



# CHIPPEWA TRIBE-UNE

Editor  
Sandy Waring

Merry  
Christmas



*On behalf of Council, we would like to take the opportunity to wish the entire community of Aamjiwnaang a very Merry Christmas and all the Best in the New Year! The Holiday Season is a time for peace, love, and happiness and we encourage everyone to spend this special time with family, friends, and loved ones. From our families to yours, we wish you all a safe and happy Holiday Season!*

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Aamjiwnaang Population Stats  
**Current: 2351**

## ATTENTION HCC CLIENTS & FAMILY

Just a friendly reminder to  
 Home & Community Care Clients  
 and  
 Family Members



There will be **NO SERVICE** on  
**Friday, December 25th, &  
 Saturday, December 26th, 2015  
 And Friday, January 1st, 2016**

All Personal & Home Support Workers  
 Will have December 25th, 26th, 2015 &  
 January 1st, 2016 **OFF**  
 Please make arrangements with family.

**FROM THE  
 HOME & COMMUNITY CARE  
 DEPARTMENT  
 WE WOULD LIKE TO WISH YOU  
 A MERRY CHRISTMAS  
 &  
 A HAPPY NEW YEAR!**



### Maawn Doosh Gumig Community Centre Holiday Hours

Monday, December 21, from 9 am – 1 pm  
 Wednesday, December 23, from 9 am – 1 pm  
 Monday, December 28, from 9 am – 1 pm  
 Wednesday, December 30, from 9 am – 1 pm



**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, January 11, 2016**

The deadline for submission is:

**Wednesday, January 6, at 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)	...519-402-5535
Ron Simon	...519-330-7450
Sheila Firth	...519-383-1073
Mary Lou Williams	...519-337-9342
Carol Miller	...226-932-2419
Christine Plain	...519-466-0054
Fenton (Wimpy) Plain	H: 519-491-5248 C: 519-466-8717
Lorna Lawrence (no trips before 9:00 am)	H: 519-336-5088 C: 519-328-5247

**Notice to Community Members**

The Health Centre has a new phone system in place you may have already called and received an automated attendant during a recent call. Please note: The health centre can be busy during different programs and workshops and in order to better serve you during these times we may have our system in place to receive your call. We encourage you to follow the prompts but you can still press 0 to reach reception. If you have any questions or concerns please contact Dorothy Gilbert. Please watch the Tribe-Une for future listings of extension numbers.





## AAMJIWNAANG FIRST NATION EMPLOYMENT OPPORTUNITY

### Band Administrator

The Band Administrator is responsible for the overall efficient and effective administrative and financial management of the Aamjiwnaang First Nation Band government, its infrastructure, program areas and services, and for keeping Chief and Council informed on all matters relating to the business of the First Nation.

#### **JOB DUTIES:**

- Provide leadership, supervision and direction to all Program Coordinators for the effective and efficient administration of the programs and services of the First Nation, to ensure achievement of annual goals and objectives and compliance with program budgets
- Maintain direct verbal and written contact with Chief and Council. Provide monthly written reports and financial statements to Chief and Council on Band operations, programs and services
- Communicate effectively with Chief and Council, Program Coordinators, Council Committees and community members to identify, plan and provide for the current and future needs of the Aamjiwnaang First Nation
- Ensure that adequate financial controls, policies and procedures are in place and followed to enable reliable and accurate financial reporting and effective and secure management of Band funds and resources.
- Oversee and direct the infrastructure resources and systems of the First Nation. Ensure the annual preparation of a five-year capital plan and budget for review and approval by Chief and Council.
- Be informed and able to communicate regarding the First Nation's programs and services, government policies and regulations
- Implement Council decisions and policy; ensure Council motions, directions and resolutions are carried out in a timely, efficient and professional manner. Provide follow up reports to Council.

#### **QUALIFICATIONS:**

- University degree or college diploma in public administration, business administration or a related field.
- Minimum of five year's work experience in administration at a senior management level, with leadership experience.
- Experience working for a First Nation government or organization.

#### **APPLICATION TO INCLUDE:**

1. Cover letter with contact information.
2. Resume listing education and work experience.
3. At least two letters of reference with contact information.

#### **Please forward applications to:**

Aamjiwnaang First Nation  
105 Christina St., S  
PO Box 2924  
Sarnia, On. N7T 7V9

**Complete job description is available at the Band Office reception desk. Deadline for applications is January 29, 2016. The successful candidate must provide an acceptable Police Record Check. (C.P.I.C.)**



## **Van Shuttle Driver-Aamjiwnaang to Lambton College**

Transportation to Lambton College from Aamjiwnaang has been identified as a barrier for many students on the First Nation. Visions of Harmony along with local industrial partners, works with First Nations to identify barriers to education and training for local First Nation people and to find mutually beneficial solutions. A van is being provided to Aamjiwnaang from this organization at no cost to help alleviate this barrier.

The Aamjiwnaang First Nation Education Department is currently seeking a Lambton College Shuttle Driver/Drivers, to provide transportation to students who reside on the Aamjiwnaang First Nation.

### **Responsibilities:**

- Pick up students and transport them from various community stops at Aamjiwnaang to the Lambton College or other training venues
- Perform daily inspection of vehicles for safety and efficiency
- Notify management of any vehicle deficiencies or issues
- Keep vehicles clean and neat at all times

### **Requirements:**

- Must have a high school diploma or equivalent
- Must have a valid Ontario Class G Driver's License and clean driving record.
- Strong communication skills
- Ability to sit/drive for extended periods of time
- Flexibility to maintain a split schedule
- CPIC to be provided by the successful candidate

**Interested Applicants:** Include a cover letter, resume and an Uncertified Drivers Record which can be obtained at <http://www.ontario.ca/page/uncertified-drivers-record>

Please forward to:  
Assistant Band Administrator  
Aamjiwnaang First Nation  
978 Tashmoo Ave.  
Sarnia, Ontario  
N7T 7H5  
Fax: 519-336-0382

**Deadline:** All applications must be received by 4:00 pm on January 8, 2016



**AAMJIWNAANG FIRST NATION**  
**CHIPPEWAS OF SARNIA**  
**Education Department**

978 TASHMOO AVENUE  
SARNIA, ONTARIO  
N7T 7H5  
Phone: (519) 336-8410  
Fax: (519) 336-0382

**To: Members of Aamjiwnaang First Nation**

**From: Vicki Ware – Education Coordinator**

**Re: Comprehensive Evaluation of the Junior Kindergarten program**

**Date: December 8, 2015**

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The information below is shared with you to provide information about a community education initiative involving the Aamjiwnaang Junior Kindergarten Program.

