



CHIPPEWA TRIBE-UNE

Editor
Sandy Waring

NOW is the time to vote on the Anishinabek Nation Education Agreement

NOVEMBER 28—29, 2016

Poll Stations in:

Toronto, London,
Sault Ste. Marie, Sudbury,
Thunder Bay

Nov. 30—Dec. 2, 2016

On-Reserve Poll Stations
open!

If you cannot make it to either an Urban Polling Station or an On-Reserve Polling Station—please contact your First Nation to request a Vote Package!

Deadline to request a Vote Package is November 18, 2016

Don't forget to
Mail in your Ballot!

VOTE WEEK—NOVEMBER 28—DECEMBER 2, 2016

WWW.SAYYESTOAES.CA

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ABORIGINAL CULTURAL & LEARNING CENTRE
ABORIGINAL STUDENTS' COUNCIL
invite you to the
3RD ANNUAL LAMBTON COLLEGE
WINTER ROUND DANCE

SATURDAY DECEMBER 3

6:00PM - FEAST
7:00PM - ROUND DANCE BEGINS

LAMBTON COLLEGE GYMNASIUM
 1467 London Road, Sarnia, Ontario N7S 6K4

FREE EVENT
EVERYONE WELCOME!

STICKMAN : VYDEL SANDS
M/C : GORDON SANDS

50/50 DRAW | TOONIE TABLE | VENDORS
SPOT DANCES | AND MORE!

Migwech to our sponsors:
 Sarnia-Lambton Native Friendship Centre
 E'Maawizidijig Heritage and Culture Group

Lambton College 

DO YOU WANT TO QUIT SMOKING CIGARETTES?

There is help available at no cost to you.

If you are ready to stop/quit smoking and need help, contact **Kristal Nahmabin** at the Health Center we can arrange a time to meet and discuss your options.

There are so many health issues associated with SMOKING cigarettes. Now is the time to butt out.

Call 519-332-6770 to arrange an appointment.



GIVE IT UP!
 Stop smoking for life.

Aamjiwnaang Population Stats
Current: 2382



**COUNCIL AGENDA
ITEM SUBMISSION
DEADLINE!!**

FRIENDLY REMINDER

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

If you have any discussion items for

Chief and Council on:

Monday, December 5, 2016

The deadline for submission is:

Wednesday , November 30, 2016



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.**

COUNCIL AGENDAS

Presently a copy of the Council Agenda is posted on the front doors of the Band Office and Community Centre.

If you would like to receive an “electronic” copy of the Council Agenda, please send an email to:

editor@aamjiwnaang.ca

providing your name and band number.

Only band members can receive an electronic copy of the Agenda.

Thank you.

Sandy Waring

Community Information Officer

**Community Open Skate
at Mooretown Arena
on the following dates...**

Saturday, December 3	6 - 7 pm
Saturday, December 10	6 - 7 pm
Saturday, January 28	6 - 7 pm
Saturday, February 4	6 - 7 pm
Saturday, February 11	6 - 7 pm
Saturday, February 18	6 - 7 pm
Saturday, March 4	6 - 7 pm
Saturday, March 11	6 - 7 pm

All Children need to accompanied by an adult at all times. Hockey sticks and pucks are not allowed on the ice during these Skating session (smaller kids might get hurt).



Invitation to Bid

Long Term Energy Plan Engagement Session

12:00 p.m. to 4:30 p.m.,
Wednesday, December 7, 2016 at
Maawn Doosh Gumig Community Centre.

Community Caterers are invited to submit bids to provide lunch. Must be able to deliver and set up by 12:00 p.m. on December 7, 2016. Interested bidders should quote pricing for lunch for 50 individuals that includes:

Soup and sandwiches, muffins and cookies, coffee, tea, juice, pop, water, and all utensils.

Please submit bids by Friday, November 25, 2016 at 4:00 p.m. to:

Opportunity to Cater
Development Department
Attention: Sylvia Kearse,
A/ Administrative Assistant
978 Tashmoo Avenue
Sarnia, ON. N7T 7H5
Fax: 519-339-9079

REQUEST FOR TENDERS

Seniors & Youth Christmas Dinner

Roast Beef Dinner with Mashed Potatoes, Gravy, A Veggie, Coleslaw, Dinner Rolls, Relish Tray, Coffee, Tea, Juice, and Water. Dessert & there needs to be some kind of diabetic dessert

Responsible for paper products
100 People

Date: December 15, 2016

Dinner at 5:00

Tenders to be submitted by

November 18, 2016 by 12:00 noon,
to:

Health Center
1300 Tashmoo Ave.
Sarnia, ON N7T 7H5
Attn: Peggy Rogers

CALL FOR TENDERS

for Aamjiwnaang's

New Year's Day Feast

Dinner for 300 people including -
Drinks, Plates, Cutlery, Napkins,
Set-up & Clean-up.

Deadline Dec. 12/16 ~ 4 pm

Tenders are to be submitted to
Community Centre - Jamie Maness
Community Services Coordinator

Chief and Council will be selecting the tender at the next Council Meeting, on Mon Dec 5th



THE GOLD CUBE

Call Shawnacey Williams:

519.900.6549

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



**AAMJIWNAANG FIRST NATION
CHIPPEWAS OF SARNIA
Band Council**

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

Boozhoo/Hello Aamjiwnaang Member,

Aamjiwnaang Chief and Council, are pleased to announce that the *Aamjiwnaang Chi'Naaknigewin* – *Community Constitution*, was ratified by community vote on Friday, October 27, 2016.

The results of the Ratification Vote are as follows: *

- a. The names of 1712 voters appeared on the list of voters prepared pursuant to section 5 of the Ratification process, and the number of voters who were entitled to cast a vote was 1712;
- b. 153 ballots were cast in the Ratification Vote in accordance with the provisions of the Ratification process;
- c. 140 ballots were marked “YES” for Question 1;
- d. 13 ballots were marked “NO” for question 1;
- e. 5 ballots were rejected in accordance with 12.1.3 of the Ratification process;
- f. 0 ballots were spoiled and were not counted in accordance with 9.10 of the Ratification process.

Therefore, the proposed Aamjiwnaang Chi'Naaknigewin – Community Constitution was approved by the voters.

*(information taken from, Appendix “F”, Ratification Process, Certification by Member of Council document, full document can be viewed at the Band Office)

As stated, in the initial development of the Aamjiwnaang Chi'Naaknigewin – Community Constitution, it was being created, in part, for the purpose of supporting the Anishinabek Nation Education System (AES) initiative. However, it has been realized that the Aamjiwnaang Chi'Naaknigewin – Community Constitution, may act as a guide and further assist the leadership of Aamjiwnaang in determining the continued development of the community.

An official Signing Ceremony and Feast will be planned to commemorate this historic event. Watch the Tribe-Une for more details.

If you have any questions, comments or concerns, please do not hesitate to contact Aamjiwnaang Administration anytime during regular business hours 8:30 am – 4:30 pm, at 519-336-8410.

