



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

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



Trash-To-Treasure:

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

Community Clean-Up:

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

Volunteers Needed:

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

CONTEST!

Trash-to-Treasure Art & Recycling/ Garbage Clean-up

Fun Activities for the Whole Family!!

Seed Planting & Tree Give-Away

Community Barbeque

ENVIRONMENTAL EDUCATION BOOTHS
10 AM - 2 PM

AGENDA

- 10:00 AM** **Opening Prayer & Team Registration**
(Pick up bags/colour coded tags and register your Trash to Treasure)
- 10:30** **Start Community Clean-Up**
 - Tashmoo (Band Office to Health Centre)
 - Chippewa Crescent & Virgil Avenue
 - Bear Park
 - DeGurse & Christopher Drive
 - LaSalle Road
 - Vidal Street
 - Wahboose & Beaver Circle
- 12:00 PM** **Barbeque @ the Community Centre**
(Hamburgers & Hotdogs)
- 1:00** **Announce Winners**
(Trash-to-Treasure and Garbage Collection)
- 1:30** **Hand out Trees & Door Prizes**
- 2:00** **Closing Prayer & Miigwech**



"Saving our Home and Native Land"

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Aamjiwnaang Population Stats
Current: 2335

TAP WATER SAMPLING RESULTS

First Nations Food, Nutrition & Environment Study

20 homes within Aamjiwnaang were randomly selected as part of the First Nations Food, Nutrition & Environment Study. Water samples were tested for 9 metals that are hazardous to human health at high levels & 6 metals that can affect taste, colour or odour:

- o Aluminum
- o Antimony
- o Arsenic
- o Barium
- o Boron
- o Cadmium
- o Chromium
- o Copper
- o Iron
- o Lead
- o Manganese
- o Selenium
- o Sodium
- o Uranium
- o Zinc



Trace levels of some metals were detected, but they were well below the guideline values and therefore considered safe. **There is generally no concern regarding trace metal levels in our drinking water.**

The study also showed that a higher percentage of homes in Aamjiwnaang use tap water for drinking and cooking, compared to other First Nations in Ontario. 70% drink it and 96% cook with it.

It is recommended that tap water be flushed once in the morning before consumption. You can do this by turning on the tap for a minute, flushing the toilet or having a shower before drinking tap water. This is a standard recommendation in all older neighbourhoods and homes where lead pipes and lead solder may have been used in the past.



Spring Clean-Up

NOTICE

Spring Clean-Up week will be held week of

May 4 - 8, 2015

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

NOTICE

Aamjiwnaang School Bus Transportation Notifications

Any change must go through the Aamjiwnaang Education Department

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

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

519 – 336-8410

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

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

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

NOTICE

Seeking Licensed Security Guards

**If you have your Security
License and are seeking
employment, Please**

**Contact the Aamjiwnaang
Employment & Training
Department**

519-336-8410 Ext. 249

**I will be accepting resumes for up-
coming employment**

Dawn's Hair & Spa

1736 St Clair Pkwy
CALL 519-332-0410

TO BOOK AN APPOINTMENT





**COUNCIL AGENDA
ITEM SUBMISSION
DEADLINE!!**

FRIENDLY REMINDER

To whom it may Concern:

Please be advised that the Council Meeting Agenda Item deadline is the Wednesday prior to the next Regular Council Meeting (RCM) at 4:00 p.m. Sorry, no exceptions. Any items submitted after the deadline will placed on the next RCM Agenda/Meeting.

RCM's are every 1st and 3rd Monday of each month. Should the RCM fall on a holiday, then it will be held on the following Tuesday.

Miigwech for your co-operation and understanding.

Respectfully,
Shelley, Band Council Clerk

Please Note:

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

Monday, May 4, 2015

The deadline for submission is:

Wednesday, April 29, 2015, 4:00 PM



Aboriginal Affairs and
Northern Development Canada

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

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

Medical Travel Drivers

Terry Plain (Monis)402-5535
Ron Simon328-0203
Sheila Firth383-1073
Mary Lou Williams337-9342
Carol Miller332-0751
Christine Plain466-0054

ANIMAL CONTROL OFFICER

Ron Simon - Text/Call 519-330-7450

**For animal control
issues only!**

- Primary duties are to follow up on loose dog.
- complaints and monitor quarantined dogs.
- If you are a dog owner and your dog is loose, it is your responsibility to retrieve your dog.
- Traps available at Band Garage for use by community members. 519-336-0510

**Post-Secondary Student Job Opportunity
Aamjiwnaang First Nation**

POSITION: Summer Student Employment Coordinator

FUNCTION:

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

QUALIFICATIONS:

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

HOURS OF WORK:

40 hours weekly.

EMPLOYMENT DATES:

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

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

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

DEADLINE FOR APPLICATIONS EXTENDED TO APRIL 30, 2015

Dynamic growth. Dynamic people. Get connected.



Pembina Pipeline Corporation has been serving the transportation and midstream service needs of North America's energy industry for 60 years. We process, terminal and transport our customers' products safely - all while protecting the environment and delivering on our commitments to our shareholders and community stakeholders. When we build something, we do it right. And that includes our workforce.

With over \$6 Billion worth of secured projects slated over the next few years, in addition to our regular operations, we are growing rapidly. We are looking for experienced professionals like you to grow right along with us.

For more information on current career opportunities, visit: <http://pembina.hrcareers.com/jv/>

Pembina Pipeline Corporation is a proud recipient of Alberta's Top 70 Employers and strong supporter of Skills Canada.



Junior Operator

Pembina is currently seeking Aboriginals to join their team as Junior Operators. The Junior Operator program is a 6 month contract offering a practical, on-the-job training experience that prepares participants for careers as operators with Pembina. This program features the opportunity for permanent employment for those who have successfully completed their contract.

The contract position would be located in Corunna, Ontario.

Junior Operator Responsibilities

As an Operator, your responsibilities include, but are not be limited to, the following:

- Perform duties safely, efficiently and in an environmentally conscious manner by following company Safety, Environment and Security ("SES") standards and industry safety practices.
- Perform all operational duties to ensure facilities and pipeline equipment are maintained to corporate standard.
- Work effectively in a team environment to monitor, maintain, fix, optimize, and start up and/or shut down various pieces of equipment.
- Participate in on-the-job and external training to further develop operating skills.

Requirements

- Successfully completed Grade 10 and must be 18 or older (High school completion preferred)
- Passed a pre-employment drug and alcohol test
- Hold a valid class five license (preferred but may not be required for a few of Pembina's locations)
- Possess effective interpersonal, written and verbal communication skills
- The following safety courses are considered an asset: TDG, H₂S Alive, First Aid; if incomplete, will be provided by company to the successful candidate
- Position requires applicant to reside within 100km of working location

Applicants must submit a resume or application form and email it directly to recruitment@pembina.com or fax it to 403-366-1155, no later than Thursday, April 30, 2015.

Only candidates selected to attend the Workplace and Career Development training will be contacted by Pembina.

ADDITIONAL INFORMATION

The 6 month Junior Operator contract positions will be selected from those candidates chosen to attend the Workplace and Career Development training offered by Pembina May 5-7, 2015 in Edmonton, Alberta.

- Only a limited number of positions are available following completion of the training
- Upon successful completion of training, certificates of completion will be provided to individuals
- Candidates for positions will be selected based on positive and active participation
- Travel to and from Edmonton will be booked and paid for by Pembina
- Daycare for the three-day training program will be evaluated on a case-by-case basis
- Pembina will book and pay for hotel accommodation and provide three meals during the three-day training program
- Relocation allowance for successful candidates receiving contract employment will be determined on a case-by-case basis and will not exceed \$1,500.

