



AAMJIWNAANG FIRST NATION

# CHIPPEWA TRIBE-UNE

April 25, 2013

Issue 13.08

Editor: Bonnie Plain

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## Points of interest:

- \* CPR/AED Training
- \* Beading Class
- \* Ojibwey Class
- \* RHOC Hours
- \* Pow-Wow News
- \* Ball Tourney



*"There is an ancient Indian saying—Something lives only as long as the last person who remembers it.—My people have come to trust memory over history. Memory, like fire, is radiant and immutable while history serves only those who seek to control it, those who douse the flame of memory in order to put out the dangerous fire of truth. Beware these men for they are dangerous and unwise. Their false history is written in the blood of those who might remember and seek the truth."*

*~ Floyd 'Red Crow' Westerman*

# Happy Birthday



Apr. 27<sup>th</sup> to May 10<sup>th</sup>, 2013

Telford Francis	Adams	Apr.	27	Gerald	Simon	May	4
Deborah	Cottrelle	Apr.	27	Trevor	Smith	May	4
Gail	Lapp	Apr.	27	Jessica	Solomon	May	4
Gordon	McKay	Apr.	27	Tayah	Van Troost	May	4
Jessie	Plain	Apr.	27	Wendy	Verspagen	May	4
Ty	Robertson	Apr.	27	Robert	Archer	May	5
Brennan	Williams	Apr.	27	Ryan	Bressette	May	5
White-Lightning Strikes	Clark	Apr.	28	Valerie	Farrar	May	5
Rebecca	Coates	Apr.	28	Madison	Jorgensen	May	5
Joshua	Coelho	Apr.	28	Candy	Joseph	May	5
Ryan	Parkinson	Apr.	28	Ashley	Maness	May	5
Blair	Williams	Apr.	28	Richard	Maness	May	5
Brittany	Williams	Apr.	28	Sonja	Meza	May	5
Ravena	Williams	Apr.	28	Koma	Rogers	May	5
Shy-Ann	Williams	Apr.	28	Derrick	Rogers-Oliver	May	5
Tristan	Williams	Apr.	28	Benjiman	Baker	May	6
Tennie	Johnston	Apr.	29	Whitney	Brown	May	6
Nicholas	Olynyk	Apr.	29	Phoenix Sky	Cottrelle-Albert	May	6
Wilfred	Plain	Apr.	29	Rick	Gray	May	6
Adam	Williams	Apr.	29	Robert	James	May	6
Leanne	Williams	Apr.	29	Jordan	Nahmabin-Shaw	May	6
Jeremy	Fisher	Apr.	30	Ian	Simon	May	6
Caleb	Hallett-Plain	Apr.	30	Jan	Stewart	May	6
Landen	Plain	Apr.	30	Micael	Stocum	May	6
Lilyan	Plain	Apr.	30	David	Adams	May	7
Kim	Rogers	Apr.	30	Norman	Joseph	May	7
Jasmyne	Westbrook	Apr.	30	Timothy	Maness	May	7
Hailey	Daws	May	1	Jesse	Nahmabin	May	7
Lori	Jackson	May	1	Jordan	Partin	May	7
Dawn	Maness	May	1	Kadan	Sinopole	May	7
Carletta	Oliver	May	1	Anita	Cloud	May	8
Debra	Plain-McGregor	May	1	Shirley	Gant	May	8
Nathanial	Rogers-Stonefish	May	1	Adalia	Plain	May	8
Crystal	Williams	May	1	Cameran	Baker	May	9
Alexis	Dick	May	2	Shauna	Eyre	May	9
Cory	Gray	May	2	Cassidy	Fisher-Romphf	May	9
Carol	Louis	May	2	Kirra	Hamelin	MAY	9
Ellise	Cottrelle	May	3	Cylis	Oliver-Williams	May	9
Leslie	Hawkins	May	3	Jayson	Verge	May	9
Felicia	Lockridge	May	3	Ryan	Verge	May	9
Jacklyn	Rogers	May	3	Sherri	Crowley	May	10
Ashlee Marie	Adams	May	4	Dakota	Nahdee	May	10
Jada	Plain	May	4	Miakoda	Rogers	May	10
Sheree	Plain	May	4	Amelia	Walker	May	10
Jacob	Rogers	May	4				

