



AAMJIWNAANG FIRST NATION

CHIPPEWA TRIBE-UNE

April 11, 2013

Issue 13.07

Editor: Bonnie Plain

AAMJIWNAANG'S ANNUAL SPRING CLEAN-UP April 22 - 26, 2013

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One Week ONLY!!!

**Start now, if you don't use it, you don't need it!
Pile your unused items by the road.**



The public works crew will be along to pick it up by Friday, April 26th, 2013.

ABSOLUTELY NO LATE PICK-UPS

Points of interest:

- * CPR/AED Training
- * Beading Class
- * Ojibwey Class
- * RHOC Hours
- * Pow-Wow News
- * Justice Film



Happy Birthday

Apr. 13th, to Apr. 26th, 2013

Jocelyn	Diller	Apr.	13	Winona	Rogers	Apr.	20
Ernest	Jacobs	Apr.	13	Larissa	Sinopole	Apr.	20
Dallas	Johnston	Apr.	13	Roger T	Williams	Apr.	20
Amber	Maness	Apr.	13	Robin	Wood	Apr.	20
Noodaaganpichi	Stone	Apr.	13	Joseph W	Bird	Apr.	21
Ronald	Williams	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	Reece	Walker	Apr.	21
Darcy	Malone	Apr.	14	Rose	White	Apr.	21
Daniel	Michael	Apr.	14	Nancy	Jackson	Apr.	22
Matthew	Michael	Apr.	14	Alysha	Joseph-Smith	Apr.	22
John	Robertson	Apr.	14	Brianna	Malone	Apr.	22
Kathy	Waters	Apr.	14	Ryan	Bois	Apr.	23
Kora	Whiteye	Apr.	14	Loran	Jacobs	Apr.	23
Kayla S N	Joseph	Apr.	15	Maxine	Sanford	Apr.	23
Cynthia	Wright	Apr.	15	Cheyenne	Cloud-Siefker	Apr.	24
Tysha	Wrightman	Apr.	15	Elizabeth	DeLauter	Apr.	24
Amanda	Hopkins	Apr.	16	Tanya	Gray	Apr.	24
Billi-Jo	Johnston	Apr.	16	Sarah	Jackson	Apr.	24
Bobbi Joe	Joseph	Apr.	16	Donald	Jacobs	Apr.	24
Clear Sky Girl	Matte	Apr.	16	Shirley	James	Apr.	24
Desirae	Bird	Apr.	17	Allison	Kirkby	Apr.	24
Brenda	Cottrelle	Apr.	17	Joseph	Maness	Apr.	24
Vernon Dale	Gray	Apr.	17	Jason	Nahmabin	Apr.	24
Samantha	Jacobs-Bressettee	Apr.	17	Lynn	Rosales	Apr.	24
Brian	Maness	Apr.	17	Garret	Gray	Apr.	25
Thomas	Maracle	Apr.	17	Vernon	Gray	Apr.	25
John	Nahmabin	Apr.	17	Derek	Rising	Apr.	25
Kayla	Plain	Apr.	17	Aimee	Branton	Apr.	26
Brandon	Rogers	Apr.	17	Joshua	Campbell	Apr.	26
Stacy	Fisher	Apr.	18	Liana	Clark	Apr.	26
Raymond	Gray	Apr.	18	Ethan	Joseph	Apr.	26
Shaylene	Joseph	Apr.	18	Edwin	Maness	Apr.	26
Abraham	Plain	Apr.	18	Ember	Nahmabin	Apr.	26
Christine Lindsey	Rogers	Apr.	18	Tiarra	Nahmabin	Apr.	26
Shayla	Adams	Apr.	19	Happy 23rd birthday, Neena! Love Meg & Carson Happy birthday, Auntie Neena... lots of hugs & kisses from Emma XoXo			
Diane	Aiken	Apr.	20				
Gage	Boucher-Oliver	Apr.	20				
Anthony	Kulanda	Apr.	20				
Olivia	Malone	Apr.	20				

Liz's Original Indian Taco's
Since 1976

Saturday May 18, 2013

112 Maness Court
Aamjiwnaang's Community
Yard Sale Day

Breakfast & Lunch
SPECIALS

Burrito's, Taco's, Corn Soup,
Chicken Wild Rice

8am till sold out

Take a Break
Rest your Feet & Eat!!!

Aamjiwnaang Literacy and
Basic Skills Program is
Looking for Your Input

The Aamjiwnaang Literacy and Basic Skills
Program is looking to start a workshop
for the month of May.

The main focus of this workshop will be Money
Management and Healthy Living.

We are looking for input from you,
the members of the community,
to make sure this workshop covers topics
that would be of interest to you.

Some ideas are:

- Healthy Eating
- Smart Shopping
- Making a Budget

We are open to other suggestions
from using coupons to managing diabetes
or using the Canadian Food Guide.

Please contact us at the Resource Center at:
519-336-8410 ext. 285 and leave us



~ NOTICE ~
SEEKING
RECEPTION HELP

We are looking for people who are available
for call-in help in reception at the Health
Centre. If you are interested, please call and
leave your name and contact information
with Dorothy at 519-332-6770.

Miigwetch.



Congrats to my sister-in-law,
Gail Nahmabin, for winning
1 of 3 of the
Nurses Excellence Award 2012
to be received in Ottawa.

*We are proud of you and
we love you.*

Tina J. & Family

Words of Encouragement

"The will to win, the desire to succeed, the
urge to reach your full potential...these are the
keys that will unlock the door to personal ex-
cellence." ~ **Eddie Robinson**

"A non-doer is very often a critic-that is,
someone who sits back and watches doers,
and then waxes philosophically about how the
doers are doing. It's easy to be a critic, but be-
ing a doer requires effort, risk, and change."
~ **Dr. Wayne W. Dyer**

**Aamjiwnaang
Junior Kindergarten
Registration for
September 2013**

Thursday April 25, 2013

At the Day Care Center - JK Classroom
9:30 a.m. - 12:00 p.m.

- ➔ Registration is for children born in the year of 2009
- ➔ **Must** provide birth certificate and/or Status Card
- ➔ **Must** provide up-dated immunization record/Health Card

Please bring your child to the registration; this will take approximately 45-60 minutes. Your child will rotate to various screenings (ex. Dental, eyes, speech & language). Call **519-344-5831** to make your child's appointment, or you can email me at khenry@aamjiwnaang.ca, I will email you back with your registration time.