Job Search Websites

- A. **OFIFC**, <http://www.ofifc.org/>
- B. **Nokee Kwe**, <http://www.nokeekwe.ca/>
- C. **Southern First Nation Secretariat**, <http://www.sfns.on.ca/index.html>
- D. N' Amerind Friendship Centre (London), <http://www.namerind.on.ca/>
- E. **Anishnawbe Health Toronto**, <http://www.aht.ca/>
- F. **SOAHAC** London, Chippewas of the Thames, Owen Sound, <http://www.soahac.on.ca/>
- G. **Six Nations** (Ohsweken, ON), <http://www.sixnations.ca/>

Other Job Search Engines:

- <http://www.aboriginalcareers.ca/>
- <http://ca.indeed.com/Aboriginal-jobs>
- <http://www.wowjobs.ca/jobs-aboriginal-jobs>
- <http://www.turtleisland.org/front/front.htm>
- <http://www.eluta.ca/>
- <http://www.monster.ca/>
- <http://www.workopolis.com/>
- <http://www.jobs.ca/>
- <http://www.servicecanada.gc.ca/eng/sc/jobs/jobbank.shtml>
- <http://www.ofifc.org/>

For Up-To-Date News and Information in the First Nations Political Arena you may visit the following sites:

Chiefs of Ontario visit:

<http://www.chiefs-of-ontario.org/>

Union of Ontario Indians visit:

<http://www.anishinabek.ca/>

Assembly of First Nations visit:

<http://www.afn.ca/>

Southern First Nation Secretariat

<http://www.sfns.on.ca/>

Aboriginal Affairs and Northern Development Canada

<http://www.aadnc-aandc.gc.ca/>



LOOKING FOR FOSTER PARENTS

Eagle's Nest: A Place to Soar, Inc.

"We are looking for families". Will you open your homes? Be a loving foster parent & role model to Native children in CAS care.

We all need to feel safe, wanted and loved. Will you welcome a child into your Nest, you do not have to be native, we provide cultural teaching.

EAGLE'S NEST: A PLACE TO SOAR, INC.
FOSTER CARE Agency

Eagles Nest - will complete Home Studies and prepare you to be A Foster parent.

Licensed by: Ministry of Children & Youth Services

Accredited by: CARF International

Please call 519-439-3000 Ext 202

www.eaglesnestinc.ca

Seniors 55 & Over Congregate Dining

Seniors Drop In Room



Every Wednesday
12 - 1 pm

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

Hope to see you there!

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

Seniors Pizza & Game Night

Wednesday, May 20,
@ 6pm

Seniors Drop-In
@Community Center

Call Peggy, 519-332-6770
If signing up

Seniors Healthy Cooking Class

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

519-332-6770



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

Presented by: **Sandra Walker**



Attention Seniors:

If you do not have a mailbox,
the monthly newsletter will be
available at the Health Centre,
Band Office, Community
Centre and Seniors Complex.

Thank you,

Peggy Rogers
Seniors Health Worker



SENIOR WOMEN'S LUNCHEON
Friday, May 8 @ 11:00 am.
Alternate Grounds Dockside



Limit of first 15 Senior women to sign up.
Transportation available for 6 ladies

Please call 519-332-6770, ext. 31 to sign up with Peggy. Please leave your name, phone number and date that you called on my voice mail if I am unavailable.



Thank-you!



ATTENTION SENIORS AND FAMILY MEMBERS



HAPPY VICTORIA DAY!
May 18th, 2015

From the Home & Community Care Department
Please be advised that there will be
NO SERVICE ON
Monday May 18th, 2015

Regular hours will commence on Tuesday May 19th, 2015

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 at 519-332-6770

Travelling Seniors Monthly Fundraiser

MIEAT BINGO

All Scheduled Fundraisers are held at
Maawn Doosh Gumig Youth & Community Centre
at 6 pm

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

Thursday, May 21, 2015

Kitchen will be open from 4—6 pm

Dinner will be available (even if you don't play bingo!)

Menu includes: (to be announced)

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



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

**Come on Out and Support
the Travelling Seniors !!
For more information call
Pat Oliver
at 519-336-7244**

Aamjiwnaang Afterschool Program



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

Mon. Wed. & Thurs. 3-6 pm

to check out our new programming and to make some new friends! New registrations are always welcome.

It will be KIDS CHOICE of the games and activities so

Come out and see what all the FUN is about!

Melissa Joseph-Program Leader

519-332-6770 ext. 35 or

226-932-0786

mjoseph@nlchc.com



Aanii,

My name is

Candida Sinopole and I have been hired as the FNMI (First Nation, Métis and Inuit) Student ReEngagement Worker by Lambton Kent District School Board.

I am a mother of 4 (3 boys & 1 girl) and I reside on the Aamjiwnaang First Nation with my husband and children. I enjoy running, dancing and playing all kinds of sports but my passion is education and this is why I am very excited to be in this position for the school board. My role in this position is to help students who have left high school and help them to re-engage back to their education and to provide them with support from beginning to end. I look forward in becoming a part of the Aamjiwnaang First Nation Education community and I look forward to meeting with all of the students and parents. If you have any questions please feel free to contact me at:

candida.wemigwans@lkdsb.net

Miigwech!

TNT Auto Detailing & Upholstery
Call for free quote or to book appointment

Owner: Greg Gray

1909 Virgil Ave-Sarnia, Ontario

(226)-349-1865

Auto Detailing

Upholstery & Carpet Cleaning



Thursday, May 7th
4:30pm – 6pm
Aamjiwnaang Community Centre



A special guest speaker from the **Sarnia Police** will be there to talk about bike safety.

The **Bike Shop** will be on hand for any minor bike repairs.

The Sarnia Police will be taking the group on a short bike ride; if you have a bike please bring it.

Dinner Provided

To register please call Roberta or Jessica @ 332-6770.
 Sign up before April 30th to receive a free helmet!




With Special Guest Speaker

Friday, May 8th

10 am- 12pm

Aamjiwnaang Health Centre

Mothers hold their children's hands for a short while... but their hearts forever.



Door Prizes!

Limited to 15 women

Please call Roberta or Jessica at 332-6770 to sign up.

COUPONING
 for **Beginners**
 Working Group

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



WHEN: May 6th & May 20th
WHERE: AAMIJWNAANG HEALTH CENTRE
TIME: 1PM-3PM

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



With Diane Tuckey

Begins Saturday, May 2nd

Aamjiwnaang Community Centre



Circuit training is a method of resistance training, or weight training that maximizes the volume of work done in a short period of time. Circuit training is a great tool to use for people who are interested in weight loss, muscle gain and overall strength increases.

All Fitness Levels Welcome

No sign up required.

For any questions please contact Roberta at 332-6770.

Men's Cooking Classes

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

Health Centre

Prize for all Participants

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

Call to Register Today!!
 519-332-6770

Transportation Available



Thursday, May 14, 2015

Thursday, June 11, 2015

12:00 – 1:30pm

HEALTH CENTRE

In need of a warm meal?

Want to socialize?

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

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



Discarded
 Needle
 Disposal

Tips: Ways to
 Stay SAFE

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

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

Mark the container with the word "needle." and keep in a safe place away from children. Containers can be dropped off at the Health Centre or Lambton Public Health

The risk of picking up an infection from a publicly-discarded needle is remote.

However we advise everyone to handle sharps with care.

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

Walk Your Way To Better Health!



Beginning Monday
April 20 – Wednesday
May 27, 2015

Urban Poling Walking Program

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

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

*Did You Know?
A mile of Urban Poling is
equivalent to 1800
abdominal crunches!*

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

AAMJIWNAANG'S BIGGEST LOSER!



WANT TO FEEL GREAT?
MAKE HEALTHY LIFESTYLE
CHANGES?

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

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

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

Why you'll love Urban Poles...

Ergonomic handles, vibration free & durable construction.
www.urbanpoling.com



& SERVICE CENTRE

**TAX FREE Plus
COURTESY SHUTTLE**

Full Mechanical, Collision & Rust Repair
on all Makes & Models



OIL CHANGES • BRAKES
SUSPENSION • TUNE-UPS • TIRES

1069 Tashmoo Ave.
Mon to Fri 8am - 5pm, Weekends 9am - 3pm

Ken Plain: 519-336-6372

Healthy Babies Healthy Children & Head Start Activities

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

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

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

**Infant Massage for New Parents with
Babies, Beginning in May,
Sign-Up Required**

**Please see flyer with details on the
following page**



**FOR NEW PARENTS
WITH BABIES**

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

Rides and Childcare Available

WHEN

May 6, 13, 20, 27

TIME: 10:30 to 11:30 am

WHERE

**Maawn Doosh Gumig
Youth & Community Centre**

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

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

Wendy Hill—Traditional Healer

Dates Available

April 27 & 28, 2015

Please Call the Health Centre to Book an Appointment

519-332-6770



“STRENGTHENING FIRST NATIONS FAMILIES”



Mnaasged Child and Family Services is looking to build Resources Parents within our communities.



