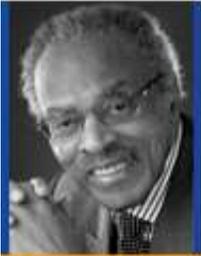




# CHIPPEWA TRIBE-UNE

Interim Editor,  
Lynn Rosales

## Namebin Giizis - Sucker Fish Moon - April



LINCOLN M. ALEXANDER

AWARD

The Lincoln M. Alexander Award honours youth who have demonstrated leadership in eliminating racial discrimination in Ontario. The award was first given in 1993.

Three awards are given each year: two student awards and one community award.

Recipients receive a personalized certificate as well as a \$5,000 cash award.

The award is named after the late Honourable Lincoln M. Alexander, who was the 24th Lieutenant Governor of Ontario, serving from 1985 – 1991. He was the first member of a minority group to serve as a Lieutenant Governor in any province in Canada.

### Who is eligible?

#### Student Award

A student award is given to a full-time student who attends a senior high school or who will be entering a postsecondary education program. Students must be nominated by their school.

#### Community Award

A community award is open to anyone who lives in Ontario and is between 16 and 25 years old and who is nominated by a community organization or agency that

works in race relations.

### When is the deadline?

The deadline is May 31 each year. If May 31 falls on a weekend or holiday, nominations are accepted until 5:00 p.m. the following business day.

Nominations may be submitted at any time. Nominations received after the deadline will be considered for the following year.

### How are recipients selected?

A selection committee representing the Ministry of Education, the Ministry of Citizenship, Immigration and International Trade and community organizations reviews the nominations and selects each year's recipients.

### Need More Information? Contact

Email: [ontariohonoursandawards@ontario.ca](mailto:ontariohonoursandawards@ontario.ca)

Phone: 416-314-7526

Toll Free: 1-877-832-8622

TTY: 416-327-2391

Mail: Ontario Honours and Awards Secretariate  
Ministry of Citizenship and Immigration  
400 University Avenue, 4th Floor  
Toronto, ON  
M7A 2R9

Source: <http://www.citizenship.gov.on.ca/english/citizenship/honours/lma.shtml>

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Aamjiwnaang  
Population Stats  
**Current: 2335**



## Post-Secondary Student Job Opportunity Aamjiwnaang First Nation

**POSITION:** Summer Student Employment Coordinator

**FUNCTION:**

Under the direction of Employment and Training, the Summer Student Employment Coordinator will undertake the responsibility of organizing and supervising the Summer Employment Program. Specific responsibilities include: to run a one week Science Camp for up to 25 participants, to prepare and post science camp registration; to prepare and submit proposals for funding, to secure private sector job placements, to prepare and post job descriptions, advertise and receive applications, arrange and conduct student interviews, conduct student orientation, and on-going monitoring of the program, and to submit a program evaluation and final reports at the end of the program.

**QUALIFICATIONS:**

- Must be enrolled and attending a post-secondary school
- Must have the ability to accept direction, yet work independently once tasks are assigned.
- Access to a car would be a definite asset.
- Good organizational and problem solving skills.
- Excellent interpersonal skills.
- Good understanding of computers.
- Experience in a supervisory capacity.
- Must be between the ages of 16 - 29

**HOURS OF WORK:**

40 hours weekly.

**EMPLOYMENT DATES:**

Monday, May 4, 2015 – Friday, August 21, 2015

**DEADLINE FOR RESUMES:** Monday, April 27, 2015 at 4:00 pm

**Attention:**

**Assistant Band Administrator  
Aamjiwnaang First Nation  
978 Tashmoo Ave.  
Sarnia, Ontario N7T 7H5**

**Mino Dbishkaayin-Happy Birthday**

April 11 - 24, 2015

Steven	Chabot	Apr. 11	Shaylene	Joseph	Apr. 18
Aiden	Diller	Apr. 11	Abraham	Plain	Apr. 18
Ava	Riley	Apr. 11	Christine Lindsey	Rogers	Apr. 18
Garnet L R	Williams	Apr. 11	Shayla	Adams	Apr. 19
Jennifer	Williams	Apr. 11	Diane	Aiken	Apr. 20
Elizabeth	Dingler	Apr. 12	Gage	Boucher-Oliver	Apr. 20
Frances	Maness	Apr. 12	Anthony	Kulanda	Apr. 20
Wayne	Simpson	Apr. 12	Olivia	Malone	Apr. 20
Mary E	Williams	Apr. 12	Winona	Rogers	Apr. 20
Jocelyn	Diller	Apr. 13	Larissa	Sinopole	Apr. 20
Ernest	Jacobs	Apr. 13	Roger T	Williams	Apr. 20
Dallas	Johnston	Apr. 13	Robin	Wood	Apr. 20
Amber	Maness	Apr. 13	Joseph W	Bird	Apr. 21
Noodaaganpichi	Stone	Apr. 13	Angel	Lewis	Apr. 21
Rena	Bird	Apr. 14	Ferguson	Plain	Apr. 21
Bryson	Case	Apr. 14	Melinda	Plain	Apr. 21
Romaine	Domke	Apr. 14	Tianna	Plain	Apr. 21
Emily	Duquette	Apr. 14	Edie	Rogers	Apr. 21
Marleen	Joseph	Apr. 14	Elizabeth	Steele	Apr. 21
Darcy	Malone	Apr. 14	Reece	Walker	Apr. 21
Daniel	Michael	Apr. 14	Rose	White	Apr. 21
Matthew	Michael	Apr. 14	Nancy	Jackson	Apr. 22
John	Robertson	Apr. 14	Alysha	Joseph-Smith	Apr. 22
Kathy	Waters	Apr. 14	Brianna	Malone	Apr. 22
Kora	Whiteye	Apr. 14	Ryan	Bois	Apr. 23
Kayla S N	Joseph	Apr. 15	Loran	Jacobs	Apr. 23
Cynthia	Wright	Apr. 15	Maxine	Sanford	Apr. 23
Tysha	Wrightman	Apr. 15	Cheyenne	Cloud-Siefker	Apr. 24
Amanda	Hopkins	Apr. 16	Elizabeth	DeLauter	Apr. 24
Billi-Jo	Johnston	Apr. 16	Tanya	Gray	Apr. 24
Bobbi Joe	Joseph	Apr. 16	Sarah	Jackson	Apr. 24
Clear Sky Girl	Matte	Apr. 16	Donald	Jacobs	Apr. 24
Desirae	Bird	Apr. 17	Shirley	James	Apr. 24
Brenda	Cottrelle	Apr. 17	Allison	Kirkby	Apr. 24
Vernon Dale	Gray	Apr. 17	Joseph	Maness	Apr. 24
Samantha	Jacobs-Bressettee	Apr. 17	Jason	Nahmabin	Apr. 24
Brian	Maness	Apr. 17	Joseph	Maness	Apr. 24
Thomas	Maracle	Apr. 17	Jason	Nahmabin	Apr. 24
John	Nahmabin	Apr. 17	Lynn	Rosales	Apr. 24
Kayla	Plain	Apr. 17			

## NOTICE

### Seeking Licensed Security Guards

If you have your Security License and are seeking employment, Please Contact the Aamjiwnaang Employment & Training Department  
519-336-8410 Ext. 249

I will be accepting resumes for upcoming employment

## Spring Clean-Up NOTICE

Spring Clean-Up week will be held week of

**May 4 - 8, 2015**

Please have all your unwanted items piled by the road to ensure that the Maintenance crew can easily remove it. Miigwech!!

**Don't Forget to start your project for Earth Day!!**



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/>

## NOTICE

### **Aamjiwnaang School Bus Transportation Notifications**

Any change must go through the Aamjiwnaang Education Department

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

**Please advise the Education Department at the Band Administration Building of any changes.**

**519 – 336-8410**

**Diane Aiken ext. 246, or  
Vicki Ware ext. 247.**

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

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



## **COUNCIL AGENDA ITEM SUBMISSION DEADLINE!!**

### **FRIENDLY REMINDER**

To whom it may Concern:

Please be advised that the Council Meeting Agenda Item deadline is the Wednesday prior to the next Regular Council Meeting (RCM) at 4:00 p.m. 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,  
Shelley, Band Council Clerk

Please Note:

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

**Monday, April 20, 2015**

The deadline for submission is:

**Wednesday, April 15, 2015, 4:00 PM**



Aboriginal Affairs and  
Northern Development Canada

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

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

## **TRIBE-UNE SUBMISSION INFO!! SUBMISSION DEADLINE**

Please Note that the submission deadline for the next Tribe-Une is:

**Tuesday, April 21 @ 4:00 pm**

This is to ensure that the Tribe-Une will be distributed by the end of the week,  
Meegwech for your support!!

