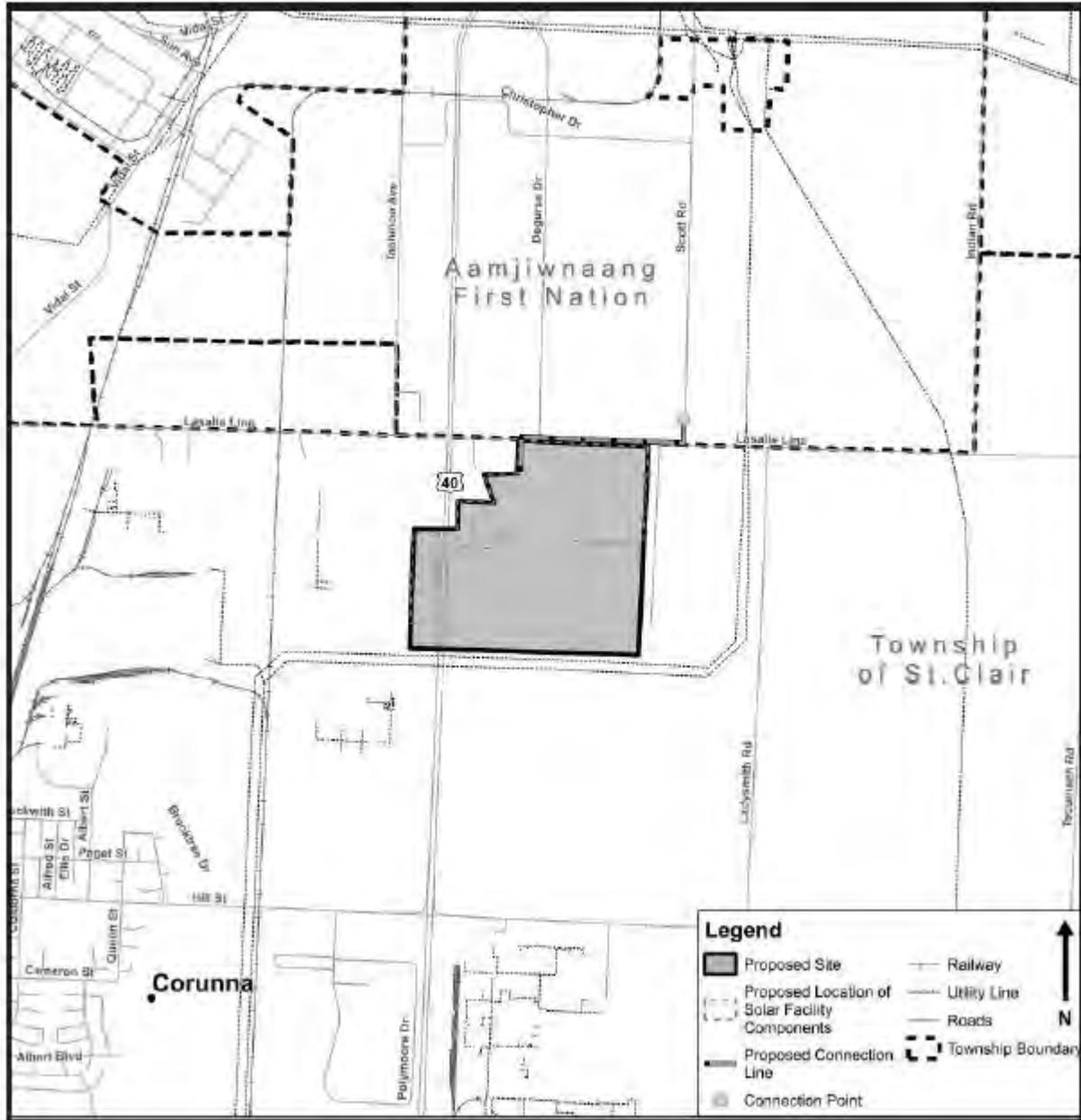
Location: Corunna Legion
350 Albert Street
Corunna, ON N0N 1G0

Date: July 15, 2015
5:30 pm to 8:30 pm

Contact information for the proponent:

Tom Bird, Regulatory Lead
BjuEarth Renewables Inc.
1-844-214-2578 projects@bjuearth.ca
34 Harvard Rd., Guelph, ON N1G 4V8
Project website: bjuearth.ca/corunna

Corunna Solar Project
Overview Map



NOTICE

Its that time of year again for the KIPS Culture and Recreation Camp Program! Registration forms will be available at the Band Office as well as the Maawn Doosh Gumig Community Centre on Monday July 6th at 8:30am. Reminder that child registration will be first come first served. Completed forms can be delivered to Karlee Jackson at the Community Centre. If you have any questions or concerns you can contact myself at 519- 491-2160.