We are looking for interested participants in becoming potential customary care/foster parents, and short/long term relief homes in our communities. You are invited to participate in our Indigenous S.P.I.R.I.T. training program



When: May 19, 20, 21, 22, 25, 26, 27

Where: Aamjiwnaang

- Lunch will be provided
- Participants will be awarded an honorarium upon completion of this training (funding for this project attained through a grant)
- Please register before May 15, 2015

For more information please contact:

Vicki Jacobs
Mnaasged Child and Family Services
Phone: 519-383-0404 Ext. 221
Email: Vicki.jacobs@mnaasged.com

Fact or Myth? Quiz

Let's take some time to explore some of the little known facts and myths that surround gambling activities and other related topics:

1. If you buy one ticket on the Lotto Super 7, your odds of winning are:

- a. One in 100,000
- b. It depends on how many tickets are sold
- c. One in 21 million
- d. One in 14 million

2. If you flip a coin nine times and it comes up tails each time, the chances heads will occur on the 10th flip are:

- a. 50%
- b. 100%
- c. 80%
- d. 75%

3. The most popular form of gambling in Ontario for adults is:

- a. Bingo
- b. Casinos
- c. Lotteries
- d. Slot machines

4. Which province/region has the highest rate of participation in gambling activities?

- a. Atlantic region
- b. British Columbia
- c. Ontario
- d. Prairies

5. What percentage of Ontarians reported gambling at least once in the past 12 months?

- a. 18%
- b. 27.6%
- c. 63.3%
- d. 43.7%
- e. 51.8%

6. Circle the true statement:

- a. Teens who gamble are more likely to develop gambling problems than adults who gamble
- b. Teens who gamble are less likely than adults to develop a gambling problem
- c. There's an equal chance that teens and adults will get "hooked" on gambling

7. Which of the following did Ontario residents perceive as the top two benefits of gambling?

- a. Opportunity to socialize
- b. Excitement
- c. Forget problems
- d. Win money
- e. Support charities

8. Which of the following reasons was ranked highest by Ontario residents as a motivation for gambling?

- a. Social reasons
- b. Enjoyment
- c. Donation to charity
- d. Thrill of winning

9. Which one(s) of the following are signs that a person may have a gambling problem? Circle any or all that apply.

- a. Regularly gambling more money than is affordable
- b. Regularly gambling longer than intended
- c. Often feeling guilty about gambling
- d. Regularly gambling on horse races

10. Which of these will significantly affect a person's likelihood of winning at slot machines or video poker? Circle any or all that apply.

- a. Feeling lucky
- b. Length of time since last payout
- c. Skill with video games
- d. Skill at card games
- e. Frequency of playing
- f. All of the above
- g. None of the above

Drop off your completed quiz at the Health Centre by April 30 to be entered into a draw for a \$25 Walmart Gift Card. Winner will be drawn on May 1 at 12 noon.

Family Movie Night Featuring:



We invite you to our Ham Dinner & a Movie with Tobacco Info

Friday, May 1, 2015

5:00 – 8:00pm

Community Centre

* DINNER

* FREE
POPCORN

* INFO
BOOTHS

* GREAT
PRIZES FOR
EVERYONE

Bring your family & friends out for a fun-filled evening with Activities, Dinner and a Movie!

Transportation is available

For transportation or further details please call Jessica Joseph at 519-332-6770

Keep Your Family Healthy



Keep Tobacco Use Sacred

SQUAT CHALLENGE

100 SQUATS IN ONE MONTH

MAY 1 – 31, 2015



RULES:

1. Squat like you are going to sit down. You don't have to use weights if you don't want to.
2. Important! Squat only as far as you can.
3. Please! Do not participate if squat is too difficult (e.g. Knee injury)
4. Start off with 10 squats, adding 2 each day. You can also break up your squats. (e.g. do some in the morning, afternoon, or evening)
5. Remember to circle your squats calendar each day and hand in your calendar on June 1, 2015 to qualify for a door prize. (Names will be drawn)
6. Extra calendars are available at the Health Centre. Please call Jessica for more information at 519-332-6770.

MAY 2015: SQUAT CHALLENGE

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
					10	12
3	4	5	6	7	8	9
14	16	18	20	22	24	26
10	11	12	13	14	15	16
28	30	32	34	36	40	44
17	18	19	20	21	22	23
48	52	56	60	64	68	72
24	25	26	27	28	29	30
76	80	84	88	92	96	100
31	NAME: _____					***Return June 1, 2015***
CONGRATS	PHONE: _____					



Senior Women & Youth (10-18 yrs.)

Mother's Day Supper

&

Spa Foot Soak (Gift included)

Thursday May 7th 2015

Dinner at 5 pm-Seniors Room

Foot Soak to follow

Limit of 10 Senior Women/ 10 youth

Please call Valerie at Community Center
to Sign-up- 519-491-2160

please limit 1 youth/Senior ratio.

Thank-you



Grief & Loss Counselling Services

Through grief/trauma counselling, Tina can help you work through distressing experiences.

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

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

Please contact Aamjiwnaang Health Centre
to speak with Tracey or Penny
about accessing
Grief & Loss Counselling
(519) 332-6770

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

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

TOPIC of discussion

The Role of the Family in Addiction and Recovery

May 6, 2015

Aamjiwnaang Health Centre

10-11:30 A.M.

Please contact Penny 332-6770

for further information

EVERYONE WELCOME!

Let's Talk

Author Napoleon Hill once said, **"Whatever your mind can conceive and believe, it can achieve."** While this may sound like another motivational quote, there is actually a lot of truth in this statement, especially when it comes to fighting addictive behaviors. You may be surprised to read this, especially since you may believe that addiction could only be countered with rehab or medications like methadone. However, the following lines are about to change your mind on how to fight addiction.

The Power of the Mind for Fighting Addiction
One of the main reasons people embrace addiction is because they want to be happy. Unfortunately, drugs end up controlling their lives, forcing them to become unhappy in the long run. However, rather than taking action, addicts go into denial, telling themselves that they can continue being happy. On the other hand, some start blaming other people, claiming that they are robbing their happiness. This is why changing your mindset is vital for kicking the habit. An individual can only recover if they accept that they are the master of their own progress.

Changing Your Mindset

A positive mindset will help addicts overcome their addictions and stay on the path of recovery. It will also enable them to make the necessary life changes to avoid relapsing and stay sober. On the other hand, a negative mindset will force addicts to drop out of any treatments they undergo and eventually leave rehab without healing. **In addition, the addict's relationships will take a turn for the worse since they will blame others for their situation and alienate people who may be trying to help and support them.** If you are trying to overcome addiction and would like to develop positive mindset to help you through, here are four important tips to follow.

- **Recognize Your Worth** - Most people jump on the addiction bandwagon because they believe their existence to be worthless. However, you need to believe that you deserve a better life in order to develop your self-esteem. You should also remember **that your addiction doesn't define you or your worth.** Therefore, recognize your own value and motivate yourself from within by reminding yourself that you deserve to be clean and sober.
- **Make Changes Immediately** - Resisting **change is a human trait and it's more noticeable** in addicts. By moving into unfamiliar territory, i.e. sobriety, you may get scared. However, the right time to kick the **habit is now. For that, you'll need to make** drastic changes in different aspects, including your friends and lifestyle habits.
- **Take Responsibility** - One of the defining elements of addiction is making excuses. You may also believe that the people around you are responsible for your situation. However, this victim mindset will prevent you from fighting addiction. You need to take full responsibility of the choices you made. This will ensure that you stay clean and sober for a very long time.
- **Imagine a Great Future Ahead** - One of the reasons addicts tend to delve deeper in substance abuse is because they see no future for themselves. However, you need to dream again, have goals and priorities for the future to determine the steps you must take in the present.

You can use these tips to develop a positive mindset or guide an addicted loved one to do so. Whatever you do, make sure to do this right away to save your/their life before drugs or alcohol completely take over.

Submitted by Penny Rogers



The internet has brought many improvements to the lives of people around the world. It has made communication much easier and it means that users can find out about almost any subject imaginable without having to spend much money for this information. The internet has set knowledge free, but there are some downside to this technology as well. One real concern is that it has made it easier to share dangerous information; one powerful example of this is drug recipes.