Funny Things Kids Say

Little Jacob had a hard time getting use to a new baby in the house. Coming out of his bedroom talking rather loud and being told to be quiet, the baby is asleep, he very seriously said, "Well ya'll better be quiet, cause my foot's asleep." ~ *by his Grandma*

Messy Fingers

Sticky fingers ' tangled hair,
scattered crayons, everywhere.
Fancy artwork ' on the wall '
drawn by midgets ' three feet tall.
Tell me why ' and tell me how '
that was mine ' I want it NOW!
Fix my bike. Buy me gum.
If you have it, I want some.
Dirty faces, grass-stained knees,
learning words ' like pretty please.
Endless hugs & goofy wet kisses,
learning respect with 'Mr.' & 'Mrs.'
Scraped-up hands, from falling down.
Tender tugs - - on my night gown.
Need more paper ' for Santa's letter?
I wasn't so bad ' but I've been better.
Watching a movie ' again and again '
Mommy, please ' put the tape back in.
Messy fingers ' hair gone wild '
all in the life ' of a precious child !!
~ Debra S. Higginbotham

A Childs Love

A child's love is so sweet,
A child's love cannot be beat.
The way they look you in the eye,
The way they hold you when they cry.
Believe it or not they truly care,
And no matter what they need you there.
They take good thoughts and fill your head,
They hug and kiss you when they go to bed.
But most of all their love is true,
And always say they love you too!
~ Crystal Loewen

Little Children

Little children are a treasure
Their worth you can not measure
In terms of money or gold.
Their voices are the melody
That vibrates deep inside of me
Worth their weight, a thousand fold.
Their eyes so brightly shining
They are the silver lining
That brightens up my day.
I couldn't live without them
More priceless then any gem
My loneliness they chase away....
~ Ron Zupsic

WAB KINEW - GREY CLOUD University of Winnipeg - Indigenous Inclusion ~ Director

Hello, just giving a post review of the Wab Kinew event. This is my opportunity to say Chi Miigwetch to the participants that came out to listen to this amazing, inspiring and multi-talented speaker on March 22nd. We are very fortunate to have had him share his insights on pursuing higher education and respecting your culture "***Education is the New Buffalo***" (Wab Kinew). He also spoke of partnerships and working with our non indigenous partners to improve success economically. Working together and combing resources to get ahead is key for economic growth.

Chi Miigwetch to all the sponsors that helped make this happen! We hope to have him return sometime in the future. He is also a leader in the ***Idle no more "teach ins"*** and if you are interested in what he is involved in, here is a link to his website

<http://wabkinew.ca/>

Special thank you to: Chief Christopher Plain, Emcee Joseph Plain, Jacob Rogers, Jean Henry, Brown Bear Drum, Day Care Staff & SK Children Aamjiwnaang Education, Judy Levert, Employment and Training , Health Department and other staff. Lambton College- First Nation Centre, Baamsedaa-Community Legal Assistance Sarnia, Kettle Point- Ontario Works & Planet Stitch. And a ***sincere thank you*** to the several volunteers that helped with this initiative!!!

**Respectfully, Marina Plain,
Employment Supports - Ontario Works**



Chief, Chris Plain, Wab Kinew, & Marina Plain



Aamjiwnaang's JK class & Sr. room students sang two songs in Anishinaabemowin for our guest - Wab Kinew



Wab Kinew (2nd from right) with our volunteer team

Free CPR/AED Training

**Lambton County EMS and
Aamjiwnaang First Nation
invite you to participate in a
huge training event!**

WHEN: Saturday, April 27th
TIME: 10am - 1pm
**WHERE: Maawn Doosh Gamig -
Community Centre**
AGES: 12 years and up
WHAT: CPR, AED & Choking
Earn a certificate!

EVERYONE WELCOME
Bring your friends and family!!
Please call Dorothy
at the Health Centre
to sign up 519-332-6770

COOKING CLASS

WITH JUDY LEVERT



WEDNESDAY
April 24th 2013
10am - 3pm

Prepare affordable delicious menus
with one of our local
friendly caterers

To register please call
Marina Plain 519-336-8410

Miigwetch!!



Aamjiwnaang First Nation Allocation of Tobacco for April 1, 2013—March 31, 2014



Retailer	Last year	Current year
Donna Adams - Indian Road Smokes	4259	3752
Mark Adams - Amina's	4259	3752
James Plain - Jim's Variety	4259	3752
Christopher Adams Sr. - Mr. Cee's	4259	3752
Vernon Gray	1200	1200
Ernest Plain - Petro-Can Gas Station	4259	3752
Nick Plain - Shayla's Smokes	1068	3752
Patricia Oliver - Snack Shack	4259	3752
Wanita Williams - Wanita's Lunch on the Run	0	1751

*Allocation approved by Chief and Council at the Regular Council Meeting - March 25, 2013.

Teen Pregnancy & Abuse Eat n Learn

DATE: April 23rd, 2013

TIME: 5pm-6:30pm

LOCATION: Youth Room at
Maawn Doosh Gumig

***Door Prizes**

***Food**

***Activities**

For more information please contact
Megan Lee Nahmabin @ 519-491-2160

Employment Supports Services
Please join us for our monthly:

NEW

VOLUNTEER LUNCH
April 25 2013

12 – 2 pm

Casual “drop in” setting
Banquet Rm. @ Maawn Doosh Gumig

Also this Month

- Accepting volunteer applications for 2013 Pow Wow
- April 30 & May 2 Women’s Wellness

For more information contact:
MARINA PLAIN 519-336-8410

ARE YOU READY FOR BOOT CAMP?

SATURDAY MORNINGS!

With
TIM TANNER
Iron Works Fitness

6 WEEKS

WHEN:
APRIL 13th – MAY 18th

TIME:
10 am – 11 am

WHERE:
COMMUNITY CENTRE

No Sign-Up Required



For more information
please contact Roberta at 332-6770

POWWOW NEWS

VOLUNTEERS

If you are interested in volunteering at the powwow this year, or if you are a youth in need of volunteer hours, please contact

Powwow Volunteer Coordinator
Marina Plain at 519-336-8410,
Paula Williams 519-328-6565 or
Megan Nahmabin 519-331-5125



POWWOW MEETINGS:

Every Other **THURSDAY - 5pm**
 at Maawn Doosh Gumig

April 18 - May 2, 16 & 30

If you have any questions please contact:
 Tracy Williams 519-336-8410 or

Native Youth Olympics

ATTENTION

This year Aamjiwnaang First Nation will be hosting the Native Youth Olympics and we are looking for volunteers. The tentative date is **Friday, June 28, 2013** at the Community Centre. If you are interested or would like more information on how you can help make this event a success, *please call Roberta or Jessica at the 519-332-6770.*



Life Line



If you are currently using Life Line and you are no longer in need (we can discontinue service)

Or / If

You are receiving Home & Community Care Service and wish to have Life Line placed in your home, this can be set-up with one phone call to Rebecca Adams at the Health Centre 519-332-6770

Home & Community Care is currently looking for interested casual workers, if interested please submit resume, and any certificates.

**Please forward to
 Rebecca Adams
 At the Health Centre
 Thank You**





Musical Benefit Fundraiser For Mike Plain & Family

NEW DATE



Music with Host band Charles (Fishy) Rogers,
Robbie Antone, White Fire Reed and many others.....

Toonie Table ♦ Food Sale ♦ 50/50 Tickets

Drumming ♦ Singing ♦ Karaoke - 4 spots

(drummers, singers, musicians welcome to sign up)

Saturday, April 13, 2013

11:00am – 5:00pm

Maawn Doosh Gumig
Community & Youth Centre
Aamjiwnaang First Nation
1972 Virgil Ave. Sarnia



Drummers / Singers Contact:
Ada and Wilson Plain Sr.
519-336-4805

Donations for Toonie Table
Contact: Marina Plain
519-328-0942 or 519-336-8410

Mike & Tim Plain and family lost everything they owned when an overnight house fire gutted their home in Aamjiwnaang on January 26, 2013.

"Lets come together to help Mike & family during their difficult time"

If you cannot attend this event and wish to help out in some way, there is a
"Charity Account" set up at: * Scotia Bank * Branch # 10942 * Account # 0210188 *

Danie Mclean

Anyone can attend—whether *you OR your family member*—or friend—is struggling with addiction. Danie provides information and/or counseling to anyone wishing more information regarding treatment options. We are fortunate to have Danie join us Every second Tuesday of each month.

- ◆ Location - United Church basement
- ◆ 1pm - 4 pm { **NEW TIME** }

Danie can be reached At:
Cell: 519-786-8164 or
Home: 519-786-3893



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INSURANCE SERVICES INC.