#### **WHAT**

Aamjiwnaang First Nation will be completing a community-based and comprehensive evaluation of our Junior Kindergarten program.

#### **WHEN**

Effective immediately and to be completed by March 2016

#### **WHY**

Chief and Council together with education administration are supportive of this evaluation because education itself has been and continues to be of great importance and value for our community. The completion of an evaluation is a significant and effective tool utilized within education systems to better understand issues, highlight successes, and to facilitate improvements for the benefit of all education stakeholders, especially the students. This evaluation will also fulfil mandatory reporting requirements to Indigenous and Northern Affairs Canada as well.

Input about our JK program will be sought from a variety of education stakeholders, such as Elders, parents/guardians, community members, administrators, teachers, education staff, and other personnel providing supports for education. Information will be obtained through the completion of a series of confidential individual interviews and or focus groups. The confidential feedback will be important to help facilitate meaningful and responsive improvements to the JK program with a goal for ongoing student success and achievement.

#### **WHO**

Consultants have been engaged to design the evaluation, gather relevant information from community education stakeholders, and to provide sound recommendations. The lead consultant is Cindy Hare and she is supported by Christy Bressette who will be assisting by conducting the interviews. Cindy will be on-site in the community on February 1 -3, 2016. Please see the photos and short bios of the consultants below.

## Page 2

Kindly note that you will likely be contacted by Christy Bressette shortly wherein she will be interested to book an interview (approximately 30 – 45 minutes) with you to be completed at the Community Centre. All participants will be presented with a small gift card out of appreciation for your participation in this initiative.

If you have any questions about the evaluation, please contact Vicki Ware at 519-336-8410 or [vware@aamjiwnaang.ca](mailto:vware@aamjiwnaang.ca)

Lead Consultant  
CINDY HARE -

Cindy Hare is a member of the Temagami First Nation - Deep Water People. Cindy started in the field of Early Childhood Education. (ECE), then continued to complete a BSW - Native Human Services at Laurentian University in Sudbury, ON. This was followed by a Bachelor of Education and Masters of Education at Nipissing University specializing in Educational Leadership. Cindy has been a lifelong educator, working as a JK and SK Primary teacher, College Professor teaching Early Childhood Education and Anishnaabe Studies, Program Coordinator for Native Community and Social Development, Education Consultant and Education Manager and Principal on Bear Island, Lake Temagami. Cindy's overall professional goals are to help Anishnaabe students be successful in all forms education and to live a good life (mno maaudis). Also, to teach others about the richness and wonderment of the First Nations Anishnaabe Culture and Heritage.



Consultant  
Christy Bressette –

Christy is an Anishinabe parent, student, teacher, and community member of Kettle and Stony Point First Nation. She is an educator within provincial public schools, First Nation schools, and within several Canadian universities. She is an active supporter of programs designed to empower Aboriginal youth and increase parental engagement and community participation in education.



Miigwech to all the participants!



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Sarnia, Ontario N7T 7H5  
Tel (519)332-4894 Fax (519)332-5982

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## 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**

# Attention Seniors 55 years of age and older:

## Would you like to gain computer skills for your own personal use....

like email; facebook; saving, sending and/or receiving photos and/or attachments; & more.



If so, then the staff of  
**Aamjiwnaang's Adult Education Program**  
want to hear from you.

If you are interested in such a program,  
**please contact Terry Plain**

at the Resource Centre at 519-336-8410 x285 by January 11, 2016

(Please note: the Resource Centre will be closed from Dec. 18 – Jan. 3, so please leave a message with your name and number, and we will return your call upon our return.)

**New participants only, please**

We would like to host a 6 week beginner computer workshop for seniors beginning the end of January. If there is interest, we will set the dates and times following January 11<sup>th</sup>.

**Presented by Aamjiwnaang's Literacy and Basic Skills Program**  
Part of Aamjiwnaang Alternative & Continuing Education (AACE)

**EMPLOYMENT  
ONTARIO**  
Ontario's employment & training network

# 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 at 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.



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

## ACTIVE THROUGH ART AN INSPIRED PROGRAM FOR SENIORS

### Get On The Art Bus!

With Lambton Elderly Outreach, we are proud to offer accessible transportation to and from Kettle & Stony Point, Forest, Aamjiwnaang, Petrolia, and Sarnia. Available for participants who would otherwise be unable to attend. FREE, but capacity limited. RSVP required.

### Tis the Season | December 9, 1:00 - 3:00 pm

Get a dose of seasonal cheer with some delightful winter scenes from our exhibitions. Then, share in the community spirit through a group potluck and an interesting workshop where we get to play with food as art.

### Dance, Line, and Rhythm | January 13, 1:00 - 3:00 pm

Great artwork can often portray and embody a sense of rhythm, movement, speed, and repetition. After exploring examples in our exhibitions, we will replicate the visual experience with our bodies.

### Portrait of a Lifetime | February 3, 1:00 - 3:00 pm

The best portraits display the sitter's identity and go beyond mere representation. Consider the key to representing yourself and then choose five symbols to make a non-representational self-portrait.

RSVP to attend workshop(s), or for the Art Bus, by contacting Caitlyn McMillan at [caitlyn.mcmillan@county-lambton.on.ca](mailto:caitlyn.mcmillan@county-lambton.on.ca) 519-336-8127 x 3223



CULTURAL SERVICES DIVISION  
Judith & Norman Alix Art Gallery  
147 Lochiel Street  
Sarnia, ON N7T 0B4  
519.336.8127 | jnaag.ca

**Canada**  
Supported by the Government of Canada's  
New Horizons for Seniors Program



# HOUSING DEPARTMENT



**NOTICE TO ALL BAND MEMBERS**



**Re: HOUSING APPLICATIONS**

The Housing Department is currently taking new applications for the 2016 Housing Waiting List,

**DEADLINE FOR NEW HOUSING APPLICATIONS: JANUARY 29<sup>th</sup>, 2016**

Please **NOTE**: **ONLY** those applications received by January 29<sup>th</sup>, 2016 will be put on the 2016 waiting list. Any late submissions will be filed and reviewed the following year. If you are currently on the waiting list it is your responsibility to update your current application (phone #, employment etc.). Please contact the Housing Department if you have any questions. Applications can be picked up at the front desk at the Band Office.

**CLOSED for the HOLIDAYS**

All Band operations will be closed for the holidays.

All Band Rental & CMHC units requiring **EMERGENCY CALLS ONLY** over the holidays please contact Tracy Williams at 519-490-5996.