The internet has become one of the major battlegrounds in the attempt to reduce the dangers of substance abuse. This modern technology has made dealing with illegal drug use much harder than it ever was in the past. The recipe of many types of drug is relatively easily to find online and crystal meth is one of the most sought after. Many of the instructions do not actually work as is claimed, but the mixtures or recipes can still be highly dangerous. The biggest risks in recent years has been the sale of legal highs online, but it could be that the do it yourself drug craze could soon become the area of most concern. The appearance of websites detailing the recreational use of these drugs which include recipes on how to heighten the hit, is the latest twist in this trend. The idea of an increasing number of people making their own drugs and "home brews" at home using online recipes is worrying. For instance, some sites suggest ways of tampering with skin patches designed to slowly release the opioid painkiller Fentanyl. Users sometimes extract the drug from a patch to eat, smoke or inject. Yet a single patch can contain enough Fentanyl to be fatal. The information is there for those who know where to look and there seems to be no effective way to stop these recipes getting into the wrong hands. Even if authorities close down websites where the information is found, there is nothing to really stop new websites popping up. There is also the problem that this information is already in the hands of many people. There can be serious consequences for this type of activity and being sent to jail for a few years might not the worst of it, there will almost certainly be fatalities due to the consumption and cooking risks of these home brew drugs.

For more information please contact the Aamjiwnaang Health Centre (519) 332-6770

TJ's Salvage & Demolition

Down & Out?? We'll tear it down, cut it down and haul it out... trees, buildings, cats whatever you want removed. Reasonable Rates... Prompt Service...Call Jamie, Jacob or Triah at **226-932-5784**

Need Work Done?

Man willing to do odd jobs such as snow shovelling, hanging lights, cutting wood, cleaning basement/ garage/crawl spaces, help with moving or other small jobs.

Contact Keven Cottrelle (AKA "Joe Pete")
@ kevincottrelle@yahoo.ca or directly at 1940 St. Clair Pkwy. (Mitch Degurse's).

"Handyman Work Wanted"

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

Eves troughs, Yard Work, Digging, Raking, Snow Removal, Weeding Gardens, etc... Grass cutting, Ditches Lawnmower repairs, any kind of work.

**Free estimates call
Rabbit at 519-344-2774**



Roger Williams' A U T H E N T I C N A T I V E C R A F T S H O P

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

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



AAMJIWNAANG FIRST NATION

EMERGENCY PLANNING



Floods

Floods are the most frequent natural hazard in Canada and the most dangerous in Ontario in terms of property damage, civil disruption and even death. Floods are typically caused by seasonal melting snow, ice jams, heavy spring rains and summer thunderstorms. Flash flooding is often caused by violent rain storms or breaking dams, and usually occurs with little or no advance warning. When you are building your family emergency plan review and discuss these safety tips with your entire household to make sure everyone understands what to do.

General Tips

If you are indoors:

- Listen to the radio or television for emergency information.
- Move essential items to an upper floor.
- If you have time, bring in outdoor furniture.
- Turn off utilities at the main switches or valves if instructed to do so by local officials. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.
- Do **not** eat fresh food that has come in contact with flood waters.

If you are outdoors:

- Do **not** walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
- Be aware that flash flooding may occur. If there is any possibility of a flash flood, move immediately to higher ground. Do **not** wait for instructions to move.
- Keep children away from flood water.

Fire Safety and Power Outages

The Office of the Fire Marshal and Emergency Management offers the following fire safety tips if power outages occur during a flood:

- To reduce fire risk, use flashlights, glow sticks, or battery-operated lanterns instead of candles.
- If using candles, place them in a secure holder and cover with a glass chimney, away from children and pets.
- Make sure electric stove elements and small appliances are OFF or unplugged to prevent fires from occurring when the electricity is restored.
- Propane and charcoal barbecues are for outdoor use only. Do not bring them inside.
- Make sure your home has battery-operated smoke alarms and carbon monoxide alarms. Electrically-connected smoke alarms and carbon monoxide alarms will not work when the power is out unless they have battery back-ups.
- Use only portable space heaters that have been designed for indoor use. Provide adequate ventilation and refuel the heater outside, when required.
- Portable generators should only be used outdoors and carefully located to ensure that exhaust fumes do not enter the home.

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

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

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

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



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



JOB FAIR & NETWORKING EVENT



MAAWN DOOSH GUMIG

MAY 14

1972 Virgil Ave Sarnia ON

9:30 - 1:00 pm

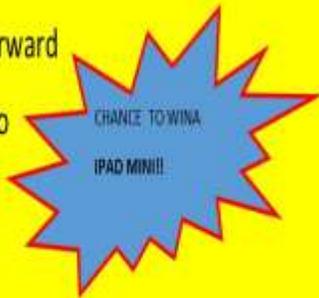


KINA WIYA

“Everyone’s invited”

Please join us at our job fair youth focused JOB FAIR and NETWORKING event. Vendors include a variety of industries, post secondary institutions entrepreneurs & service providers.

YOUTH AND ALL JOB SEEKERS can look forward to learning more about the requirements to enter various professions.



VENDORS will have the opportunity to MEET & GREET the fastest growing population in Canada #ABORIGINAL_YOUTH

For more info contact : Marina



HOSTED BY :ONTARIO WORKS

Employment Supports & the Job fair 2015 planning committee members



SOCIAL
MAY 8
6 – 9 PM

Limited amount of gas cards available
More info contact Marina
519-336-8410



www.onlinecrosswords.net/solution-1175.png

Puzzle Solution © OnlineCrosswords.net

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Friday Night Golf League

IS BACK STARTING MAY 15!!!!!!

St. Clair Parkway Golf Course (Mooretown).

Tee off from 4:30 to 6:00pm.

\$20.00 a person includes cart and 9 holes.

\$10.00 Golf fee that will go towards year end banquet and prizes.

Weekly longest drives, closest to the pins and skins.

NOTE: There will be a meeting on Monday April 27, 2015 at 5:30 at the Community Centre Pavilion. Please come out and share your ideas on how you would like to see the league run this year.



Proper golf attire is required.

PoW WoW News

Aamjiwnaang Senior Ambassador

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

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

Registration Form – Senior Ambassador

Name _____ D.O.B _____

Band # _____ Phone # _____

I, _____, am running for Aamjiwnaang Senior Ambassador 2015/16

Signature _____

Date _____

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

Aamjiwnaang First Nation 54th Annual



POW WOW

**PUBLIC
WELCOME!**

**SATURDAY JUNE 20TH
SUNDAY JUNE 21ST
2015**

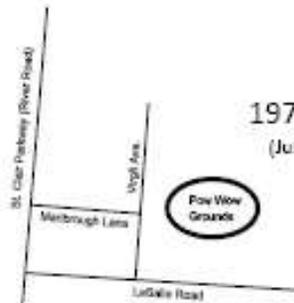
**COMPETITION DANCING & SINGING
GRAND ENTRY AT 12PM & 6PM ON
SATURDAY & 12PM SUNDAY... SHARP!**

**GATES OPEN @ 10am
BOTH DAYS**



BEAR PARK

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



ADMISSION:

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

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

EMCEE:

ADRIAN HARJO
a fine Kikapoo/Seminole

ARENA DIRECTOR:

ADAM NORDWALL
Chippewa, Shoshone, Navajo

DRUM JUDGE:

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

DANCE JUDGE:

WESLEY CLELAND

HEAD VETERAN:

TBA

HOST DRUM:

CHARGING HORSE

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

Dance Contest

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

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

SPECIALS

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

Registration: MUST REGISTER IN PERSON

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

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

FOR MORE INFORMATION CONTACT TRACY WILLIAMS

519.336.8410

twilliams@aamjiwnaang.ca

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

ROUGH CAMPING AND SHOWERS AVAILABLE

Aamjiwnaang Binoojiinyag Kino

Maagewgamgoons



JINGTAMOK

Day Care Mini Pow Wow

Wednesday, June 17, 2015

10:00am – 12:00pm



Featuring: *Crazy Spirit*

Special Guest: *Bkejwanong CC, Healthy Babies/Head Start, Health Centre RTP SOAHAC*

Participants of the Moccasin Making WS will have a special honor song, come out and join them in some fun and dancing
Spot dances – Father's Day Special – Exhibitions

“Niimdaa” - Everybody Dance

All Welcome to Participate! Please contact Sophie at (519)344-4132.