**Happy 31<sup>st</sup> Birthday**  
 to my wonderful hubby Matt  
 Love you forever Babe, Naomi

~~~~~

**Happy Birthday**  
 to my amazing Daddy  
 Love Kailynn

**Happy 31<sup>st</sup> Birthday**  
 To our son, Matt, on May 8<sup>th</sup>  
 Love Mom & Dad

-----

**Happy 12<sup>th</sup> Birthday**  
 To our grandson, Cylis, on May 9<sup>th</sup>  
 Love Grammy & Papa

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**Happy 36<sup>th</sup> Anniversary**  
 To my loving wife, Elaine on May 8<sup>th</sup>  
 With many more years to come.  
 Love Always, Mike

**~ IMPORTANT NOTICE ~**  
**Lands & Membership Dept.**

Because of the limited number of status cards supplied from Aboriginal Affairs for the Aamjiwnaang membership; the Lands & Membership Officer will no longer provide status cards for Status Indians who are NOT registered members of Aamjiwnaang First Nation. Sorry for any inconvenience.

Thank you,  
 Carolyn Nahmabin,  
 Lands & Membership Officer



**~ NOTICE ~**

**SEEKING RECEPTION HELP**

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



Dreamcatcher Charitable Foundation

**Letter of acknowledgement**

We would like to say Chi-Miigwetch to Dreamcatcher for sponsoring and funding the Aamjiwnaang Atom team to go to the 42<sup>nd</sup> LNHL Hockey Tournament held in Mississauga, ON during March Break - March 11 to 14, 2013. The Atom team was beat out in the semi-finals in the "B" Division.

**Big Chi-Miigwetch to the coaching staff:**

- |                 |                        |
|-----------------|------------------------|
| Dallas Sinopole | <i>Coach</i>           |
| Duffy Simon     | <i>Assistant Coach</i> |
| Brittany Lewis  | <i>Trainer</i>         |
| Sherri Crowley  | <i>Manager</i>         |

**Atom Team:**

- Hayden George: *Goalie*
- Janeva Altiman-Peters
- Ethan Piche-Pentland
- Cameron Crowley
- Biidaaske Nahdee
- Ferrah Blackbird
- Ashton Shipman
- Carter Hawkins
- Connor Maness
- Ben Brant: *Goalie*
- Cyrus Sinopole
- Cyrus Maness
- Natalie Sands
- Tyrah Oliver
- Bryce Wolfe
- Chloe Plain
- Levi Plain

From all the Atom players and coaching staff,  
 Chi-Miigwetch Dreamcatcher!

Boozhoo Community Members,

I am writing today to provide some updates on some of the current activities in the community.

I am pleased to announce after a long process, Michael George has been hired to fill the position of Band Administrator. Mike is a member of Kettle & Stony Point First Nation, and brings a wealth of knowledge and experience as an Administrator. His last position was Executive Director at the Southern First Nation Secretariat, and his first day with Aamjiwnaang was April 22.

With the arrival of the new fiscal year, we have gone through our budgeting process for all departments and staff will now carry out work plans based on the budget set by council. We will now prepare for our annual audit, which will be available for presentation to the community in the fall. Council will also be sitting down with our new Band Administrator for an orientation, and to plan our priorities for the remainder of the term.

The construction of the new subdivision is now underway. Infrastructure is being done at this time, and the tenders for the construction of the 10 units have been received, and will be reviewed by Council. Construction will begin early May with completion targeted for late summer. Much of our minor capital funding has been allocated to this housing project, however we still anticipate being able to address some smaller projects as well throughout the upcoming fiscal year.

The deal with Northland Power has been finalized, and we want to thank all those who came out to the signing ceremony at the Community Centre. The corporate structures will now be put into place, and we will follow the development during the next stages of the project.

Clench Claim discussions are progressing well. We have had initial meetings with all parties involved, and after a change of negotiators and legal representation for Canada, we feel we are in a position to elevate discussions to negotiations.

As a result of recent incidents council is taking a more active role in opening a dialogue with local industry in the area of community emergency preparedness. Shell will be providing each household with an Alert FM system that will provide emergency information pertaining to local industry as well as weather related alerts. Each band building will also have larger Alert FM units. Watch the Tribe-Una in May for dates indicating when the units will be available for community members to pick-up. Staff will also be on hand to demonstrate how the units work.

