



CHIPPEWA TRIBE-UNE

Issue 14:07
Editor:
Bonnie Plain



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Traditional Teaching

Please Join us at the Community Centre for the following presentation.



- ANISHINABE & THE FIRE
- ANISHINABE CREATION STORY
- NAME & CLAN
- 4 SACRED GIFTS
- WINTER HEALING MOONS (FULL MOON CEREMONY) AS RELATED TO THE APRIL MOON OF SPRING

OUR TEACHERS WILL BE: MARY DELEARY Three Fires Lodge Midewiwin
Teacher/ Mother / Grandmother
and
PROFESSOR NICHOLAS DLEARY ANISHINABE (CHIPPEWA/POTTAWATOMI),
ALGOMA UNIVERSITY—SHINGWAUK
MAWNG—TODEM
THREE FIRES MIDEWIWIN LODGE AND PIPE CHIEF

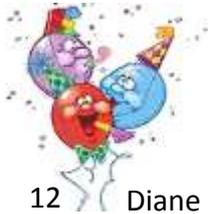
WE WILL BE MEETING AT THE
COMMUNITY CENTRE, BANQUET ROOM.
SOUP AND SANDWICHES: 4:30PM—5:30PM
TEACHING: 1:30PM TO 4:30 AND 5:30PM—8:00PM
APRIL 17, 2014

For more information please contact Robin Maness or Tracey George @ 519-332-6770

Aamjiwnaang
Population Stats
Current: 2304



Happy Birthday



Apr. 12 to Apr. 25, 2014

Elizabeth	Dingler	Apr.	12	Diane	Aiken	Apr.	20
Frances	Maness	Apr.	12	Gage	Boucher-Oliver	Apr.	20
Wayne	Simpson	Apr.	12	Anthony	Kulanda	Apr.	20
Mary E	Williams	Apr.	12	Olivia	Malone	Apr.	20
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-Bressette	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	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Happy Birthday to Bryson, Kathy, Kayla, Abraham, and my Sister Lynn ~ Love, Bonnie</p> </div>			
Brandon	Rogers	Apr.	17				
Stacy	Fisher	Apr.	18				
Raymond	Gray	Apr.	18				
Shaylene	Joseph	Apr.	18	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Happy 20th Birthday To my Daanis, Kayla Plain <i>Big Hugs from your Daddy-O</i></p> </div>			
Abraham	Plain	Apr.	18				
Christine Lindsey	Rogers	Apr.	18				
Shayla	Adams	Apr.	19				

Administrative Update

As we see the end of another fiscal year on the horizon, I thought I would take the opportunity to bring everyone up to date on staffing changes and some important dates.

Aamjiwnaang band member, Mike Jackson, reported to work on April 1st as our Public Works Coordinator. Mike has been working at the City of Sarnia Public Works department for the past 7 years and we are very fortunate to have him come and work for us. We also have a familiar face taking on the role of Emergency Planner. Wilson Plain Jr, who has worked for the Environment Department, has also started his new position on April 1.

Administration would like to thank Jeannie Gray and Earle Cottrelle for their contributions to the Housing Department this fiscal year. Also thanks to Jamie Maracle, Darren Adams and the OW participants who have helped Public Works with snow removal. It was a very good year for snow production.

Solidarity Day falls on a Saturday this year. Past practice has been, if this holiday falls on the Saturday, Band Operation will close on the Friday. Unless Chief and Council should decide otherwise we will be closed on June 20th.

Kelly Williams

NOTE: This is an election year. The nomination meeting will take place on **May 30th** at the Community Centre and Election Day will be **July 11th**. — **Please remind all your off-reserve friends and relatives to provide their mailing address if they have relocated since the last election to Carolyn Nahmabin, so that they may receive their election packages in a timely manner.**

**** ATTENTION ****

All Band Operations
Will Be **CLOSED** on
**Friday, April 18, 2014 &
Monday, April 21, 2014**
For the Easter Holiday's



From the Home & Community Care Department

We would like to wish you and your family a blessed Easter and Happy Holiday.

It is that time of year to notify the Community that there will be **NO SERVICE** on the following dates:

Friday April 18th, 2014

—Good Friday

&

Monday April 21st, 2014

—Easter Monday

Please make arrangements with your loved ones. Regular hours will commence

Tuesday April 22, 2014

Thank you, Respectfully Yours,
HCC—Clerk Rebecca Adams

**Just to let everyone know that our
Home & Community Care Workers
DO NOT DO SPRING CLEANING**

Spring Clean-Up

2014 Spring Clean-Up
will be held the week of
April 28—May 2

Please have all your unwanted items piled by the road to ensure that the maintenance crew can easily remove it. ~ Mii Gwetch!

Aamjiwnaang's Annual Rez-Wide YARD SALE Saturday & Sunday MAY 3 & 4, 2014

It's that time of year again to de-clutter and get rid of all that stuff you're not using.

Clean out your basement, closets, attics, and sheds.

One man's trash, is another man's treasure!

Times may vary, so get out there before the good stuffs gone!

*NOTE: Petrolia yards sales are
* April 25, 26, & 27th **

Aamjiwnaang Education Awards 2014 Post Secondary Students

The Education Committee of Aamjiwnaang are now asking all graduating Post-Secondary students to provide proof of graduation to be eligible for the graduation award. The date of graduation must be in the current school year (2013/2014).