American Indian Communities Leadership Council presents

American Indian Festival

Powwow Dancing, American Indian Crafts, Food Sale

May 2, 2015 12-4pm
Open to the Public



Algonac Elementary
1300 St. Clair Blvd.
(across from Wapole Farm)

FREE Admission

American Indian Traders Invited! No Cost for Tables!
(Donations for future events or giveaway welcome!)
For more information contact:
Sharon Kota (810)364-8370 sharon.kota@gmail.com
OR Sue Wrobel (586)725-0284 x1425, swrobel@abs.misd.net

ART WORKS National Endowment for the Arts

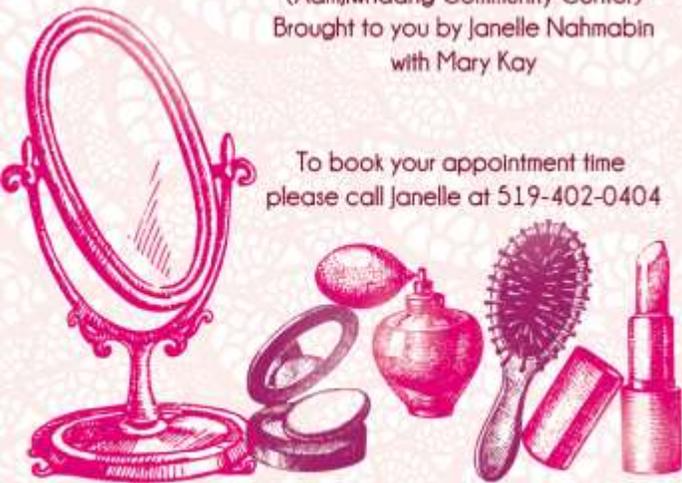
The AICLC is a collaborative council currently represented by Algonac School, American Indian Health and Family Services, Anchor Bay Schools and Blue Thunderbird Woman Counseling. Support for this event provided by Michigan Council for Arts and Cultural Affairs, DWMHA, SAMHSA and SNAP-ED.

GIVE MOM WHAT SHE REALLY WANTS THIS YEAR

Saturday, May 9th from 10-2
Book now to reserve your spot
\$30 includes hair styled, makeup application, and mini photo shoot (you'll receive one edited photo)

1972 Virgil Ave
(Aamjwnaang Community Center)
Brought to you by Janelle Nahmabin with Mary Kay

To book your appointment time please call Janelle at 519-402-0404




The 6th Annual **WATER AWARENESS WALK** In the Kawarthas

Nibi Mosewin Gi-Taasamong
Odenabe Ziibii - Otonabee River
"River That Beats Like a Heart"

Mother's Day
Sunday, May 10, 2015
Traditional Water Blessing at 6:30 am
Start and finish at the Bajilshka 'ogaaen (Tipi) in the Traditional Area at Trent University

- One day walk only
- Everyone welcome
- Food, water and snacks will be provided
- Please wear good walking shoes
- Walk for an hour or two, or for the day
- Be prepared to enjoy the day!



If you have any questions, or would like more information, please contact one of the following:

Shirley Williams Elder & Water Blessing Coordinator 705-741-8208 swilliams@trentu.ca	Liz Ocasawick Lead Water Walker 705-872-2041 lcozawick@hotmail.com	George Horton-Baptiste Water Walk Organizer 705-872-1000 ghorton.baptiste@gmail.com
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We are also on Facebook. Check us out at:
Nibi Emosaawdamajig - Those Who Walk for the Water
www.facebook.com/groups/Nibi-Emosaawdamajig

WATER LIFE **BIMAADZIWN NIBI AWAAN**

Seven Generations Ahead

Celebrating Water Solutions

Friday May 8th
1:30 - 5:30 PM
WHETUNG THEATRE
FLEMING COLLEGE
599 BREALEY DRIVE, PETERBOROUGH

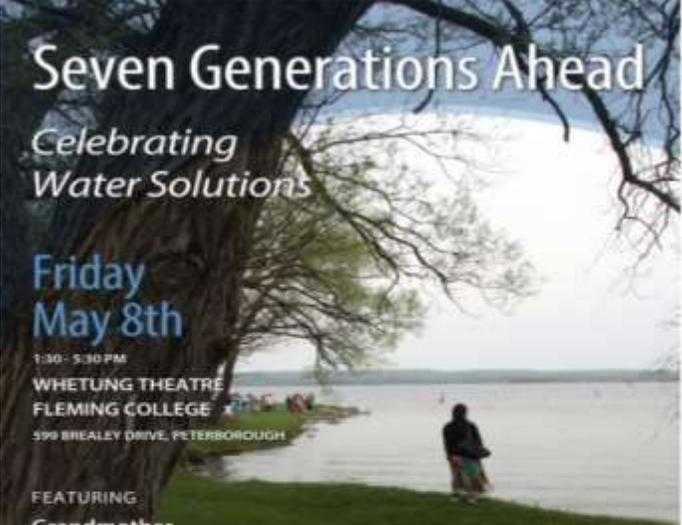
FEATURING
Grandmother Josephine Mandamin
Elder Shirley Williams

Panel Discussion with Dr. Linda Skilton, Dr. Gord Balch and Alex Taylor

Water Films
Water Solutions Showcase

Find more information and register for free on our website
www.sacredwater.ca

Contact Cathy Mitchell at cathy@sacredwater.ca or 1-888-745-3238 ex. 201 or Tasha Beeds at Tasha.Beeds@flemingcollege.ca




Environmental Field Seminar

WED. MAY 13, 2015 *With Dragun Corporation*
9:30 AM - 2:30 PM
AAMJIWNAANG COMMUNITY CENTRE



Please join us! Space is Limited!

What happens to water/soil sampling after it has been tested? What can cause a false reading or issues to sampling? What are some sample techniques?...

This seminar will answer all your questions and more! There are many topics to be discussed in this seminar and Dragun Corporation will provide some hands on demonstrations and activities.

Lunch will be provided.



Dragun Corporation
Environmental Advisors

Topics on Agenda

Monitoring Activities

- Tap/ground water sampling
- Chain-of-custody
- Surface water sampling
- Bottle requirements
- Sample technique

Construction/Remediation Activities

- Soil sampling
- Soil boring logs
- Why sampling
- Photoionization detector

Field Demonstrations

- Photoionization detector
- Soil sampling
- Groundwater sampling
- Interface probe

**Please call Courtney at (519) 336-8410
to reserve a spot. Space is limited!**

Environmental Field Seminar Agenda

Wednesday, May 13, 2015

9:30 am – 10:00 am	Registration & Coffee Break
10:00 am – 10:05 am	Introductions Purpose Overview of seminar
10:05 am – 11:00 am	Monitoring Activities (classroom)
	<ul style="list-style-type: none"> • Tap water sampling • Chain-of-custody • Interface probe/water level meter • Drilling: rig vs. Geoprobe® • Surface water sampling • Bottle requirements
11:00 am – 11:15 am	Morning Break
11:15 am – 12:00 pm	Monitoring Activities (classroom)
	<ul style="list-style-type: none"> • Groundwater sampling: Classic well volume purge vs. low flow • Sample technique • Hints • Purge chemistry • Well elevation survey
12:00 pm – 12:30 pm	Lunch (Provided)
12:30 pm – 1:15 pm	Construction/Remediation Activities (classroom)
	<ul style="list-style-type: none"> • Soil sampling • Soil boring logs • Why sampling • Photolization detector • Test pits/excavation work • Observations that could indicate issues
1:15 pm – 1:30 pm	Afternoon Break
1:30 pm – 2:30 pm	Field Demonstrations
	<ul style="list-style-type: none"> • Photolization detector • Soil sampling • Groundwater sampling • Interface probe
2:30 pm	Closing

Please call Courtney Jackson at (519) 366-8410 to reserve a spot. Space is limited.

Talfourd Creek Assessment

May 14th , 5 p.m.
Community Centre

Screening Level Human Health Risk Assessment of Recreational Use of Talfourd Creek, Ontario

Recently the Ministry of the Environment and Climate Change (MOECC) has completed an assessment of recreational use of the Talfourd Creek in Aamjiwnaang. The Environment Committee would like to invite you to come and hear the summary of this report that has been prepared for our Community.



Aamjiwnaang
Environment

Dinner served
at 5 pm!

Call For More Info:
Environment Department
519-336-8410



Delaware Nation
14760 School House Line
Thamesville, Ontario
N0P 2K0
(519)692-3936
www.delawarenation.on.ca

For Immediate Release

New Delaware Nation nature trail wins conservation award

MORAVIANTOWN (April 17, 2015) – The Delaware Nation's new nature trail in Moraviantown is being recognized for its conservation efforts of Carolinian habitats and species at risk. The 1.8 km Weelateéxung Nature Trail has been selected as a 2015 Carolinian Canada Conservation Award Winner in the Group Program Category.

"We are honoured to be chosen for this award from Carolinian Canada," says Chief Greg Peters of the Delaware Nation. "The trail has become a point of pride for our community, as it serves not only as a walking path, but also an educational opportunity to better understand some of the species of concern in our territory," he says.