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We can help you find the right price and provide you with great service.

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Head Office

1000 Degurse Drive, Suite 2,
Sarnia, Ontario N7T 7H5

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

“Our Vision— Your Well Being—Our Coverage”

POW-WOW COMMITTEE



2013 Pow-Wow Committee will meet every other Thursday 5pm at the Community Centre April 18, May 2, 16 & 30

If you have any questions, please contact Tracy Williams at 519-336-8410 ext. 237

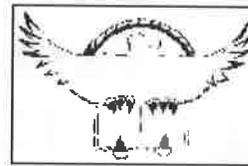
Aamjiwnaang's Alternative and Continuing Education for Adults New Schedule

Monday, Tuesday & Thursday
AACE: 9:30—2:30

Are you 18 years or older, and want to increase your confidence for:

- Greater independence, in today's electronic world?
- High School course work?
- GED or Trade's Exams?
- Employment?

Then check out...Aamjiwnaang's Literacy and Basic Skills (LBS)
Tuesday & Thursday 9 - 2



Beading Class

Every 2nd & 4th Tuesday
of the month

6:00-8:00

At the Youth/Community
Center Craft Room

Make your Own **“Nish” Bling**

Ages: 10 yrs-Adult

For more call Valerie at 519-491-1374

With Sue Williams

Ojibway Language Class

Maawn Doosh Gumig Homework Room

With Fran Pawis

Thursdays 6:00-8:00

Ages: 10 years—Adults

Call Val at 519-491-1374
for more information





#210 - 4321 Still Creek Drive, Burnaby, B.C. V5C 6S7 • www.OneTouch.ca

March 2013

**Urgent Medical Device Voluntary Recall
OneTouch® Verio® IQ Blood Glucose Meter**

Dear Valued Customer:

At LifeScan, we hold our products to the highest standards of quality and are committed to communicating with you when we learn that a product does not fully meet expectations. Please read the following important information about the operation of your OneTouch® Verio® IQ Blood Glucose Meter.

Failure To Provide A Warning At Extremely High Blood Glucose Levels

We have recently determined that at extremely high blood glucose levels of 56.8 mmol/L and above, the OneTouch® Verio® IQ Meter will turn off instead of displaying the message "EXTREME HIGH GLUCOSE (above 33.3 mmol/L)" as intended. When turned back on, the meter enters Set-Up mode and requires the user to confirm the date and time settings before being able to test again. However, if your glucose level is still 56.8 mmol/L or above when testing, the meter will shut down again.

The likelihood of experiencing extremely high blood glucose levels of 56.8 mmol/L and above is remote. However, when they occur, they are a serious health risk and require immediate medical attention. Because the OneTouch® Verio® IQ Meter does not provide the "EXTREME HIGH GLUCOSE (above 33.3 mmol/L)" message at glucose levels of 56.8 mmol/L and above, there may be a delay in the diagnosis and treatment of extreme hyperglycemia, or incorrect treatment may be given. This could lead to serious injury. As a result, we have decided to replace all OneTouch® Verio® IQ Meters at no charge.

In Order To Receive A Replacement Meter At No Charge, Please Follow The Steps Below:

1. Please call the OneTouch® Customer Care Line directly at 1 855 293-5075 to verify your OneTouch® Verio® IQ Meter Serial Number and confirm your mailing address so that we may ship you a replacement meter. Our representatives will also be happy to answer any questions you may have.
2. You can continue to test with your current OneTouch® Verio® IQ Meter while you wait for your replacement meter to arrive. However, if the meter unexpectedly turns itself off during testing, this could be a sign of extreme hyperglycemia requiring immediate medical attention. If your OneTouch® Verio® IQ Meter unexpectedly turns off and enters set-up mode after turning it back on, your blood glucose may be extremely high, and you should call your health care professional. Never ignore symptoms or make significant changes to your diabetes management program without speaking to your health care professional. Please keep this letter with your Owner's Booklet.
3. Instructions for returning your original meter will be included with your replacement meter.

We remain committed to providing you with the highest quality products and services, and apologize for any inconvenience this issue may cause. Thank you for your continued support of LifeScan.

Sincerely,

A handwritten signature in cursive script, appearing to read "Barb Jackalin".

Barb Jackalin
Managing Director, LifeScan Canada Ltd.

10 Eco-Friendly Spring Cleaning Tips

Spring is here and if you haven't already done your Spring cleaning, now is the time. Remember, Spring cleaning is more than just dusting or straightening up. It is a whole process which, if done right, can help lighten, brighten and freshen up your home more than you might imagine. But it's not only your home that benefits from a good Spring cleaning, you will benefit as well!

1. Before you start, you have to decide if you are willing and able to let things go.
2. Make a non-toxic cleaning kit. If you are truly going to do some eco-friendly cleaning, you need to ensure you are getting rid of dust, dirt, grime and lingering chemicals without adding more toxins and chemicals to your home.
3. As far as cleaning rags, it's best to make your own. Old t-shirts, socks, towels, etc. are great for cleaning. Don't waste your money on buying one-use rags when you probably have plenty of perfectly good ones lying around.
4. However, before you start dusting let's work on getting rid of a few items. Go room by room, figure out what items you don't really need or use. Put them into two major piles: trash and giveaway/sell. Once you've gone through every room, get rid of the trash and either sell or donate the remaining items left in the pile. <http://sarnia.kijiji.ca/> and Freecycle.org are great ways to get your items.
5. Now that you've cleaned some of the clutter, go look in dressers, closets and cabinets. Look for items you haven't used in months (or years). Yes those. It's time to get rid of them. **Good rule of thumb:** If you haven't used it in at least 6 months, you don't REALLY need it.
6. Now it's time to get some dusting and cleaning done using the non-toxic, natural cleaners I mentioned above. Remember, elbow grease is your friend here. Another tip is use Mother Nature. Open your windows and air out your home. A fresh breeze blowing through can re-

move odors and keep cleaning smells at a minimum.

7. Now that you're in the Spring cleaning mood, how about taking another step forward and do a little detox on your home. Get rid of those chemicals, old medicines, toxic cleaning supplies, etc.
8. Don't forget to Spring clean your diet too! While you're taking eco-friendly steps to clean your home, wouldn't it be smart to spring clean your diet too? Take a look at what you have in the house, what you are eating, what you should be eating, etc.
9. On that note, since Spring cleaning is all about cleaning and freshening up our homes and lives for Spring and Summer, it just makes sense to include the garden in our clean-up. Don't you think? Just look at some of the benefits of gardens and gardening. (And if you don't have a garden, start one.)
10. Last, but not least...get yourself a few indoor plants. Houseplants have been proven to improve indoor air quality. A couple of well chosen houseplants and your Spring cleaning freshness will last a lot longer.



Aloe Vera - This easy-to-grow, sun-loving succulent helps clear formaldehyde and benzene, which can be a byproduct of chemical-based cleaners, paints and more. Beyond its air-clearing abilities, the gel inside an aloe plant can help heal cuts and burns.

Chinese evergreen (Aglaonema Crispum 'Deborah') - This easy-to-care-for plant can help filter out a variety of air pollutants and begins to remove more toxins as time and exposure continues. Even with low light, it will produce blooms and red berries.



<http://www.mnn.com/health/healthy-spaces/photos/15-houseplants-for-improving-indoor-air-quality/a-breath-of-fresh-air>

Non-Toxic Cleaning Ingredients

Here are the five ingredients that are found to be the safest, most effective, and useful for cleaning.