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(Sec.143), COACH BUS, T-SHIRT, Shuttle
from Nemo's Bar & Grill, Fireworks after Game

\$ 100.00 U.S.

TICKETS AVAILABLE @ KOKOMO'S, 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



WEEK-END IN CHICAGO – AUGUST 7-9

2 Nights – Embassy Suites – Chicago, Lakefront

Single - \$600., Double - \$350., Triple - \$300., Quad - \$ 250.
All Prices U.S. Funds - \$50 Non-Refundable Deposit secures
your spot with remainder to be PAID IN FULL by July 1/15

Includes : Coach Bus, Breakfast at Hotel and Managers Party
Each Day Featuring Free Cocktails and Appetizers.

Proper ID for Border Crossing

Corunna Ball Fields at 7:00 am & Food Basics in Sarnia at
7:30 am & K-Mart Parking Lot in Port Huron at 8:30 am

Contact Willie at 519-332-6771 or 519-384-1957 or Tracey at
519-862-3263 or 519-333-7472

For our American Passengers Contact Preferred Charters at
810-982-7433



CEDAR POINT BUS TRIP

**Tues., July 14th &
Thurs., Aug. 20th**

COST: \$90.00 U.S. INCLUDES
COACH BUS AND ALL DAY ADMISSION.
BUS LEAVES CORUNNA 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.



FLOATDOWN 2015

AUGUST 16th at 8:00 am

\$40 U.S. Per Person

Coach Bus with Washroom, Picnic Before Floatdown.

Supplies can be purchased before Floatdown

Must have Life Jacket Per Person

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

www.onlinecrosswords.net/solution-8935.png

Puzzle Solution © OnlineCrosswords.net

I	N	N	S		S	H	A	F	T		A	B	E	T		
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AAMJIWNAANG FIRST NATION 54th ANNUAL POW WOW





**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
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. 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			1 STAT Canada Day	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	

Thank you so much and Giga-waabamin menawaa (See you again)

Thank you so much for welcoming me into the community of Aamjiwnaang. A year has gone by quickly and now it's time for me to take my leave as you welcome Brenda Mac Main as the new Minister at St Clair United Church.

Thank you everyone for this opportunity to walk with you in ministry and for allowing me to be a part of your life for a little while. I have learned a lot during my time here and will take many fond memories and friendships with me. I have been reminded by your example of so many things, amongst them the importance of community. This is lived out in the ways that you continue to care for one another in the good times and the challenging times. You truly know that it takes a village to support and care for a family.

I have been blessed as well to encounter so many spirit filled and faithful people who live their lives with humility, wisdom and integrity. Thank you all.

And now as my good friend and mentor George Pitfield reminds me I would like to say Giga-waabamin menawaa (See you again).

Many blessings to each one of you. I hope that this summer will be a time of rest and renewal.

Take care, Valerie Pitt

Mino Dbishkaayin-Happy Birthday

Antoinette	Harbin	July	1	Angelica	David-Accetta	July	8
Kerry	Malone	July	1	Jon	Ellerhorst	July	8
Travis	White	July	1	Annette	Gray	July	8
Tyrant Joseph	Walker-Shawn	July	2	Adam	Nahmabin	July	8
Cynthia	Gray	July	2	Shane	Nahmabin	July	8
Carter	Hawkins	July	2	Cheryl	Deacon	July	9
Ryan	John	July	2	Ashlynn	Fisher-Cristovao	July	9
Kevin M	Maness	July	2	Carole	Gray	July	9
Sandra	Shorey	July	2	Layla	Maness	July	9
Tina	Washington	July	2	Kimberly	Shorey	July	9
Savanna	Williams	July	2	Ray	Whitcher	July	9
Randall	Bird	July	3	Terry W	Williams	July	9
Deanna	Gray	July	3	Ruth	Bourque	July	10
Mariah	Plain	July	3	Alyssa	Green	July	10
Cheyenne E	Rogers	July	3	Darcy	Hajas	July	10
William W	Nahmabin	July	4	Hilda	Oliver	July	10
Darrell	Riley	July	4	Andrew	Williams	July	10
Derrick	Rogers	July	4	Adam	Wright	July	10
Ronald C	Simon	July	4	Piper	DeGurse	July	11
Ronald	Stager	July	4	Bonita	Howell	July	11
Theresa	Walker	July	4	Sarah	Joseph	July	11
Zachary	Grinder	July	5	Tahnisha	Joseph	July	11
Juanita	Jacobs	July	5	Bonnie	Williams	July	11
Monica	Shipman	July	5	McKayla	Bird-Little	July	12
Tara	Smith	July	5	Roderick	Bressette	July	12
Tyler	Steadman	July	5	John	Cady	July	12
Katie	Courchesne	July	6	Lynwood	Cottrelle	July	12
Zoe	Doxtator	July	6	Nitika	Desjarlais	July	12
Brooke	Fearns	July	6	Zoey	Disel	July	12
Gregory T	Fisher	July	6	Jackson Cole	Johnson	July	12
Sarah Ann	Fontaine	July	6	Nicole	Joseph	July	12
Eve	MacGregor	July	6	Norman	Joseph Jr.	July	12
Layla	Noah	July	6	Ethan	Miller	July	12
Nicholas	Shipman-Cottrelle	July	6	Kendra	Oliver	July	12
Ronald A	Simon	July	6	Brenda	Stone	July	12
Roberta	Bressette	July	7	Michael N	Ayers	July	13
Chelsey	Cottrelle	July	7	Chantel	Petit-Dann	July	13
Mackenzie	Cottrelle	July	7	Brandon	Moodie-Gray	July	13
Gregory Lorne	Fisher	July	7	Wiingashk	Nahmabin	July	13
Bernice	Pettit	July	7	Christie	Stewart	July	13
Joanne	Rogers	July	7	Christopher	Jones	July	14
Kelly	Snook	July	7	William	Baker	July	14