**Housing Inspections**

Randy Doxtator from the S.F.N.S. is here every Monday to perform housing inspections. Housing inspections are done between 10:30a.m. – 3:30p.m every Monday. Inspections are done every half hour. Please call the Housing Department to book an inspection.

Someone must be present the day of the inspection if there are issues inside the home.

**2014-2016  
Housing Committee**

- |                |             |
|----------------|-------------|
| Sherri Crowley | Councilor   |
| Randi Rogers   | Councilor   |
| James Maness   | Band Member |
| Ada Lockridge  | Band Member |
| Joseph Plain   | Band Member |

Housing Committee meets every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month. If you have items for the agenda please have all information into the Housing Department one week prior to the meeting. Thank you.

**NOTICE TO ALL TENANTS IN  
BAND RENTAL UNITS, CMHC HOUSING UNITS,  
SENIORS COMPLEX,  
SENIORS DUPLEX AND APPARTMENTS**

**Re: Contents Insurance**

It is the responsibility of the tenant to provide contents insurance for their unit. The Housing Department is not responsible for sewer damage, sewer backup or flooding.

As per the Housing Policy and your signed housing agreement each tenant is to provide a copy of their contents insurance policy to the Housing Department.

Contact an insurance broker for more information.



*Please return any borrowed Humidifiers or Heaters to the Housing Department.*

*From Our Families to Yours  
Have a Safe and Happy Holiday  
and Wishing Everyone a  
Prosperous New Year in 2014*

**Housing Department Staff**

Tracy Williams - Housing Coordinator  
twilliams@aamjiwnaang.ca

Tanya Williams - Housing Assistant  
tanya.williams@aamjiwnaang.ca





## **CONGREGATE DINING**

...or “Community Dining” is designed to give our Seniors (55 years & older) an opportunity to enjoy a nutritious meal while socializing with others. In addition to the luncheon, short educational or entertainment sessions are often provided.

### **Criteria:**

- Be over the age of 55
- Must attend the luncheon

### **Cost: FREE!**

- Please note that there will no longer be any delivery except for in cases of extreme physical limitation. Must be assessed before approved.

LEFTOVERS will be given to any ill person or families in the community, frozen and saved for use in a near future meal, or given to the seniors in the community.

***PLEASE COME OUT AND  
ENJOY A DELICIOUS  
HOMECOOKED MEAL  
VOLUNTEERS ARE ALWAYS  
WELCOME!***

**Call Peggy or Robin for more info  
519-332-6770**

## ***Travelling Seniors News & Updates...***

Travelling Seniors hold monthly meetings the first Wednesday of every month at 6:00 pm at the Community Centre in the Seniors Room.

Next meeting will be  
January 6, 2016.

Fundraising Bingos will be held on December 17, January 21, February 25 and March 24. Plan to attend and support the travelling seniors!!

### **Attention High School Students!!**

If you are looking for volunteer opportunities please consider the Travelling Seniors functions and events. Your assistance would be greatly appreciated!!



## Healthy Babies/Healthy Children and Head Start

Monday, January 4th	10:30 a.m. to 1:30 p.m. Winter Craft
Wednesday, January 6th	5:00 p.m. to 7:30 p.m. Literacy Night
Thursday, January 7th	10:30 a.m. to 12:30 p.m. Play and Literacy Specialist
Monday, January 11th	10:30 a.m. to 1:30 p.m. Simple Sewing
Wednesday, January 13th	5:00 p.m. to 7:30 p.m. Craft and Free Play
Thursday, January 14th	10:30 a.m. to 12:30 p.m. Parenting Topic
Monday, January 18th	10:30 a.m. to 12:30 p.m. Simple Sewing (continued)
Wednesday, January 20th	5:00 p.m. to 7:30 p.m. Sledding in Bear Park (weather permitting)
Thursday, January 21st	NO PROGRAM-Staff at Training
Monday, January 25th	10:30 a.m. to 1:30 p.m. Kids in the Kitchen
Tuesday, January 26 <sup>th</sup>	11:30 a.m. to 1:30 p.m. New Parents Group Tour of Organic Store 5:00 p.m. to 8:00 p.m. Children's Moccasins-part 1 Limited #-SIGN UP REQUIRED
Wednesday, January 27th	5:00 p.m. to 7:30 p.m. Gym Night
Thursday, January 28th	10:30 a.m. to 12:30 p.m. Healthy Lifestyles-HIV/AIDS Prevention Making TeePee 5:00 p.m. to 8:00 p.m. Children's Moccasins-part 2 Limited #-SIGN UP REQUIRED

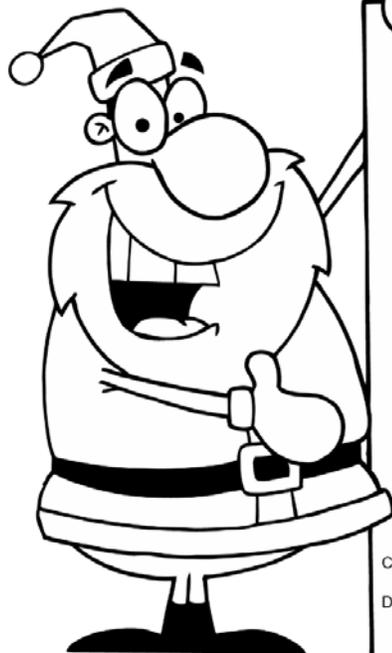
# New Parents Group

(Prenatal & Parents of children up to 6 months)

Come join us for:

- ✓ Meeting some of the new babies
- ✓ Lunch at Pizza Hut
- ✓ Tour of Organic Store

- Tuesday  
January 26, 2016
- Meet at Pizza Hut
- 11:30 a.m.
- Rides available
- Register by January 19<sup>th</sup>  
with Dorothy at reception  
519-332-6770



www.kidscanhavefun.com

## Christmas Santa Word Search

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

Christmas   Presents   Santa Claus   Sleigh   Tree   Red  
 December   Star   Candy   Stockings



## "BAND TOGETHER for HEALTH"

Education, & Exercise Class



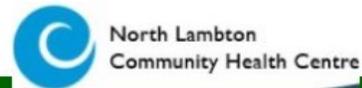
Where? Maawn Doosh Gumig Community Centre

When? Monday's from 2:00pm-3:30pm

Wednesday's from 10:00am—11:00am



Call Dorothy at 519-332-6770 for more info



# Let's Get Fit

**The Kettle Bell Exercise Program with Diane Tuckey is full.**

**The first session is January 7th, 2016 at 7 pm for a total of 8 weeks.**

**Please arrive 1/2 hour early.**

Maawn Doosh Gumig Community Center

Top 3 participants who lose inches and have perfect attendance will receive a special gift.