1. Baking Soda—A common mineral full of many cleaning attributes, baking soda is made from soda ash, and is slightly alkaline (its pH is around 8.1; 7 is neutral). It neutralizes acid-based odors in water, and adsorbs odors from the air. Sprinkled on a damp sponge or cloth, baking soda can be used as a gentle non-abrasive cleanser for kitchen counter tops, sinks, bathtubs, ovens, and fiberglass. It will eliminate perspiration odors and even neutralize the smell of many chemicals if you add up to a cup per load to the laundry. It is a useful air freshener, and a fine carpet deodorizer.

2. Washing Soda—A chemical neighbor of baking soda, washing soda (sodium carbonate) is more alkaline, with a pH around 11. It releases no harmful fumes and is far safer than a commercial solvent formula, but you should wear gloves when using it because it is caustic. Washing soda cuts grease, cleans petroleum oil, removes wax or lipstick, and neutralizes odors in the same way that baking soda does. **NOTE:** Do not use it on fiberglass, aluminum or waxed floors.

3. White Vinegar and Lemon Juice—White vinegar and lemon juice are acidic—they neutralize alkaline substances such as scale from hard water. Acids dissolve gummy buildup, eat away tarnish, and remove dirt from wood surfaces.

4. Liquid Soaps and Detergent—Liquid soaps and detergents are necessary for cutting grease, and they are not the same thing. Soap is made from fats and lye. Detergents are synthetic materials discovered and synthesized early in this century. Unlike soap, detergents are designed specifically so that they don't react with hard water minerals and cause soap scum. If you have hard water, buy a biodegradable detergent without perfumes; if you have soft water you can use liquid soap (both are available in health food stores).

5. Mold Killers and Disinfectants—There are many essential oils, such as lavender, clove, and tea tree oil (an excellent natural fungicide), that are very antiseptic, as is grapefruit seed extract. Use one teaspoon of essential oil to 2 cups of water in a spray bottle (make sure to avoid eyes). A grapefruit seed extract spray can be made by adding 20 drops of extract to a quart of water.

Non-Toxic Cleaning Recipes

Creamy Soft Scrubber—Simply pour about *1/2 cup of baking soda into a bowl, and *add enough liquid detergent to make a texture like frosting. Scoop the mixture onto a sponge, and wash the surface. This is the perfect recipe for cleaning the bathtub because it rinses easily and doesn't leave grit. **Note:** Add 1 teaspoon vegetable glycerin and store in a sealed glass jar, to keep moist. Otherwise just make as much as you need at a time.

Furniture Polish—*1/2 teaspoon oil, such as olive or jojoba, (a liquid wax) and *1/4 cup vinegar or fresh lemon juice. Mix the ingredients in a glass jar. Dab a soft rag into solution and wipe onto wood surfaces. Cover the glass jar and store indefinitely.

Tea Tree Treasure—Nothing natural works for mold and mildew as well as this spray. Use on a moldy ceiling from a leaking roof, on a musty bureau, a musty rug, and a moldy shower curtain. Tea tree oil is expensive, but a little goes a very long way. *2 teaspoons tea tree oil *2 cups water. Combine in a spray bottle, shake, and spray on problem areas. Do not rinse. Makes two cups. **Note:** the smell of tea tree oil is very strong. It will dissipate in a few days.

Vinegar Spray—Straight vinegar reportedly kills 82 percent of mold. Pour some white distilled vinegar straight into a spray bottle, spray on the moldy area, and let set without rinsing if you can put up with the smell. It will dissipate in a few hours.

<http://www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html>

BONUS RECIPE



Peppermint Spray—Mice hate peppermint. *Add 2 teaspoons of peppermint to *1 cup of water and spray in areas where mice might frequent. Or, put peppermint oil on cotton balls and stick them in holes, under cabinets and anywhere a mouse might enter. Peppermint oil is much safer and leaves a pleasant scent, as opposed to strong chemical odors. If you find an ant trail in your kitchen, swab the cotton ball over the place of entry and wherever the ants have travelled.

Spray the solution on outdoor furniture to keep mosquitoes and flying insects at bay or pray dog beds to keep fleas and ticks away.

MNAASGED CHILD AND FAMILY SERVICES

AAMJIWNAANG SESSION



**COMMUNITY MEETING
AND BREAKFAST**
Saturday, April 20, 2013
9:00 - 11:00 am

Location:

**Maawn Doosh Gumig
Community Centre**
1972 Virgil Ave
Aamjiwnaang



- **Come and learn about Mnaasged programs and services**
- **An opportunity to offer advice or give input to services**
- **Bring your family, children's craft, enjoy FREE breakfast**

**YOU COULD
WIN AN IPAD AND
OTHER GREAT PRIZES!!**



Everyone Welcome

For questions, or more information,
please contact Janice Rising,
Aamjiwnaang Site, **519.383.0404 ext. 224** or
Melissa Patriquin,
Community Development Coordinator
519.289.1117 ext. 223

camh RHOC Mobile Lab Hours of Operation

Monday: 9am - 3:30pm
(last drop-in 2:30)

Tuesday: 9am - 3:30pm
(last drop-in 2:30)

Wednesday: 3:30 - 8:30pm
(last drop-in 7:00)

Thursday: 9am - 3:30pm
(last drop-in 2:30)

Friday: 9am - 3:30pm
DROP IN DAY ONLY

(But to ensure you have a space you can
still call and book a time...)

*There will be scheduled times for all
participants to complete the questionnaire,
but drop-in, you are always welcome!!*

Quick Facts

1. Must be a member of Aamjiwnaang
2. Must be 18 or older to participate
3. You will be compensated for your time (\$50.00 in gift cards)
4. No personal drug testing
5. Personal identity protected
6. Option to participate in one to one interview regarding personal experiences with addiction, mental health, violence
- **CONFIDENTIAL**

**CAMH MOBILE
RESEARCH LAB**
TEL: 519-328-1276

Seniors Pizza and Game Night

Wednesday,

April 24, 2013 5-8 pm.

Seniors Drop-In Room

Call Peggy, 519-332-6770,
if you plan on attending.

QUILTING WITH SENIORS

Tuesday's 6 - 8 pm

Community Centre

Library Room

We can also quilt on Thursday
from 2:00-4:00. We will be
sewing the quilt together.

Please bring your own scissors.

12 years -100 years.

Everyone welcome.

Sign up with Peggy, 519-332-6770

Senior's 55 & over "CONGREGATE DINING"

Wednesdays,

12 - 1 pm

Senior's Complex

Come out and enjoy
a home-cooked,
nutritious, delicious meal!

Hope to see you there!

Senior Women & Youth (10 to 18 years)

MOTHER'S DAY DINNER & CRAFT

Tuesday, May 7, 2013
@ 5 pm.

Seniors Drop-In Room,
Community Centre



Limit of 15 Senior Women
& 15 Youth

(limit 1 youth per senior to
be fair to others, thanks!)

Must sign up by May 3
with Peggy at Health Centre,
519-332-6770, ext. 31

Traveling Seniors Present

MOTHERS DAY

BRUNCH

Saturday, May 11, 2013

10 am till 1:00 pm

Maawn Doosh Gumig

Community Center

1972 Virgil Ave, Sarnia

Mothers, Grandma's,

Great-Grandma's,

Great-Great

Grandma's Eat

FREE

Adults (13 and Over) - \$8.00

Children (12 and Under) - \$5.00

Fruit, Ham, Bacon,

Sausages, Eggs, Potatoes,

Toast, Coffee, Tea

Mothers Day Basket

Raffles Also

Sarnia Justice Film Festival invites you to join us for our 5th film screening of the 2012-2013 season:

...And This is My Garden
at the Sarnia Library Theatre on
Saturday, April 27 at 7pm.