Mino Dbishkaayin-Happy Birthday July 4 - July 16, 2015

Logan	Bird	July	14	Demra	Hanna	July	15
Timothy	Bird	July	14	Noah S	Joseph	July	15
Mary Claire	Bourque	July	14	Raymond A	Williams	July	15
Alan	Bunce	July	14	Joseph E	Bird	July	16
Jared	Forestell	July	14	Helena	Cornelius	July	16
Ryan	Gould	July	14	Farron	Joseph Jr.	July	16
Vanessa	Gray	July	14	Diane	Love	July	16
Christina	Plain	July	14	Jamie	Maracle	July	16
				Brooklyn	Williams	July	16

NOTICE

Dr. Martyn Chilvers' is retiring. Dr. Sean Peterson is taking over the practice. Patients should stop by the office to sign on with Dr. Peterson. For more information call the office at 519-337-7512.



LOOKING FOR FOSTER PARENTS

Eagle's Nest: A Place to Soar, Inc.

"We are looking for families". Will you open your homes? Be a loving foster parent & role model to Native children in CAS care.

We all need to feel safe, wanted and loved.

Will you welcome a child into your Nest, you do not have to be native, we provide cultural teaching.

**EAGLE'S NEST: A PLACE TO SOAR, INC.
FOSTER CARE Agency**

Eagles Nest - will complete Home Studies and prepare you to be A Foster parent.

Licensed by: Ministry of Children & Youth Services

Accredited by: CARF International

Please call 519-439-3000 Ext 202

www.eaglesnestinc.ca

Friday Night Golf League

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.

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

LEA'S TACO SALE



Thursday, July 9, 2015
12 pm - until "Sold Out"
2218 Wahboose Circle

- Taco's..... \$6.00**
 - Blanket Dogs..... \$3.00**
 - Pop & Water..... \$1.00**
 - Possibly making**
 - Corn Soup..... \$4.00/\$5.00**
- bowls**

Free delivery on 4 or more Taco orders...**REZ ONLY!**
You can call large orders in on Thursday to get on delivery list.
To place an order, please call
519-337-5202

Dawn's Hair & Spa

1736 St Clair Pkwy

Call

519-332-0410

To book an



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

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

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

TNT Auto Detailing & Upholstery

Call for free quote or to book appointment
Owner: Greg Gray
1909 Virgil Ave-Sarnia, Ontario
(226)-349-1865
Auto Detailing
Upholstery & Carpet Cleaning

We would like to say thank you to

Sereena Nahmabin

for taking our youth under her wing to train them in running on Sunday's (her free time).

From all the Parents, we say

“Blessings to you Sereena”.
Greatly appreciated.



CHIPPEWA TRIBE-UNE

The next issue is due out on **Friday, July 17, 2015**

Due to the holiday, the deadline for submissions is Tuesday, July 14 at 4:00 pm

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

1972 Virgil Avenue
Sarnia, Ontario N7T 7H5
Phone: 519-491-2160
Fax: 519-491-0912
E-mail: **editor@aamjiwnaang.ca**

<https://sites.google.com/site/chippewatribeune/home>

*Sandy Waring
Editor*



**NEW MINISTER
ST. CLAIR UNITED CHURCH**

I would like to introduce myself. My name is Brenda Mac Main. I will be the new Minister at St. Clair United Church. It is my honour to be allowed to serve at St. Clair United Church for the next period of time.

I look forward to meeting and getting to know you and the community better.

Brenda

Outdoor Movie Night
July 10, 2015
at the Community Centre
9 pm
Bring a lawn chair/blanket
Admission: Monetary Donation
Fundraiser for Headstone for the late Jennifer George
Popcorn—\$2.00 Pop—\$1.00
(If raining will be held indoors.)