Looking forward to a healthy New Year

**Start Date:**  
**January 27, 2016**  
**Time: 5:30-7pm**



# MEMORY BOOKS

A scrapbook to hold the memories of a loved one you've lost. Pictures, writings, drawings, keepsakes, etc. compiled in a scrapbook to celebrate and honour the life of the one you lost.

Aamjivnaang Health Centre

LIGHT SNACKS WILL BE  
PROVIDED

Bring photos and keepsakes with you to the sessions. The rest will be provided.

Please contact Tracey if you have questions.

**Please Register with Dorothy**

**519-332-6770 \*Seats are limited.**





## WOMEN ON THE RISE

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Aftercare / Continuing Care for women 16+

**January 13, 2016**

12:30 – 2:30pm

REGISTRATION:

Tracey at the Aamjiwnaang Health Centre 519-332-6770  
Charity Smith, House of Sophrosyne, 519-328-1683

This group is for any woman who has completed a residential or community treatment program and would like support as she continues to work her path to recovery from substance abuse. Registration is required prior to group, and once the group begins it is a closed group. The program is 12 weekly sessions, individual counselling is available as needed.

---

Week 1	Orientation and Healthy Supports.
Week 2	Triggers and Coping Strategies.
Week 3	Warning Signs of Relapse.
Week 4	Cross Addiction and Denial.
Week 5	Self-Esteem and Self-Care in Recovery.
Week 6	Coping Effectively with Feelings in Recovery.
Week 7	Healthy Boundaries, Healthy Relationships.
Week 8	Women and Sexuality.
Week 9	Families in Recovery.
Week 10	Mental Health/Concurrent Disorders.
Week 11	Spirituality in Recovery.
Week 12	Managing Recovery Long-Term

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## 1<sup>st</sup> Aamjiwnaang Cub Scouts



On Tuesday December 15, 2015, 17 youth between the ages of 8-10 years officially became the 1<sup>st</sup> Aamjiwnaang Cub Scouts. The ceremony was well attended by the parents, Cub Scout Canada Officials, new Cub Leaders and Volunteers.

The group as a whole is called the “**Wolf Cub Pack**”. The cubs are broken into Three Clans which are the **Eagle Clan, Bear Clan and Wolf Clan**. Each Clan has a Leader to help in the achievement of the whole Wolf Pack.

Congratulations to the following Cubs in their endeavours:

M’Nodeh Plain – Leader, Shawna Riley – Leader, Samantha Antila – Leader

Mitchal Yellowman, Maddox Bois, Rowan Fisher, Tayah VanTroost, Jaxon Aviles, Braden Maness, Will Bird, Mia Iacobbelli, Zach Riley, Montee Henry, Warren Joseph, Owen Freeman, Kadence Rogers-James

A special thank-you to Aamjiwnaang Chief & Council for their support to make this another success!





## Time To Get Coaching!

The Canada Games Apprentice Coach Program is now accepting applications for apprentice coaches.

Two positions are available for coaches to attend the 2016 Canada Summer Games in Winnipeg.

Historically this program has been an incredible opportunity for coaches looking to increase their professional development.

A letter of interest needs to be submitted to the Coaches Association of Ontario by **JAN.15, 2016**

DETAILS: <http://www.coachesontario.ca/canada-games-apprentice-coach-program/>



Still looking for coaches for the 2016 NAHO in Mississauga. Interested applicants have until Dec. 4th, 2016 to submit their application to [marley.maxwell@arwco.ca](mailto:marley.maxwell@arwco.ca)



Not a coach yet? Get yourself and your community started! Bring the Aboriginal Coaching Modules to your community. <http://arwco.ca/community-development/aboriginal-coaching-modules/>



# Christmas Crossword



## ACROSS

- 1. Pumpkin or mincemeat
- 3. Santa's ride
- 6. Celebration
- 8. Newborn
- 9. Northpole crew
- 13. Word of praise
- 14. Words on a Christmas card
- 17. It's opened on Christmas

## DOWN

- 1. Alternative word to 17 across
- 2. Christmas drink
- 4. Christmas dinner centerpiece
- 5. Dec. holiday
- 7. Christmas warmer
- 8. "Jingle \_\_\_\_\_"
- 10. Christmas tree
- 11. O. Henry's "The Gift of the \_\_\_"
- 12. What carolers do
- 15. French Christmas.
- 16. Snow glider



### Sarnia Justice Film Festival Upcoming Films

January 16- Alive Inside: A film about music's ability to combat memory loss and restore a deep sense of self to those suffering this loss <https://www.youtube.com/watch?v=IaB5Egej0TQ>

February 20- The Clean Bin Project: A Film about trying to live a waste-free life <https://www.youtube.com/watch?v=dhBBziXFrNQ>

March 12- Oil and Water: A film about searching for a more just future for all people around the world born with oil beneath their feet <https://www.youtube.com/watch?v=pTeAAJgDNb4>

April 23- Madina's Dream: A film about rebels and refugees fighting to survive in Sudan's Nuba Mountains [https://www.youtube.com/watch?v=2\\_MD9gg2WRw](https://www.youtube.com/watch?v=2_MD9gg2WRw)

All films are screened free of charge at the Sarnia Library Theatre on Saturdays, beginning at 7pm.

For more information contact:  
Thea deGroot – 519-542-5009

#### **“Handyman Work Wanted”**

**Painting, Drywall Repair, etc...  
Need your Deck done?**

Eaves 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**

#### **RP Home Renos**

**Interior and Exterior**

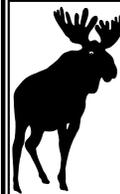
**For free estimates  
7 days a week call  
Ryan Pitre**

**519-312-7537**

#### **Language Classes**

With Francis Pawis  
every Tuesday from 6-8 pm  
Community Centre Room "C".

Everyone is welcome!



### **Roger Williams' AUTHENTIC NATIVE CRAFT SHOP**

#### **STORE HOURS**

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

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



Let's keep our furry friends warm this winter. Contact the Band Garage at **519-336-0510** if you need straw for your animals.