<http://www.youtube.com/watch?v=kDecCDtJQlo>

Food insecurity, climate change, and fuel risk are serious threats to communities around the world. In the small town of Wabowden, Northern Manitoba, two school teachers, Eleanor Waitowicz and Bonnie Monias, are empowering their students with the knowledge, discipline and skills to grow their own food sustainably in backyard gardens. Over the past 5 years the teachers have set up 75 4' x 8' raised garden beds - each managed by a child - in a community of ~ 600 residents.

And This Is My Garden is an inspirational documentary film about the power of education to develop Food Literacy, foster healthier lifestyles and to reconnect youth to the earth. The film follows the teachers and their students for a season of planting, harvesting, preserving, and ultimately celebrating the fruits of their labour at the Mel Johnson School annual harvest display and community feast. Along the way, students improve academic achievement, develop a sense of responsibility & pride and engage their elders to work on building healthier communities and toward growing a sustainable future.

Aamjiwnaang's
1st Annual Rez-Wide

YARD SALE

May 18th, 2013

8:30—1:00

Anyone wishing to get rid of their stuff can get a head start by sorting through it now!

Flyers will be put up around town and it will be posted in local newspapers and on the radio as the proposed date nears.

Travelling Senior's **MEAT**

BINGO

Thursday, April 18, 2013

Time: 6:00 pm ~ Kitchen opens at 5 pm

Where: Maawn Doosh Gumig Community Centre

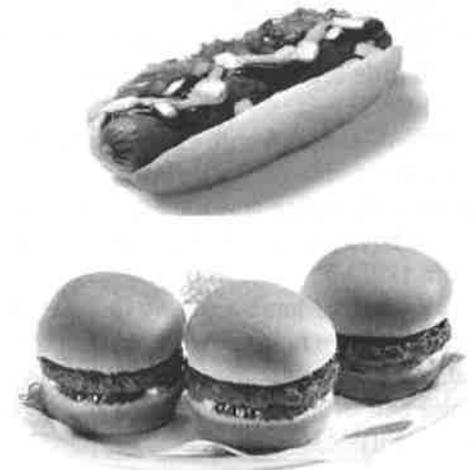
Cost: When you purchase a 2 Strip Book @ \$15,
get 1 strip for \$5 more

MENU SPECIAL!

- Hot Dogs
- Sliders (mini hamburgers)

Available at 5pm

Eat in or takeout available



Every Bingo gets a prize!
2 mid game Specials
Family Size Meat Packages

This is a Travelling Seniors Fundraiser event!

Little Girls are Made of—Girls Self-Esteem
Ontario Health Promotion E-Bulletin,
OHPE Bulletin 246, Volume 2002, No. 246

A. Introduction:

In today's world, young girls and boys both feel the positives and the pressures of growing up. Research tells us that both genders experience issues with self-esteem, but that they do so in different ways.

This article will center on young girls and what they are experiencing as they navigate their way through adolescence. Are they truly made of 'sugar and spice and all things nice?' Read on to learn more about our girls and what we can do to help them to 'be the best they can be.'

B. Some facts about girls

- During adolescence, girls tend to 'put away their authentic selves, and to display only a facet of themselves. The ultimate reason for abandoning their true self is social acceptance.' (Reviving Ophelia, Mary Pipher)
- Appearance becomes the central most important component of self-esteem. (Confidence Gap, Peggy Orenstein)
- According to a 1995 national survey, only 22% of young women reported feeling 'self confident.' (Child and Family Canada, Suicide risk factors)
- A national survey by the Canadian Psychiatric Association reported 43% of young women felt really depressed once a month. (Thomas and Brunder, Gender and healthy child/youth development)
- A 1992 Health and Welfare study reported that 23% of 15-year-old girls often feel lonely. (Health and Welfare Canada, 1992)
- Over 90% of children with eating disorders are women (American Psychiatric Association, 1994)
- Negative body image is associated with suicide in girls, but not in boys (American Association of University Women, 1990)
- A 1993 British Columbia survey indicates 85% of young women who have normal body mass weights by index are still unhappy with their bodies and want to lose weight. (Thomas and Brunder, Gender and healthy child/youth development)

C. What can we do?

By helping our girls to celebrate their individuality and the ability to make decisions that are right for them, we can teach them to be true to 'who they really are.' We need to work together to give girl's culture a voice, and to let the world know that girls are capable, intelligent young people. By increasing the support system of our girls, through family, friends, coaches and community organizations, we help them to first understand themselves and second, to help others understand all that they can be and do.

Sugar and spice? Perhaps, but let's not sell them short! Our girls are made of so much more!

D. Tips to Help Promote Positive Self Esteem
- What Makes Them Tick?

Be aware of the issues that are important to your girls. Talk about them and find out what drives their concerns.

- Focus on Health Body Image

Body image is a huge consideration for girls. Try talking to your girls about having a healthy and individual body image. The important thing is for them to be happy with 'who they really are.'

- Help Set Realistic Expectations

Young girls are sometimes influenced by the images they see in the media. Discuss these images and remind them that what they see on television or in magazines is created with special techniques, make-up, lighting, trick photography, etc. Remind them that the way they look is only one part of what makes them who they are.

- Explain Family Values

Find opportunities to share discussions related to family values. Research reminds us that, as parents, we are the most influential people in our girls' lives.

- Know Their Friends

Get to know your daughters' friends. Participate in two-way conversations with their friends when possible.

- Celebrate wise choices

Celebrate good choices that your daughter makes. When she tells you about a good choice that she has made, with reference to friends, appearance, activities etc., praise her for her thinking skills and good judgment.

- Listen

Sometimes just listening is all that is needed. Girls have the ability to vent their feelings and express their emotions -- good and bad!

- Explore

Explore together, books, websites, and other material that describes the changes girls go through as they grow to become women. Let them know that the feelings and changes they are experiencing are a normal part of growing up.

- Talk About the Future

Talk to your girls about their likes, dislikes, dreams, plans and hopes for the future. Help them to set attainable, realistic goals. Celebrate small gains in the right direction!

The fact is, just by connecting regularly with our girls, supporting their feelings and emotions through good times and bad and by guiding them over the bumps, we are helping them to grow to be capable, proud leaders in the future!

For more information about our educator and parent programs, or to book a workshop, please visit our website at <http://www.cca-kids.ca> or call us at (416) 484-0871.

3rd Annual Casino Night



Open To All Youth

**Presented by Michelle Parks,
YMCA Youth Gambling Awareness**

**Youth Centre
Monday, April 22,
2013**

5:00 – 7:00 pm

Learn about the risks of gambling and ways to reduce any harm associated with gambling in a fun interactive way with real casino tables & atmosphere

**Supper Included
Great Door Prizes to be Won!!**

Please contact Val for
more information at 519-491-2160

TRADITIONAL HEALING CEREMONY

All community members are welcome to attend, and experience our culture through ceremony, feel free to stop by to participate or observe. Feast food donations are much appreciated and can be dropped off at the centre.