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

### **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



Maija Holla  
Regional Director of Sales, Northern Ontario  
Westmont Hospitality Group  
1401 Paris Street, Sudbury  
Ontario, P3E 3E6  
Main: (705) 692-4183  
Cell: (705) 662-0132  
Toll Free: 1-866-285-7936  
Fax: (705) 692-4424  
Email: [Maija.holla@whg.com](mailto:Maija.holla@whg.com)

February 24, 2015

Westmont Hospitality Group has for the past 12 years supported the Anishinabek Nation 7th Generation Charity. We are a proud partner of the Union of Ontario Indians and we are pleased to present you with the attached First Nations Hotel Discount Program.

The enclosed discounted hotel rates are available to all members/citizens of the First Nation Communities and all affiliated services and organizations. Whether you are traveling on **business**, **pleasure**, or **medical purposes**, these discounts are available to you and your families.

To book a reservation please call the hotels direct and ask for the **"First Nations"** rate. Additional discounts may apply for extended stays or group bookings.

Are you member yet? Enroll for brand loyalty programs and collect valuable reward points for each stay. Earn free night stays world-wide, airline rewards, travel rewards and gift cards for popular retailers.

If at any time you require assistance booking guest rooms, organizing a meeting, conference or event or need help setting up a direct bill account, please contact my office direct at 1-866-285-7936.

We look forward to welcoming you, your co-workers and associates to our hotel locations. For more information on our company and the hotels managed by Westmont Hospitality Group please visit our website at [www.InnVestREIHotels.com](http://www.InnVestREIHotels.com).

Yours in Hospitality,

Maija Holla  
Regional Director of Sales  
Westmont Hospitality Group

## Medical Travel Drivers

Terry Plain (Monis)	.....402-5535
Ron Simon	.....328-0203
Sheila Firth	.....383-1073
Mary Lou Williams	.....337-9342
Carol Miller	.....332-0751
Christine Plain	.....466-0054

## Men's Cooking Classes

**Thursday, April 30, 2015  
11:00am -1:00pm**

**Health Centre**

### Prize for all Participants

Learn to love delicious food made with a few healthy ingredients  
New Participants Welcome!!

Call to Register Today!!

519-332-6770

Transportation Available



**Thursday, May 14, 2015**

**Thursday, June 11, 2015**

**12:00 – 1:30pm**

**HEALTH CENTRE**

In need of a warm meal?

Want to socialize?

Come out and join us and have a nice warm bowl of soup on us!

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



**Seniors  
Pizza & Game  
Night**

When:

**Wednesday,  
April. 22, @5  
pm**



Where:

**Seniors Drop-In  
@Community Center**

**PRIZES! GAMES! FOOD!**

Call Peggy, 519-332-6770

If signing up

# Tuberculosis is Curable

## Information about TB



### What is TB?

TB is short for tuberculosis. It is caused by the bacteria *Mycobacterium tuberculosis*.

### How can I get TB?

When someone has contagious TB, germs in their lungs or airways can spread to others through the air when they cough, sneeze, talk or sing. If you breathe in those germs, you may become infected.

### What happens if I breathe the germs into my lungs?

One of three things can happen:

- Your immune system kills the bacteria and you do not become infected with TB or...
- You become infected with TB but your immune system keeps the germs in an inactive or sleeping state within your body. This is called **Latent TB Infection (LTBI) / Sleeping TB** or...
- You become infected with TB and you develop **active TB disease (TB germs wake up)—this may happen soon after infection (weeks or months) or years later.**

### If I have TB, can it spread to my friends and family?

**TB infection (LTBI, sleeping TB)** cannot be spread to others.

**TB disease** can be spread to others by coughing, sneezing, talking or even singing when it is in the lungs or airways. You cannot spread TB to others by shaking hands or sharing dishes with them. The germs can move around the body and make you sick but most often stay in the lungs and cause illness there.

### How will I feel if I have TB?

If you have sleeping TB, or LTBI, the germs are not making you sick.

If you have active TB disease, you will usually feel sick with some of the following symptoms:

- cough lasting at least two weeks
- coughing up sputum (phlegm)
- sometimes coughing up blood
- feeling weak or very tired
- no appetite
- weight loss
- fever
- sweating at night
- pain in chest

If you are sick with any of the above symptoms, you should see your health care provider.





## Tuesday, April 21, 2015 RABIES CLINIC

### Aamjiwnaang Health Centre

**4:00 - 6:00 pm**

The clinic is open for all cats & dogs, 3 months of age and older. Animals should be in good health and not vaccinated against rabies within the past year. Animals must be leashed and accompanied by an adult. Animals that may bite, please muzzle.



**\$20.00 Per Animal**

**Cash Payment  
Only**

**Mobile Veterinary  
Services will be  
performing  
vaccinations**

**General Health  
Check-up  
included!**

**Call and book  
your appointment  
Today!**

**Please call Jessica  
or roberta at the  
Health Centre to  
schedule your ap-  
pointment at 519-  
332-6770**

## Seniors 55 & Over Congregate Dining

Seniors Drop In Room



**Every Wednesday  
12 - 1 pm**

Come on out... Socialize and  
enjoy a home cooked  
Nutritious, delicious meal!

**Hope to see you there!**

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

## NOTICE

**Seniors:** If you have signed  
up for an event – and you  
cannot make it, please call  
Peggy, 519-332-6770. I have  
waiting lists and would like  
to see the tickets used if for  
some reason you are  
unable to attend.

Thank you,  
Peggy Rogers, Seniors Worker

## Travelling Seniors

### FYI

The Travelling Seniors will  
be hosting a monthly  
Meat Bingo Fundraiser  
At Maawn Doosh Gumig -  
Next Bingo Dates are:

**Thursday, April 23  
Thursday, May 21**

At 6:00 pm and the  
Kitchen opens at 5:00 pm

## Seniors Healthy Cooking Class

**Tuesday, April 21**

**Health Centre 10:30 - 1:30**

Come out and join us! call  
Peggy to register and if you  
need a ride.

519-332-6770



- \* Simple recipes made together
- \* Tasty food samples to take home
- \* Friendly conversation
- \* Healthy eating information
- \* Nutrition and health questions wel-

Presented by: **Sandra Walker**



## Senior's Programming

### LUNCH FELLOWSHIP

Aamjiwnaang Seniors have been invited to have lunch with Chippewa of Thames Seniors

**Tuesday April 14, from  
11 AM – 12:00 PM**

**Social Hour 12:00 PM – 1:00 PM**

**Lunch 1:00 PM – 3:00 PM**

**Nutrition Bingo**

Transportation is available for 7 people

**You are required to sign up no later than Tuesday, March 17, 4:00 pm**

Please sign up with Peggy,  
519-332-6770, ext. 31

*You're  
Invited!*

Seniors Lunch with Walpole  
Island & Moraviantown

**Monday April 27 @11:30 am**

Walpole Island Arena

Transportation available for 7 people

You must sign up with Peggy,  
519-332-6770, ext. 31

**Deadline for signup is  
April 17, 4:00 pm.**

Good Day Aamjiwnaang!

We have been approved for the New Horizons for Seniors grant for the year 2015 – 2016. The project title is “**Strengthening Our Community**”. The goal of the New Horizons this year is to bring the Community back together by hosting community gatherings and activities for opportunities for social interaction.

We will be forming a committee made up of various age groups volunteering to sit on this committee. We will meet and come up with ideas on how to promote this.

We are looking for 2 youth, 2 community members, and 4 seniors.

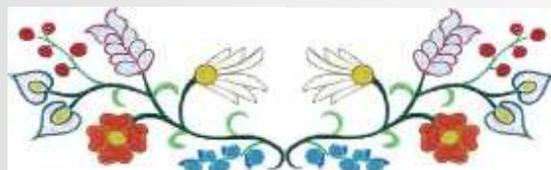
If you are interested in sitting on this committee, please contact Peggy Rogers, Seniors Worker, Health Centre, 519-332-6770. If am unavailable, please leave a detailed voice mail with your name, your contact information, date and time you called.

\*\*Please note that I will contact you after Easter. \*\*

I look forward to this new and exciting project that is about to be planned out!

Thank you for your interest in this new adventure!