# Mino Dbishkaayin-Happy Birthday Dec. 18/15 —Jan. 14/16

James	Archer-Lewis	Dec.	18	Aleks	Gergi-Rogers	Dec.	23
Christopher	Scott-Stocum	Dec.	18	Arlene	Gray	Dec.	23
Gage	Simon	Dec.	18	Faith	Plain	Dec.	23
Daniel W	Williams	Dec.	18	Kim	Williams	Dec.	23
Joan	Wilson	Dec.	18	Robert Allan	Adams	Dec.	24
Jarrod	Wrightman	Dec.	18	Michelle	DeWit	Dec.	24
Veronica Winnifred	Adams	Dec.	18	Nicole	Levert	Dec.	24
Dalton	Bressette	Dec.	19	Charles	Plain	Dec.	24
Amber	Cottrelle	Dec.	19	Tara-Lynn	Rising	Dec.	24
Laila	Cottrelle	Dec.	19	Mary	Tinney	Dec.	24
Carlos	George	Dec.	19	Debra	David-Accetta	Dec.	25
Mya	James	Dec.	19	Cameron	Gray	Dec.	25
Shawna	Joseph	Dec.	19	Brayden	Kiyoshk	Dec.	25
Steven	McNickle	Dec.	19	Michael James	Adams	Dec.	26
Grayson	Plain	Dec.	19	Tadra	Bird	Dec.	26
Jennifer	Brander	Dec.	19	Shirley	Chaisson	Dec.	26
Marsha	Grant	Dec.	20	Ronald	Jacobs	Dec.	26
Lisa	Ham	Dec.	20	Jeffrey	Land	Dec.	26
Shawn	Plain	Dec.	20	Myranda	Maness	Dec.	26
Taylor M	Plain	Dec.	20	Jamie	Munoz	Dec.	26
Rosamond	Simon	Dec.	20	Susan	Rogers	Dec.	26
Chynna	Brooks	Dec.	20	Jonathan	Bird	Dec.	27
Evan	Brown	Dec.	21	Jessica	Isaac	Dec.	27
David	Lacourse	Dec.	21	Brandon	Joseph	Dec.	27
Emily	McKay	Dec.	21	Connie	Sinne	Dec.	27
Nathan	Pamajewon	Dec.	21	Wesley	Williams	Dec.	27
Mark	Pevec	Dec.	21	Kenneth	Collier	Dec.	28
Nerissa	Pevec	Dec.	21	Randall	Jackson	Dec.	28
Winterson	Rogers	Dec.	21	David	Lavallee	Dec.	28
Gary	Solomon	Dec.	21	Cara	Maness	Dec.	28
Robert	Stone	Dec.	21	Jennifer	Pimentel	Dec.	28
Robert	Verdon	Dec.	21	Christine	Plain	Dec.	28
Ashley	Wright	Dec.	21	Darrel	Gray	Dec.	29
Vicky	Barnier	Dec.	21	Jordan	Gray	Dec.	29
Kyle	Cottrelle	Dec.	22	Justine	Koglin	Dec.	29
Rylee	Crowe	Dec.	22	Little Owl Woman	Matte	Dec.	29
Jordan	Day	Dec.	22	Kelly	Rogers	Dec.	29
Jacinda	DeWit	Dec.	22	Michael T	Williams	Dec.	29
Mia	Iacobelli	Dec.	22	Benjamin	Worsley	Dec.	29
Alexandria	Doxtator	Dec.	22	Emily	Harding	Dec.	29
Charlene	Nahmabin	Dec.	22	Stewart	David	Dec.	30
Isabelle	David	Dec.	22	Terri	Joseph	Dec.	30

# Mino Dbishkaayin-Happy Birthday Dec. 18/15—Jan. 14/16

Marshall	Maness	Dec.	30	Harley	George-Walker	Jan.	5
Brianna	Parker	Dec.	30	Cody	Grider	Jan.	5
Chase	Rogers	Dec.	30	Darlene	Joseph	Jan.	5
Kayden	Simon	Dec.	30	Vince	Joseph	Jan.	5
Cheryl	Evans	Dec.	31	Raven	Nahmabin-Hiltz	Jan.	5
Stephanie	MacGregor	Dec.	31	Theresa	Piche	Jan.	5
Blake	Medeiros	Dec.	31	David D	Plain	Jan.	5
Lacey	Rogers	Dec.	31	Mitchel	Williams	Jan.	5
Mark	Rogers	Dec.	31	Isabelle	Baker	Jan.	6
Gerald	Smith	Dec.	31	Michael	James	Jan.	6
Oshkiwesensmawan	Stone	Dec.	31	Real	Levert	Jan.	6
Michael	Thompson	Dec.	31	Mary Ann	Maness	Jan.	6
Christopher	Vallier	Dec.	31	Nicholas	Nahmabin	Jan.	6
Celsie	Williams-Bressette	Dec.	31	Jinelle	Chalcraft	Jan.	6
Melanie	Birchard	Jan.	1	Russell	Williams	Jan.	6
Selina	Cottrelle	Jan.	1	Rebecca	Adams	Jan.	7
Jaylynn	Graham	Jan.	1	Tyler	Corner	Jan.	7
Nangwaabiikwe	Gray	Jan.	1	Jamie	Hanna	Jan.	7
Saige Ruby	Hallett-Plain	Jan.	1	Kenneth	Lewis	Jan.	7
Lorna	Lawrence	Jan.	1	Juanita	Deacon	Jan.	8
Wanda	Maness	Jan.	1	Diana Faith	Gray	Jan.	8
Shirley	Oliver	Jan.	1	Patricia	Joseph	Jan.	8
Tyson	Plain	Jan.	1	Richard	Levert	Jan.	8
Krislyn	Rogers	Jan.	1	Melissa	Medeiros	Jan.	8
Linda	Bressette	Jan.	2	Dana	Nahmabin	Jan.	8
Montee	Henry	Jan.	2	Salvatore	Plain	Jan.	8
Garnet L	Williams	Jan.	2	Arno	Yellowman	Jan.	8
Jacqueline	Cunningham	Jan.	3	Jossalynn	Gray	Jan.	8
Alyssa	Plain	Jan.	3	Julie	Bird	Jan.	9
Darrius	Sinopole	Jan.	3	Alexander	Bourgeois	Jan.	9
Randall	Williams	Jan.	3	Ariana	Fotinakis	Jan.	9
Benjamin	Yardley	Jan.	3	Marion	Maness	Jan.	9
Hunter	Adams	Jan.	4	Gabbi	Noah	Jan.	9
Charmaine	D'Amato	Jan.	4	Janice	Rogers-Feather	Jan.	9
Sydey	DeGurse	Jan.	4	Niah-Envy	Bird	Jan.	10
Daanis	Fisher	Jan.	4	Amy	Crober	Jan.	10
Alexa	Giorgi	Jan.	4	Wesley	George	Jan.	10
Anthony	Huete-Jacobs	Jan.	4	Robert	Nahmabin	Jan.	10
Elijah	Noah	Jan.	4	Calista	Plain	Jan.	10
Leona	Rogers	Jan.	4	Katera	Rogers	Jan.	10
Dylan	Smith	Jan.	4	Steven	Stone	Jan.	10
Bryan	Williams	Jan.	4	Ivan	Wright	Jan.	10
Olivia	Rising	Jan.	5	Adam	Alton	Jan.	11