RAIN DANCE SING

**Maawn Doosh Gamig
(community center)**

Saturday, April 27, 2013

12 noon - Initial Gathering

1:00 pm - Feast

2:00 pm - Opening Remarks

**Ceremony to follow with Prayers
& Healing for those who ask...**

For those wishing to ask for prayers and healing please remember the following:

- Bring your semaa (tobacco),
 - 1 small pouch, pack, bundle
- 1 full meter of cotton cloth any color or design (no black cloth please)



FOR MORE INFO CONTACT
Darren Wrightman—519-337-5149
Or Jacob Rogers—519-336-8327



theRedPath

COMING SOON

THE REDPATH LIVING WITHOUT VIOLENCE PROGRAM

The RedPath is an Aboriginal-specific model that was first developed as an Emotion Management Program and delivered within the federal penitentiaries.

The most effective way to decrease problems in the areas of addictions, violence, employment, academics and mental health is through strengthening an individual's identity and awareness.

The RedPath Living Without Violence is based on the RedPath Model, which is an Aboriginal holistic approach to healing and self-wellness, to address the physical, emotional, psychological and spiritual aspects of participants.

The RedPath offers a choice to Aboriginal peoples, a new direction when none seems available. With tools and skills learned in The RedPath Living Without Violence Program, participants will go below the surface to understand buried emotions, get to the root of their problems and environmental conditions.

The program will begin April 4, 2013 at Mnaasged Office 5pm-8pm

Registration is limited. Sessions will be on Tuesday and Thursdays.

**ANYONE WISHING TO TAKE THIS PROGRAM
MUST CONTACT**

Robin Maness, Community Justice Program 519-332-6770

or

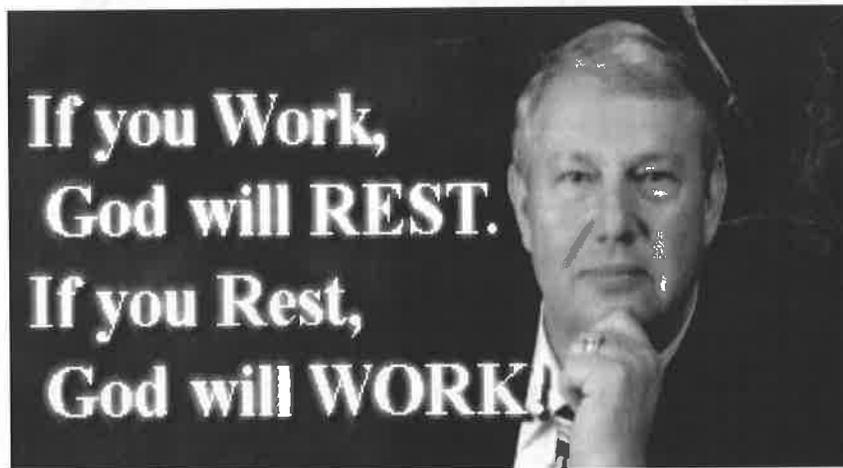
Sue Rogers, Mnaasged Child and Family Services 383-0404 ext. 222



Walpole Island Evangelistic Centre
"a ministering community, ministering to the community"

**Bi-Monthly Rally and Special
Services With Evangelist,
Author, and TV Host**

Dr. Lynn Hiles



Thursday, May 23 thru Sunday May 26

Thursday, Friday at 7pm nightly

Rally Night Saturday at 6pm

Sunday Morning at 10am.

Sunday Evening at 6pm.

**Walpole Island Evangelistic Centre
Dan Shab Rd. Walpole Island, Ontario**

For more info call

Pastor Joey at 519 627 8285

Or email

evangelisticcentre@gmail.com



Public Works Surplus Items for Sale

The Band Office will be accepting bids in a Silent Auction
The following 12 Items will be available for view at the garage on

WEDNESDAY, APRIL 17, 2013

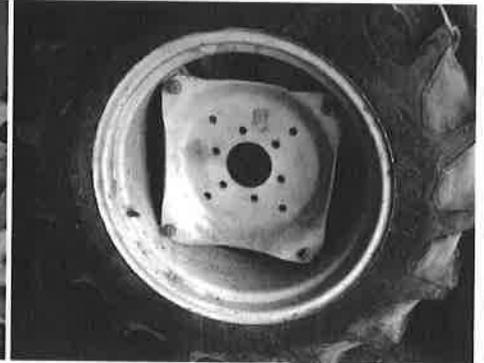
9:00 am to 3:00 pm



97' Ford (Handicap) Van



3600 Ford Tractor



2 - Tractor Wheels



42" John Deere Z-trac



Lawn Sweeper



Lawn De-thatcher



Rhino DB150



2 - Snow Blowers



25 Gal. Sprayer

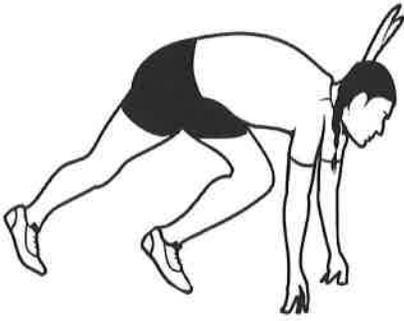


Piano

Please submit bids in a sealed envelope by Friday April 26, 2013 to:

Attention:
Band Administrator
978 Tashmoo Avenue
Sarnia, ON N7T 7H5

All items sold "As Is"
Please view items prior to bidding and provide name,
phone #, item you are bidding on, and your bid.
* Some items may have a minimum reserve price.*



Native Youth Olympics

Aamjiwnaang First Nation
 Kettle Point First Nation
 New Credit First Nation
 Munsee-Delaware First Nation
 Can-Am Indian Friendship Center

Chippewa of the Thames
 Moraviantown First Nation
 Oneida First Nation
 Walpole Island First Nation

All day event with a 10:00 am start

Be at The High School at 9:30

Friday June 14, 2013

*Events that all youth Ages 7-19 will have an opportunity to participate are:
 (* Please note that 7-11 years will need to be Accompanied by an Adult)*

Ages 7-17

- Standing Jump
- Long Jump
- 50 Metre
- 100 Metre
- 200 Metre

Ages 7-17

- 400 Metre
- Ball throw
- Archery-May 24, 2013

REGISTRATION FORMS DUE BY May 10, 13 4:00 pm

**Events take place at,
 St. Patrick's High School
 In Sarnia**

If there is an overwhelming response in an age category, we will have try outs.

Please return forms or for more information contact Valerie Cottrelle at the Youth Center at 519-491-2160



**NATIVE YOUTH OLYMPICS
REGISTRATION/RELEASE FORM - 7-18 YEARS OLD**

I HEREBY GIVE MY CHILD _____ Age: _____
Permission to participate on Friday June 14, 2013 in the Native Youth Olympics events that is being held in Sarnia, Ontario at St.Pat's Highschool.

I further understand that I will not hold the Aamjiwnaang First Nation, the Youth program, the host community (Aamjiwnaang First Nation), volunteers or the Native Youth Olympics Committee responsible for any accidents or injuries that may take place.

I also give permission for any First Aid/Medical Attention that may be required. In case of such accident, I will be notified at the number below.

Name of Youth _____

Name of Parent _____

Signature of Parent _____

Address _____

Phone Number _____

Emergency Number _____

Health Card Number _____

Opening ceremonies at 9:30 am, Events start at 10:00 am.

Events Interested In _____

Please be specific- put most important events first.

Will transportation be needed Yes No

Please note that I'm not sure about transportation at this time, but please mark if you do need it.