Finally, April 20th marks the 1 year anniversary of the opening of the Community Centre after the expansion. Staff and volunteers have made the first year very successful. More than 30 thousand people have come through the doors for programs, meetings, events, services, fitness, recreation, etc. This building has truly captured what it was intended to provide, and we are very grateful to the entire community for making this dream a successful reality for Aamjiwnaang!

Miigwetch,  
Chief Chris Plain

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I would like to take this opportunity to introduce myself; my name is Michael George and I am very proud to introduce myself as your new Band Administrator, effective April 22 2013.

First a bit about myself. I live on and am a member of the Kettle and Stony Point First Nation, where my wife Donna and I have lived for the last 20 years. We have one son, Matthew, who lives near Mitchells Bay and Donna and I are hoping to relocate closer to the area in the near future. Many readers will also know my father, Marshall George, from his 30+ years of work in post-secondary education.

Now a little bit about my work experience. I have been very fortunate to have wonderful mentors who I have learned a great deal from over my career. I come to Aamjiwnaang from the Southern First Nations Secretariat where I had the honour of serving our communities from a regional perspective over the last five years in providing second level services directly to the seven member First Nations.

Prior to my posting at SFNS, I worked with the First Nations through the London District Chiefs Council to establish Mnaasged Child and Family Services and the Stepping Stones Support Services Program. Both organizations are solidly entrenched as regional service providers and continue to flourish providing services to First Nations to this day.

My early positions were focused on front line delivery of social services through Kettle and Stony Point and later the Ontario Native Welfare Administrators Association. I also worked as the Band Administrator in Kettle and Stony Point back in the early 90`s; served a term on Council and Chaired several corporate entities created and organized by the First Nation.

I have also been fortunate to participate in many successful regional initiatives, and it is through these experiences over the years where I have worked in conjunction with several members of the Aamjiwnaang staff and Chief and Council. I have long admired the strength and unity of Aamjiwnaang and the First Nation is always viewed as a progressive, professional, business oriented community that is in charge of their own destiny. I am very excited to be here and share in a small part of your success.

I thank Chief Plain and the Members of Council for placing their trust in me for this tremendous responsibility. It is an honour and a privilege to be your Band Administrator, and I hope to serve you for many years to come. I have an open door policy and would love to hear from you about the issues effecting members of the community. The coffee is usually on so please don't hesitate to call or even better, stop in and say hello.

Mike

---

## Letter of Appreciation

I would like to express how grateful I am for the Musical Fundraising Benefit for Mike Plain. I say Miigwetch to the community for their participation and coming out to enjoy the music. It was very heartwarming to see the community showing their love and support in Mike's time of need.

I would like to acknowledge Marina, Wilson, and Ada Plain for their dedication in the planning, organizing, and making this day a huge success. It was, is, very much appreciated. Chi Miigwetch!

I would like to say Miigwetch to all those who made monetary, food, and prize donations. Mii Gwetch to Chief Chris Plain, the musicians, the emcee, and the community centre staff. I would also like to send out an extended Mii Gwetch to the All Nations Veterans for their monetary and furniture donations.

Mii Gwetch to Everyone,  
Susan Plain

## Aamjiwnaang Health Centre

Wendy Hill – *Traditional Healer*

We are taking appointments for:

**Monday, May 13, 2013 &  
Tuesday, May 14, 2013**

Please call Dorothy at the Health Centre, to book your appointment: 519-332-6770

*Wendy Hill is Iroquois from the Cayuga Nation. Wendy's spiritual knowledge began as a child through her dreams and spiritual experiences. She was raised through her people's traditional ceremonies, and she continues to carry on her ancestors' spirituality.*