# Mino Dbishkaayin-Happy Birthday Dec. 18/15—Jan. 14/16

Philemon Alexander	Bird	Jan.	11
Charmaine	Jacobs	Jan.	11
Melissa	Maness	Jan.	11
Neela	Martinez	Jan.	11
Angela	Shanks	Jan.	11
Jessica	Adams	Jan.	12
Raymond	Fisher	Jan.	12
Richard O	White	Jan.	12
Rudy M	Williams Jr.	Jan.	12
Jackson	Antila	Jan.	13
Mikeesha	Bressette	Jan.	13
Vicky	Doxtator	Jan.	13
Ernest	Gray	Jan.	13
Malcolm	James	Jan.	13
Megan Lee	Nahmabin	Jan.	13
Kaden	Plain	Jan.	13
Lacey	White	Jan.	13
Klorissa	Yardwood	Jan.	13
Jennifer	Bright	Jan.	14

Capryse	Dube	Jan.	14
Esther	Elie	Jan.	14
Evelyn	Giorgi	Jan.	14
Cheryl Gail	Johnson	Jan.	14
Lisa	Joseph	Jan.	14
Kenneth	Maness III	Jan.	14
Robert	McNickle	Jan.	14
Steven	Stager	Jan.	14
Angela	Walker	Jan.	14



Happy Birthday to all our boys!

Cyrus - Dec 9th

Julius - Dec 16th

Dallas - Dec 17th

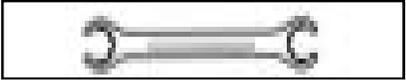
Darrius - Jan 3rd

Love Mom & Gena!



## & SERVICE CENTRE

**TAX FREE *Plus***  
**COURTESY SHUTTLE**

Full Mechanical, Collision & Rust Repair  
on all & Mod-  Makes els

**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](mailto:whiteplainsautobody@gmail.com)



### How to Help

Find the right time and place to talk. Be calm, caring, non-threatening. Listen. Talk about the concerns by using facts and accurate information. Encourage the person to see a doctor. Encourage the person to seek professional help.

### Where to Get Help

Emergency 911

Kids Help Phone 1-800-668-6868

Distress Line 519-336-3000

LGBTQ Two Spirited Youth Line 1-800-268-9688 Text: 647-694-4275

Bluewater Health Addictions and Problem Gambling 519-464-4400 ext. 5370

Withdrawal Management 519-332-4673

Women's Interval Home 51-336-5200

Sarnia-Lambton Children's Aid Society 519-336-0623

Westover Addiction Assistance 1-800-721-3232

Windsor Withdrawal Management (detox) 519-257-5225

Grand River Withdrawal Management (detox) 519-749-4318

London Withdrawal Management (detox) 519-432-7241

Lambton Mental Health Crisis Line 519-336-3445

Victim Services Support Line 1-888-281-3665 ext. 5238

Alcoholics Anonymous 519-337-5211

Drug & Alcohol Registry of Treatment 1-800-565-8603

Aamjiwnaang Mental Wellness 519-332-6770

Pregnancy Centre 519-383-7115

Sexual Assault Victims 519-337-3320

Problem Gambling 1-888-230-3505

For more information or support please call 519-332-6770

### 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

# EMPLOYMENT ASSISTANCE

**\*\* FYI \*\***

TO STAY INFORMED ABOUT WORKSHOPS ETC

PLEASE CONNECT WITH MARINA ON A MONTH TO MONTH BASIS IF POSSIBLE  
TO DISCUSS EVENTS, TRAINING AND WORKSHOPS THAT MAY BE OF INTEREST TO YOU

ALSO, I AM ABLE TO ADD CLIENTS TO THE LIST TO OBTAIN FORKLIFT,  
CONFINED SPACES, BASIC SAFETY TRAINING, ETC,  
AT **INDUSTRIAL EDUCATION CENTRE** IN SARNIA.

MARINA PLAIN - 519-336-8410 ext 231

**MIIGWETCH!**

**MERRY CHRISTMAS  
AND HAPPY NEW YEAR  
AAMJIWNAANG**

**Have a safe holiday with  
your loved ones!**





**Quilt Raffle - raising money to offer family language classes and other traditional knowledge workshops Etransfers accepted - miigwech.**

**contact [mdplain@gmail.com](mailto:mdplain@gmail.com)**

**Audrey Jacobs, Ada Plain, Tim Plain , Charles Rogers & Marina Plain have tickets 4 sale.**

**5.00 each or 5 for 20.00**

# N.F.L.

## Native Fathers Learning.

### 2016 Winter Session



#### Theme of the Week:

#### Topics to be explored:



#### Monday January 18, 2016

**1. Being the Best Dad you can be, the importance of you in your child's early years.**

- Roles of a Dad
- Child's health and development
- How to guide your child's behaviors
- The importance of play, tips on what children need to be healthy in mind, body, and spirit.



#### Monday January 25, 2016

**2. The importance of Misho in this generation**

- Talking and hearing from grandfathers from our community.
- They will revisit their parenting times and share their wisdom.
- The importance of our Misho's involvement with us and our children.



#### Monday February 1, 2016

**3. Fathering—How you are a role model to your children.**

- Fathers as they role model to children's beliefs, values, traits and how it impacts them.
- Positive lifestyles and raising our children.
- Shaping our children, building good character and the seven grandfather teachings.



#### Monday February 8, 2016

**4. Hunting, Fishing and the role of a provider.**

**Creating Memories**

- Sharing the tricks of the trade and leaving stories at their best.
- Teaching others about methods, practices and harvesting techniques.
- How we can bond with our children and each other by participating in outdoor activities.
- Creating memories to last forever with our children.



#### Monday February 15, 2016

**5. Nurturing relationships with your children, partner, family and community.**

- Communication is the key to successful relationships. Our relationship is important to all of creation.
- Parenting, relationships with partners, family members and the community
- Understanding and bettering relationships for our children.
- Encouragement and Praise for the job you are doing as a parent.