If yes, how many _____



NATIVE YOUTH OLYMPICS

EVENT LIST AND AGE CATEGORIES



TRACK AND FIELD EVENTS

Long Jump	All Ages
Ball Throw	All Ages
50 metre	7-8 yrs. 9-10 yrs.
100 metre	All Ages
200 metre	All Ages
400 metre	11-12 yrs., 13-14 yrs., 15-17 yrs.
Archery	All Ages

AGE CATEGORIES

7-8 year old Boys & Girls	2005-2006
9-10 year old Boys & Girls	2003-2004
11-12 year old Boys & Girls	2001-2002
13-14 year old Boys & Girls	1999-2000
15-17 year old Boys & Girls	1996-1998

Age cut off to be turning 7 yrs. is July. So the athlete needs to be 7 already to compete. After July no competing. An Athlete can move up one age category, can't go down.

NOTE:

Each age group for the events will consist of 3 girls and 3 boys with an alternate. You may sign up for 3 events and be an alternate for another event. If there is a low # of participants for your age group and there are spaces left to be filled then you may sign up for those events. Once everyone is signed up and there are event spaces left, we will fill them the best way we can and be fair. Archery is not included as one of your events. But we can still only have 3 shooters and an alternate for each age group at the NYO Archery competition. If we have a lot of youth that sign up in the same age category, then we will have to have a mini archery competition to determine which 3 girls and 3 boys of each age group will represent our reserve at the NYO Archery competition. "Sign up is first come first serve"

Aamjiwnaang Earth Day Celebration



Saturday, April 20, 2013

9am to 2pm

Maawn Doosh Gumig

Community Centre

& Community Clean-up 2013

AGENDA

- 9:00 am Dedication Ceremony with Song & Drum *(Dedicated to our future generations)*
- 9:30 am Team Registration *(pick up bags & color coded tags)*
- 10:00 am Start Community Clean-Up
- Tashmoo (Band Office)
 - Tashmoo (Health Centre)
 - Chippewa Crescent
 - DeGurse & Christopher Drive
 - LaSalle Road
- ** Fun Activities ****
For The Whole Family
Win Awesome Prizes !

AND—Remember it's a contest to see which team will do the most recycling; as-well-as, collecting the most garbage!

- 12:00 pm Barbeque @ the Community Centre (hamburgers & hotdogs)
- 1:00 pm Announce Winners of Trash-to-Treasure and Garbage Collection
- 1:30 pm Hand Out Trees & Clean-Up

Volunteers Needed For: set-up, registration, displays, bags & tags, photography, tallying tags, cooking, serving food (300 people), handing out trees, and clean-up.
Please contact Christine Rogers if interested at: 336-8410

**Seed Planting
& Tree
Give-Away**

"Saving Our Home And Native Land"



"ᑭᓄᓄᓄ ᑭᓄᓄᓄ ᑭᓄᓄᓄ ᑭᓄᓄᓄ"

**Trash-to-Treasure
Art Contest**

Aamjiwnaang First Nation JOB POSTING

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, April 29 – Friday, August 23, 2013

DEADLINE FOR RESUMES:

Friday, April 19, 2013 at 4:00 pm

Attention:

Employment & Training Department
Summer Student Employment Program 2013
978 Tashmoo Ave.
Sarnia, Ontario N7T 7H5

Aamjiwnaang First Nation

Employment Opportunity

Laborer (3 Contract Positions)

April to 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 12, 2013 to:

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

**Aamjiwnaang First Nation
Employment Opportunity
"ON-CALL"
ANIMAL CONTROL OFFICER**

PURPOSE OF THE POSITION:

Responsible for enforcing the Aamjiwnaang First Nation Animal Control Bi-Law governing the impounding of dogs; assists the public with complaints related to small animals; patrols areas of the community when directed to; and performs other duties as assigned.

RESPONSIBILITIES:

- Investigates complaints relating to small animal nuisances or dog bites and endeavors to locate such animals on an "ON-CALL BASIS".
- Transports animals to designated shelters.
- Cleans equipment and maintains animal cages.
- Responsible for adherence to Occupational Health and Safety procedures.
- Explains bi-law and importance of responsible pet ownership to the community.
- Writes complete, legible and accurate reports and keeps a logbook of activities

SPECIAL REQUIREMENTS:

- Good physical condition with ability to properly lift and/or maneuver animals weighing under 100 pounds.
- Must have no allergies to animals; and have an ability to work in and environment, which has exposure to animal waste, animal bites and various cleaning and disinfecting chemicals.

SUBMIT RESUMES TO:

Assistant Band Administrator
Aamjiwnaang First Nation
978 Tashmoo Avenue
Sarnia, Ontario N7T 7H5

CLOSING DATE: May 3, 2013

**2013 Day of
Mourning Ceremony
Sunday, April 28th, 2013**

Meeting at:

**"Missing Worker Memorial",
Centennial Park, Sarnia at 1 p.m.**
(between the playground and the boat ramp).

We are asking unions to bring their union flags and wear their union colours.

We ask that leaflets and other printed material that is not associated to the Day of Mourning not be distributed.

This ceremony recognizes the tragic losses in our community caused by deaths, injuries and illnesses that occur in the workplaces throughout the country.

We **All** have lost a loved one, in one way or another due to these workplaces. You may bring a wreath to recognize one of your loved ones. *(at the end of the ceremony, people take their wreath home to use again the next year; or you can put it on your loved ones grave site)*

We start this event with a Jingle Dress Dance and a Healing Song!

It is very important that we make workers and the public aware of this very important day.

Please pass this information along to your family members and friends who may have lost someone in the workplace.

Thank you.

Ray Fillion, President
Sarnia and District Labour Council

John Millholland, Chair
Day of Mourning Committee



Miss Aamjiwnaang 2013

Categories

JR Princess
6-12 years of age

SR Princess
13-17 years of age

Particulars

- @ Past princesses are welcome to compete
- @ All contestants are required to submit an essay explaining why they feel they are the best candidate to represent our community
- @ Judging will be based on questions and answers to follow
- @ Introductions of self in Anishinaabemowin
Dance contest
- @ JR contestants will be answering a prearranged question thru a drawing with description, this will be present on the pageant evening
- @ Jr Princesses must make a poster all about them to present to the judges on the night of the pageant. I have scheduled a date to begin the posters at the community centre. Please check tribune for the date.

Requirements

- @ Must be a registered band member of the Aamjiwnaang First Nation
- @ Must be a dancer
- @ Must be drug and alcohol free
- @ Must be a non-smoker
- @ Must be registered in school full time
- @ Must maintain a positive attitude throughout all areas of her life
- @ Must have no children
- @ Must make a new shawl or blanket for the incoming princess
- @ Must be able to travel to as many powwows/events as possible when requested
- @ Must stay for all grand entries when using honorarium for travel

For more information please contact

Naomi Deacon 519-328-5070, Becky Maness 519 344-4132

Registration Form – JR and SR Princess 2013 – Aamjiwnaang First Nation

Name _____ D.O.B _____

Band # _____ Phone # _____

I, _____, am running for JR/SR Princess for 2013. I agree to the above requirement mentioned.

Signature _____ Date _____

SUBMIT to the BAND OFFICES c/o POWWOW no later than 4:00p.m. FRIDAY JUNE 14/13



2013 JR/SR Aamjiwnaang First Nation Princess Application Checklist

Each contestant must submit the following items in order to be eligible to compete in the Jr/Sr Aamjiwnaang First Nation Princess.

- Essay
- Signed eligibility contract
- Understand guidelines, eligibility and rule requirements
- Understand competition information
- Colour photo

Please note: Application materials will not be returned to contestants.