Miigwech/Thank You

Respectfully,



Chief Joanne Rogers

On behalf of Aamjiwnaang Chief and Council

Imr:



**EMPLOYMENT OPPORTUNITY
AAMJIWNAANG FIRST NATION
Community Health and Wellness Worker
Contract Position-approx. 6 months**

JOB DUTIES:

- to educate and inspire community members to adopt healthy lifestyles and practices
- to provide family violence services, referrals, support and case management to clients to address existing and emerging health, healing and wellness issues
- to plan and organize community workshops and events to promote health and wellness options
- to raise the expectations of members of the Aamjiwnaang First Nation community regarding their own ability to create and achieve positive lifestyle goals

QUALIFICATIONS:

- Post-secondary level diploma. Additional post-secondary level courses in social work or related work experience in direct service with children and families.
- Knowledge of Native culture and sensitivity to Native issues.
- Exhibits a high degree of initiative and self-direction; good oral and written communication skills; good organizational and planning skills and ability to work in a group setting.
- Well-developed interpersonal skills; strong interest in public health issues.
- Excellent public relations skills including an appreciation of the need for tact, discretion, and positive, cheerful and informed approach to the public.

APPLICATION TO INCLUDE;

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

Please forward applications to:

Assistant Band Administrator

978 Tashmoo Ave

Sarnia, ON N7T 7H5

FAX 519-336-0382

Deadline for applications is November 21, 2016 AT 4:00PM.



**EMPLOYMENT OPPORTUNITY
AAMJIWNAANG FIRST NATION
Head Start Worker-Parental Leave Coverage
Short-term Contract**

JOB DUTIES:

- Implement an Early Learning Drop-In Program for children ages 0-6 and their parents.
- Plan and organize a program of activities designed to stimulate and develop intellectual, physical and emotional growth in children ages 0-6 as well as parent participation in activities.
- Lead children in activities by telling or reading stories, teaching songs, preparing craft materials and demonstrating their use, providing opportunities for creative expression through the media of art, dramatic play, music, and physical fitness.
Plan trips to local points of interest for children and parents
- Plan, organize and implement workshops and discussions on Special Education issues (at least 2 per year). Identify any children which may need future assessment. Workshops and discussions are open to all Aamjiwnaang students and parents, not only ages 0-6.
- To act as a role model for parents in the care, guidance and positive interaction with the children during the program.
- Responsible for recommending the acquisition of teaching materials and equipment necessary to run an educational and stimulating program. Responsible for maintaining accurate records of all expenses related to the Head Start Drop-In Program, including new purchases and inventory.
- Prepare and serve a nutritional snack
- Observe children for early signs of developmental challenges
- Discuss child progress or problems with the parents and supervisory staff. Make referrals to additional services when necessary and appropriate.

QUALIFICATIONS:

- Graduation from a post secondary program in Early Childhood Education. Must be eligible to be a Registered Early Childhood Educator (RECE) and maintain registration while employed in this position.
- Strong appreciation of, and empathy with, the needs of children.
- Sensitivity to Native issues.
- Exhibits a high degree of initiative and self-direction; good oral and written communication skills; good organizational skills and ability to work in a group setting.
- Must enjoy working with and being with children;

APPLICATION TO INCLUDE:

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

**Please forward applications:
Assistant Band Administrator
978 Tashmoo Ave
Sarnia, ON N7T 7H5
FAX 519-336-0382**

Deadline for applications is December 9, 2016 AT 4:00PM.



AAMJIWNAANG FIRST NATION

Notice to Band Members Re: Distribution

FRIDAY, DECEMBER 2, 2016

\$500.00 PER CAPITA

at Maawn Doosh Gumig

(Community Centre 1972 Virgil Ave)

8:45-12:00 PM to 1:00-4:45 PM

Eligible Members: To inform us about births during the year, changes to address or child custody arrangements please call:

Carolyn Nahmabin, Membership & Estates Officer 519-336-8410 ext. 230 or email CNahmabin@aamjiwnaang.ca

To ensure payment on Dec.2 changes must be received by Nov.18

Please note:

- To authorize another person to pick up your cheque, please fill in the form provided in the Tribe-Une or available at the Band Office.
- **Proper documentation must be provided for custody of minor children; otherwise money will be put in Trust.**
- Any members who wish to have their share mailed must contact the Band Office to update and/or verify their current mailing address. No distribution checks will be mailed without verification each year.



Aamjiwnaang First Nation
978 Tashmoo Avenue
Sarnia, ON N7T 7H5

DISTRIBUTION 2016

I, _____ (band # _____) give
_____ authorization to pick up my distribution on my behalf.

Signature

Date

Please submit copy of status card with this form

Fax: (519) 336-0382 or email to nmontano@aamjiwnaang.ca

Nutrition News:

Sarah Kidd, RD Registered Dietitian from Rapids Family Health Team is available for individual or family nutrition counselling at the Health Centre by appointment on Tuesday afternoons by appointment between 1 pm and 4:30 pm. Initial appointment will be 1hour minimum.



Call front desk at the Health Center **(519)332-6770** to schedule an appointment.

Diabetic Support group DATES:

Monday, October 24th, 2016

Monday, January 16th, 2017

Monday, November 21st, 2016

Monday, February 20th, 2017

Monday, December 12th, 2016

Monday, March 20th, 2017

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.

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

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

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

Aamjiwnaang First Nation now has a wheelchair accessible van which can provide transportation services to persons with a physical functional mobility challenge. Anyone who is unable to or finds it difficult to use conventional transit due to their mobility issues will be able to access this van.

This van may be used for the following purposes:

- i. For medical transportation appointments. Medical Transportation Appointments will take precedence over all other bookings. Please note: When using it to attend a medical appointment, you will be required to have a Medical Transportation Form signed at your appointment.
- ii. Community Events during regularly scheduled business hours.

How to Book the Van:

You can book the Wheelchair Accessible Van by calling the Health Centre and speaking with Dorothy. Dorothy will schedule you with a driver.

When calling to book the wheelchair van, please provide a 48 hour notice or longer to avoid being disappointed.

Pick up and drop off of the van will be done at the Health Centre. If returning after hours, there will be a drop box located at the front doors of the Health Center where the keys may be left.



AAMJIWNAANG FIRST NATION

978 Tashmoo Ave.
Sarnia, Ontario N7T 7H5
Ph.: 519-336-8410
Fax: 519-336-0382

October 14, 2016

Members of Aamjiwnaang First Nation

RE: Anishinabek Education System (AES)

Aamjiwnaang First Nation, as part of the Anishinabek Nation, is coming up to the largest and most historical Indigenous Education Agreement Vote in history. After 21 years of research and planning, the Anishinabek Education System (AES) Agreement has been created by the Anishinabek Nation to regain and reclaim our right to education our own people

The AES Vote will take place November 28th – December 2nd, 2016.

The proposed AES will be controlled completely by First Nations, not by any central body (i.e. The Union of Ontario Indians or Anishinabek Nation would **not** be part of the proposed system). The AES will provide students a better education and help them build better lives. Today, 9 out of 10 Anishinaabe students go to provincial schools off reserve, where they don't learn about being Anishinaabe.

We need our Elders, Parents, Youth and all membership to get informed, and cast their vote to say YES to the AES to reclaim and exercise the rights, dignity and power lost after the Residential School Era – which has had lasting intergenerational effects. The Anishinabek Education System is a chance to start on a new path – and show that the *Indian Act* doesn't work for us. We have an inherent right to govern ourselves and shape and keep our children's (and all learners) destinies in our hands beginning with a system designed, governed and taught by us.