Peggy Rogers,  
Seniors Health Worker



## Travelling Seniors Monthly Fundraiser

# MEAT BINGO

All Scheduled Fundraisers are held at,

**Maawn Doosh Gumig Youth & Community Centre @ 6 pm**

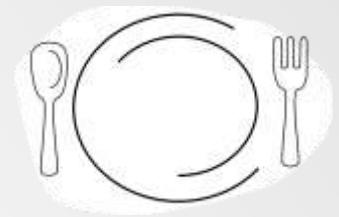
*2 Strip Book for \$15 (extra strip for \$5 more)*

**Thursday, April 23, 2015**

~ Kitchen will be open from 4 - 6 pm

**Menu includes: Ham & Scalloped Potatoes Dinner**

**Adults: \$8.00 and Children under 12: \$5.00**



**Thursday, May 21, 2015**

~ Kitchen opens @ 5 pm

*Dinner Menu to be Announced as a later date*

**June 2015 Date to be Announced**

~ Kitchen opens @ 5 pm

**Dinner Menu to be Announced as a later date**



- 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 Travelling Seniors !!**

**For more information call**

**Pat Oliver**

**@ 519-336-7244**

# Aamjiwnaang Afterschool Program



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

**Mon. Wed. & Thurs. 3-6 pm**  
to check out our new programming and to make some new friends! New registrations are always welcome.

It will be KIDS CHOICE of the games and activities so

Come out and see what all the FUN is about!

**Melissa Joseph-Program Leader**  
**519-332-6770 ext. 35 or**  
**226-932-0786**  
**[mjoseph@nlchc.com](mailto:mjoseph@nlchc.com)**



## Healthy Babies Healthy Children & Head Start Activities



Monday, April 13th, 10:30 am - 12:30 pm  
**Simple Sewing ( Sign-Up)**

Wednesday, April 15th, 5:00 - 7:30 pm  
**Pyjama and Movie Night**

Thursday, April 16th, 10:30 am - 12:30 pm  
**Couponing**

Monday, April 20th, 10:30 am - 12:30 pm  
**Simple Sewing (Continued)**

Wednesday, April 22nd, 5:00 - 7:30 pm  
**Spring Craft**

Thursday, April 23rd, 5:00 - 7:30 pm  
**Financial Fitness - Budgeting**

Monday, April 27th, 10:30 am - 12:30 pm  
**New Parents - Tie Blankets**  
**(Sign-Up, more info on following page)**

Wednesday, April 29th, 5:00 - 7:30 pm  
**Gym Night**

Thursday, April 30, 10:30 am - 12:30 pm  
**Nutrition with Nikki**  
**Meal Planning**

**Infant Massage for  
New Parents with  
Babies, Beginning in May,  
Sign-Up Required**  
**Please see flyer with details on  
the following page**



**FOR NEW PARENTS  
WITH BABIES**

**SIGN UP REQUIRED  
with MaLynda  
519-332-6770**

**Rides and Childcare Available**

**WHEN**

**May 6, 13, 20, 27**

**TIME: 10:30 to 11:30 am**

**WHERE**

**Maawn Doosh Gumig Youth  
& Community Centre**



**Healthy Babies/Healthy  
Children New Parents  
Group:  
Baby Blanket Making  
(For Prenatals and Parents  
with children 0-6 months)**

**Mon., April 27, 2015  
10:30 a.m.-1:30 p.m.  
Sign up required with  
Dorothy 519-332-6770  
Childcare and Transporta-  
tion Available.**



**Wendy Hill  
Traditional Healer  
Dates Available  
April 27 & 28, 2015  
Please Call the Health Centre to Book an  
Appointment 519-332-6770**



Melting snow can reveal more than just long-forgotten patches of lawn and pavement. It can also uncover safety hazards such as discarded needles.

To dispose of a needle yourself, here are tips on how to do it: Use tongs or pliers to pick needles up. Making sure the point is facing away from you when picking up the syringe. Store the needles in a hard plastic container with a lid, such as an empty peanut butter jar, plastic bottle.

Mark the container with the word "needle." and keep in a safe place away from children. Containers can be dropped off at the Health Centre or Lambton Public Health. The risk of picking up an infection from a publicly-discarded needle is remote.

However we advise everyone to handle sharps with care.

If you require help in removing a discarded needle please don't hesitate in contacting Sarnia Police Services at 519) 344-8861.

## Discarded Needle Disposal

Tips: Ways to  
Stay SAFE

**Come out & share coupons, learn how to get a deal, and share other money saving tips!**

**COUPONING**  
for  
**Beginners**

**Working Group**

**WHEN:**

WEDNESDAY, APRIL 22ND

**WHERE:**

AAMJIWNAANG HEALTH CENTRE

**TIME:**

1PM-3PM



**Transportation & Childcare provided. Please contact the Health Centre at 332-6770 to register.**

# Walk Your Way To Better Health!



Please contact Jessica at the  
Health Centre at 519-332-6770  
for further information

**Beginning Monday  
April 20 – Wednesday  
May 27, 2015**

## **Urban Poling Walking Program**

**MONDAY's at 2:00pm &  
WEDNESDAY's at  
9:30am**

*\*\*Meet at the Community Centre  
dressed for the outdoors. If raining  
heavily class will be cancelled\*\**

### *Did Your Know?*

*A mile of Urban Poling is  
equivalent to 1800  
abdominal crunches!*

Why you'll love Urban Poles...

Ergonomic handles, vibration free & durable construction.  
[www.urbanpoling.com](http://www.urbanpoling.com)



# AAMJIWNAANG'S BIGGEST LOSER!



**WANT TO FEEL GREAT?  
MAKE HEALTHY LIFESTYLE  
CHANGES?**

**Monday, May 4, 2015 at 5-6pm  
Health Centre  
Join us for the next 8 weeks**

**Join us for weekly support and learn great tips to feel healthy and fit. Weekly challenges with great incentives. Call a friend and sign up TODAY!**

For more information on this great new program please call Jessica or Roberta at the Health Centre at 519-332-6770

# BBQ FUNDRAISER

April 23<sup>rd</sup> at 11am-2pm

Health Centre



Proceeds to help stock the Bereavement Committee's food/supply cupboard (volunteer group who prepares meals for community funerals)

*\$6 Hamburger/hot dog + macaroni/  
potato salad + drink*

## Grief & Loss Counselling Services

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

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

Please contact E'Mino Bmaad-Zijig  
Gamig Health Centre  
To speak with Tracey or  
Penny about accessing,

Grief & Loss Counselling  
(519) 332-6770

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

Families can play an important role in supporting a loved one with a substance use problem. Often it is the families and loved ones that deal with the crisis, assist with system navigation, serve as informal case managers, encourage and support treatment. Family members, caregivers and friends may experience anxiety, stress, shame, self-blame, depression, fear and frustration. People dealing with addictions in their family can initially not have adequate information regarding the problem, treatment, self-care or available resources. Facilitators from Bluewater Health Community Withdrawal Program will introduce ideas and concepts to you to support your understanding of substance use, how to better support yourself and how to better support your loved one.

#### TOPIC of discussion

**Navigating Addictions Treatment**

April 22, 2015

Aamjiwnaang Health Centre  
10-11:30 A.M.

Please contact Penny 332-6770  
for further information  
**EVERYONE WELCOME!**

# Let's Talk With Penny...



## BOUNDARIES

Boundaries are crucial for healthy individuals and healthy relationships. Owning, respecting, and honoring personal and others' boundaries in turn affects the health of our families, friends, classes, teams, organizations, faith-based groups, and workplace.

### What are Boundaries?

In the physical world, we see boundaries that define who owns and has responsibility for property. Examples of these boundaries are fences, walls, signs, hedges, a line of trees, doors, and gates. We are responsible for the physical space that we own, borrow, or rent. To abuse, destroy, or hurt another's property breaks the law and has consequences.

**Boundaries evolve** throughout our lives. We constantly develop boundaries and limits for ourselves as we interact with and learn from different people and groups. Much of our beliefs and attitudes about boundaries evolved from what we saw and experienced at home and at school or college.

*The basic concept is that boundaries define who is "me" and who is "not me."*

Simply put, boundaries define who I am and what my responsibilities are. When we

Example of Boundaries	Non-Example of Boundaries
I am responsible for my own happiness	I am responsible for your happiness. You are responsible to make me happy
I am responsible for my behavior	I am responsible for your behavior. You are responsible for what I do.
I am responsible for my attitude and outlook on life	I am responsible for your attitude. You are responsible for my attitude.
I am responsible for my choices	I am responsible for your choices. You are responsible for my choices
I am responsible for my feelings	I am responsible for your feelings. You are responsible for my feelings.

look at the "big picture" or "umbrella concept" of things, it is helpful to look at examples and non-examples. The following chart may help you grasp the concept of boundaries. Add your own life examples and non-examples of boundaries.