Chief Peters will be on hand tonight to accept the award during a Carolinian Canada Awards ceremony in London, Ontario. However, he is quick to point out that there are numerous individuals in his community to thank for making the Weelateéxung Nature Trail a new hot spot for nature-lovers.

Carolinian Canada's Group Program Category recognizes non-profits, government agencies, businesses, industry, media or partnerships which have integrated conservation into new areas or made great strides for nature.

The Weelateéxung Nature Trail was nominated for the award by Carolinian Canada's Director of Ecosystem Recovery, Jarmo Jalava. "The Weelateexung Nature Trail is a truly amazing community project that serves multiple purposes: outreach, education, conservation and ecological restoration, while raising awareness of Delaware Nation's rich cultural heritage and the unique natural heritage of Carolinian Canada. In a spirit of friendship and openness, it serves as a model for other communities to follow."

Weelateéxung means 'a good path' in Lenape, the native language of the Delaware Nation. Signs posted along the trail identify a number of different species both in Lenape and English. The plants and animals identified along the trail are of special concern, have traditional uses or pose a threat to native species today.

Carolinian Canada is a registered charity, dedicated to protecting the Carolinian Life Zone, which stretches from Windsor to Toronto.

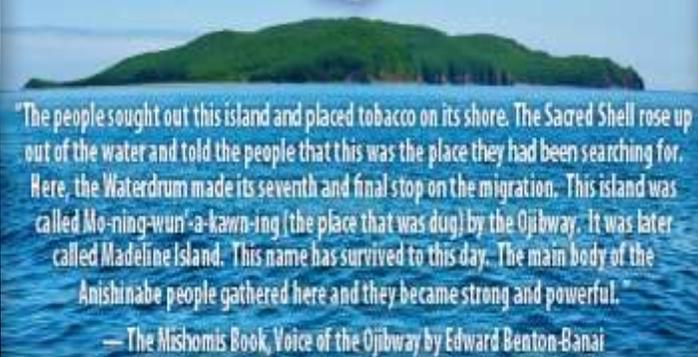
To schedule an interview with Chief Peters or for more more information, please contact Sherry Huff at 519-401-5166 or sherry@huffmedia.ca.



THREE FIRES MIDEWIWIN LODGE
BAWDWAYWIDUN BANAISE GRAND CHIEF

ANNUAL ZEEGWUN (SPRING) INITIATION CEREMONIES

JUNE 9-15, 2015



"The people sought out this island and placed tobacco on its shore. The Sacred Shell rose up out of the water and told the people that this was the place they had been searching for. Here, the Waterdrum made its seventh and final stop on the migration. This island was called Mo-ning-wun-a-kawn-ing (the place that was dug) by the Ojibway. It was later called Madeline Island. This name has survived to this day. The main body of the Anishinabe people gathered here and they became strong and powerful."

— The Mishomis Book, Voice of the Ojibway by Edward Benton-Banai

<p>Ceremonies preparations begin with the Water Bundle Offering June 9</p> <p>Fire Lighting is on June 10</p> <p>Sunrise Ceremonies Sweat Lodges</p> <p>Sacred Midewiwin Teachings Initiation / New Life Ceremony Healing Ceremonies Jingle Dress Healing Dance Buffalo Dance Initiation Lodge Building</p>	<p>The Three Fires Midewiwin Lodge welcomes all people of sincere heart, mind and spirit who are seeking truth, knowledge and healing through the original sacred teachings and life ways of the Ojibwe Anishinabe people. The truth and lifeways are expressed and lived by the original Seven Sacred Midewiwin Teachings: Wisdom, Love, Respect, Bravery, Honesty, Humility, Truth. All must search for the goal of: knowing self.</p>	<p>ALL INITIATES ARE TO ARRIVE BY SUNDOWN ON JUNE 9TH, AND BE PRESENT FOR FIRE LIGHTING AND SUNRISE CEREMONY AT 5:30 A.M. ON JUNE 10TH.</p> <p>CAMPING INFORMATION Camping is available at Madigan Park, on Madigan Road off Hwy 2, Bad River Indian Reserve, Odanah.</p> <p>HOTELS / LODGING We suggest Odanah, Ashland, Ironwood or Hurley for local hotels / lodging.</p> <p>BE PREPARED FOR WEATHER! We encourage you to bring extra chairs, extra clothes, boots, jackets, blankets, tents and tarps. Bring sunscreen, hats, bug spray, water, etc., to accommodate changes in the weather.</p>
<p>FERN COLLECTORS NEEDED FRESH CEDAR NEEDED FRESH FLOWERS NEEDED</p> <p>There is much work to be done before, during and after Ceremonies. We ask that people who can't come early, please stay late to help clean and pack up.</p> <p>DONATIONS ARE NEEDED AND GREATLY APPRECIATED</p> <p>We Anishinabe are always thinking "What can / what will I bring?"</p>	 <p>Three Fires Midewiwin Lodge Ceremonies to be held at Madigan Park, on Madigan Road off HWY #2, Bad River Indian Reserve, Odanah, Wisconsin</p>	<p>Please contact us in advance for more information at MIDEWARRIOR@YAHOO.COM</p> <p>THREE FIRES MIDEWIWIN, WE LOOK FORWARD TO HEARING FROM YOU TOO (PLEASE RSVP)</p>

HOTEL INFORMATION

ODANAH, WISCONSIN
Bad River Casino 1-800-795-7121

ASHLAND, WISCONSIN
Ashland Motel 715-682-5503
Bayview Motel 715-682-5253
Crest Motel 1-800-657-1329
Super 8 Motel 715-682-9377

IRONWOOD, MICHIGAN
Advance Motel 906-932-4511
Americ Inn Motel 906-932-7200
Budget Host Inn 906-932-1260
Comfort Inn 906-932-2224
Indianhead Motel 906-932-2031
Classic Motor Inn 906-932-2000
America's Best Value Inn 906-932-3395
Crestview Motel 906-932-4845

HURLEY, WISCONSIN
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"Our Vision—Your Well Being—Our Coverage"

Check out the [Big Book of Crosswords for 2014](#), one crossword puzzle for each day of 2014 for only \$5.99. Our daily puzzles will continue to be free but you might appreciate the convenience of the "Big Book", while at the same time supporting this website. Immediate digital delivery!

Across

- 1. Carpet quality
- 5. Tempts fate
- 10. Small building
- 14. Something to go on?
- 15. Words with care or mind
- 16. Screen pooch of 1939
- 17. Built on request
- 19. Responsibility
- 20. Chewbacca
- 22. A lot of noise
- 23. Hogwarts postal carrier
- 24. Box office buy
- 28. Wander aimlessly
- 30. Poke
- 33. Actor Milo
- 34. Parched
- 35. Campaigner's barometer
- 36. Make mental errors on the field
- 39. Pigs' digs
- 40. Word with T or dry
- 41. Kent portrayer
- 42. Mach 1 breaker
- 43. Benches, not stenches

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
	20									21				
				22					23					
24	25	26	27				28	29				30	31	32
33						34					35			
36					37					38				
39					40					41				
42				43					44					
			45					46						
47	48	49				50	51				52	53	54	
55					56									57
58					59						60			
61					62						63			

- 45. Smile shape
- 46. AA applicant
- 47. Tenacious individual
- 55. Dancer at a disco
- 56. Luxurious situation
- 58. Check
- 59. ___ nous
- 60. Go ballistic
- 61. "So what ___ is new?"
- 62. Put away
- 63. It smells a lot

Down

- 1. USMC one-striper
- 2. Chits
- 3. Kind of cause
- 4. Sundance's girl
- 5. Idiot
- 6. Pitch producer
- 7. Surf sound
- 8. Means' justification
- 9. Fret about
- 10. Pub perch
- 11. Motorist's protest
- 12. Decorative case
- 13. Bit of reality?
- 18. Trying experience
- 21. Have bills
- 24. Trading card company
- 25. Elba and Aruba
- 26. "Dee-fense!," e.g.
- 27. Accordion parts
- 28. Virginia dances
- 29. Kind of surgery
- 30. It's often wild
- 31. Wanted poster word of old
- 32. Run in the wash
- 34. Present unfairly
- 35. Sonneteer
- 37. Freezer output
- 38. Figure of speech?
- 43. Person who plays for work
- 44. Walked (with "it")
- 45. Make reparation
- 46. Arena posting
- 47. Shrek, for one
- 48. Holiday song
- 49. Sponsorship
- 50. Actress Rowlands
- 51. Modern Sony offering
- 52. Alternative rock group
- 53. Golfer Aoki
- 54. Med. brain scans
- 57. "Told you so!"