The proof of graduation must be either a copy of the diploma/certificate or final transcript.

Proof must be submitted by

Friday, July 11, 2014 by 4:00 p.m.

Submissions of proof will be received by the Aamjiwnaang Education Department:

Diane Aiken: daiken@aamjiwnaang.ca

Vicki Ware: vware@aamjiwnaang.ca

978 Tashmoo Ave

Sarnia, ON N7T 7H5

Telephone: (519) 336-8410

Fax: (519) 336-0382

Email, mail, drop offs, or fax is acceptable.

NOTE: Please ensure that your address and telephone number is written on the copy.



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

Healthy Babies Healthy Children Program



April 17 ~ Guest Speaker Cindy Seward
speaking on Child Resiliency
10:30—12:30

April 24 ~ Nutrition with Nikki George Food
cards also given out at this time.
10:30—12:30

Also Head Start Program is on
Monday Mornings from 10:30—1:00
Wednesday from 5:00—7:30

Aamjiwnaang Food Bank

Days & Hours of Operation:

Mondays ~ 9:00 am to 11:00 am
Thursdays ~ 1:00 pm to 3:00 pm

Location: Health Centre (Upon arrival see
receptionist for assistance)

Service Population: ON Reserve community
members "IN NEED"

Criteria:

1. A client information sheet must be completed. Any falsified information will result in suspended use of the food bank.
2. 1-3 days rations will be received dependent upon circumstances. Rations based on family or individual portions.
3. Food Bank may be accessed once a month only.
4. One use per household. (The head of the household should be claiming for all dependents/boarders in home)

Please note that **there will be no more exceptions** to times. If you are in an emergency situation please use the food bank located behind Devine Street School. ~ *Miigwetch*

NATIONAL CHILD BENEFIT-REINVESTMENT STRATEGY



Easter Celebration

Saturday, April 19
9 am- Noon

Pancake Breakfast
with the Easter Bunny

* Craft Tables *

Colouring Contest, Basket Weaving,
Egg Colouring

Easter Bonnet Parade

"Bring" your best decorated
Easter Bonnet

Easter Egg Hunt in
Bear Park

Prizes to be Won and
Food to be Eaten

Sponsored by:
NCB & Right to Play





E'Maawizidijig will have a table set up at the community centre parking lot during the Annual Rez-Wide Yard Sale on **Saturday May 3rd** to help fundraise for up-coming events.

The youth in the group are very excited about being a part of the fundraising and will be selling Candy Kabobs along with other items.

Please stop by, check things out, and contribute to a worthy cause.



Sandy Cottrelle makes Beaded Ring **Dreamcatcher Clocks, Dream Catcher's** and other Handcrafted items

To view clocks go to:

sandycottrelle.wix.com/allkindatime

To order call or text
226-886-1271 and/or to haggle



E' Maawizidijig

E' Maawizidjik - Our way of coming together to make decisions as a council/group. We meet every other Wednesday to learn and share our wisdom and knowledge.

UPCOMING MEETINGS

Wednesday, April 16, 2014

6 pm at Maawn Doosh Gumig

Easter Basket Raffle

We will be selling Raffle tickets for a large family size Easter Basket.

Tickets are \$2.00 or 3 for \$5.00
Some items include: Gift Cards (i.e. EB Games), lottery tickets, movies, toys, chocolates, etc...

DRAW: Wednesday April 16

50/50 DRAW

Tickets are \$2.00 or 3 for \$5.00

Next Draw is **April 30, 2014**

Join us in celebrating our heritage & culture at our potluck feast on the Last Wednesday of the month
Bring your favorite dish if possible or just show up—Eat and Socialize.

Hope to see you there!
Everyone Welcome

*Culture * Identity * Knowledge*

NOTE: E' Maawizidijik is a stand-alone group of community members not affiliated with or funded by the Band. We are self-sustaining and do fundraising for all activities, events, and materials.



Empowering Yourself through Knowledge



- Definition of Abuse
- Types of Abuse
- Safety Planning
 - Resources

When:

April 16th

Where:

Aamjiwnaang Health Centre

Time:

1pm-3pm

To sign up please contact Roberta Bressette at 519-332-6770.

Aamjiwnaang Junior Kindergarten Registration for September 2014

Tuesday April 29, 2014

At the Day Care Center

- In the JK Classroom

9:30 am - 12:00 pm

- Registration is for children born in the year of 2010
- Must provide birth certificate and/or Status Card
- Must provide up-dated immunization record
- Must provide a 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.



TACO SALE

NEW DATE

Friday April 25, 2014

11:30am – Sold Out

2239 S. Vidal St
(Mike and Elaine Williams)

519-336-5281

Taco - \$6.00

Pop/Water - \$1.00



Will deliver orders over \$25.00

If you have any large orders
please drop them off to
Melissa at the Band Office on
**Thursday April 24, 2014 by
4:00pm**

*All proceeds are going to
Brady Medeiros, Ashley Williams and
Cylis Williams for their Grade 7/8
Class trip to Toronto
for a 4 day 3 night stay*

Trash to Treasure Competition

How Trash Creative Are You?