### Boundary Principles & Facts

#### Some basic guiding principles for boundaries:

- Boundaries are essential to protect me-they are my invisible fences.
- I am responsible to know, guard, and communicate my boundaries and limits.
- If I know my own boundaries, I can respect others' boundaries.

### Facts regarding boundaries:

- No one has or keeps perfect boundaries.
- Everyone struggles to establish and maintain healthy boundaries and limits.
- Boundaries offer protection from people who might control us, hurt us, abuse us, manipulate us, or use us.

### Kinds of Boundaries

There are many ways to categorize and relate to boundaries. For now, we simply look at boundaries as being external and internal.

**Internal Boundaries** allow us to control and take responsibility for our own beliefs, memories, thoughts, feelings, values, hopes, dreams, and passions. Internal boundaries are essential so that we do not blame others for our emotions. And internal boundaries are necessary to keep us from taking responsibility for others' behaviors, ideas, and feelings.

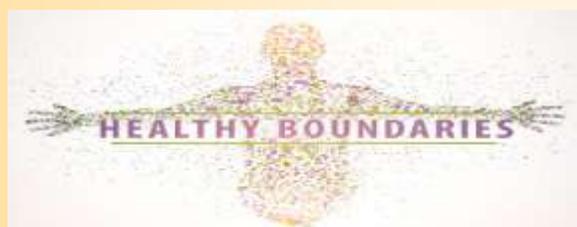
**External boundaries** give us control over all things about our physical being. External boundaries define whom we let into our "physical space." For example, we are in charge of who touches us and how they touch us. External boundaries are critical for deciding about people touching us in any sexual way. We need to process our "internal boundaries" related to lust, sex, and physical touch in order to then choose to have physical boundaries. We need these boundaries to choose when and who can give us a hug, kiss, or handshake. We need to clearly know our external boundaries in order to speak up and define limits for various people and in different situations.

The healthiest relationship acknowledge that one person is a whole person and the other person is a whole person. We do not need someone else to "complete us" or to "make us whole." Boundaries are crucial to maintain a separation of "you" and "me."

Boundaries set down the line where my physical, emotional, mental, spiritual, and psychological space ends and where the other person's begins. We live in a day when we personally attack, assault, and put down others who are not like us. We easily try to stereotype and label one another and to persuade others to be, think, feel, and act like us.

### Ways to Create Your Personal Boundaries

- There are a number of ways to create and honor boundaries that are important to you. Here are just a few examples:
- Be clear about the boundary to both yourself and others- Make sure you have been thoughtful about the boundary issue and have defined for yourself and others what is acceptable and unacceptable.
- Once a boundary is crossed, remind the individual of your boundary and ask for his/her help in maintaining that boundary.
- If the individual continues to violate the boundary, ask firmly and politely for the behavior to stop. If the behavior continues, consider what further action is appropriate to stop the behavior. Remember that while you may be firm, you should also remain respectful of the other individual.
- Identify ways to position yourself in a time and place that minimizes the opportunity for your boundaries to be crossed.
- Thank those people around you who honor your boundaries and thank those who have honored your requests to start observing your boundaries.
- Always seek to understand and honor the boundaries of others





# T

## raditional Teachings with Kevin Nadjiwon

Story by: Lynn Rosales

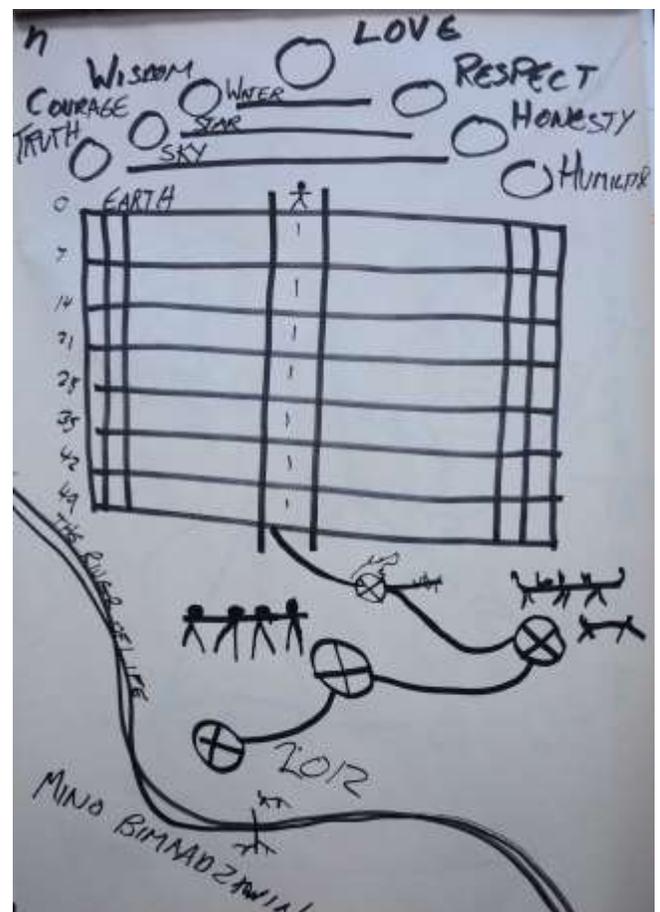
On Monday, March 30, 2015 there were two teaching sessions that took place at Maawn Doosh Gamig Youth and Community Centre.

The presenter, Kevin Nadjiwon, Anishinaabe, Three Fires, Turtle Clan, from Batchewana First Nation, shared his personal journey that included his professional career as well as his personal. Kevin has been acquiring his knowledge throughout his life and using those experiences to bridge traditional and modern knowledge to fulfill his dream/vision of bringing people together.

The groups were opened with a smudge and a prayer, and everyone was treated to a fanning off with the eagle fan. Next was the passing of the feather to allow others present in the circle to introduce themselves and share. Following the introduction and opening, the teaching session was ready to begin for those who chose to be present.

The key points of discussion focused on the following:

- History of the provincial and national political organizations as they are today.
- Anishinaabe Teachings are present in all scientific knowledge today.
- The seven directions; east, south, west, north, earth-world, sky world, and inner self.
- Teachings are universal from all around the world.
- Earth walk is only a journey in the physical realm.
- The journey of the soul.
- The world migration story.