*At twenty years old, she had a near-death experience and was given insight to her abilities as a healer. Today she works as a spiritual healer in different Native communities. She travels extensively, encouraging community wellness and healing, as well as awareness of the earth's changes. Wendy does hands-on healing for pain and illness, as well as emotional, mental, and spiritual healing.*

## Talfourd Creek Restoration Project Bear Park, Aamjiwnaang First Nation

The proposed start date for the Talfourd Creek Restoration Project will be **May 1, 2013**, and will take approximately one week to complete the work. During this time it is asked that you use the park with caution. Especially if you are using the bridge - signs will be posted when the **bridge will be out of service for one day during this week.**

This includes the portion of the creek in and around Bear Park around the pedestrian bridge.

The draft agenda will be as follows:

### Day 1:

Mussell rescue, Dewater creek. Dam will be built.

### Day 2, 3, 4:

In stream rehabilitation, including re-sloping banks and channel design.

### Day 5

Installing rocky bottom for pool riffle design.

### Day 6:

Clean Up of area

### Day 7:

Planting grasses

If you have any questions please contact  
Wilson Plain Jr, Christine Rogers or  
Sharilyn Johnston 519-336-8410.

*Liz's Original Indian Taco's  
Since 1976*

**Saturday May 18, 2013**

**112 Maness Court**

Aamjiwnaang's Community

**Yard Sale Day**

**Breakfast & Lunch**

**SPECIALS**

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

**8am till sold out**

Take a Break, Rest Your Feet & Eat!!!



# POWOW NEWS

## VOLUNTEERS

If you are interested in volunteering at the powwow this year, or if you are a youth in need of volunteer hours, please contact  
**Powwow Volunteer Coordinator**  
**Marina Plain at 519-336-8410,**  
**Paula Williams 519-328-6565 or**  
**Megan Nahmabin 519-331-5125**



**POWOW MEETINGS:**  
 Every Other **THURSDAY - 5pm**  
 at Maawn Doosh Gumig  
**May 2, 16 & 30**

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

# Native Youth Olympics

## ATTENTION



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

## Life Line



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

### Or / If

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

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

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



## “Literacy & Basic Skills Workshops a Success”

Mino Nendomowin Training (“Good Minds” 101), facilitated by Bryan Loucks and Naugon Associates team members, Jennie Blackbird, Joanne Day, and Susan Carr, began a 6 week workshop at the Aamjiwnaang Resource Centre on January 21, 2013. At the conclusion of this workshop, 9 adult participants successfully completed the program.

The Aamjiwnaang Alternative and Continuing Education Program would like to extend a special Chi-Mii-gwetch and acknowledgement out to the Walpole Island First Nation (Bkwejwanong Territory) Ontario Works Department for the layout and design of the flyer (submitted into the Tribe-Une for the Jan. 17/13 edition) that was utilized for our Literacy & Basic Skills Program information bulletin.

Goal-setting initiatives were realized through achievement of completing key milestones.

To all “Good Minds” 101, Mino Nendomowin Training participants, excellent work! And, congratulations on your successful transition to certificate status.

The Aamjiwnaang Alternative and Continuing Education Program staff would like to extend a Chi-Mii-Gwetch to all of the Naugon Associate team for making Aanishinabe learning available and enjoyable!

Mii-gwetch Tina Johnston, for the exquisite lunches provided. Mii-gwetch to Jean Henry for sitting in on some of the workshops and showing her support. In addition, acknowledgement and a big thank-you to instructor, Natalie Hilborn and Brenda Ryan, LBS administrator—great teamwork!

Mii-gwetch to Vicki Gray for keeping everything in order from an educational, administrative perspective.

Chi-Mii-gwetch and acknowledgement to Chief and Council for their support.

This event was sponsored by the Aamjiwnaang Literacy and Basic Skills Program, and is an Employment Ontario Training Network affiliate. The LBS program is funded by the Ministry of Training Colleges and Universities.

We are very fortunate to have the Tribe-Une to carry our messages out to the community. This renders excellent outreach opportunities. (Mii-gwetch Bonnie Plain - Editor)

Terry (Monis) Plain,  
Aamjiwnaang Literary Worker

## LBS May Workshop

**Being Healthy is Affordable!**



**Make your dollars count**

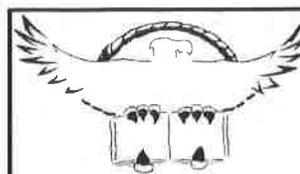