Once again the Environment Department is having a Trash-to-Treasure contest for Earth Day 2014. From now until April 26th all you have to do is:

- *Recycle trash into a masterpiece*
- *Reuse bottles, cans, tires, rims, metal, toys, etc...*
- *Be creative and let your trash speak*
 - *Get a head-start in cleaning-up*
 - *Win great prizes*

Three Age Categories:

Children 0-12, Youth 13-18,
Adult 19+



Examples using lids, speakers, sticks, bottle caps, spark plugs, nuts & bolts.

The rules are simple:

- ◇ *Collect items and trash around the house that you could use*
- ◇ *When you see items in the community ditches pick them up*
- ◇ *Put your masterpiece on display by 12:00 pm on Earth Day 2014*
- ◇ *The community will choose the most creative from three age categories*

Aamjiwnaang Earth Day Celebration



Saturday, April 26, 2014

9am to 3pm

**Maawn Doosh Gumig
Community Centre**

& Community Clean-up 2014

AGENDA

9:00 Song & Drum Ceremony — *Dedicated to our future generations*

9:30 Team Registration — *pick up bags & color coded tags*

10:00 Start Community Clean-Up

- Tashmoo (Band Office)
- Tashmoo (Health Centre)
- Chippewa Crescent
- DeGurse & Christopher Drive
- LaSalle Road

**Environmental Education
Booths From 10-2 and 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 Barbeque @ the Community Centre (hamburgers & hotdogs)

1:00 Announce Winners of Trash-to-Treasure and Garbage Collection

1:30 Hand Out Trees & Clean-Up

Volunteers Needed For: set-up, registration, displays, bags & tags, photography, tallying tags, cooking, serving (300 people), handing out trees, and clean-up.

Please contact Christine Rogers if interested at: 336-8410

**Trash-to-Treasure
Art Contest**



**Seed Planting
& Tree Give-Away**

"Saving Our Home And Native Land"



EMPLOYMENT SUPPORTS SERVICES



PARTICIPATION AGREEMENTS

ONTARIO WORKS

NOTICE / FYI

From: Employment Assistance Counsellor
Missed appointments, those with an outdated OR
missing a completed PARTICIPATION AGREEMENT in our
files, will be recommended for cheque holds in **MAY**.

NO EXCEPTIONS

To set up your apt., please contact me @
marinaplain@aamjawnang.ca

MARINA PLAIN

519-336-8410

EMPLOYMENT SUPPORTS

DATE: APRIL 9TH
TIME: 12:00



Community Placement

Please join us for lunch as we
CELEBRATE VOLUNTEER WEEK

April 6-12

We host a bi-monthly lunch to
promote our
Community Placement Program
a.k.a.

Volunteer Program

FOR MORE INFORMATION
REGARDING THE PROGRAM,
CONTACT: MARINA PLAIN ~ 519-336-8410
marinaplain@aamjiwnang.ca

P.A.S.S.P.O.R.T

An 8 week workshop employment readiness program to assist in acquiring job search skills, personal marketing tools, workplace experience and job related certifications.

WHAT YOU WILL GAIN:

- Resume & Cover Letter
- Interview Skills
- Standard First Aid Certificate
- WHMIS
- Computer Training
- Community Placement with a Local Service Provider
- Social Connections
- Round Table Discussions
- Community Networking

You may also be eligible for:

- Transportation assistance
- Child care allowance
- Clothing allowance
- Weekly grocery gift card

Contact Marina Plain for more information ~ 519-336-8410

Aamjiwnaang Law Day

April 15, 2014 from 1 – 3 p.m.

Transportation
Provided

Parents
Welcome

High School Students will:

- Learn about Superior Court, Ontario Court & Family Court
 - Tour the Sarnia Court House & Jail
- Meet with Judges, Probation & Police Officers, Lawyers, and a variety of Court Workers

Permission slips will be distributed and need to be returned to Norma or Chenoa by Friday, April 11, 2014



Great Tasty Food You Don't Want To Miss



C&M Take-Out

Re-opening April 10th & 11th 2014

123 Maness Court

11am—6pm Every Thursday & Friday



Menu for the Month of April

Nacho Supreme

-Small \$4.00 -Medium \$6.50 -Large \$8.00

Chili Cheese Nachos

-Small \$4.50 -Medium \$7.00 -Large \$8.50

Indian Taco

-Small \$5.50 -Large \$9.50

Pop or Water

-\$1.00

All Items Fully Loaded

Travelling Seniors Fundraiser

MEAT BINGO

Thursday April 17, 2014

Maawn Doosh Gumig Community Centre

6:00 pm ~ Kitchen opens @ 5 pm

Take-out available

2 Strip Book for \$15 ~ extra strip \$5

Prizes—Easter Hams

Easter Basket Raffles



Everyone Welcome to Play!

Children 10+ with adult supervision

Confirmed Measles Cases in Surrounding Communities

Current Measles Activity

Please be aware that laboratory-confirmed measles cases have been reported in southwestern Ontario, notably in the London, Hamilton and Halton regions.

The attached Measles Fact Sheet provides information on measles including; signs and symptoms, how measles are spread and what to do if you suspect measles in yourself or your family members.

Please note that people at most risk are those that are not immune (not vaccinated or have not had the disease) or those that are vulnerable. Infants under one year of age, pregnant women and people with weakened immune systems are vulnerable and can get very ill with measles.