Journey of the Soul by: Kevin Nadjiwon



# Four Directions



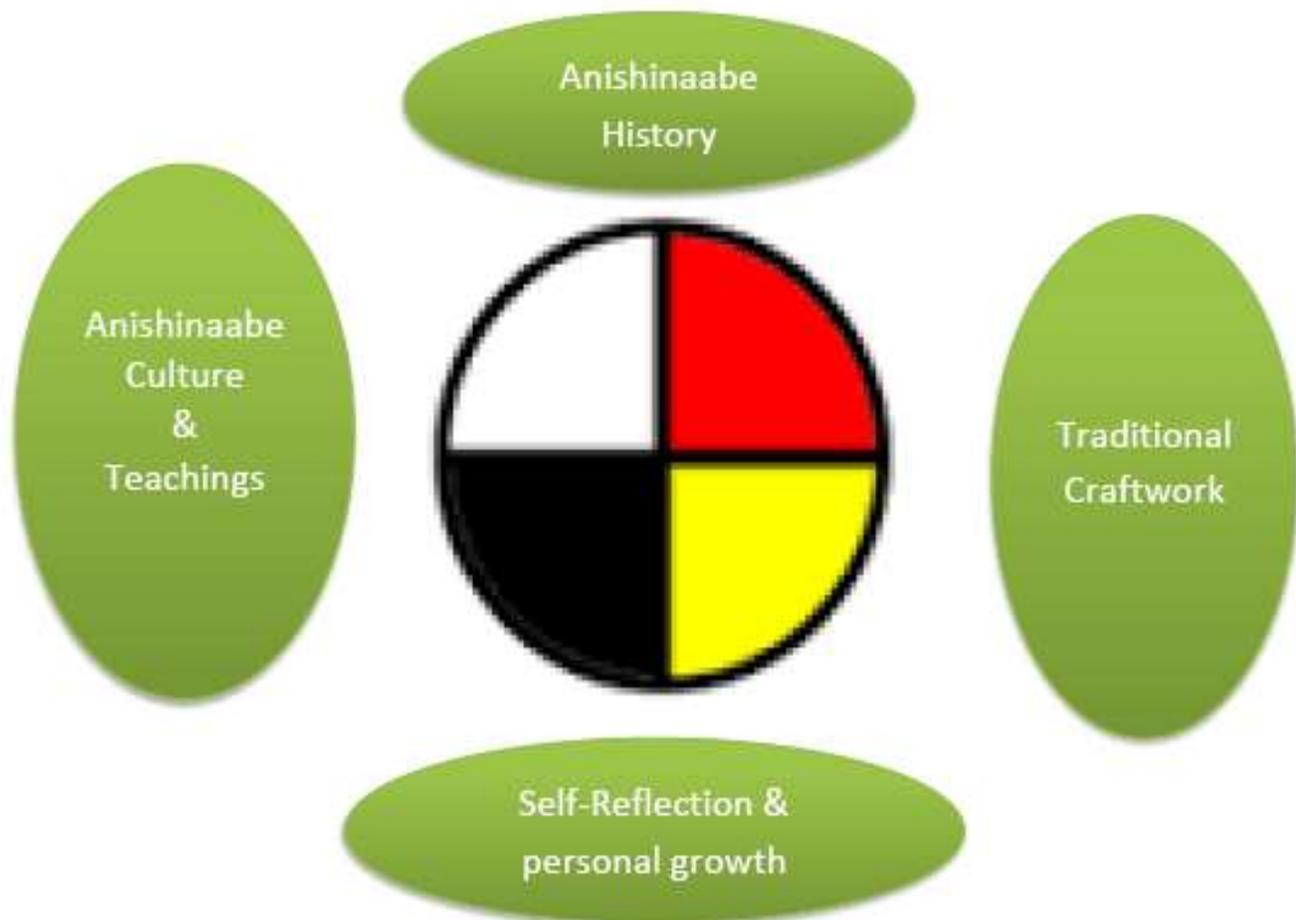
## Anishinaabe Self-growth 6 week Program Facilitator: Mike Plain, Elder

Hosted by the Literacy & Basic Skills Program of Aamjiwnaang's Adult Ed. program

Starting Wednesday, April 22<sup>nd</sup>, 2015

every Wednesday 9 am – 3 pm, and Friday 9 am – 1 pm  
at Aamjiwnaang's Resource Centre, 978 Tashmoo Ave. Sarnia

**LUNCH and SNACKS PROVIDED**



Participants must be at least 19 years of age, with no post-secondary schooling, and currently unemployed

**Call Monis at 519-336-8410, ex 285, to pre-register**

Limited spaces! Attendance is mandatory

Registration of participants will be held on April 20 & 21 between 10 am & 2 pm

EMPLOYMENT  
ONTARIO

# Ontario Native Welfare Administrators' Association

## ONWAA

Presents a new initiative:

## The Homemakers E-Learning Course



**Register by: April 27<sup>th</sup>, 2015**

**Course starts: May 4<sup>th</sup>, 2015**

Send in your application to ONWAA's main office at the fax number:  
**705-942-9993**, or send it by email to: [abelleau@onwaa.com](mailto:abelleau@onwaa.com)

You can also mail your registration to:

**150 Churchill Blvd.**

**P.O. Box 20119**

**Sault Ste. Marie, Ontario, P6A 6W3**



## Homemakers E-Learning Course

March 31, 2015

### Homemakers E-Learning ([www.learn.onwaa.ca](http://www.learn.onwaa.ca))

ONWAA is pleased to announce the Homemakers E-learning course. The new Homemakers e-learn course will allow you to learn at your own pace, have access to the course 24/7, study at home, work, or on the road and track your course progress. ONWAA will also have supports in place for First Nations when technology questions arise.

The Homemakers e-learn course will commence on May 4<sup>th</sup>, 2015. Please register for this course by April 27<sup>th</sup>, 2015.

ONWAA is moving forward to enhance our training and learning goals. ONWAA also needs your help and would like you to suggest new e-learn courses to be created. We want e-learning to fit into your professional development needs and schedule.



**Help us make ONWAA's e-learning portal your new e-learning classroom.**

First Nation: \_\_\_\_\_

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Registering for May 4<sup>th</sup>, 2015 Homemakers E-Learning Course



# Anishinaabe Ininiwug Group

April 22, 2015 5:00 pm  
E'Mino Bmaad-Zijig Gumig  
Health Centre

## Men's Group

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

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

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

## Topic:



## With Rola Osma

Hepatitis C Outreach Worker

Windsor Essex Community  
Health Centre

## Lunch & Learn

Monday, April 27, 2015

Health Centre

11:00 am – 1:00 pm

Are you at risk?

Thinking about getting tested?

Join us for lunch as we learn about Prevention, Testing & Treatment

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





## AAMJIWNAANG FIRST NATION

### EMERGENCY PLANNING



#### Shelter-in-Place/Evacuation Procedures

In an emergency situation that is happening in or around Aamjiwnaang First Nation, there is a possibility for a “Shelter-in-Place Order” or an “Evacuation Order” to be issued that would affect either most or all residents of Aamjiwnaang. These orders are issued in order to provide notice to residents of an emergency situation so that they may be protected from contaminants that have been released from local industries. Depending on the circumstances, emergency officials will issue the appropriate Order.

- **Shelter-in-Place** is designed to provide temporary protection of individuals in the event of a chemical release or spill in an area where contaminants are airborne and are likely to pass by or through an area. Severe weather can also cause a Shelter-in-Place order.
- **Evacuation** is required when there is a significant release or spill where the safety of individuals or residents is a greater concern in a longer term. It can also be ordered if the contaminants pose a greater health risk to individuals in an area. Dangerous situations may also cause an evacuation order.

A shelter-in-place notification is an inconvenience to residents but they are called to ensure the personal safety of community residents within or near the affected area. The contaminant and source has been identified causing a chemical emergency thus allowing a general area from where the contaminant originates. Normally, a shelter-in-place is used for an emergency situation that is expected to be of a relatively short duration. The shelter-in-place is designed to minimize the possibility of exposure to residents and pets.

Residents of Aamjiwnaang are notified of a Shelter-in-Place or Evacuation Order through various methods. They include:

- Sirens located in the community
- Aamjiwnaang Notification System
- MyCNN Notification System
- Local Radio Broadcast
- Cable TV can interrupt local programming to notify residents
- Emergency Responders may visit home to inform residents by stopping door to door
- Family members may call each other, time permitting
- Loudspeakers may be used along affected areas to inform residents.

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

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

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

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



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



## AAMJIWNAANG FIRST NATION

### EMERGENCY PLANNING

#### Shelter-in-Place

If you are outside and hear the sirens, or receive a notification from one of the systems in place:

- Go inside your home or closest building. Ensure all the windows and doors are closed. Bring pets but do not spend time looking for them.
- Turn on local radio stations/TV to listen for instructions.
- Keep phone lines free, if possible.
- Don't evacuate or travel from your shelter unless instructed to do so.
- Don't bring home children from school or family members from work (It is safer to shelter in school or work rather than travelling)
- Don't call 911 or any authority for information. Call 911 if there is another emergency situation in the home or shelter.
- DON'T GO OUTSIDE TO HEAR THE SIREN. The sirens are there to let you know that there is an emergency situation and to go or stay indoors.
- DON'T GO OUTSIDE TO SEE IF YOU CAN "SMELL" ANYTHING.
- IF YOU HAVE RECEIVED A MESSAGE FROM THE "AAMJIWNAANG NOTIFICATION SYSTEM" OR THE "MyCNN" NOTIFICATION SYSTEM, PLEASE READ THE ENTIRE MESSAGE TO AVOID CONFUSION (avoids forwarding incorrect information).

When chemical emergencies are involved, also:

- Turn off furnace/air conditioners/exhaust fans.
- Turn off any other appliance that may draw air into your shelter.
- Seal a room by using wet towels at the base of doors.
- Breathe through a damp towel to filter air.
- DON'T LEAVE YOUR SHELTER UNTIL THE "ALL CLEAR" HAS BEEN ISSUED.

DO NOT OPEN THE DOORS OR WINDOWS OF YOUR SHELTER UNTIL THE "ALL CLEAR" HAS BEEN ISSUED BY EMERGENCY OFFICIALS.