**This 6 week workshop begins May 8th.**

We will be upgrading math skills, while learning effective money management. Guest speakers from the Health Unit will discuss topics including healthy eating. We will also be having an Extreme Coupon speaker come in and give tips on how to get the most of from your coupons

**Classes are Wednesdays from 9:30am—2:30pm**

**Contact Terry Plain: (519)336-8410 #285**

**Aamjiwnaang Literacy and Basic Skills & Aamjiwnaang Health Centre**



# Danie Mclean

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

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

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



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INSURANCE SERVICES INC.

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Call NOW for a no-obligation quote!

### Head Office

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

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

“Our Vision— Your Well Being—Our Coverage”

## POW-WOW COMMITTEE



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

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

## Aamjiwnaang's Alternative and Continuing Education for Adults

### New Schedule

**Monday, Tuesday & Thursday**

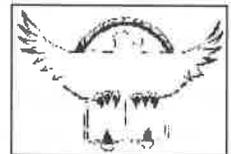
AACE: 9:30—2:30

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

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

Then check out...Aamjiwnaang's Literacy and Basic Skills (LBS)

**EMPLOYMENT  
ONTARIO**  
Ontario's employment & training network



### Beading Class

Every 2nd & 4th Tuesday  
of the month

**6:00-8:00**

At the Youth/Community  
Center Craft Room

Make your Own “Nish” **Bling**

**Ages: 10 yrs-Adult**

For more call Valerie at 519-491-1374

With Sue Williams

### Ojibway Language Class

Maawn Doosh Gumig Homework Room

With Fran Pawis



**Thursdays 6:00-8:00**

Ages: 10 years—Adults

Call Val at 519-491-1374  
for more information



**Sarnia Lambton  
Crime Stoppers  
1-800-222-8477**

### Crime of the Week

Posted on April 22nd, 2013

It's that time of year again when people are opening their cottages and trailers preparing for a few months of warm weather relaxation. Crime Stoppers would like to remind you to take care not to leave valuables where they can be easily seen through windows. Something as simple as leaving bottles of liquor in plain view often results in significant dollar damage to cottages as thieves enter to steal them. So be sure to lock your trailer or cottage when you leave. This will help ensure a crime free season of weekends and vacations at your cottage or campsite.

### Words of Wisdom

"Whatever the future holds, do not forget who you are. Teach your children, teach your children's children, and then teach their children also. Teach them the pride of a great people ... A time will come again when they will celebrate together with joy. When that happens my spirit will be there with you." ~ *Chief Leschi, Nisqually*

"When an elder is gone, what he knows, the songs, the history, whatever he didn't set down, that knowledge is buried underneath the ground." ~ *Danny Lopez, Tohono O'odham*

"The Earth is in great crisis, but there is hope. We have a choice to walk the spiritual path or walk the industrial path." ~ *Eddy Stevenson, Ojibwe*

"Many Native American prophecies say NOW is a pivotal time on Mother Earth. Some are ready to make the quantum leap to the next level of human evolution. It's to those people that these dream-catchers speak, the new people described as the Osh-ki-bi-mah-di-zig led by spirit warriors, the Ogichidaag'. By the light of the Seventh Fire come those who will use their power and strength with gentleness and wisdom to walk in balance, to follow the path of spirit." ~ *White Eagle Soaring*

### Assessment finds "extremely" high lead levels at Centennial Park

Observer staff - Wednesday, April 24, 2013



High lead levels have closed down the children's playground area around Centennial Park.

City manager Lloyd Fennel says an environmental study commissioned by the city have identified "extremely high" lead levels in the area around the playground and west of the currently fenced-off area.

As a precautionary measure, he said the city will fence off an area around the playground to prevent access and will be spreading the stockpiled clean earth, currently on the north boat launch parking lot, over the area west of the existing fenced off area.

"These are temporary measures to protect the public until final results and recommendations are received from our environmental consultants in this matter," it read in a statement from the city.

It is anticipated that complete results will be received by mid-May.