Your informed decision to say YES to the AES is of critical importance. A countdown to voting days, helpful information, the Draft Anishinabek Nation Education Agreement, the Fiscal Transfer Agreement and more are all available at sayvestoaes.ca, or call 1-877-497-3799.

Miigwech,



Joanne Rogers
Chief



Indspire Awards Opportunity



Students interested in attending the Inspire Awards are encouraged to participate in an application process. Two students and one chaperone will be selected to attend the Awards ceremony, and participate with other Indigenous youth from across Canada in an educational day experience at a college or University. Please review the requirements below for eligibility. If you qualify, complete the application and submit to the Education Department. The event is sponsored by Suncor Energy in partnership with Aamjiwnaang Education.

What are the Indspire Awards? Our students have an opportunity to attend the Indspire Awards to witness Indigenous professionals and youth being recognized for their outstanding achievements. Established in 1993, as a way for the Indigenous community to honour its own achievers, a national jury selects recipients for their outstanding achievements across various careers. The Award recipients are then honoured at a nationally televised gala ceremony. The Award recipients serve as valuable role models for all Indigenous peoples. Special recognition is also given to three outstanding youth and a lifetime achiever.

When and where are the Indspire Awards? The 2017 *Indspire Awards* will be held on March 22-25, 2017 in Ottawa, Ontario.

Who can apply to attend? The application process is open to Aamjiwnaang First Nation students in grades 11 and 12 and in the ages between 15 years to 17 years.

What are the requirements? Each application will be reviewed by the selection committee with attendance, credit standing, volunteer work, and positive role model qualities. A **credit counselling summary must be attached to verify attendance and credit standing** (ask your Native Education Worker if you need assistance).

DEADLINE to apply: Thursday, December 8, 2016 at 4:30pm.

Application

Name: _____ Telephone Number: _____

Address (Street, City, Zip): _____

Name of Lambton-Kent District School you attend: _____ Grade: _____

Briefly describe yourself and your career goals? _____

Please list your current volunteering activities: _____

Describe why you are the best candidate to represent your Aamjiwnaang peers and attend Indspire Awards?

Please submit your application to Education Department Attention: Vicki Ware or Diane Aiken

Aamjiwnaang First Nation

978 Tashmoo Avenue, Sarnia, ON N7T 7H5

(519) 336-8410

Thursday, December 1, 2016
6:00pm @ Community Centre
Anishinaabemowin and English
N'Baknaage "I Got It" - Bingo



2 Strip \$5

4 Strip \$10

Family Night

10 yrs and up

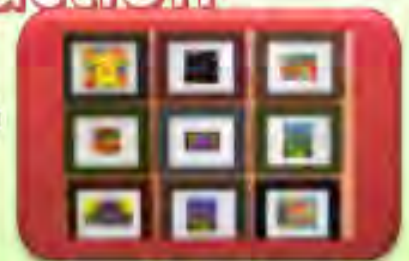
**Win Gift
Certificates**

Hot dogs, nachos and drinks available

Children's Holiday Art Auction

Pieces of artwork from each child will be on display throughout Bingo

- ❖ Artwork will be canvas or framed in 5x7 and 8x10
- ❖ The highest bidder wins



Bidding will take place from: 5:30—7:00 pm

Day care & JK event

Housing Department

Winterize your home - Save money and remain cozy throughout the winter by acting now before the bitter cold arrives.

Replace Filters! – Regularly changing the filters in your central air and heating system can significantly improve its efficiency and longevity, while easing the pressure on your wallet. Cost: a new filter runs about \$10.

Clockwise Ceiling Fans – **Ceiling fans are everyone’s favorite summer budget-saver**, but they can help out in the winter as well! Have your ceiling fan(s) move in a clockwise direction so they push hot air along the ceiling towards the floor. However, if **they’re going counterclockwise it won’t be as effective**. Cost: free, if you have a ceiling fan.

Window Insulation Film – **It may not be the most ‘fashionable’ tip, but window insulation film can keep up to 70% of your heat from leaking out of windows**. Cost: a kit is generally \$20 - \$35.

Draft Guards – Draft guards can help heat from escaping under the door. (Although, **if you don’t want to shell out for a draft guards, some rolled paper towels at the bottom of an exterior door will also do the trick**). Cost: \$10 - \$15.

Weather-strip Tape – Drafts and air leaks increase your heating costs, so make sure your windows and doors are sealed tight with weather-**stripping**. **It’s simple, easy and smart**. Cost: \$5 - \$10 a roll.

Caulk It – Any remaining gaps in siding, windows or doors can be filled with caulk. For extra drafty windows and doors, caulk the inside too. Cost: \$20 for a basic caulk gun and \$5 - \$10 for a tube of caulk.

TRACY WILLIAMS - HOUSING COORDINATOR

twilliams@aamjiwnaang.ca

TANYA WILLIAMS - HOUSING ASSISTANT

tanya.williams@aamjiwnaang.ca

Cassidy Fisher - Housing Clerk

cfisher@aamjiwnaang.ca

Gerald “Duke” Maness - Seniors Janitor

519-344-8595



KETTLE BELL WITH FITNESS INSTRUCTOR DIANE TUCKEY OCTOBER 12 – DECEMBER 13, 2016

Kettle Bell will run Tuesday evenings from **5:00 - 6:00** at the
Maawn Doosh Gumig Community Centre
Please call Amy at the Health Centre to sign up 519-332-6770



Water Therapy – for Pain Management

Do you suffer from ARTHRITIS, FIBROMYALGIA,
POST OP. REHABILITATION, or CHRONIC PAIN?

Tuesday mornings from 10 am to 11 am

Contact Amy or Kristal at the Health Center (519) 332-6770 if you are interested in participating. Please leave contact information phone or email.

Continuing until November 29, 2016. If you require transportation please call ahead.



Creative Journaling

Doodle and De-stress



Every other Tuesday starting September 20th
10am – noon

A bullet journal can help you:

- Keep track to your schedule
- Relieve stress
- Focus on the important tasks
- Get more done
- Improves your memory
- Set and achieve goals

Call Rachael at the Health Centre to register

Visit us on Facebook! Aamjiwnaang Health Centre

The Health Centre Presents:

COUPONING 101



When Every first Thursday of the month

Time 1:00 – 3:00pm

Where Health Centre

Are you trying to stretch your household dollar further and further? Learn how couponing, cash back sites, & price matching can help!

Door prize of \$25 grocery card

To register please call the Health Centre 519-332-6770

Like us on Facebook! Aamjiwnaang Health Centre

If you are **FEELING SAD** or **DISTRESSED** and want to talk, support is a phone call away.




Call the toll-free First Nations and Inuit Hope for Wellness Help Line at

1-855-242-3310

Health Canada Santé Canada

Canada



LIVING LIFE TO THE FULL

helping you to help yourself

Every Tuesday for 8 weeks

October 20th- December 6th

1 - 3 pm

8 friendly sessions, 9 fun booklets


Each session addresses a new topic, like: understanding your mood, improving your self-esteem, etc. and is based on a booklet.

Who are the courses for?

Everyone! People from all walks of life, all ages, can benefit from one of the Living Life to the Full courses! They are for anyone dealing with stress, anxiety or just needing help in dealing with life's challenges.