WINE AND BEER FEST
MICHIGAN INT'L
SPEEDWAY

Saturday, May 9th

\$75 U.S. per Person

Coach Bus, Ticket

Must Be 21

Bus Leaves Food Basics at 7:00 am

Proper ID For Border Crossing

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



TICKETS AVAILABLE AT

Friday, July 3rd at Jimmy B's Restaurant and Grill

Saturday, July 4th at Up's N Downs

Sunday, July 5th at Dempsey's Bar & Grill

\$90 U.S. per Person

Coach Bus, Ticket (Sec.113), Shuttle from Nemo's Bar & Grill

Any Questions contact Willie at 519-384-1957



TRIP TO MICHIGAN
INT'L SPEEDWAY

Sunday, JUNE 14th

Turn 1, Section 65, Row 26-31

Sunday, August 16th

Turn 1, Section 63, Row 36-39

\$130 U.S. per PERSON

Coach Bus, Ticket, \$10 Food Voucher,

Pit & Paddock Passes

Bus Leaves Food Basics at 6:00 am SHARP

Proper ID for Border Crossing

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

WEEK-END IN CHICAGO

Aug. 7-9, 2015

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

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

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

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

Tracey at 519-333-7472 or 519-862-3261 or
For our American Passengers Contact
Preferred Charters at 810-982-7433

Mino Dbishkaayin-Happy Birthday

April 25 - May 8, 2015

Garret	Gray	Apr. 25	Carol	Louis	May 2
Derek	Rising	Apr. 25	Logan	Williams	May 2
Aimee	Branton	Apr. 26	Ellise	Cottrelle	May 3
Joshua	Campbell	Apr. 26	Leslie	Hawkins	May 3
Liana	Clark	Apr. 26	Felicia	Lockridge	May 3
Ethan	Joseph	Apr. 26	Jacklyn	Rogers	May 3
Edwin	Maness	Apr. 26	Ashlee Marie	Adams	May 4
Ember	Nahmabin	Apr. 26	Jada	Plain	May 4
Tiarra	Nahmabin	Apr. 26	Sheree	Plain	May 4
Telford Francis	Adams	Apr. 27	Jacob	Rogers	May 4
Deborah	Cottrelle	Apr. 27	Gerald	Simon	May 4
Gail	Lapp	Apr. 27	Trevor	Smith	May 4
Gordon	McKay	Apr. 27	Jessica	Solomon	May 4
Jessie	Plain	Apr. 27	Tayah	Van Troost	May 4
Ty	Robertson	Apr. 27	Wendy	Verspagen	May 4
Brennan	Williams	Apr. 27	Robert	Archer	May 5
White-Lightning Strikes	Clark	Apr. 28	Ryan	Bressette	May 5
Rebecca	Coates	Apr. 28	Valerie	Farrar	May 5
Joshua	Coelho	Apr. 28	Madison	Jorgensen	May 5
Ryan	Parkinson	Apr. 28	Candy	Joseph	May 5
Blair	Williams	Apr. 28	Ashley	Maness	May 5
Brittany	Williams	Apr. 28	Richard	Maness	May 5
Ravena	Williams	Apr. 28	Sonja	Meza	May 5
Shy-Ann	Williams	Apr. 28	Koma	Rogers	May 5
Tristan	Williams	Apr. 28	Derrick	Rogers-Oliver	May 5
Tennie	Johnston	Apr. 29	Benjaman	Baker	May 6
Nicholas	Olynyk	Apr. 29	Whitney	Brown	May 6
Wilfred	Plain	Apr. 29	Phoenix Sky	Cottrelle-Albert	May 6
Adam	Williams	Apr. 29	Rick	Gray	May 6
Leanne	Williams	Apr. 29	Robert	James	May 6
Jeremy	Fisher	Apr. 30	Jordan	Nahmabin-Shaw	May 6
Caleb	Hallett-Plain	Apr. 30	Ian	Simon	May 6
Landen	Plain	Apr. 30	Jan	Stewart	May 6
Lilyan	Plain	Apr. 30	Micael	Stocum	May 6
Kim	Rogers	Apr. 30	David	Adams	May 7
Jasmyne	Westbrook	Apr. 30	Norman	Joseph	May 7
Hailey	Daws	May 1	Timothy	Maness	May 7
Lori	Jackson	May 1	Jordan	Nahmabin	May 7
Dawn	Maness	May 1	Kadan	Partin	May 7
Carl	Oliver	May 1	Anita	Sinopole	May 7
Debra	Plain-McGregor	May 1	Shirley	Cloud	May 8
Nathanial	Rogers-Stonefish	May 1	Adalia	Gant	May 8
Crystal	Williams	May 1	Matthew	Plain	May 8
Alexis	Dick	May 2	Cameron	Williams	May 8
Cory	Gray	May 2			

The family of Jean Henry “Gitii Gaanii Baam Wan Waas Ode Naan Beneshii Ba” offer our heartfelt thanks to this community of Aamjiwannng, the community of Kettle Point, and to the many family and friends that stayed with us, prayed with us, assisted us, made donations of their time, money, food, and resources, and gave beautiful flower tributes in our time of grief and gave us comfort. There were so very many people and we apologize if we have forgotten anyone.

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

We would like to thank Chief Chris Plain and the entire Members of Council, the Administration Staff, Linda Henry, Kelly Williams, the community centre staf, and maintenance crew for all their support and help. Thank you to Glen Williams. Thank you so very much to those who helped out in the shopping/making of the luncheon: Janice Rising, Vicki Jacobs, Sue Rogers, Malynda Maness, Penny Rogers, and Brenda Maness, Your time and commitment are valued. We give thanks to mom’s treasured friends who constantly visited and remained with us: Marion Lea, Sandy Kinart, Darlene Joseph, Bonnie Bressette, and to my mom’s Thelma and Louise counterpart, June Wilson-Strangway. Thank you firekeepers for your constant vigil over the fire where prayers could be offered: Mike Henry, Jason Henry, Chris Shawnoo, Ryan Henry, Adam Henry, Roger White, Richard White, Arno Yellowman, Aaron Yellowman, JoJo Maness, Nodin Cottrelle, Nolan Smoke and great grandson Cooper Kennedy. Miigwetch to all the singers who brought songs of inspiration: Sheila Firth, Irene Bois, Linda Williams, Micky Williams, and to Rhonda Bois. Thank you to the drum/ singers: Jason Henry, Poj Walker, Nodin Cottrelle, Chris Shawnoo, Jason Herny, Adam Henry, Cindy Henry, Sandy Walker, Grandchildren Meeg Snake, Lesley Snake, Hallie Snake, and Nolan Smoke. Thank you to great granddaughter Taislyn Rogers-Snake for honouring by dancing. Thank you to Cheryl Deacon and her wonderful daughters, Naomi, Juanita, and Jennifer for assisting with the refreshments during and after visitations and for help in flood control along with Laura Rogers, Robbie George, Delina George. Thank you, Rhonda Rogers for sharing stories with Jeanie Baby. Thank you to our cousin Mike Henry who was always there for everything. Our gratitude goes out to the Dave Henry, Elsie Henry and the entire community of Kettle and Stoney Point who lowered their community flags as well to honour mom. Special thank you to Valerie Pitt, my mom’s chosen son Ron Yellowman, and valued friend George Pitfield for officiating the funeral and their many visits.. A very special thank you to the pall bearers Philip Maness, Aaron Yellowman, Sam Lefthand, Chris Shawnoo, Jason Henry, and Ryan Joseph. Thank you to the honorary pall bearers: Nolan Cottrelle, Chee Deacon and Tracey Parker.

***You have all been a great blessing and a huge comfort to us all.
With love and gratitude,
The family of Jean Henry***



We wish to thank all who paid their last respects to our daughter and sister, Jennifer Rose George. We wish to give thanks to all that lent a hand whether it be sunrise ceremony, fire keeping, drumming, singing, musical arrangement, slideshow presentation, ministering, food preparation and housekeeping. So many friends and family offered their help when we felt lost and overwhelmed with the amount of duties/tasks that had to be done – too numerous to mention. Many thanks for donations of tobacco & food. We also appreciate the gifts of song, poems, tributes and cards.

We could not have done this without your generosity. It was a beautiful ceremony for a beautiful woman.