Once the "ALL CLEAR" has been issued, open the windows and doors to air out the shelter to help eliminate any contaminants that may have entered the shelter during the Shelter-In-Place.

If you are in an automobile or truck when you hear the sirens or receive notification of a Shelter-in-Place:

- Roll up the windows
- Close all vents
- Turn off air conditioning and/or heater
- Turn off the fan
- Turn the vehicle's air system to recirculate (if equipped)
- Leave the area immediately

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



## AAMJIWNAANG FIRST NATION

### EMERGENCY PLANNING

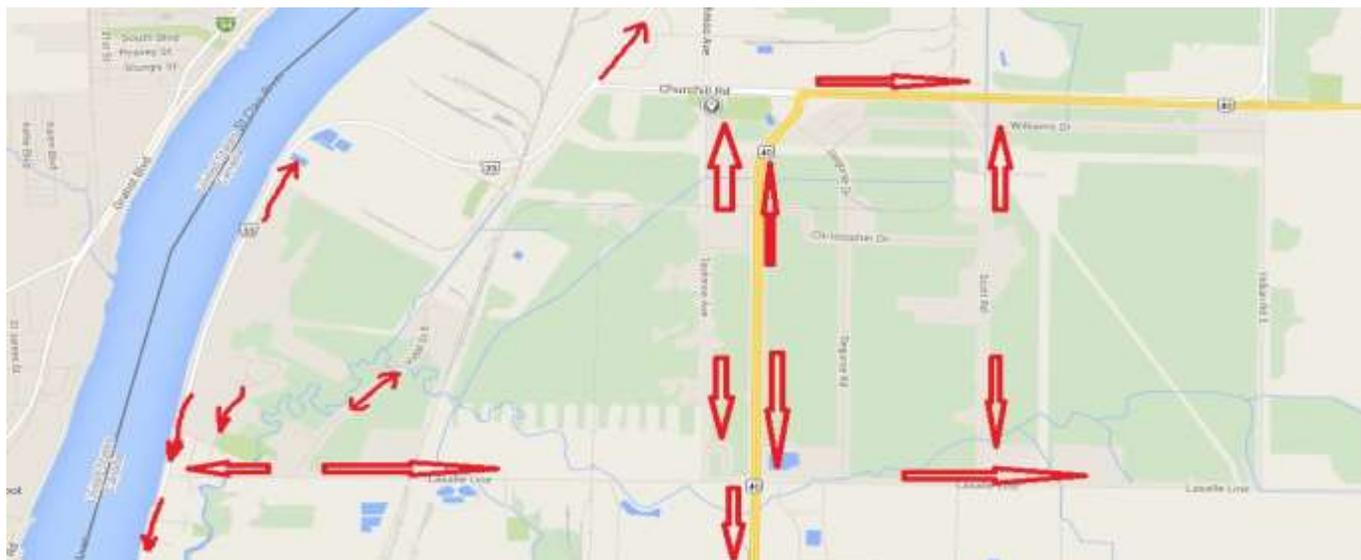
#### Evacuations

Evacuations are called when emergency situations are expected to be of a longer duration. The emergency is considered to be of a much more serious nature that leads to the evacuation of an area. Evacuations could be a limited to a specific area but may also affect the entire community. Evacuations are issued by emergency officials to help protect not only people but property and pets.

When an Evacuation Order is issued to Aamjiwnaang residents:

- The preferred evacuation route will be included. This helps to ensure minimal exposure to the contaminant or potentially dangerous situation.
- The evacuation notice would contain information related to the emergency so residents are aware of the location of the emergency.
- An evacuation notice will also have information about the location of a reception centre that is being set up.

This map show the general evacuation routes to use in the event of an evacuation order. The exact route depends on factors to ensure minimal risk to evacuees:



PLEASE DO NOT RETURN TO YOUR HOMES UNTIL THE “ALL CLEAR” IS GIVEN. (You or your family could potentially be exposed to a dangerous situation should you return before the area is deemed safe to return to).

Once the “ALL CLEAR” is given, return to your homes, and open windows and doors to air out the house in case there are contaminants that have seeped into your home.

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

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

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

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



**AAMJIWNAANG**

**NOTIFICATION SYSTEM**

NOONDAN GEZHAWEBAG  
(to hear what will happen)



### 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/>



### AAMJIWNAANG FIRST NATION EMPLOYMENT OPPORTUNITY

#### **MAINTENANCE CREW LABORER**

Three (3) Contract Positions  
April - October (30 weeks)

#### Responsibilities

- To provide a variety of operational, maintenance, and construction services to First Nation properties, facilities and roads
- Carries out work assignments using a variety of vehicles, hand and power tools
- Performs general property and building repairs and maintenance services, including but not limited to general repairs, grass cutting, landscaping and painting
- Responsible for adhering to occupational health and safety procedures
- Perform such other related duties as may be required by the Operations Coordinator

#### Knowledge and Skills

- Ontario Secondary School Graduation Diploma (Grade 12 – Level IV), or equivalent.
- Ability to operate a variety of landscaping equipment in a safe, efficient and effective manner
- Mechanical skills, knowledge of equipment and its capability; ability to identify operating problems
- General landscaping and public works maintenance skills
- Must possess a valid Ontario Driver's License
- Excellent initiative and judgment; good physical condition

**Submit resume and cover letter by  
4:00 pm Friday, April 17, 2015 to:**

Assistant Band Administrator  
978 Tashmoo Ave  
Sarnia, ON N7T 7H5  
Fax-519-336-0382



# JOB FAIR

MAY 14 2015



Mix~ n~ Mingle with employment services, small businesses, and other job seekers

JOB SEARCH NETWORK RESUMES

- BOOTHS:**
- Express Employment Professionals
  - Goodwill Career
  - Canadian Forces
  - Shell Canada
  - Tecumseh Developments

Contact Marina to register: 519-336-8410



[marinaplain@aamjiwnaang.ca](mailto:marinaplain@aamjiwnaang.ca)

**VOLUNTEERS NEEDED FOR THE UPCOMING JOB FAIR TO BE HELD MAY 14 2015**

Contact Marina for more info 519-336-8410  
[marinaplain@aamjiwnaang.ca](mailto:marinaplain@aamjiwnaang.ca)

**APRIL 2015**

REMINDER:  
 SUBMIT ATTENDANCE FOR LIFE SKILLS  
 VOLUNTEER, TRAINING ETC  
 THURSDAY MORNINGS



**ONTARIO WORKS: EMPLOYMENT ASSISTANCE**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 JOB FAIR PLANNING 10	2 ATTENDANCE	3 Good Friday CLOSED	4
5	6 Easter Monday CLOSED	7	8 APPRENTICE INFO NIGHT 4-6	9 ATTENDANCE	10	11
12	13 MCSS TRAINING	14 MCSS Training	15 MCSS Training	16 INCOME STATEMENTS DUE ATTENDANCE	17	18
19	20	21 EIS Session	22 JOB FAIR PLANNING	23 ATTENDANCE	24 HF	25
26	27	28	29	30		

**Cashier & Customer Service Training : Dates MAY**  
 CHAINSAW OPERATOR COURSE: MAY 28  
**JOB FAIR: MAY**



**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)

# Beading Class Extended!

*Passing on our Culture to the next generation.*



**Begins Monday April  
13th– 27th  
6pm—8pm  
Aamjiwnaang Health  
Centre  
Children under 10 must be  
accompanied by an adult.**

To register please call the Health Centre at 332-6770.  
In Partnership with The Aamjiwnaang Cultural & Heritage Club



## PoW WoW News

### Aamjiwnaang Senior Ambassador

If you are between the ages of 18-35 and are interested in running for Senior Ambassador please fill out the form below and return to Naomi at the **Band Office** by **Friday June 5, 2015 @ 4:00pm**

**We hope to see some of our past Princesses trying out!**

#### *Registration Form – Senior Ambassador*

Name \_\_\_\_\_ D.O.B \_\_\_\_\_

Band # \_\_\_\_\_ Phone # \_\_\_\_\_

I, \_\_\_\_\_, am running for Aamjiwnaang Senior Ambassador 2015/16

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

SUBMIT to the BAND OFFICES c/o POWWOW Committee no later than 4:00p.m. June 5, 2015