The Living Life to the Full courses can also help anyone in periods of transition, whether it is getting ready to leave high school, preparing for retirement, or moving to a new community.

Space limited. Please call the Health Centre to sign up. Transportation available





**At Budweiser Gardens, London Ontario
Monday, Dec. 5**

29 tickets available for 55 & Over

Bus will leave

Community Centre @ 5 pm.

Please have your dinner before we leave as we will not
be stopping.

SIGN UP STARTS ON

MONDAY, NOV. 7 @ 9:30 AM.

NO PHONE CALLS BEFORE PLEASE.

Sign up with Peggy,
519-332-6770.

Please leave your name, phone number, time and date you called
on my voice mail if I am unavailable.

THANK YOU!

PLEASE NOTE THAT THIS IS AN ALCOHOL/DRUG FREE EVENT!

MASON JAR CANDLE
Tues. Nov. 22 @ 1:30 pm
Seniors Drop In Room

You may bring your own unique jar or I have jars
Please sign up with Peggy, 519-332-6770, if you plan
on attending

Snacks & refreshments will be provided



CHRISTMAS PORCHLIGHT GREENERY

Tues. Nov. 29 @ 1:30 pm
Seniors Drop In Room

Please sign up with Peggy,
519-332-6770,
if you plan on attending

You may bring your own greenery and
decorations if you wish





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 at 519-332-6770**

Seniors Congregate Dining November Menu

Nov. 23—
Chicken a la
King, Rice,
Veggie, Dessert

Nov. 30—
Spaghetti, Salad,
Garlic Bread,
Dessert



©Food International Inc.

Seniors Congregate Dining December Menu

Dec. 7—
Chicken Tenders,
Potato Wedges,
Veggie, Dessert

Dec. 14—
Xmas Dinner



©Food International Inc.

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!

AGELESS GRACE CHAIR EXERCISE



NEW DAY & TIME

WEDNESDAYS AT 10 AM

Senior's Complex

Facilitated by: Natalie Nahmabin



November



Healthy Babies/Healthy Children & Head Start

Monday, November 21st Head Start	10:30 a.m. to 1:30 p.m. Simple Sewing
Wednesday, November 23rd Healthy Babies/Healthy Children	10:30 a.m. to 11:30 a.m. Infant Massage
Wednesday, November 23rd Head Start	5:00 p.m. to 7:30 p.m. Salt Dough Ornaments
Thursday, November 24th Healthy Babies/Healthy Children	10:30 a.m. to 12:30 p.m. Nutrition with Nikki
Monday, November 28th Head Start	10:30 a.m. to 1:30 p.m. Christmas Baking
Wednesday, November 30th Healthy Babies/Healthy Children	10:30 a.m. to 11:30 a.m. Infant Massage
Wednesday, November 30th Head Start	5:00 p.m. to 7:30 p.m. Christmas Baking

December



Healthy Babies/Healthy Children & Head Start

Thursday, December 1 st Healthy Babies/Healthy Children	10:30 a.m. to 12:30 p.m. Play and Literacy
Monday, December 5 th Head Start	10:30 a.m. to 1:30 p.m. Simple Sewing
Wednesday, December 7 th Healthy Babies/Healthy Children	10:30 a.m. to 11:30 a.m. Infant Massage
Wednesday, December 7 th Head Start	5:00 p.m. to 7:30 p.m. Literacy Night
Thursday, December 8 th Healthy Babies/Healthy Children	10:30 a.m. to 12:30 p.m. Christmas Party for Parents Door Swags at Degroot's Lunch at John's SIGN-UP
Monday, December 12 th Head Start	10:30 a.m. to 1:30 p.m. Christmas Craft
Wednesday, December 14 th Head Start	5:00 p.m. to 7:30 p.m. Christmas Fun
Regular Programming resumes after Christmas Break Head Start-January 9 & 11 and HB/HC-January 12	
Wednesday, December 21 st Head Start	6:00pm Community Christmas Concert



Infant Massage

FOR NEW PARENTS WITH BABIES

Wednesdays Nov. 16,23,30 &

Dec. 7

From: 10:30-11:30

At the Community Centre

Rides and Childcare available for older siblings

Please call MaLynda or Joanne to sign up

Infant Massage provides the groundwork for a lifetime of nurturing touch.



Aamjiwnaang Caring Connections Nurturing Program

For Women with Substance Misuse Issues
who are Pregnant or Parenting Children

This program's focus is to help mothers learn to balance their recovery from substance use with being the best parent she can be to her children. These roles are often viewed as being at odds with each other as a woman learns that she is supposed to be as selfish in her recovery as she was in her addiction while acknowledging that being a parent is one of the most selfless roles a woman fulfills in her life. This program teaches a woman to nurture herself in her recovery as she learns to nurture her child so the roles can be parallel to allow a woman to effectively manage both roles. The program aims to improve and strengthen the relationship between mother and child to improve outcomes for their newborns, infants and children while strengthening a mother's path to recovery.

**12 week program to be held weekly
On Wednesdays**

****Individual Sessions are available as well.
Call to set up an appointment****

Location: Aamjiwnaang

Contact:

Tammy Martin @ 519.328.1683 OR

Tracey George @ 519.332.6770



ANISHINABE ININIWAG GROUP



Men's Group

The group are working on shakers and getting into carving pipe stone.

So if you want to learn more about carving pipe stone or have other suggestions of things we can do as a group, please attend. If you want to share your knowledge please don't be shy and come out and share and have some laughs.

November 30, 2016 at 5:00 pm
and every other week after at the
Community Centre. Call the
Health Centre at 519-332-6770 to
confirm dates.

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



12:00 – 1:00pm

HEALTH CENTRE

Want to socialize?
Come out and join us and have a
delicious meal on us!

• **Thursday, December 8th,
2016**

**If anyone is interested in
volunteering to prepare the soup/
lunch on any date please do not
hesitate to contact
Kristal.**

**This will be an
opportunity to showcase your
talents and to visit with
community members.**

For further information please call the Health
Centre at 519-332-6770

Language Classes

With Francis Pawis
will resume in September.
Tuesdays from 6—8 pm
Community Centre Room C.
Everyone is welcome!

Men's Cooking Classes



Health Centre from 11:00am – 1:00pm

**Dates are: FRIDAY, DECEMBER 9, 2016
FRIDAY, JANUARY 13, 2017
FRIDAY, FEBRUARY 10, 2017**

Prize Drawn for Participants

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

Arrive early so we can start on time.

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

Rides are available for pickup starting at 10:30.

Anyone interested in helping with Aamjiwnaang's Christmas Concert

Open calls for skits to fill the nights' performances. If you have any questions or ideas you would like to share for the nights' entertainment, please call me, Verlynn Plain at the Community Centre, 519-491-2160.

Aamjiwnaang Christmas Concert – December 21st



Happiness 101

A 4-week educational group about the science of happiness. Learn lifelong skills that contribute to a more cheerful life.

Time:

Wednesday mornings
November 9, 16, 23 & 30
10:00am – 12:00pm

Location:

Aamjiwnaang Health
Centre

Registration:

To register, call Tracey
George or Rachael Simon
at: 519.332.6770



Happiness 101 is a course for people who want to be happier, whether you are depressed, languishing or flourishing. This interactive educational workshop program is open to adults 18 and older.