We are urging all community members to check your immunization records to make sure that you and your children have an up-to-date immunization history that includes 2 doses of measles, mumps, rubella vaccine (MMR) for those 4 years of age and older.

It is advised that anyone 4 year of age or older who has not received 2 doses of MMR contact your local health clinic to schedule an appointment to get caught up on your immunizations as soon as possible.

MEASLES FACT SHEET

What is measles?

Measles is a very contagious viral infection that spreads through the air when an infected person breathes, coughs, or sneezes. Measles can result in complications such as pneumonia, ear infections, brain infections, other infections, and infrequently, death can occur.

What are the signs and symptoms of measles?

Symptoms of measles include:

- Fever, cough, and runny nose
- Red, irritated eyes and light sensitivity

- Small white, grey, or blue spots in the mouth
- Red, blotchy rash, which is the last symptom to appear. The rash appears on the face and then spreads down over the body, and will begin to fade after about a week.

Symptoms can start anywhere from 7 to 21 days after a person has been exposed to the virus. Symptoms usually develop around 10 days after exposure and the rash usually develops 14 days after exposure.

How is it spread?

Measles is an airborne virus that spreads very easily. It is transmitted in tiny droplets when an infected person coughs, sneezes or breathes. It can survive up to two hours. Measles is contagious four days before the rash appears until four days after the onset of the rash.

What do you do if you are exposed to measles?

If you have been exposed and are not immune (through vaccination or previous infection), a vaccine can prevent measles from developing if given within 72 hours of exposure. Another medication may help up to 6 days after exposure, your family doctor needs to determine this.

If you develop symptoms:

- Stay home and don't allow others to visit until the ill person has completely recovered.
- Contact your healthcare provider by phone. Please note: If you need to visit a healthcare provider, call first and tell them you have measles symptoms. Visit the healthcare provider at the end of the day unless this is not practical or possible for medical reasons. On arrival, immediately ask for a mask when you enter the office/clinic, and to be placed in a private room. If this is not possible, wait in your car until you are seen by the healthcare provider.
- If you healthcare provider suspects measles, they should notify the Public Health Unit in their area.



Measles in Ontario: Update for Clinicians

Issued April 2, 2014

Recent activity in Ontario

Between January and March 31, 2014, Ontario has had 11 cases of measles, five of whom were reported in returning travellers from destinations including Europe and Southeast Asia. A further six cases have acquired infection in Ontario and are epidemiologically linked to recent travel-acquired measles cases.

We therefore urge you to be vigilant and consider measles in both returning travellers and in individuals who are known to have been in contact with a case of measles.

Although less common, recent cases have been observed even in individuals who have received two valid doses of measles-containing vaccine. Thus, a two-dose measles immunization history should not be used to rule out measles, and appropriate testing needs to occur.

Measles is highly infectious and rapid action needs to be taken to prevent further cases.

Clinical aspects of measles infection

Clinically compatible signs of symptoms include:

- Fever \geq 38.3 degrees Celsius (oral)
- At least one of: cough, runny nose or conjunctivitis
- Generalized maculopapular rash

Most cases of measles become apparent 10-14 days after contact with the virus (the range is 7-21 days).

Reporting to public health

Please report suspected cases of measles immediately to your local public health unit. Do not wait for laboratory confirmation. Suspected cases should also be instructed to remain in isolation until contacted by their local public health unit.

Diagnostic laboratory testing

Laboratory diagnosis of measles should include both diagnostic serology and virus detection:

MEASLES VIRUS DETECTION BY PCR:

- A nasopharyngeal swab/aspire or throat swab collected using Viral Transport Media (pink liquid medium) obtained within four to seven days after rash onset

AND

- Approximately 30 mL of urine collected within 14 days after the onset of rash.

A negative PCR should not be used to rule out measles and needs to be interpreted along with serology, symptoms and exposure history. In certain situations, such as when there is a high index of suspicion for measles (e.g. compatible illness in a returned traveller or contact of a laboratory confirmed case) it may be warranted to test beyond the above time periods when specimens could not be collected earlier in the illness. This can be discussed with the Public Health Ontario (PHO) Laboratory on a case by case basis. The PHO Measles PCR Labstract (June 2011) is available at: http://www.publichealthontario.ca/en/eRepository/LAB_SD_079_Measles_PCR_testing_guidelines_addition.pdf.

ACUTE SEROLOGY

- A blood specimen (3ml in serum tube) for measles antibodies (IgM and IgG) collected at the first visit (ideally within seven days after rash onset). The requisition should be clearly marked "acute measles serology".

CONVALESCENT SEROLOGY

- A second blood specimen collected 7 to 10 days after the onset of rash (and a minimum of 3 days after the acute sample). The requisition should state "convalescent measles serology". Serconversion or a significant rise in IgG or IgM titre is indicative of recent/acute infection.

SPECIMEN DOCUMENTATION AND TRANSPORT

On each laboratory requisition for virus isolation or diagnostic serology clearly mark "suspect case of measles." All requisitions should contain the following information: patient's symptoms, date of onset of symptoms, exposure history, travel history (if any) and vaccination history. Specimens must be stored and shipped cold.