## The Truth About Hair and Why Indians Would Keep Their Hair Long

This information about hair has been hidden from the public since the Viet Nam War.

Our culture leads people to believe that hair style is a matter of personal preference, that hair style is a matter of fashion and/or convenience, and that how people wear their hair is simply a cosmetic issue. Back in the Vietnam war however, an entirely different picture emerged, one that has been carefully covered up and hidden from public view. In the early nineties, Sally [name changed to protect privacy] was married to a licensed psychologist who worked at a VA Medical hospital. He worked with combat veterans with PTSD, post traumatic stress disorder. Most of them had served in Vietnam.

Sally said, "I remember clearly an evening when my husband came back to our apartment on Doctor's Circle carrying a thick official looking folder in his hands. Inside were hundreds of pages of certain studies commissioned by the government. He was in shock from the contents. What he read in those documents completely changed his life. From that moment on my conservative middle of the road husband grew his hair and beard and never cut them again. What is more, the VA Medical center let him do it, and other very conservative men in the staff followed his example.

As I read the documents, I learned why. It seems that during the Vietnam War special forces in the war department had sent undercover experts to comb American Indian Reservations looking for talented scouts, for tough young men trained to move stealthily through rough terrain. They were especially looking for men with outstanding, almost supernatural, tracking abilities. Before being approached, these carefully selected men were extensively documented as experts in tracking and survival.

With the usual enticements, the well proven smooth phrases used to enroll new recruits, some of these Indian trackers were then enlisted. Once enlisted, an amazing thing happened. Whatever talents and skills they had possessed on the reservation seemed to mysteriously disappear, as recruit after recruit failed to perform as expected in the field. Serious causalities and failures of performance led the government to contract expensive testing of these recruits, and this is what was found. When questioned about their failure to perform as expected, the older recruits replied consistently that when they received their required military haircuts, they could no longer 'sense' the enemy, they could no longer access a 'sixth sense', their 'intuition' no longer was reliable, they couldn't 'read' subtle signs as well or access subtle extrasensory information.

So the testing institute recruited more Indian trackers, let them keep their long hair, and tested them in multiple areas. Then they would pair two men together who had received the same scores on all the tests. They let one man keep his hair long, and gave the other man a military haircut. Then the two men retook the tests. Time after time the man with long hair kept making high scores and the man with the short hair failed the tests in which he had previously scored high scores.

### Here is a Typical Test:

The recruit is sleeping out in the woods. An armed 'enemy' approaches the sleeping man. The long haired man is awakened out of his sleep by a strong sense of danger and gets away long before the enemy is close, long before any sounds from the approaching enemy are audible.

In another version of this test the long haired man senses an approach and somehow intuitively that the enemy will perform a physical attack. He follows his 'sixth sense' and stays still, pretending to be sleeping, but quickly grabs the attacker and 'kills' him as the attacker reaches down to strangle him.

This same man, after having passed these and other tests, then received a military haircut and consistently failed these tests, and many other tests that he had previously passed. So the document recommended that all Indian trackers be exempt from military haircuts. In fact, it required that trackers keep their hair long."

**Comment:** The mammalian body has evolved over millions of years. Survival skills of human and animal at times seem almost supernatural. Science is constantly coming up with more discoveries about the amazing abilities of man and animal to survive. Each part of the body has highly sensitive work to perform for the survival and well being of the body as a whole. The body has a reason for every part of itself.

**Hair is an extension of the nervous system, it can be correctly seen as exteriorized nerves, a type of highly evolved 'feelers' or 'antennae' that transmit vast amounts of important information to the brain stem, the limbic system, and the neocortex.**

Not only does hair in people, including facial hair in men, provide an information highway reaching the brain, hair also emits energy, the electromagnetic energy emitted by the brain into the outer environment. This has been seen in Kirlian photography when a person is photographed with long hair and then re-photographed after the hair is cut.