Research has shown that while genetic set point and circumstance are significant determining factors in one's level of happiness, over 40% of happiness is personally controlled and happiness habits can be learned.

Benefits of happiness include:

- Decreased cortisol (stress hormone) levels
- Increased immune function
- Decreased physiological reactivity to stress
- Better quality of life
- Longer life (7.5 to 10 years longer!)
- Better sleep
- Less pain & less stress

You will learn:

- What happy people do and how they think
- How to purposefully create happiness for yourself
- 13 skills that are proven to lead to increased happiness

The workshop is led by Tracey George, Rachael Simon and Brenda Teasell, RSW.

Seniors of Aamjiwnaang Fundraiser

MEAT BINGO

All Scheduled Fundraisers are held
at

**Maawn Doosh Gumig Youth
Community Centre At 6 pm
2 Strip Book for \$15
(extra strip for \$5 more)**

Thurs., Nov. 24, 2016

Extra Prizes

- 50/50 split game
- AES Special—\$100.00 gift card
donated by AES



Kitchen opens at 5 pm

**Menu includes: Chili,
hamburgers & hotdogs**

- **Everyone Welcome to Play!**
- **Ages 10+ w/adult supervision**
- **Bring a Friend or more!!**
- **Students, come out and get your
volunteer hours**

**Come on out and Support the
Seniors of Aamjiwnaang!!**

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.
Note: The next meeting will
be held on December 7.

Soup Sale



November 19th

11 am — 1:30 pm

Maawn Doosh Gumig
Community Centre

\$5—Soup & Fry Bread
\$1—Pop/Water
\$1—Dessert

Proceeds to PSW's

RedPath Addictions Program

Starts September 29, 2016

The program will run on Tuesday and Thursday evening's
from 5 pm to 8 pm

For more information contact:
Robin Maness or
Health Centre: 519-332-6770
Vicki Jacobs at Massaged: 519-383-0404

** Attention Aamjiwnaang **



The Culture and Heritage Committee has decided to preserve Aamjiwnaang's precious Oral History and we are seeking Community members to contribute their histories!

If you have stories relating to the History of Aamjiwnaang, and particularly Creation < Precontact, Treaties< Post Contact, Wars (Any war that our ancestors took part in) Educational history and Petrochemical Industries, please consider contributing. Contact us with a contact number where you can be reached. We are expecting this project to take a minimum 2 years to compile.

Miigetch!

**The Heritage and Culture Group
519-328-0942 or mdplain@gmail.com**

Aamjiwnaang Culture and Heritage

We are an open community group with strengths in various areas and bring a dynamic team to the table.

We specialize in various cultural and heritage information including:

- Historical research
- Workshops
- Volunteering
- Ceremonial information & much more.

Meetings are on the first and third Wednesday of each month starting at 6 pm. Location: Maawn Doosh Gumig Community Center.

We always accept new group members, requests & presentations.

For more information, contact Marina at mdplain@gmail.com or any Heritage member.



10 Young Ladies
Ages 12-24 years
November 28th
4:00-7:00pm
Community Centre



Ribbon Shirts & Skirt Making Classes Led By Stephanie Stone

If you are interested in making a shirt or skirt, Please call Valerie Cottrelle at
519-491-2160. Deadline for sign-up is November 4th.



10 Young Men
Ages 12-24 years
November 29th
4:00-7:00pm
Community Centre



Sponsored by Community Health Program & Youth Program



**Southwest Ontario
Aboriginal Health
Access Centre**

**TRADITIONAL HEALING
PROGRAM
NOVEMBER 2016**

To schedule an appointment. Contact Stephanie at our Chippewa site, 519-289-0352. Contact Sissy at our London Site, 519-672-4079. Please note calendars are subject to change with short notice. Miigwetch/Yaw^ko/Thank you

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SCHEDULING ALL HEALERS/ELDERS: Priority appointments for those supported by proper referral sources from SOAHAC's Traditional Knowledge Helpers and SOAHAC staff where individuals suffer with chronic illness, in need of pain management and the elderly.						
		1 Joanne Cheechoo London	2 Joanne Cheechoo London	3	4	5
6	7	8 Richard Assinewai Outreach-Sarnia Joanne Cheechoo Chippewa	9 Richard Assinewai Outreach-Kettle Point	10 Richard Assinewai Chippewa	11 Richard Assinewai London STAT Remembrance Day	12
13	14 Richard Assinewai Owen Sound Esstin McLeod Owen Sound	15 Richard Assinewai Owen Sound Esstin McLeod Owen Sound	16	17 Bruce Elijah London	18 Bruce Elijah Chippewa	19
20	21 Elva Jamieson Chippewa	22 Elva Jamieson London	23	24 Liz Akiwenzie Chippewa	25 Liz Akiwenzie London	26
27	28	29	30	Please be reminded to bring tobacco with each visit - females are asked to wear long skirts. Our visiting Knowledge Helpers are with us monthly. SOAHAC's onsite Resident Knowledge Helper, Joanne Jackson, London Site. Miigwetch/Yaw^ko/Thank you		



**Southwest Ontario
Aboriginal Health
Access Centre**

**TRADITIONAL HEALING
PROGRAM
DECEMBER 2016**

To schedule an appointment. Contact Stephanie at our Chippewa site, 519-289-0352. Contact Sissy at our London Site, 519-672-4079. Please note calendars are subject to change with short notice. Miigwetch/Yaw^ko/Thank you

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SCHEDULING ALL HEALERS/ELDERS: Priority appointments for those supported by proper referral sources from SOAHAC's Traditional Knowledge Helpers and SOAHAC staff where individuals suffer with chronic illness, in need of pain management and the elderly. Please be reminded to bring tobacco with each visit - females are asked to wear long skirts. Our visiting Knowledge Helpers are with us monthly. SOAHAC's onsite Resident Knowledge Helper, Joanne Jackson, London Site. Miigwetch/Yaw^ko/Thank you						
		6 Richard Assinewai Outreach-Windsor Joanne Cheechoo Chippewa	7 Richard Assinewai Chippewa	8 Richard Assinewai London	9	10
4	5 Richard Assinewai Outreach-Windsor Joanne Cheechoo Chippewa	6 Richard Assinewai Outreach-Moraviantown	7 Richard Assinewai Chippewa	8 Richard Assinewai London	9	10
11	12	13 Esstin McLeod Owen Sound	14 Esstin McLeod Owen Sound	15 Bruce Elijah Chippewa Esstin McLeod Owen Sound	16 Bruce Elijah London Esstin McLeod Owen Sound	17
18	19	20 Liz Akiwenzie Chippewa	21 Elva Jamieson Chippewa	22 Elva Jamieson London	23 Liz Akiwenzie London	24
25 STAT Christmas	26 STAT Boxing Day	27	28	29	30	31