Please contact the PHO Laboratories customer service at 416-235-6556 or 1-877-604-4567, or after hours duty officer at 416-603-3113 if you have questions about specimen collection.

Infection prevention and control practices

Patients with suspected measles should be promptly isolated in a single room with negative air flow (airborne isolation room) and the door closed. If you do not have an airborne infection isolation room, the patient should wear a surgical mask and be immediately placed in a single room with the door closed.

Because measles virus can remain airborne for two hours, no further patients should be placed within the room for a two hour period and appropriate room cleaning is also required. Patient movement should be curtailed unless absolutely necessary and then only conducted with the patient wearing a mask.

Suspect cases should be cared for by HCWs wearing full personal protective equipment, including an N95 mask (preferably fit-tested). All healthcare providers should also ensure they are immune to measles. Evidence of immunity is two documented doses of measles-containing vaccine or laboratory evidence of immunity.

Please refer to the PIDAC document on routine practices and additional precautions for further guidance: http://www.publichealthontario.ca/en/eRepository/RPAP_All_HealthCare_Settings_Eng2012.pdf.

Important Health Information

E'Mino Bmmaad Zijig-Gamig Health Centre

Changes to test strips under Health Canada guidelines allowed under Non-Insured Health Benefits effective January 2014:

Diabetes Treatment History	Number of Test Strips Allowed
1) Pediatric diabetics (under 21 years) managing diabetes with insulin	800 test strips/100 days
2) Diabetics (over 21 years) managing diabetes with insulin	500 test strips/100 days
3) Diabetics managing diabetes with anti-diabetes medication with high risk of causing low blood sugar	400 test strips/365 day period
4) Diabetics managing with anti-diabetes medication with low risk of causing low blood sugar	200 test strips/365 day period
5) Diabetics managing through diet and lifestyle therapy (no insulin or medications)	200 test strips/365 day period

If the maximum number of eligible strips have been used since this change in criteria then you can request an exception under the new criteria. You would then have to go to your doctor for a prescription and then go to the pharmacy and ask it to be put through to Non Insured Health Benefit (NIHB) as an exception and this would start the NIHB Exception Process (see below):

1. Client takes this prescription to the pharmacy where the pharmacist will call the NIHB Drug Exception Centre
2. The Drug Exception Centre will then send/fax an "Exception Drug Request Form" to the Service Provider
3. Once this form has been filled out by your doctor, it will need to be faxed back to NIHB Drug Exception Centre where they will review the request and either approve or deny based on client information provided by your doctor
4. Drug Exception Centre will then inform the Pharmacy and the Pharmacy will let you, the client, know of the NIHB Drug Exception Centre decision

This needs to be completed by the doctor on the NIHB DEC Exception Request Form, but the criteria for extra strips includes:

1. Has Gestational diabetes, or is diabetic and becomes pregnant.
2. Works in an Occupation where hypoglycemia must be strictly avoided (e.g. airline pilot, air-traffic controller).
3. Is experiencing an acute illness or infection which is affecting blood glucose control over a sustained period of time.
4. Is not meeting glycemic targets for 3 months or longer.
5. Is starting new medications which affect blood glucose control (e.g. steroids).
6. Has other medical justification will be considered on a case-by-case basis. (ie: not meeting targets with current frequency of testing).

**The Pharmacy can also give (and will be paid for by NIHB DEC) the client 1 box of test strips while they wait for the approval or denial decision from NIHB DEC.

INDOOR WALKING Every Wednesday

IS EXTENDED TO:

Wednesday, April 30, 2014
Community Centre - GYM
10:30 - 11:30 am
Everyone Welcome

Walk to Music

Feel Great

All participants will receive a
FREE walking kit

Chance to WIN Awesome Dri-
Fit T-Shirts!!



Walking Benefits

- Lower "bad" cholesterol
- Raise the "good" cholesterol
- Lower your blood pressure
- Reduce your risk of or manage type 2 diabetes
- Manage your weight
- Improve your mood
- Stay strong and fit

* Please bring clean footwear *
For more information please call
Peggy or Jessica at 519-332-6770

Seniors Healthy
Cooking Class
Tuesday, April 15, 2014
Health Centre
10:30 - 1:30

Come out and join us!
Just call Peggy at:
519-332-6770 x31 to register!

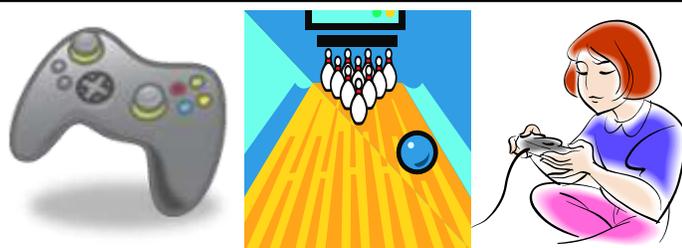


- * Simple recipes made together
- * Tasty food samples to take home
- * Friendly conversation
- * Healthy eating information
- * Nutrition and health questions welcome



Presented by: **Sandra Walker**
**North Lambton
Community Health Centre**

Seniors 55 & over
Congregate Dining
Seniors Drop In Room
Wednesdays, 12:00—1:00
Come out and enjoy a delicious,
nutritious home cooked meal!
Hope to see you there!