Chi-miigwetch.
Sincerely,
Rob and Delina
Robby and Tiffany



We would like to say Chi-Miigwetch to the Dreamcatcher Fund for supporting Cyrus, Darius & Julius' 2014-2015 hockey season. Cyrus was a member of the Minor Peewee MD Sarnia Sting this past season. In regular season they finished 3rd as well as in playoffs. Early in the season

they participated in Canadian Tire Classic Minor AE Tournament in Barrie, ON where they came out victorious with Gold. They also participated in the Watford Regional Silver Stick where they gained experience in playing in combined divisions. Lastly they played in the West London Bryon Optimist MD Tournament where again they came out with gold. Also a Chi-Miigwetch goes out to Chief and Council and White Plains Auto for supporting Cyrus with his pursuit in travel hockey.

Darius and Julius were a part of the Tyke select team and this tyke team played in the Novice Tier 1 division for regular season. Although they finished last in the division they developed some excellent hockey knowledge and skills. They participated in the St. Thomas Tyke Select Tournament and were finalist and they also participated in the Sarnia Sabers Novice Tier 2 Tournament. Lastly they ended their season with the Alliance Hockey Tyke Festival in Brantford where they focused on fun and participation. All 3 boys had an excellent hockey season and are looking forward to spring tryouts. We are very proud of their accomplishment during this season and are looking forward to many more seasons to come!

DADDY'S BABY GIRL

*YOU ARE MY BABY GIRL
THIS YOU WILL ALWAYS BE
YOU MAKE A ROOM SHINE
WHEN YOU ARE IN THE PRESENCE
I AM, BLESSED TO BE YOUR DAD,
THE BOND BETWEEN
FATHER AND DAUGHTER,
THAT BOND THAT CANNOT BE BROKEN
I FEAR YOU GETTING OLDER
AND PUSHING ME ASIDE
IT IS HARD TO THINK,
HAVING TO, GIVE YOU AWAY,
BUT THAT TIME, I KNOW WILL COME
I KNOW YOU WILL NEVER
TRULY BE GONE
MY HEART SADDENS,
THINKING ABOUT THAT DAY
JUST PROMISE ME, OUR
BOND WILL NEVER BE BROKEN
I AM SO HAPPY AND PROUD,
TO BE YOUR DAD
I WANT YOU TO KNOW
"I LOVE YOU"
YOU WILL ALWAYS BE,
DADDY'S BABY GIRL.*

*TO MY BEAUTIFUL BABY GIRL
(KIWI ROGERS-OLIVER)
FROM: DADDY*

Aamjiwnaang Members look to care for the Mzhiiken in Community

On April 8th, 2015 the Community mobilized to look for ways to keep our Mzhiiken (Turtle) population in good shape throughout our Territory.

Tania Morais from the Environment Canada was on hand to give an update, "These are the turtle species that we have found to be at risk in your immediate area around Southwestern Ontario, and how Environment Canada is looking to protect the species at risk turtles as well as other species at risk in Aamjiwnaang Territory."

It is very important to know the species that are at risk in an area as well as the habitat where they can be found in and around Aamjiwnaang.

There are 6 types of Mzhiiken that were especially spoken of around the Southern Ontario region that need the critical habitat protected. They are the following named turtles; Blanding's Turtle – Eastern Musk Turtle (Stinkpot) – Northern Map Turtle – Spiny Softshell Turtle – Spotted turtle and the Snapping Turtle.



Tania Morais, Aboriginal Liaison Biologist within Environment Canada shows some of the Mzhiiken currently on the "At Risk List"

The species that are currently at risk are this way due to other species being brought to an area (Invasive Species), Poaching and Pet . Trade, Pollution, Disease and Habitat loss. All of these can be found in the Southern Ontario Across Canada there are 521 species considered at risk of which over 200 are found of these species in Ontario alone. In communities with these Mziiken that are at risk it would be essential to find the critical habitat for each of the turtles mark it and make sure it is kept safe and uninterrupted for the species.

There are various funds that are available through the Government of Canada including the Habitat Stewardship Program, Aboriginal Fund for Species at Risk, or Interdepartmental Recovery Fund that can be accessed to help communities protect the Species at Risk.

Aamjiwnaang has a very active Environment Committee that took the time to listen and take notes on the turtles at risk and plan to ensure the Mziiken population in our area is watched carefully and thrive on the Nation for years to come.

Aamjiwnaangs Environmental Website is at <http://www.aamjiwnaangenvironment.ca/>

Story and Pictures by Greg Plain



Fact or myth answers

1. c) The odds of winning the Lotto Super 7 jackpot are determined mathematically using statistical and algebraic formulas. When seven numbers are picked from a pool between one and 49 (in this case), the number of potential combinations is almost 21 million; therefore, the odds are approximately 1: 21,000,000. The odds for Lotto-649 are approximately 1:14,000,000.
2. a) Recent past flips do not, in any way, predict or influence how the next flip will turn out; the odds of heads coming up on the next flip are identical to all previous flips: 50/50. The belief that an outcome is likely or “due” is known as the “gambler’s fallacy” and can lead people to place large bets on outcomes they believe are highly unlikely, even when the odds are no more than even.
3. c) In a 2001 study completed by Jamie Wiebe et.al. It was determined that the most popular activities, for those who gambled in the past 12 months, in Ontario, were lotteries at 64.6% and raffle tickets at 51%. While lotteries remain the most popular activity today, revenues from casino gambling will most likely surpass them over the next few years. This coincides with a study completed by Canada West Foundation (CWF) which showed that 55.3% of those polled stated they played lotteries on a regular basis.
4. c) The same CWF study showed that Ontario had the highest rate of participation with 79% followed by B.C. with 74%, the prairies 72%, Quebec 65% and the Atlantic Provinces at 63%.
5. c) According to Wiebe, In 2005, 63.3 per cent of Ontario adults say they have gambled at least once in the past year
6. a) Research, by Haubrick-Casperson and Van Nispen shows that teenagers are at a greater risk of developing problems with gambling. There are many risk factors associated with adolescence such as psychological and social development and maturity, impulsiveness, lack of judgment and poor decision-making skills. Many of the risk factors that lead to developing alcohol and substance abuse problems are similar. Derevensky and Gupta are doing similar research
7. (b&d) In the Wiebe study 42.1% reported the possibility of winning money was the greatest perceived benefit, while 36.5% believed that a huge benefit is the excitement experienced. Almost one-fifth (19%) of those surveyed saw no benefit to gambling.
8. b) Wiebe’s study showed that Ontario residents who gambled in casinos, 28.6% gambled for the excitement while 25.2% gambled to win money. 83% of gamblers stated that this was their primary motivation. Donating to charity was 49% and entertainment was 43%
9. a), b) & c) All three answers are common signals that gambling is causing problems. Answer “d” related to regular gambling on horse races. Gambling regularly on horse racing may not indicate a gambling problem
- 10.g) None of the answers are correct. In gambling, persistence doesn’t pay off over time. Feeling lucky, or the belief that a machine is “due” to pay off, will not influence subsequent plays. Skill at video games has no significant influence on slot machines or video poker outcomes. Both are based on random chance; there is no skill, “magic,” or control individuals can exert over video slot machines. Video slots, like other forms of gambling, are skewed in favour of the “house,” which take a constant percentage of players’ bets over time. The bottom line: over time, gamblers lose more than they win. Because video games show credits rather than cash, players tend to forget they’re playing with real money.

Information retrieved from:

<https://www.problemgambling.ca/EN/AboutGamblingandProblemGambling/Pages/FactOrMyth.aspx>

Happy 25th Birthday, Neena!!
Love, Meg & Beega



Happy Birthday, Auntie Neena!!
Love, Emma xoxoxo

All Band Operations will be
CLOSED on
Monday May 18, 2015 for
Victoria Day
Back to regular hours on
Tuesday May 19, 2015

Dear Readers,

I hope you have enjoyed my first publication of the Tribe-Une. I will be making some changes in the future so if you have ideas/suggestions please do not hesitate to contact me.

The next issue is due out on **Wednesday, May 6, 2015.**

The deadline for submissions is **Monday, May 4, at 4:00 pm.**

Please submit your documents in **Word, Excel, Publisher** formats or information can be handwritten; **jpeg** for pictures.

If you wish to be “environmentally friendly” and would like to start receiving the paper electronically, please provide me with your email address. I will also need your name and mailing address in order to discontinue delivery of a hard copy.

As in the past the Tribe-Une is available online at:

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

I can be reached by email at editor@aamjiwnaang.ca or by phone at 519-491-2160.

Miigwech,
Sandy Waring
Tribe-Une Editor