Pageant Contact Information:

Naomi Deacon – 519-336-8410 and/or
519-328-5070

Becky Maness – 519-344-4132

**PLEASE return to the Band Office by
June 14, 2013 – 4:00 pm**

NO LATE ENTERIES WILL BE ACCEPTED.



2013 JR/SR Aamjiwnaang First Nation Princess Guidelines, Eligibility and Rules

- Travel is a MUST. As princess, you must travel to at least 5 Pow-wows.
- As princess you must attend local functions: e.g. Cultural Awareness Day, Parades, Solidarity Day, Festivities, Day Care Pow-wow and any other activities as requested by the Pow-wow Committee.
- As princess, you must be willing to represent Aamjiwnaang First Nation, at events and activities .
- Must provide own traditional attire.
- Some monetary assistance will be provided, but the princess (family) will be responsible for her transportation to functions throughout her reign.
- Each contestant must be able to introduce themselves in Ojibwe.

Personal Interview for the Selection

The personal interview will be conducted with the judges and will last approximately 15-20 minutes. As a general guideline, please be available the evening prior to the pow-wow. You will be notified as to the time of your interview. Contestants must wear their full regalia.



2013 JR/SR Aamjiwnaang First Nation Princess

Type or print legibly in ink.

PERSONAL INFORMATION:

Last Name: _____ First Name: _____

Date of Birth: _____

Address: _____

Phone Number: _____ Cell Phone: _____

Email: _____

EDUCATION:

Grade: _____

School Name: _____

ESSAY:

Essay will be submitted with the application materials. It may not be longer than one page and must be formatted in Times New Roman, 12 point font, doubled space and 1 inch margins.

Topic is: Why should I be Miss Aamjiwnaang?

CULTURAL PRESENTATION:

Each contestant is to choose 1 of the following topics to present during her interview. Please be prepared to discuss your chosen topic for 3 to 5 minutes and be ready to answer any questions the judges may have.

Topics:

1. Medicine Wheel
2. The 4 Medicines
3. Clan system-pick one to discuss
4. Grandfather Teachings-pick one to discuss
5. Berry Fast
6. Strawberry Teachings



2013 Jr/Sr Aamjiwnaang First Nation Princess Eligibility Contract

If selected as the 2013-2014 Miss Aamjiwnaang Princess, I _____ agree to uphold all duties and responsibilities of my title, both privately and in the presence of others, to always represent myself in a manner becoming my position as Princess and as a member of Aamjiwnaang First Nation. If I cannot fulfill all obligations required of my title, then I shall forfeit my position as Miss Aamjiwnaang Princess and be permanently removed.

- I will act with respect and appropriate behaviour when serving as Miss Aamjiwnaang 2013, realizing that I am serving as a role model for other youth as well as the community.
- I will return the crown of Miss Aamjiwnaang Jr/Sr upon completion of the reign. If the crown is lost or misplaced, I will replace the crown with another of the same or greater value upon completion of the reign.

I have read and understand the listed rules and I agree to adhere to them or risk the forfeiture of my title as Miss Jr/Sr Aamjiwnaang.

Signature: _____ Date: _____

Print Name: _____

As parent/guardian of the above stated individual I hereby accept the responsibility ensuring that all of the rules and guidelines are followed. If participation of any of the above activities is not met, I understand the title of Miss Jr/Sr Aamjiwnaang will be forfeited.

Signature: _____ Date: _____

Print Name: _____



Bumper to Bumper...

We handle all your Auto care needs

1069 Tashmoo Ave.

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

Ken Plain: 519-336-6372

whiteplainsautobody@gmail.com

Need It Hauled Away!

Don't waste another Day.

Call Buddha, n' I'll Come Grab it!!!

519-381-0653 or 519-332-8551

Reasonable Rates-Prompt Service



Roger Williams'
**AUTHENTIC
NATIVE CRAFT SHOP**

STORE HOURS

Monday ~ Saturday

10:00 am ~ 6:00 pm

Phone 519-344-1243

Great gift ideas!

Dawn's Hair & Spa

1736 ST CLAIR PKWY

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*TO BOOK AN
APPOINTMENT*



Rogers Carpentry Services

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Registered: Province of Ontario since 1990 / Fully In-

Computer Problems?

Computer Repair &

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Call Fred at 519-337-3383 or email

tanyaernesto@bell.net

"Handyman Work Wanted"

Painting, Drywall Repair, etc...

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Full Service Hair Salon

126 Christina St. N

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8:30 am to 4:30 pm

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Computer Repair

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Give a description of problem etc., contact info.

Most repairs completed at my home, setting up networks, and training, requires booking and on site.

Thanks, Jason Williams email:

usedgood22@hotmail.ca

Animal Control Officer -Patrick Nahmabin

Call or text Pat at 519-330-7450

(for animal control issues only)

Primary duties: follow up on loose dog complaints and monitor quarantined dogs. **If your dog is loose, it is your responsibility to retrieve your dog.**

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

CHIPPEWA TRIBE-UNE

978 Tashmoo Avenue
Sarnia, Ontario N7T 7H5

Phone: 519-336-8410 Fax: 519-336-0382

E-mail: tribeune@aamjiwnaang.ca

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

Your next Chippewa Tribe-Une is due out
on **Thursday, April 25th, 2013**

The **deadline** will be on
Tuesday, April 23rd, 2013
by **4:00 pm**

Chi-Miigwetch,
Bonnie Plain ~ Editor

***News from St. Clair United Church . . .***

Boozhoo! Hope you are enjoying the warmer temperatures that herald spring! It is a wonderful time of year, isn't it? We see new plants pushing their way through the warming soil, trees starting to bud and we know for a fact that this season of rebirth is upon us.

My family, those here in Ontario and those in the Maritimes are celebrating this season with hearts that are a bit heavy. My grandmother died on Easter Sunday, one week shy of her 99th birthday. I learned about her passing when I returned home from worship and though I knew she had been ailing the past month I was quite shocked to hear of her death. I think that some part of me figured she was gonna be the one human being who really did live forever!

Her name was Lena Mary Mills Hebert. She was the eldest daughter in a family of 16 children. Yes, 16 children! The story goes that her mother, my great-grandmother Mills had a race with her best friend to see who would have 12 children first! My how times have changed, eh?

Life was not easy for my Nanny. She left school very early on to clean houses and help provide for her siblings. She met my grandfather who was quite a bit older than her and they married and had seven children, my mother and her six brothers. My grandfather worked away from home most of the years his children were growing up so Nanny was practically a single parent. There was little money and especially after a winter fire destroyed their home some very hard times.

But oh my, how she loved her children! She would tell stories of playing and singing with them and when each of her grandchildren was having children of our own she would remind us to spend time with our kids!

Until she was in her mid-90's, Nanny lived in her own home. Illness hospitalized her and these past three years she has lived with my uncle and aunt in their home in Dartmouth, Nova Scotia where she would hold court from her bed as grandchildren and great-grandchildren visited. My uncle and aunt were with her when she very peacefully died early Easter Morning. A devout Roman Catholic she would have liked that they had just finished praying the rosary!

I didn't go home for the funeral; I decided instead to go to Burlington to sit with her oldest son who lives in a nursing home there. His dementia has taken over his mind and his body, yet I had the strangest feeling he understood exactly what I was saying when I told him Nanny was now with Grampy.

So an era has come to an end for our family. Nanny will be missed but stories of her living will continue to be told with laughter and with tears. Lena Mary Mills Hebert: what a wonderful teacher you have been! I love you.

Carolyn