Seniors Wii Games

Wednesday's, 1:30 - 3:30 pm.

(after Congregate Dining)

Starting April 16, 2014

Come on out and check out our gaming system and learn how to operate a Wii.

We have tons of games to play such as: Family Feud, Yahtzee, Jeopardy, Fishing, Bowling, 90 Game Party Pack, etc.



SENIORS HAND DRUM MAKING WORKSHOP

With Naagiizhgokwe aka.

Jodi Baker

Saturday, April 26, 2014

Health Centre

9:00 am. - 5 pm.

Snacks and Lunch will be provided

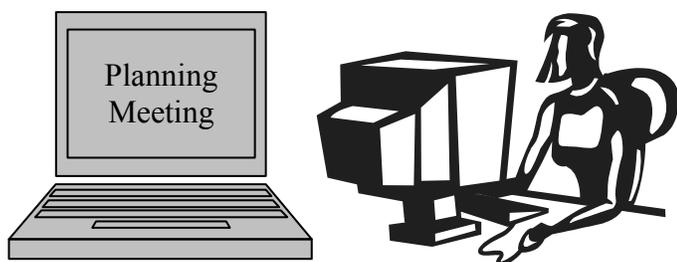
You must sign up with Peggy, 519-332-6770, ext. 31, if you are interested in taking this workshop.

There will be a limit to 10 Seniors to sign-up.

Seniors New Horizons Dinner Planning Meeting

Tuesday, April 22/14 - 5 pm

Seniors Drop-In Room



Come out and help plan activities for this year's New Horizons Project.

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

Thank-you!

QUILTING WITH SENIORS

Tuesday evenings, 6 - 8 pm

Seniors Drop In Room

Come on out to help finish the quilt that has been started

Everyone welcome.

Sign up with Peggy,
519-332-6770



Preventing Overdose Waterloo Wellington

OVERDOSE PREVENTION & INTERVENTION

MAY 5TH, 2014

**MAAWN DOOSH GUMIG
COMMUNITY & YOUTH CENTRE
BANQUET ROOM**

4:30PM DINNER

5—8PM WORKSHOP

TRAINING INCLUDES:

- **OVERVIEW OF THE INFLUENCE OF DRUGS**
- **FACTORS THAT WILL EFFECT THE INFLUENCE OF DRUGS**
 - **PATTERNS OF USE**
 - **HARM REDUCTION STRATEGIES**
- **OVERVIEW OF FACTORS THAT INCREASE THE RISK OF OVERDOSE**
- **SIGNS AND SYMPTOMS RELATING TO DEPRESSANTS AND STIMULANTS**
 - **TOXIC OVERDOSES**
 - **DRUG-INDUCED PSYCHOSIS**
- **RESPONDING TO AN OVERDOSE—STEP BY STEP GUIDE**

PLEASE CALL DOROTHY TO SIGN-UP
(CATERING PURPOSES)

IF YOU HAVE QUESTIONS PLEASE CALL TRACEY
519-332-6770



**EMPLOYMENT OPPORTUNITY
AAMJIWNAANG FIRST NATION
Housing Assistant—Contract Position**

JOB DUTIES:

- Serves as the Assistant to the Housing Department staff
- Provides departmental administrative services; generates and files correspondence, memoranda, minutes, agendas and reports.
- Responds to telephone and in person for inquiries for housing information by providing factual information or directing to the appropriate staff
- Takes housing applications and assists in completing application forms
- Assists in the maintenance of Housing Department Files
- Provide reports to Housing Coordinator as required
- Responsible in consultation with the Coordinator and Committee Chairperson in the preparation and distribution of agendas, minutes, correspondence and committee reports
- Responsible for arranging meetings and setting up meeting rooms
- Other duties as required by the Housing Coordinator

QUALIFICATIONS:

- Must perform administrative and clerical skills at a high level; good working knowledge of office practice and procedures.
- Working knowledge of housing programs and services, and the legislation, policies and procedures that impact on First Nation Housing
- High level of organizational, written and verbal communication skills
- Demonstration of initiative and strong inter-personal skills
- Ability to record minutes accurately
- Good public relations including an appreciation for the need for confidentiality, tact, and discretion

APPLICATION TO INCLUDE:

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

Please forward applications to:

Assistant Band Administrator

978 Tashmoo Ave

Sarnia, ON N7T 7H5

FAX 519-336-0382

***NEW* Deadline for applications is Thursday, April 17, 2014 AT 4:00PM**



EMPLOYMENT OPPORTUNITY
AAMJIWNAANG FIRST NATION
Maintenance Worker-Contract Position

JOB DUTIES:

- Responsible to organize and perform day-to-day maintenance and schedule service and maintenance equipment
- Monitor and maintain heating, ventilating and air conditioning systems for band managed Nation housing units
- Responsible to provide monthly, written reports on maintenance activities to the housing coordinator
- Responsible to have all housing units inspected at least once per year
- Develop a schedule of jobs to be carried out and ensure that the schedule is adhered to for routine maintenance, preventative and extraordinary maintenance
- Establish plans of action and specific work schedule for maintenance in a in a systematized, preventive maintenance work program within budget allocations
- Prepare cost estimations and material lists for such repairs and maintenance projects and order appropriate supplies
- Issue work orders to contractors, supervise work place as necessary, inspect work and certifies satisfactory completion and recommended payment
- provide information to tenants regarding Aamjiwnaang First Nation Maintenance Policies
- Responsible for adherence to occupational health and safety procedures