Mino Dbishkaayin-Happy Birthday

Nov. 18—Dec. 1, 2016

Skylar	Bird	Nov.	18	Cyrus	Maness	Nov.	25
Katessa	Clark	Nov.	18	Grayson	Maness	Nov.	25
Jon	David	Nov.	18	Adam	Plain	Nov.	25
Rebekkah	Jones	Nov.	18	Dolores	Plain	Nov.	25
Jennifer	Joseph	Nov.	18	Katherine	Spero	Nov.	25
Summer	Maness	Nov.	18	Miley	Thompson	Nov.	25
Frank	Steele	Nov.	18	Christopher Lloyd	Adams, Jr.	Nov.	26
Mary	Tyson	Nov.	18	Gary	Adams	Nov.	26
Jaelah	Barr	Nov.	19	Nicholas	Maness	Nov.	26
Rahmya	Cottrelle	Nov.	19	Sherwood A	Rogers	Nov.	26
Chloe	Plain	Nov.	19	David	Crawford	Nov.	27
Aaron	Prevost	Nov.	19	Marilyn Dawn	Gray	Nov.	27
Janice	Rising	Nov.	19	Michael	Joseph	Nov.	27
Jessi	Bullock	Nov.	20	Ada	Lockridge	Nov.	27
Niki	Cottrelle	Nov.	20	James	Maness	Nov.	27
Ronald	DeLauter	Nov.	20	Ebony	Maracle	Nov.	27
Shelly	Dodge	Nov.	20	Janet	Nahmabin	Nov.	27
Kerry	Rogers	Nov.	20	Teagan	Nahmabin	Nov.	27
John	Rose	Nov.	20	Stephanie	Stone	Nov.	27
Maddox	Bois	Nov.	21	Adam	Yardley	Nov.	27
Daniel	Kota	Nov.	21	Caden	Giovannone	Nov.	27
Jayden	Nutt-Adams	Nov.	21	Justeen	Bressette-Maness	Nov.	28
Jayden	Nyquist	Nov.	21	Harry	Clark	Nov.	28
Anthony	Gray	Nov.	22	Timothy	Jacobs	Nov.	28
Tara	Huggins	Nov.	22	Thomas	Jennings	Nov.	28
Madison Autumn	Maness	Nov.	22	Jessie	Letham	Nov.	28
Sidney	Maness	Nov.	22	Mark	Nahmabin	Nov.	28
Keewadin	Olds	Nov.	22	Brandon	Rising	Nov.	28
Daniel	Isaac	Nov.	23	Destiny	Rogers-James	Nov.	28
River	Jacobs-Plain	Nov.	23	Aaron	Yellowman	Nov.	28
Allan	Joseph	Nov.	23	Coby	Cottrelle-Eagle Speaker	Nov.	29
Theodore	Maness	Nov.	23	Shannon	Cottrelle	Nov.	29
William	Meloche	Nov.	23	William Clyde	Cottrelle	Nov.	29
Margaret	Pouget	Nov.	23	Payton	Johnston	Nov.	29
Jillian	Rogers	Nov.	23	Valerie	Querback	Nov.	29
Danielle	Cottrelle	Nov.	24	Cheyenne C	Rogers	Nov.	29
Andrew	Simon	Nov.	24	Seth	Sylvain	Nov.	29
Matthew	Simon	Nov.	24	Janey	Brown	Nov.	30
Richard B	White	Nov.	24	Anthony	D'Amato III	Nov.	30
Loran	Jacobs Jr.	Nov.	25	Mitchell	DeGurse	Nov.	30
Donald	Joseph	Nov.	25	Khylan	Isaac	Nov.	30
Alexandra	Lacroix-Bardsley	Nov.	25	Tahbyus	Lewis-Rogers	Nov.	30

Birthdays cont'd

Biidaaske	Nahdee	Nov.	30
Kierstynn-Linne	Pettit	Nov.	30
McKinley	Pickett	Nov.	30
Tonia	Roes	Nov.	30
Leona	Williams	Nov.	30
Emmerson	Dube	Dec.	1
Nancy	Gray	Dec.	1
Ryan	Hurd	Dec.	1
Luella	Jacobs	Dec.	1
William	Paillard	Dec.	1
Sharon M	Plain	Dec.	1
Kyra	Williams	Dec.	1
Lelani	Williams	Dec.	1
Alexander	Wrightman	Dec.	1



LEGAL AID ONTARIO
AIDE JURIDIQUE ONTARIO

Representatives from Legal Aid Ontario are offering free "Advice Counsel Clinics" for Band Members.

The clinics will be held on the 1st, 3rd and 4th Wednesdays of the month from 2 pm to 4 pm at the Maawn Doosh Gumig Community Centre.

Lawyer, Matt Stone and Legal Aid Worker, Sondra Gilbert will be present to assist you with legal questions.

You can drop in or if you would like to make an appointment call 226-402-1600.



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



Seniors & Youth

Youth are ages 10 & up

Christmas Dinner

& Bingo

When: *December 15, 2016*

Where: *Community Center*

Time: *5:00*

There is Limited Seating



50 Seniors/50 youth



**You must call to Sign-up, and you
must speak to Val. 519-491-2160**

Please Note: You can only leave your name with Valerie. If she is not in office, please leave a message and she will return your call. If you can't make the dinner, Please call and let us know As soon as Possible so that someone else can enjoy the dinner & Bingo. It is important that you call to sign-up as there is only limited seating. Thank you for your cooperation....Val & Peggy

Anyone interested in helping out making a Canoe!

WATER WARRIORS - OGITCHIDAWE NIBI

Youth (8 yrs & up), Families, Community Members
Help build the Canoe from beginning to end!

Every Tuesday and Thursday

3:30 - 6:30 pm

At the Community Centre

- Until finished - Come when you can!

Master Canoe Builder - Rene Boogeman

Finished product to be raced by those who built it,
at the 2017 NAIG opening ceremonies, in Toronto.

This will be Aamjiwnaang's Canoe

Any Questions contact Valerie Cottrelle or Sharilyn Johnston.





CALL FOR INTERESTED PLAYERS

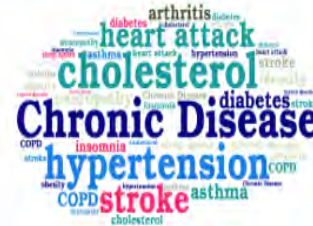
I am looking for interested players (boys and girls) for the Aamjiwnaang Hitmen Tyke Little NHL team. Tyke players must be born in 2010, 2011 or 2012.

The Tournament is March 12—16, 2017 in Mississauga, Ontario.

Please contact me if interested.

Andrea Grondin
 Manager
 519-384-1799
ageorgiegirl@yahoo.ca

Do you suffer from a Chronic Disease?



Are you tired of suffering & ready to make a change?



HEALTHY NEW YOU



With Personal Trainer Diane Tuckey

May be the program for YOU!

CONTINUING

WHERE? COMMUNITY CENTRE FITNESS ROOM

WHEN? TUESDAY'S & THURSDAY'S

TIME? 10:30AM – 11:30AM

This program is for all ages with Chronic Disease issues.

Transportation Available

Please contact the Health Centre @ 332-6770 for more information.



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 9, 2016

BOWLING IS FROM 6:15—9:00 PM

IF YOU ARE INTERESTED IN BOWLING CONTACT

ZEEBEE AT 519-332-1799

SACITON FEE IS \$25/ WEEKLY BOWLING \$20



GET YOUR FLU SHOT

- Available at the Health Centre by appointment
- Monday to Friday
- 8:30 – 4:30
- Please call Gail at 519-332-6770



Calm 'n Scents® Aromatherapy & Metaphysical Store was established in 1996. We are the largest full-scale Body, Mind & Spirit Store in Southwestern Ontario and offer a wide variety of products & information to people in their search for self-discovery, self-empowerment or spiritual enlightenment. Our store is filled with much more than can be displayed on our website. Our staff welcomes you to come visit us and experience it for yourself.