#### Monday February 22, 2016

**6. Reflecting on fathering, a First Nation's Perspective**

- Join together to review Aboriginal men in fathering
- Explore the importance of culture in a child's life
- Discussion on power point presentation
- Develop individual mind maps on aboriginal fathers and selfcare plan

**Sessions will be at the Sarnia-Lambton Native Friendship Center  
6:00 p.m. to 9:00 p.m.  
For more Information Call (519)344-6164**

# Aamjiwnaang First Nation Instructional Hockey Program Five and Six Year Olds

Learn the basic fundamental of skating, stopping, puck handling and shooting.

### Session One

The basic fundamental of skating will be 8 sessions at Mooretown Arena starting October 10 Saturday 5:00 to 6:00

### Session Two

Hockey basis will be Exhibition games and practices 8 sessions January 2 to March 12 2016

## **EQUIPMENT REQUIREMENTS**

- **Helmet with mask or shield is a must (No bike helmets)**

### Optional

Hockey stick, Hockey gloves, Elbow pads, Shin pads, Hockey pants, Shoulder pads

Cost \$30.00

## Registration Form

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

For more information contact Jim Maness 519 332-0410 or Jamie Maness at Community Centre 519 491-2160

## Revised Instructional Hockey Schedule—2016

### Session 2

Date	Time
Jan 2	5-6
Jan 16	5-6
Jan 30	5-6
Feb 6	5-6
**Feb 13**	**5:30-6:30**
**Feb 20**	**6-7**
Mar 5	5-6
Mar 12	5-6



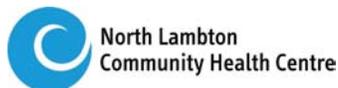
## CALL FOR INTERESTED PLAYERS

I am looking for interested players (boys and girls) for the Aamjiwnaang Hitmen Tyke Little NHL team. Tyke players must be born in 2009, 2010 or 2011.

The Tournament is March 14 – 17, 2016 in Mississauga, Ontario.

Please contact me if interested.

Andrea Grondin  
Manager  
519-384-1799 or at [ageorgiegirl@yahoo.ca](mailto:ageorgiegirl@yahoo.ca)



North Lambton  
Community Health Centre

## Free Afterschool Programs

**Aamjiwnaang Afterschool Program**  
Monday, Wednesday, Thursday  
Maawn Doosh Gumig *Community*  
and Youth *Centre*  
3:00-6:00pm



Everyone  
Welcome  
Children grades 1-8

For more info call:  
519-786-4545 ext. 235



## DETROIT TIGERS vs TORONTO BLUE JAY'S WEEKEND



### JULY 8TH - 10TH in Toronto

Coach Bus, Ticket's to all (3) Games Seats in 200 Level Third Baseline, and Accommodations at the [Radisson Admiral Hotel Toronto Harbourfront](#)

4 People in a Room \$480 per person, 3 People in a Room \$520 per Person, 2 People will be \$600 each, and \$900 for a Single. All in Canadian Funds. Deposit of \$200 CDN secures your spot.  
Only 50 Spots Available.

Contact Willie at 519-332-6771 or 519-384-1957. You can also call **PREFERRED CHARTERS** at 1-810-982-7433



@ JOE LOUIS ARENA,  
DETROIT



**SUNDAY, MARCH 13TH**

**@ 7:30 PM**

**\$130.00 U.S.**

INCLUDES : COACH BUS, SHUTTLE FROM NEMO'S BAR AND GRILL (WHERE CANADIAN MONEY IS AT PAR) AND TICKET (SEC.228, ROW - 7-10)

TICKET'S AVAILABLE AT DEMPSEY'S BAR AND GRILL AND WILLIE AT 519-384-1957

BUS LEAVES CORUNNA BALL PARK (HILL ST. & QUEEN ST. PARKING LOT) AT 2:00 PM SHARP AND DEMPSEY'S BAR AND GRILL AT 2:30 PM SHARP.

Janelle Nahmabin  
Mary Kay Cosmetics  
Senior Independent Beauty Consultant  
1116 Tashmoo Ave.  
519-402-0404

Available Classes:  
Skin Care  
Makeup Application  
Spa Nights

My studio has all the skin care and beauty products that you may be looking for!

Try before you buy!

Free consultations!

Call to book an appointment!

**For Posting or Including in a Newsletter****Ontario Juries Need First Nations Representation****Ministry of the Attorney General Asks First Nations People to Fill Out the Juror Questionnaire**

Every fall, the Ministry of the Attorney General sends out juror questionnaires to people across the province. This year's questionnaires are about to be mailed. About one in every 12 people living in Ontario will get one in the mail this fall.

People who fill out a juror questionnaire could be included on a list of potential jurors called a jury roll. This is the first step towards possibly being called for jury duty sometime in the following year.

People who sit on a jury share their wisdom and experience to benefit other jury members and the community. Every courthouse needs jurors for criminal trials, civil trials, and coroner's inquests.

Ontario juries need First Nations representation: The Ministry of the Attorney General is asking all First Nations people who receive a questionnaire to fill it out and return it as soon as possible.

**The problem**

There are not enough First Nations people on Ontario's jury rolls.

In some places, judges have decided that a trial would not be fair because there were not enough First Nations people on the jury roll. In those cases, the trial or inquest could not go ahead. Everyone involved was denied peaceful closure.

**The solution**

The ministry is asking people who receive a juror questionnaire to complete and return the form as soon as possible so that the jury roll includes your First Nations community. It can also mean that trials and inquests can go forward and there is closure for everyone, including victims and families.

**Being selected for jury duty**

Not everyone who fills out a questionnaire is selected for jury duty. People who are selected will receive a summons in the mail. If you need to travel to court you can call the courthouse and ask for help booking travel and a hotel. They may even be able to arrange to pay jurors expenses in advance, including meals, hotel and travel.

**For more information**, call the local courthouse at 519-333-2950 or the Provincial Jury Centre at 1-800-498-8016. You can also visit [Ontario.ca/juryduty](http://Ontario.ca/juryduty).

# Employment Opportunity

## **Position: Post-Secondary Counsellor (Short-Term Contract)**

**Summary:** Under the direction of the A/Post-Secondary Program Coordinator, the Post-Secondary Counsellor provides counselling and information to those considering a Post-Secondary education and administers approved applications. The Post-Secondary Counsellor adheres to standards set forth by the Ontario Native Education Counselling Profession.

**Closing Date & Time:** Friday, January 8, 2016 at 4:00pm

**Interviews:** Friday, January 15, 2016 (Tentative)

[See Full Job Posting >>](#)

**Please feel free to share this posting with your networks.**

*Southern First Nations Secretariat*



**Copies of the full job posting are available at the Band Office or Community Centre.**



**Lambton Public Health**  
160 Exmouth Street  
Point Edward, ON N7T 7Z6

Telephone: 519-383-8331  
Toll-free: 1-800-667-1839  
Fax: 519-383-7092  
[www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca)

## **NEWS RELEASE**

For Immediate Release

### **Lambton Public Health Advises to Rethink Your Drinking**

Monday, November 16, 2015

**Point Edward, ON** – According to the Canadian Community Health Survey (2013/14) about 1 in 3 males and 1 in 5 females over the age of 12 years in Lambton County are considered heavy drinkers.