# Aamjiwnaang First Nation 54<sup>th</sup> Annual



# POW WOW

**PUBLIC  
WELCOME!**

**SATURDAY JUNE 20<sup>TH</sup>  
SUNDAY JUNE 21<sup>ST</sup>  
2015**

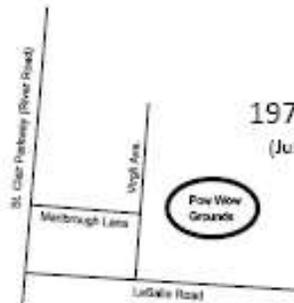
**COMPETITION DANCING & SINGING  
GRAND ENTRY AT 12PM & 6PM ON  
SATURDAY & 12PM SUNDAY... SHARP!**

**GATES OPEN @ 10am  
BOTH DAYS**



## BEAR PARK

1972 Virgil Avenue – Sarnia, ON  
(Just minutes away from the Bluewater Bridge)



## ADMISSION:

**\$8 PER DAY/AGES 13-54  
\$5 PER DAY/AGES 6-12**

**SENIORS 55+, KIDS 5 & UNDER  
Are FREE**

**EMCEE:**

**ADRIAN HARJO**  
a fine Kikapoo/Seminole

**ARENA DIRECTOR:**

**ADAM NORDWALL**  
Chippewa, Shoshone, Navajo

**DRUM JUDGE:**

**DANNY "BUNDIGAYGIZHIG"  
DELEARY**  
Chippewa of the Thames

**DANCE JUDGE:**

**WESLEY CLELAND**

**HEAD VETERAN:**

**TBA**

**HOST DRUM:**

**CHARGING HORSE**

**Prize Board  
Over  
\$52,000  
In CASH**

**Dance Contest**

**\* All Prizes Paid In Cash\*  
All Dancers Must  
Register In Person**

- Golden Age Man 50 & Up – All Categories Combined
- Golden Age Women 50 & Up – All Categories Combined
- Mens 18-49 – Traditional, Grass, Fancy
- Womens 18-49 – Traditional, Jingle, Fancy
- Teen Boys & Girls 13-17 – Traditional, Grass, Jingle, Fancy
- Junior Boys & Girls 6-12 - Traditional, Grass, Jingle, Fancy
- Tiny Tots & Baby Contest

**SPECIALS**

- Mens & Womens Smoke Dance – 8+
- Mens & Womens Fancy Iron Dance – 18+
- Couples Two Step – 18+
- Hand Drum – 8+

**Registration: MUST REGISTER IN PERSON**

For ALL Dance Categories including Tiny Tots, Baby Contest & Specials  
Friday 19<sup>th</sup> – 6-8pm  
Saturday 20<sup>th</sup> – 10am-12pm

Registration closes at Grand Entry on Saturday – **NO EXCEPTIONS!**

FOR MORE INFORMATION CONTACT TRACY WILLIAMS

**519.336.8410**

twilliams@aamjiwnaang.ca

Committee is not responsible for theft, accidents, lodging, inclement weather or lack of traveling funds. NO drugs, alcohol or pets allowed on the premises.

**ROUGH CAMPING AND SHOWERS AVAILABLE**

**DRUM TEACHINGS  
& COMMUNITY POTLUCK FEAST  
APRIL 22 FROM 6- 8  
MAAWN DOOSH GUMIG**

**Guest: Biindigay-giizhik ~ Danny Deleary**

*An understanding of all the types of drums we use as Anishinabe people.*



Everyone welcome!!

What to bring: semma, a hand drum (if you have one) , questions, food to share

**CULTURE \* IDNENTIY \*KOWLEDGE**



AAMJIWNAANG HERITAGE CLUB GREATLY APPRECIATES THE SUPPORT OF:  
**THE MAAWN DOOSH GUMIG STAFF,  
THE AAMJIWNAANG HEALTH CENTRE &  
LAMBTON COLLEGE ABORIGINAL STUDENT CENTRE**



# “The Latest Dirt”

Organic Gardening Conference



**Saturday, April 18, 2015**

**8:30 a.m. - 4:30 p.m.**

**Walpole Island Sports Complex**

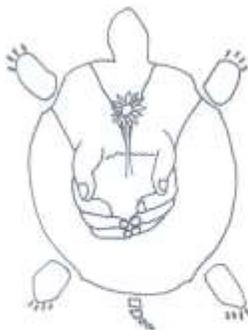
**FREE—no cost to register!**

Pre-register with Marcia Peters at 519-627-6072 by Friday, April 10, 2015.

**KEYNOTE SPEAKER: JOANNE JACKSON** from Kettle & Stony Point First Nation

Joanne's topic: “HERBAL TEAS”

**DOOR PRIZES. ~ CRAFT & GARDENING VENDORS. ~ CHILDREN'S CRAFT WORKSHOPS  
LUNCH IS PROVIDED!**



Workshops & Presenters include:

- Gardening History—Susan Carr
- Composting made easy—Charlene Dodge
- Gardening 101—Edwin Taylor
- Farming—Tahgahoning Enterprises
- Fruit Trees—To be announced!
- Growing Herbs—Charlene Dodge

\*This conference is being co-sponsored by the W.I. Organic Gardening Group, the W.I. Health Centre, W.I. Heritage Centre, Chatham-Kent Community Health Centres and Tahgahoning Enterprises.

# Anishinaabemowin - Naakaazdaa Enweying!!

## Anishinaabe Sounds

Learning how to use and speak Anishinaabemowin in the proper context is certainly a challenge, but with the use of the many resource materials that are and have been created by fluent speakers and anishinaabe scholars, the efforts to relearn can be fun!!

Recently I had the opportunity to attend the 21st Annual Anishinaabemowin-Teg Inc. Language Conference, and I am now more excited than ever to start using my new "Anishinaabe Sounds" cards and DVD, that were developed by Helen Roy.

I have been studying the language for many many years now and have words upon words, dictionary's, notes and books, but they do not talk to me and I do not hear the sound when studying and using them. The language that I have a good understanding of has been learned through continued use and hearing it being used while in ceremony at the lodge.

I am going to share the information in the sound cards that I have with hopes that it will also help anyone else who is attempting to relearn one of our most sacred gifts that was given to us from creator, "Anishinaabemowin".

The following information is being shared from my new resource materials.

Anishinaabe words are understood from the end of the word. When someone says, "abaa'api", it should be understood as: **Someone is seen (i), in action at this place (p) fully visible (a) as a body('). The completeness of her (aa) is in this place (b), and apparent (a).**

Yes, the listener hears "abaa" first as one would hear within these words: abaa'abiichi'igem abaa'ate, and others, **but** the sound that determines 'who' or 'what' and in 'what way' is spoken last in a word.

At first, it is going to be very difficult to **not think** of "abaapi" with the English equivalent "she is laughing". Allow plenty of time

to understand each letter completely. Observe what is spoken about and *place the way you understand the sounds where you see them in the action*. Remember the **consonant/vowel** combination on how to say words properly and two syllables at a time. The word below is often written as 'baapi' only.

**Relay the meanings of the sounds that you hear into your mind and picture them instead.**

**When words are written, the apostrophe is used in between 'vowels' but really, an apostrophe is a consonant and it usually is either a "w" or "y" in Anishinaabemowin. You will always know which one is appropriate.**

**Physical body movement is involved - the apostrophe almost looks like a 'y'.**

There are certain grammatical structure when speaking the English language, as in:

*The little girl is sitting on the chair.*

*English has a term for every word in a sentence: adverbs, adjectives, particles, prefixes, suffix, participle phrase, etc...*

The little girl is mentioned first, then what she does, and then 'wher'.

In anishinaabemowin, this is totally opposite: *apabiwining animadabi ikawewizens*

'animadabi' roughly translates as "she is sitting". "she" will be given either a name or say who this 'she' is, in this case - ikawewizens.

**NEVER TRANSLATE IN THE ENGLISH ORDER!!**

Not every word from the English needs to be translated; like 'the, is' or even 'little'.

Those are already indicated with the sounds spoken within the Anishinaabe word.

Miigwech!!