Calm 'n Scents® Aromatherapy & Metaphysical Store

www.calmnscents.com

Northgate Plaza

858 Colborne Rd., Sarnia, Ont.

N7T 4Y1

Phone: 519-332-2929

Hours - Tuesday - Friday 10am to 5:30pm

Saturday 10am to 5pm

TAX FREE
FURNITURE WAREHOUSE

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Thursday - Sunday
10:00 am - 6:00 pm

Great Prices!

1647 Williams Drive
(at the end of Indian Road)
Sarnia, ON



Ontario's Long-Term Energy Plan is **SEEKING INDIGENOUS PERSPECTIVES**

On short & long term energy needs, including up to 20 years from now

Indigenous communities are important voices to include in the plan, and meetings are being held in communities across Ontario.

Come share your ideas about energy to help shape Ontario's next Long-Term Energy Plan!

- **What energy issues are important to you?**
- **What are your community's energy priorities?**
- **What energy issues should the province focus on in the next few years?**



Join us from 12:00 pm to 4:30 pm, December 7, 2016
at the Aamjiwnaang Community Center,
1972 Virgil Ave, Aamjiwnaang First Nation
Contact Adam Feather at 416-326-0513 or go to
www.energy.gov.on.ca/en/ltep.ca for more information

FUNDRAISER FOR "JAIDEN NICKLES" TO ATTEND CMTc CANADA



"THE SOUND OF MUSIC"

June 10, 2017 @ 1:30PM

\$150.00 CDN per Person

**Coach Bus and Orchestra Ticket at the Mirvish Theater, Toronto
Bus leaves from Food Basics parking lot at 9:00 am SHARP
Ticket's Available from Bar Staff at Piccadilly's Bar & Grill, Sarnia
Any Questions contact Willie at 519-332-6771 or 519-384-1957**



**Wednesday, April 5th at The
Palace**

*****7:30 PM*****

\$130 U.S. -

**Coach Bus and Ticket
(Sec.113-114, Row R & Q)**

**Bus leaves Corunna Ball Field at 3:00 pm
SHARP and Bottom's Up Bar & Grill at
3:15 pm SHARP.**

**NO STYROFOAM COOLERS or
LEAKING ONES**

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

Maureen Young on FACEBOOK

NASHVILLE TRIP

March 30 - April 2nd

**Coach Bus, 3 Nights Accommodation at
"The Capital Hotel" Downtown Nashville
with Breakfast, 2 Queen Beds in each Room
and Lunch going to and from Nashville at
the Longhorn Steakhouse, Dayton Ohio.**

**4 in a Room - \$470 US per Person, 3 in a
Room - \$540 US per Person, and 2 in a
Room - \$700 Per Person**

**Extra's - Thurs. - Toronto Maple Leafs Playing
Nashville Predators is \$70 US , Row M or N -
Sec.118. & Friday is the General Jackson Show-
boat Dinner Cruise - \$80 per person - Beef Tips
and Pork Loin and Fixins. Nashville Tavern**

**Bike - Only 15 seats \$30 US Per Person
\$200 Deposit secures your spot. Remainder to be
PAID by Feb.1st.**

**Bus leaves Corunna Ball Field at 4:30am
SHARP and Point Edward Arena at 5:00am
SHARP.**

**Contact Mo Young on Facebook or Willie at
519-332-6771 or 519-384-1957**



St. Clair United Church
Aamjiwnaang First Nation
 978 Tashmoo Avenue, Sarnia, Ontario, N7T 7H5

Genesis 1:27

God created humankind in his image, in the image of God he created them; male and female he created them.

The best side of you is the inside of you. That's where the image of God is. Love, joy, and wisdom reside inside of you. Courage, determination and strength are there as well. All the qualities and traits you seek are inside yourself. God put them there. You are who you are by virtue of God's creative act.

Draw close to what God has put inside you. Let it show you who you are to God and reveal who God is to you. Let it uncover your purpose, illumine your path, and bring the glow of God's love to all you do. What you need for a purposeful and meaningful life is inside you.

Listen to the inside of you, where God speaks.

Rev. Brenda Mac Main
 Phone: 519.344.6119 (Church)
 519.336.6216 (Home)
 Email: stclairunited@rogers.com

RIVERSIDE LUNCH

Ph: (519) 312-2502
 1666 St. Clair Pkwy, Sarnia, ON

Sausages (hot & mild)	\$5.75	(combo)	\$8.50
Hamburgers	\$4.25	(combo)	\$7.00
Cheeseburgers	\$4.75	(combo)	\$7.50
Bacon	\$5.50	(combo)	\$8.00
Chili	\$4.75	(combo)	\$6.50
Hot	\$4.25	(combo)	\$6.75
Hot	\$4.00	(combo)	\$7.75
Hot	\$4.00	(combo)	\$8.50



(*No...)		(slice, chili and mustard)	
		(Astra)	
	(\$1.50/poutine)		
Fresh Cut Fries			
Poutine			
Chili Chz Fry	\$4.25		
Fry Supreme	\$5.25		
Gravy	\$1.00		
Jumbo Pickle	\$1.00		
Chili, Melted chz topping, or Chz slice	\$0.75 ea.		
Pop	\$1.00	Juice Box	\$0.75
Water	\$1.00	Freezies	\$1.00

Phone in Advance (for faster service)
 (Name, Ph. #, Order and condiments, Pick up time)

OPEN: Mon. - Fri. 11am - 6pm

Aamjiwnaang Afterschool Program

Invites all children between the ages of 6-12 years of age to join us at the
 Maawn Doosh Gumig Community Centre

Mondays, Wednesdays & Thursdays from 3-6 pm

New registrations are always welcome.

Contact: Kayla Pashalinos, Program Leader—226-932-0786





St. Clair United Church
Christmas Bazaar
Aamjiwnaang Community Centre
Saturday, December 3, 2016
9:00 AM– 1:00 PM

**Bake Table, Candles, Indigenous Art, Crafts,
Quilts, Raffles, Corn Soup, Fry Bread, Gift
Baskets & More**

Everyone is Welcome!

To Rent a Table call Janice Rising 519-383-0404 or 519-344-5448



Ontario and Quebec Aboriginal Ministries supports Standing Rock Protectors.



Roger Williams'
A U T H E N T I C
NATIVE CRAFT SHOP

STORE HOURS

Lots to
choose From &
Great
Gift Ideas!

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

To our American friends and family,



ATTENTION

Sting and Legionnaire
 Flex Tickets will be
 available at the Band
 Office.

Limit of 4 Per Household.



Taco Sale



Fri., Dec. 2

11:00 am - until

“Sold Out”

1206 Tashmoo Apt. 4

**** Jackie’s Place ****

Taco \$6.00

Pop/Water \$1.00

(Come ~N~ Get’ Em!)

**Ojibway
Language Classes
At the
Youth & Community
Center-
With Fran Pawis
Wednesdays
6:00-8:00
Ages: 10 yrs-Adults
Beginner – Advanced**



Classes are at your leisure.
Come when you can!
Guaranteed you will learn something
New!