Heavy drinking is defined as 4 or more drinks for females and 5 or more drinks for males in one occasion.

“Drinking too much, too often is a concerning issue,” says Terry Easterby, Health Promoter at Lambton Public Health. “People are often unaware of the consequences of over-drinking in the short and long term.”

Whether it is a night of celebration or drinking games, it’s easy to lose track of how many drinks you’ve had. Continuous drinking can increase the risk of short and long-term alcohol-related harm. The most common short-term risk of heavy drinking is a ‘hangover’ – headache, fatigue and nausea; however, more serious risks include:

- Alcohol poisoning
- Violence and injuries (car crashes, falls, fights)
- Unprotected sex
- Poor or regrettable decisions
- Problems with finances, work or school
- Long-term health effects, such as liver cirrhosis, heart problems, cancer

Canada’s Low-Risk Alcohol Drinking Guidelines, which help adults who choose to drink to make informed choices about their alcohol consumption, recommend:

- Women consume no more than 10 drinks a week and no more than 2 drinks a day most days
- Men consume no more than 15 drinks a week and no more than three drinks a day most days.

For more information about alcohol consumption and its health risks, visit [www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca) or [www.rethinkyourdrinking.ca](http://www.rethinkyourdrinking.ca).

-30-

**Please contact:**

**Terry Easterby**  
Health Promoter  
County of Lambton  
519-383-8331 x 3537  
[terry.easterby@county-lambton.on.ca](mailto:terry.easterby@county-lambton.on.ca)

[www.lambtononline.ca](http://www.lambtononline.ca)





**Southwest Ontario  
Aboriginal Health  
Access Centre**

**TRADITIONAL HEALING  
PROGRAM  
JANUARY 2016**

To schedule an appointment at our Chippewa sites, please call 519-289-0352 and ask for **Stephanie Trudeau, Shkaabewis Kwe** with the Traditional Healing Service. Contact Sissy at the London Site, 519-672-4079. Schedules are subject to change with short notice. Miigwetch/Yaw<sup>ko</sup>/Thank you

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>BOOKING WITH JOANNE CHEECHOO:</b> Individuals with chronic illness, the elderly, and those supported by proper referral sources such as SOAHAC's Traditional Healers/Elders and Primary Care will be given priority for appointments. <b>BOOKING WITH ALL HEALERS/ELDERS:</b> Please be reminded to bring a tobacco tie with each visit – females are asked to wear long skirts.						1 <b>STAT</b> New Year's Day	2
3	4	5 Joanne Cheechoo London	6 Joanne Cheechoo London	7	8	9	
10	11 Joanne Cheechoo Chippewa  Esstin McLeod Owen Sound	12 Joanne Cheechoo Chippewa  Esstin McLeod Owen Sound	13 Esstin McLeod Chippewa	14 Esstin McLeod London	15 Diane Hill Chippewa	16 Diane Hill Chippewa	
17 Diane Hill Chippewa	18	19 Richard Assinewai London	20 Richard Assinewai Chippewa	21 Richard Assinewai Outreach-Sarnia  Elva Jamieson Chippewa	22 Richard Assinewai Outreach-Kettle Point  Elva Jamieson London	23	
24	25 Bruce Elijah Chippewa  Richard Assinewai Owen Sound	26 Bruce Elijah London  Richard Assinewai Owen Sound	27	28 Joanne Cheechoo London	29	30	
31	Our visiting Healers/Elders are with us monthly. SOAHAC's onsite Resident Healers/Elders, Joanne Jackson at the London Site and Liz Akiwenzie at the Chippewa Site. Miigwetch/Yaw <sup>ko</sup> /Thank you						

Come out  
**Community Sweat (mixed)**  
**January 9<sup>th</sup>, 2016**  
Fire to be lit at Noon  
Enter Lodge @ Sunset 5:00 ish  
Pot luck feast afterwards  
Phyllis Fisher's Place 1068 Chippewa Cres  
Come and Replenish your body and mind  
Lead by Pipe Carrier & Friend  
Rick Rogers

For more information contact  
Rick Rogers 416-274-6768 / and or  
Phyllis Fisher 519-336-0445



Call Shawnacey Williams:  
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# Christmas Concert 2015





Thank you to all those who completed the “Communications Survey”. The winners drawn at the Christmas Concert on December 16, 2015 were: \$100 gift card—Cheryl Rogers and \$50 gift card—Brennan Williams.

If you have stories that you would like to share, please submit them to the Editor at : [editor@aamjiwnaang.ca](mailto:editor@aamjiwnaang.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

**FUTURE SPORTS SECTION**

It has been suggested that our paper have a “sports section”. We could list any upcoming games that your children are involved in or you could submit stories about tournaments, etc. Send me your information. Thanks!

Sandy Waring, Editor

*Masters Chair*

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**CALLING ALL BOWLERS!**

WE ARE LOOKING FOR BOWLERS FOR THE **SARNIA RESERVE FRIDAY NIGHT LEAGUE** AT MARCIN BOWL IN POINT EDWARD. REGULAR LEAGUE BOWLING BEGINS FRIDAY, SEPTEMBER 11, 2015. BOWLING IS FROM 6:15 – 9:00 PM. IF YOU ARE INTERESTED IN BOWLING CONTACT ZEEBEE AT 519-332-1799. SACTION FEE IS \$25 / WEELY BOWLING \$20

**CHIPPEWA TRIBE-UNE**

With the Christmas break  
the next issue is due out on  
**Friday, January 15, 2016**

The deadline for submissions is  
Tuesday, January 12 at 4:00 pm

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

**CHIPPEWA TRIBE-UNE**

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

**[https://sites.google.com/site/  
chippewatribeune/home](https://sites.google.com/site/chippewatribeune/home)**

*Merry Christmas & Happy New Year  
Sandy Waring*

*Spreading joy everywhere around you.  
Happy New Year!*

**New Years Feast**  
**Friday, January 1, 2016 at 12 Noon**  
**Maawn Doosh Gumig**

All Band Operations will close for the Holiday Season on  
Friday, December 18, 2015 at 4:30 pm  
All Band Operations will resume on  
Monday, January 4, 2016 at 8:30 am