QUALIFICATIONS:

- High School Graduation with formal training in property maintenance, including the operation of mechanical services
- Ability to monitor, maintain and make minor repairs to operating equipment and services
- Must possess general handyperson skills
- Exhibit a high degree of initiative and self-direction
- An understanding of occupational health and safety requirements and procedures
- Must possess a valid Ontario Driver License and supply own vehicle
- Strong public relations skills, including an appreciation of the need for tact and a positive, cheerful and informed approach to the public

APPLICATION TO INCLUDE:

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

Job description available at Band Office reception desk.

Please forward applications to:

Assistant Band Administrator

978 Tashmoo Ave

Sarnia, ON N7T 7H5

FAX 519-336-0382

***NEW* Deadline for applications is Thursday, April 17, 2014 AT 4:00PM**



EMPLOYMENT OPPORTUNITY
Short-term Contract
RECEPTIONIST - BAND OFFICE
AAMJIWNAANG FIRST NATION

JOB DUTIES:

- Receive incoming telephone calls and answer routine enquiries; transfer calls to appropriate personnel, and accurately record messages.
- Receive clients at the reception counter, answer routine enquiries, and make appointments when required.
- Record incoming mail, stamp the date received, and distribute to the appropriate personnel.
- Stamp and post all outgoing mail.
- Keep bulletin board up to date; post relevant material and remove information that is out of date.
- Ensure that all Band staff members who will be away from the office inform of their itinerary, and record on daily attendance sheet.
- Provide clerical assistance as necessary.
- Book meeting rooms as required.

QUALIFICATIONS:

- Ontario Secondary School Graduation Diploma.
- Pleasant attitude and interest in working with the general public on a daily basis.
- Sensitivity to Native issues.
- Strict adherence to confidentiality practices.
- A high degree of initiative and self-direction; good oral and written communication skills; good organizational skills and ability to work as a team member.
- Computer literacy an asset.

APPLICATION TO INCLUDE:

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

Please forward applications via mail, fax or email:

Assistant Band Administrator

978 Tashmoo Ave

Sarnia, ON N7T 7H5

FAX 519-336-0382

Deadline for applications is May 2, 2014 AT 4:00PM.



Sarnia-Lambton Children's Aid Society

161 Kendall Street, Point Edward, Ontario N7V 4G6

Phone: (519) 336-0623 Fax: (519) 336-7541

Child Protection Workers – Indigenous Team

Employment Opportunities Available for Full-Time and Temporary Full-time Protection Positions

Child Protection Workers investigate and assess child protection referrals and provide crisis intervention, problem solving skills and provide various Agency support services to families for children in need of protection or at risk of maltreatment. Minimum education requirement is a BSW or BA with direct child welfare experience, cultural understanding and respect for Indigenous people, ability to build and maintain relationships, anti-oppressive practice when working with children, youth and families, assessment and intervention knowledge and skills, computer skills, writing skills and a valid Ontario driver's license, safe vehicle, vehicle insurance and police reference check (CPIC).

Our Mission

Sarnia-Lambton Children's Aid Society is a trusted ally to families, communities & cultures in creating safe, nurturing environments for children and youth to grow and succeed.

Our Culture of Shared Leadership

With courage and co-operation we will be unified in our resolve to best serve children, youth and families. Our intention is for Sarnia-Lambton Children's Aid Society to be an exceptional organization to work with and for.

What Sets Us Apart

We employ more than 130 dedicated and talented people at the Sarnia-Lambton Children's Aid Society. In addition to several new service initiatives, our Professional Development Committee champions continued learning and mentorship, we value individual development and diversity and we promote safe and effective work practices. Within our "Healthy U" Wellness Committee we believe that both organizational and individual health are key factors affecting the maintenance of a strong, dynamic work culture. We strive to promote and maintain healthy, open and supportive relationships.

Our Beautiful Waterfront



Candidates are encouraged to apply by April 4, 2014

Why Sarnia Lambton Children's Aid Society ?

"I enjoy practicing social work at the Sarnia-Lambton Children's Aid Society because it is a supportive community where I feel valued. As a new graduate I was given challenging opportunities where my coworkers mentored me and encouraged me to put into practice the skills and theory I learned in university. I am developing a broad social work skill set and the job of Child Protection Worker is both fascinating and rewarding."

Jennifer D. - McMaster University Graduate 2012
Sarnia-Lambton CAS Worker since January 2013

"Being a new University graduate I was looking for a job in my field in which I could gain hands-on, valuable experience. In 2012 I relocated to Sarnia to accept a position within the Sarnia-Lambton Children's Aid Society. Initially I had every intention of returning to my hometown if a job opportunity presented itself. However, after getting to know the caring and supportive staff and discovering that this agency's values and direction truly fit in line with my values not only as a person, but as the helping professional that I strive to be, I could not imagine doing this job anywhere else."

Alex C. - The University of Windsor 2012 Graduate
Sarnia-Lambton CAS Worker since July 2012



We Make a Difference

Success Marker: reduce children in care by 10%; 80% of children in care are placed with families.