**For More Info, Call
Valerie at 519-491-2160**



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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.

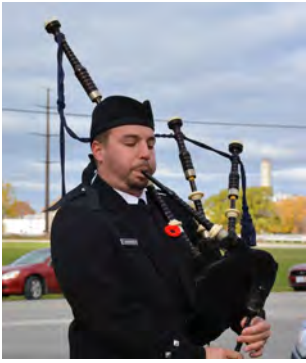
Call NOW for a no-obligation quote!

Head Office — 1000 Degurse Drive, Suite 2,
Sarnia, Ontario N7T 7H5

Tel (519)332-4894 Fax (519)332-5982

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November 3rd, 2016



Ecojustice Blog

Ontario Residents in industrialized areas neglected by provincial air pollution laws

Posted in People & Health (<http://www.ecojustice.ca/category/people-and-health/>) on November 1, 2016.

By: Kaitlyn Mitchell, Lawyer, Ian Miron, Lawyer, Dr. Elaine MacDonald, Scientist and Margot Venton, Lawyer

Province must consider the cumulative effects of pollution in toxic “hot-spots”

For many years, Ecojustice scientists and lawyers have been helping Ron Plain and Ada Lockridge fight to protect their Aamjiwnaang First Nation community from air pollution. Ron and Ada live in Sarnia, Ontario, in the middle of Chemical Valley – a cluster of major oil refineries and petro-chemical plants that house 40 per cent of Canada’s chemical industry. Ron and Ada are breathing in air polluted by each and every facility in the area. But when the Ministry of Environment and Climate Change (MOECC) decides whether to approve new pollution from any one facility, it only considers the individual emissions of that one facility. The result? The Ministry ignores the cumulative environmental and health effects of pollution from many facilities in one area.

That’s why Sarnia, Ontario has some of the most polluted air in the province.

This month, Dianne Saxe, the Environmental Commissioner of Ontario, decried the impact of air pollution on the health of the Aamjiwnaang community as “shameful.” Sadly, this isn’t the first time the Commissioner has had to do so.

In 2009, we helped Ron and Ada file a formal request asking the Ontario government to start considering the cumulative impacts of air pollution when it approves a new pollution source at a facility, not just the impacts from that one facility. Despite indications that meaningful progress was finally being made, the Ministry still has not completed its promised review. The Environmental Commissioner condemned this delay as “disrespectful of the public’s environmental rights.”

It is long past time for the Ministry to right the injustice suffered by those living in air pollution hot spots in this province. The Ministry has now promised to complete its review of Ron and Ada’s request by

early 2017. Although a seven year delay in completing a promised review is unacceptable, we’re hopeful the review will change the way the Ministry approves pollution. Further, there should be real, on-the-ground improvements for Ron and Ada.

To do that, the Ministry needs to do the following:

1. Prioritizing reducing air pollution in priority areas – like Sarnia, Hamilton and Sudbury – where the cumulative effects of air pollution endanger human health.
2. Continually improve air quality and reduce toxic emissions. Assess the emissions from multiple facilities and combined effects of multiple pollutants.
3. Work for environmental equity by considering the characteristics of affected communities. The government should ensure that everyone, regardless of income, race, or nationality, benefits from equal protection from pollution.
4. When air quality doesn’t meet provincial standards for human health or the environment, the Ministry must require polluters to use the very best technology to reduce pollution.
5. Before the Ministry issues pollution permits in pollution hot spots for new facilities or expanded facilities, the cumulative effects of all existing and proposed pollution sources in an area must be considered.
6. Commit to transparent emission evaluations when it comes to air pollution permits. Communities have the right to understand the extent of emissions and how they will be affected.

Current assessment failures are hurting communities

The Ministry’s current approach treats every community as if it has only one polluter, when the reality is very different. The Ministry’s failure to assess cumulative effects when it approves air pollution means that communities close to a cluster of polluters get a different standard of air quality protection than communities with one or no polluters. Evidence shows that the burden of negative health impacts caused by this double standard is [disproportionately shouldered by Indigenous and other socially vulnerable communities](#).

It is long past time for the Ministry to right this injustice. The Ministry needs to ditch its antiquated assessment structure, finish its review and breathe new life into an approval system that protects our communities.

Submitted by Ada Lockridge

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NOTICE

First Nation Deer Harvest in Clear Creek Forest Provincial Park

Harvesting wildlife is one of the traditional activities of Indigenous people. The Delaware Nation at Moraviantown has notified the Ministry of Natural Resources and Forestry that it wishes to harvest deer in Clear Creek Forest Provincial Park.

This will be the first year that the Ministry of Natural Resources and Forestry is working with the Delaware First Nation at Moraviantown to support First Nation harvesting activity within this park.

Safety is the primary concern of the Ministry of Natural Resources and Forestry. To provide for the safety of both the public and the harvesters, a number of measures will be put in place:

- The harvest will take place on November 14, 16 and 18, 2016 and December 13 and 15, 2016 from one half-hour before sunrise until one half-hour after sunset each day.
- On harvest dates the park will be closed under Section 8(1) (c) of Ontario Regulation 347/07 under the *Provincial Parks and Conservation Reserves Act, 2006*. Access points will be monitored and public entry will be prohibited.
- Notices will be posted at the park entrances.
- Shotguns and archery will be the means of harvesting deer.
- Harvesters will be stationary using ground blinds and tree stands.
- All stands will be a minimum of 15 metres from the park boundary.
- Ministry staff will be on site during the harvest.

All First Nations harvesters will be made aware of the terms of the harvest operations plan and safety measures that have been developed between the ministry and the Delaware Nation at Moraviantown to ensure a safe and humane deer harvest.

For safety reasons, on the harvest dates we ask that you do not enter the park and that you comply with all posted notices.

Public enquiries on this First Nation deer harvest can be directed to Brad Connor, Park Superintendent at (519) 674-1750.

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/>

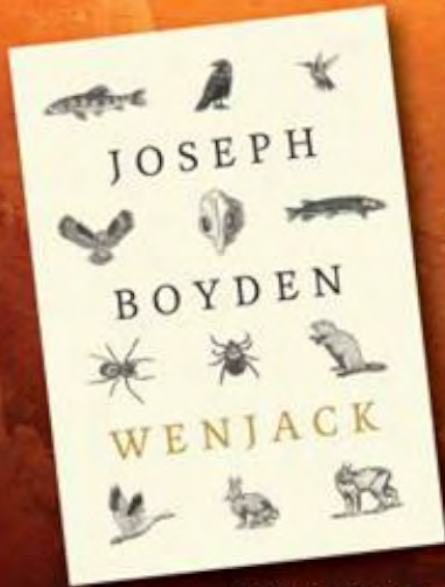
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- Traps available at Band Garage for use by community members. 519-336-0510



The Book Keeper is donating 100% of the profits from the sale of Wenjack to our friends at The Aamjiwnaang Heritage & Culture Group



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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

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CHIPPEWA TRIBE-UNE

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Tuesday, November 29 at 4:00 pm

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

This paper and past editions can also be
found on the Aamjiwnaang website at:
www.aamjiwnaang.ca

Sandy Waring
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