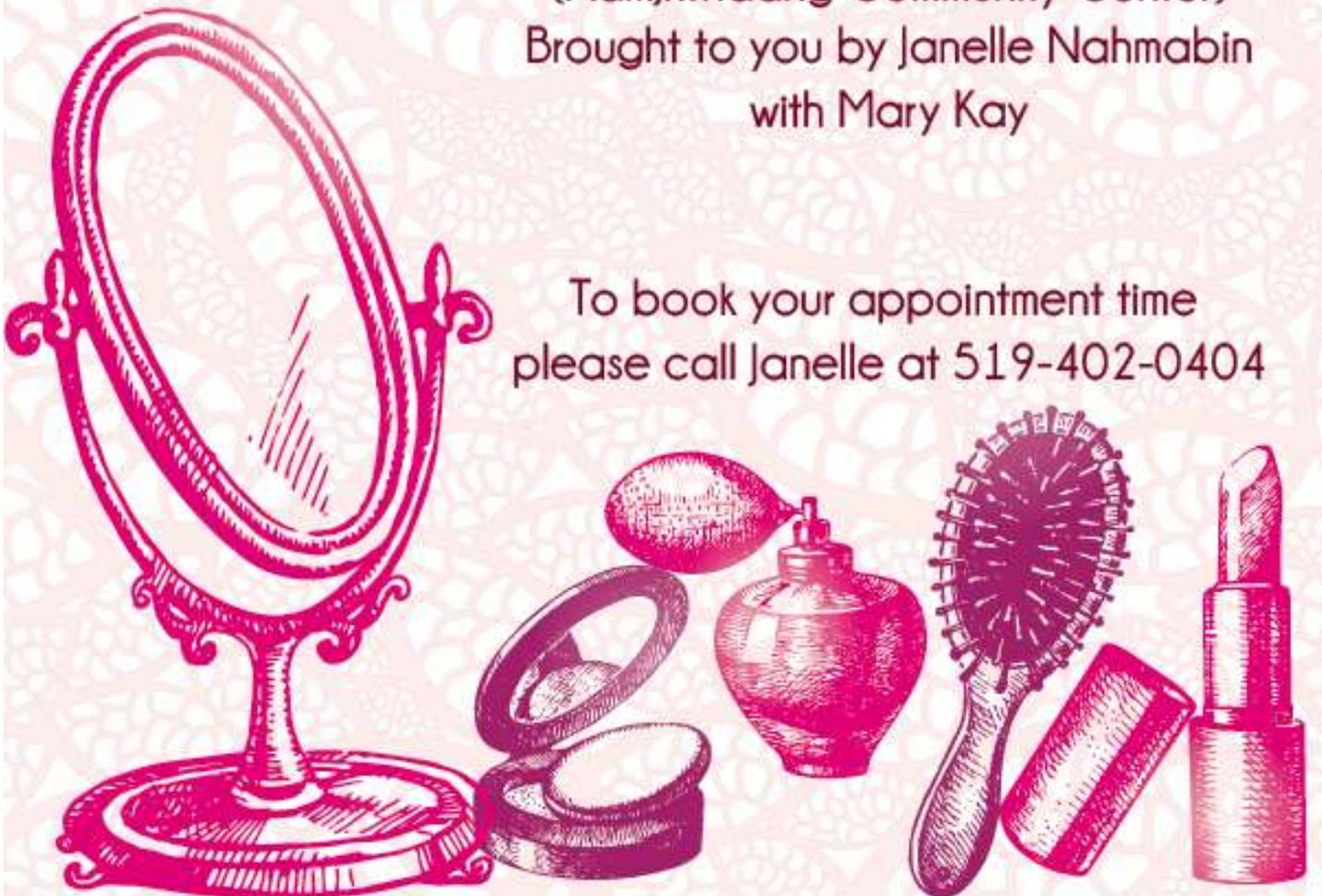
Source: Anishinaabe Sounds, Helen Roy, Nish Ishikoden Productions

# GIVE MOM WHAT SHE REALLY WANTS THIS YEAR

Saturday, May 9th from 10-2  
Book now to reserve your spot  
\$30 includes hair styled, makeup  
application, and mini photo shoot  
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1972 Virgil Ave  
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To book your appointment time  
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Family Information Session on Scouts Canada

# Spaghetti Dinner



**Tuesday, April 14<sup>th</sup>**

**Community Centre - 5:00 pm**

*Scouts Canada, the country's leading youth organization, offers challenging programs for boys and girls age 5 & up.*

We are hosting this information session to see if there is an interest in our community to have a Scouts group on Reserve. We are also looking for dedicated volunteers to help run and manage this group.

**So come on out for Spaghetti Dinner  
Hear what Scouts have to offer our Community.**





### Future Films:

**April 25, 2015 - Divide in Concord: The Bottled Water Ban Battle**

<http://divideinconcord.com/>

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

[justicefilm@sympatico.ca](mailto:justicefilm@sympatico.ca)

[www.facebook.com/SarniaJusticeFilmFestival](http://www.facebook.com/SarniaJusticeFilmFestival)

Twitter: @SarniaJusticeFF



## DETROIT TIGER OPENING DAY BUS

**April 6th - \$30 U.S.**

**Coach Bus Only - Per Person**

**Bus leaves Corunna Ball Diamond at 8:00 am and Food Basics at 8:30 am SHARP.**

**Contact Willie at 519-384-1957 for Ticket's**

## WINE AND BEER FEST



## MICHIGAN INT'L SPEEDWAY

**Saturday, May 9<sup>th</sup>**

**\$75 U.S. per Person**

Coach Bus, Ticket

\*\*\*Must Be 21\*\*\*

Bus Leaves Food Basics at 7:00 am

Proper ID For Border Crossing

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



## TRIP TO MICHIGAN INT'L SPEEDWAY

**Sunday, JUNE 14<sup>th</sup>**

Turn 1, Section 65, Row 26-31

**Sunday, August 16<sup>th</sup>**

Turn 1, Section 63, Row 36-39

**\$130 U.S. per PERSON**

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

Bus Leaves Food Basics at 6:00 am SHARP

Proper ID for Border Crossing

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

## WEEK-END IN CHICAGO

**Aug. 7-9, 2015**

**2 Nights—Embassy Suites,  
Chicago, Lakefront**

Single-\$600, Double-\$350, Triple-\$300, Quad-\$250, All Prices U.S. Funds \$50 non-refundable deposit secures your spot with remainder to be paid in full by July 1, 2015

- Includes : Coach Bus, Breakfast at Hotel and Managers Party Each Day Featuring Free Cocktails and Appetizers.
- Proper ID for Border Crossing
- Bus leaves the Corunna Ball Fields at 7:00 am and Food Basics in Sarnia at 7:30 am & K-Mart Parking Lot, Port Huron at 8:30 am

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

Tracey at 519-333-7472 or 519-862-3261 or  
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@ kevincottrelle@yahoo.ca or directly at 1940 St. Clair  
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The next issue is due out on  
**Friday, April 24, 2015**  
 The deadline for submissions is  
**Tuesday, April 21, at 4:00 pm**

*Chi-Miigwech,  
 Lynn M. Rosales, Interim Editor*

CHIPPEWA TRIBE-UNE

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



# AAMJIWNAANG'S ANNUAL EARTH DAY & COMMUNITY CLEAN-UP CELEBRATION

**SATURDAY, APRIL 25, 2015**  
**10:00 AM – 2:00 PM**



**Trash-To-Treasure:**

Don't toss your trash, reduce, reuse and repurpose into art! Be creative, have fun with the family and let's see what you can create using trash around your home.

**Community Clean-Up:**

This is a contest to see who can do the most recycling and garbage clean-up in our Community.

**Volunteers Needed:**

Set-up, registration, displays, bags & tags, photographing, tallying tags, cooking, serving (300 people), handing out trees, and clean-up. If you would like to volunteer in this year's Earth Day Event, please contact Courtney or Christine at 519-336-8410.

**CONTEST!**  
 Trash-to-Treasure Art & Recycling/Garbage Clean-up  
 Fun Activities for the Whole Family!!  
 Seed Planting & Tree Give-Away  
 Community Barbeque

<b>AGENDA</b>	10:00 AM	Opening Prayer & Team Registration (Pick up bags/colour coded tags and register your Trash to Treasure)
	10:30	Start Community Clean-Up <ul style="list-style-type: none"> <li>▪ Tashmoo (Band Office to Health Centre)</li> <li>▪ Chippewa Crescent &amp; Virgil Avenue</li> <li>▪ St. Clair Parkway</li> <li>▪ DeGurse &amp; Christopher Drive</li> <li>▪ LaSalle Road</li> <li>▪ Vidal Street</li> <li>▪ Wahboose &amp; Beaver Circle</li> </ul>
	12:00 PM	Barbeque @ the Community Centre (Hamburgers & Hotdogs)
	1:00	Announce Winners (Trash-to-Treasure and Garbage Collection)
	1:30	Hand out Trees & Door Prizes
	2:00	Closing Prayer & Miigwech

**ENVIRONMENTAL EDUCATION BOOTHS**  
**10 AM - 2 PM**



**"Saving our Home and Native Land"**