Success Marker: 78% of staff report that they have ample opportunity to contribute in a meaningful way towards a supportive and collaborative environment.

APPLY TODAY

Human Resources
Debra Auterhoff
dauterhoff@slcas.on.ca
(519) 336-0623, Ext. 253

Find Out More
<http://www.slcas.on.ca>

Sarnia-Lambton is located on the shores of Lake Huron and the St. Clair River. It's a beautiful place to work and play!



Please find attached a copy of a job posting for positions on our Indigenous team. We would really like to be able to hire Indigenous people for these important roles within our agency. Dawn Flegel, MSW, RSW, Executive Director, Sarnia Lambton Children's Aid Society, 519-336-0623 ext. 255

Hello YMCA Volunteer!

First off, a big thanks to you for volunteering your time at last year's YMCA CHOK International Bridge Race! With over 640 runners, the YMCA was able to raise over 10K for the YMCA Annual Strong Kids Campaign!

As a Bridge Race volunteer last year, the YMCA would like to know if you are interested in volunteering again on **Sunday, June 1st from 7:30am—10:30am**. Myself and Joe Cebulski are the Volunteer Coordinators for this year's race. If you are interested in volunteering please email myself and Joe as soon as possible.

2014 New Race Additions

New this year are 2 additional races and therefore more volunteers are needed. If you know others that are interested in volunteering we could definitely use as much help as possible! Anyone interested in volunteering for the race can contact myself at the number below.

5K RUN/WALK - all ages

Start time - 8:20am

Starts at the Casino in Point Edward and finishes in Canatara Park

* route does not go over the Bluewater Bridge

1K KIDS FUN RUN – ages 12 and under

Start time - 9:30am

Terry Fox Loop - Canatara Park

Volunteer Orientation Meeting

Wednesday, May 28, 5:30-6:30pm

YMCA Learning and Careers Centre—660 Oakdale, Ave, Sarnia
(meeting will take place in Leadership Centre)

Please try to arrange your schedule so that you can attend! If you cannot attend please email me back and set up a time that is convenient for you! The orientation meeting will consist of:

- Knowing where you will be volunteering (marshall, water station, finish line)
- Your role and responsibilities
- Receiving your race package that will include a t-shirt and map.
- Answering any questions you might have.
- The meeting will be no longer than one hour.

Thanks in advance,

Patrick Doering: pdoering@ymcaswo.ca and Joe Cebulski: jcebulski@ymcaswo.ca

Patrick Doering
Supervisor, Preschool & Youth
P: 519-336-9622, option 0, x245
C: 519-328-1792
pdoering@ymcaswo.ca



 YMCAs across Southwestern Ontario
Jerry McCaw Family Centre
1015 Finch Drive, Sarnia, ON N7S 6G5
ymcaswo.ca

Every kid deserves a chance
[Click here to learn more](#)





WINE FESTIVAL-CASINO- BINGO TRIP

Leelanau Sands Casino & Lodge
Peshawbestown, Michigan

June 13-15, 2014

\$350 US – Single, \$250 US - Twin,
\$220 US - Triple, \$200 US - Quad

**Includes: Coach Bus, Hotel, Ticket
Wine Festival (Glass and 2 Tokens)
\$10 Casino & \$2 Food Vouchers
- Each Day**

Bus leaves Bayside Parking Lot
(Front St. & London Rd.) Sarnia at
10:00am and back in Sarnia - Sunday
at approx. 9:00 pm

\$100 US - Secures your spot.

***With the remainder due
May 5th or ASAP
Contact Willie**

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



ATTENTION SENIORS AND FAMILY MEMBERS



HAPPY VICTORIA DAY!

May 19th, 2014

**From the Home & Community
Care Department**

Please be advised that there will be

NO SERVICE ON

Monday May 19th, 2014

Regular hours will commence on

Tuesday May 20th, 2014

FYI for Family and Clients

****Just to let everyone know that our
Home & Community Care Workers**

DO NOT DO SPRING CLEANING

**If you have any questions please
contact Becky Adams—519-332-6770**



Next issue is due out on
Friday, April 25, 2014

The **deadline** for submissions is
Wed., April 23 @ 12:00 pm

Chi-Miigwetch ~ Bonnie Plain, Editor

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)

CRISIS RESPONSE

How to Help your Friends and Loved ones who are abusing substances



Find the right time and place to talk. Be calm, caring, non-threatening. Listen. Talk about drugs or alcohol by using facts and accurate information. Encourage the person to see a doctor. Encourage change in friends and lifestyle. Encourage the person to seek treatment.

Important contacts are listed below.

Where to Get Help

Emergency 911

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

Bluewater Health ~ 519-464-4400 ext. 5370

Aamjiwnaang Mental Wellness ~ 519-332-6770

Distress Line ~ 519-336-3000

Westover Addiction Assistance ~ 1-800-721-3232

Windsor Withdrawal Management (detox) ~ 519-257-5225

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

London Withdrawal Management (detox) ~ 519-432-7241

Lambton Mental Health Crisis Line ~ 519-336-3445

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

Kids Help Phone ~ 1-800-668-6868

Alcoholics Anonymous ~ 519-337-5211

Narcotics Anonymous ~ 519-661-0119

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

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