When hair is cut, receiving and sending transmissions to and from the environment are greatly hampered. This results in numbing-out. Cutting of hair is a contributing factor to unawareness of environmental distress in local ecosystems. It is also a contributing factor to insensitivity in relationships of all kinds. It contributes to sexual frustration.

### Conclusion:

In searching for solutions for the distress in our world, it may be time for us to consider that many of our most basic assumptions about reality are in error. It may be that a major part of the solution is looking at us in the face each morning when we see ourselves in the mirror.

The story of Sampson and Delilah in the Bible has a lot of encoded truth to tell us. When Delilah cut Sampson's hair, the once undefeatable Sampson was defeated.

**Reported by C. Young**

<https://www.thehairshaman.com/native-americans/the-truth-about-hair-and-why-indians-would-keep-their-hair-long/>

# Hey Kids...

Did you know that you have been missing out on a lot of fun at the **Aamjiwnaang Afterschool Program?**

If you're in grade 1-8 it means you are eligible to register for afterschool programming which includes...

## Experiments

Sports

Story Time

New Friends

Healthy Lifestyle

**Physical Activities**

Crafts



Cooking Fun

Life Skills

Artwork Reading

Group Fun/Outings

**Fitness & Recreation**

**Healthy Eating**

## Parents

Registration forms can be picked up at the Health Centre at reception, once filled out you can drop off at the Aamjiwnaang Community & Youth Centre with Earle Cottrelle at any of the times indicated below.

Once your child has been registered, it will then be arranged, to have your child dropped off after school at the Aamjiwnaang Community & Youth Centre.

**When:** Monday, Wednesday & Thursday

**Time:** 3:00 pm – 6:00pm (school bus to drop off)

**Where:** Aamjiwnaang Community Centre

**Please Note:** Parents are responsible for child pick up after programming.

*In order to help continue regular programming, we need our overall number of students to increase in order to help make this program a success.*



North Lambton  
Community Health Centre



**Co-ed Lob Ball Tournament****Saturday May 18<sup>th</sup>. 2013**

Walpole Front Diamonds

**8:00am SHARP—???****Entry Fee: \$200—Deadline May 10<sup>th</sup>**

Prizes based on # of teams

Game rules given out on game day!

Must have 5 girls on field at all times

**RAIN or SHINE**

Raffles throughout the day

**Home-Run-Derby \$5 buy in—Prize ???****Food for sale:**Gatorade, pop, chips, hamburgers, hotdogs,  
pickles, etc...

To register or for more info call:

Blain Hopkins at: 519-401-6869 or

Kala Soney 519-627-2798

*All proceeds toward Blain & Jens wedding***P.S. Stag & Doe later that night****DETROIT TIGER****TICKET'S***Minnesota vs. DETROIT*

COMERICA PARK

***Sunday May 26<sup>th</sup> @ 1:08 pm******TICKET(Sec.112) – COACH BUS******Breakfast, Adult Beverages******\$90.00CDN******ONLY 40 TICKETS Sold******TICKET'S AVAILABLE @ White Knight******Restaurant Or Willie at 519-384-1957******MUST HAVE PROPER ID FOR  
BORDER CROSSING******BUS LEAVES 9:00 AM SHARP******FROM White Knight*****camh RHOC****Mobile Lab Hours of Operation****Monday: 9am - 3:30pm**

(last drop-in 2:30 )

**Tuesday: 9am - 3:30pm**

(last drop-in 2:30 )

**Wednesday: 3:30 - 8:30pm**

(last drop-in 7:00 )

**Thursday: 9am - 3:30pm**

(last drop-in 2:30 )

**Friday: 9am - 3:30pm****DROP IN DAY ONLY**(But to ensure you have a space you can  
still call and book a time...)***There will be scheduled times for all  
participants to complete the questionnaire,  
but drop-in, you are always welcome!!*****Quick Facts**

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

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

## QUILTING WITH SENIORS



**Tuesday's 6 - 8 pm**  
Community Centre  
**Library Room**

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

**Please bring your own scissors.**

12 years -100 years.

**Everyone welcome.**

Sign up with Peggy, 519-332-6770

**Senior's 55 & over**  
**"CONGREGATE DINING"**  
**Wednesdays, 12 - 1 pm**  
**Senior's Complex**



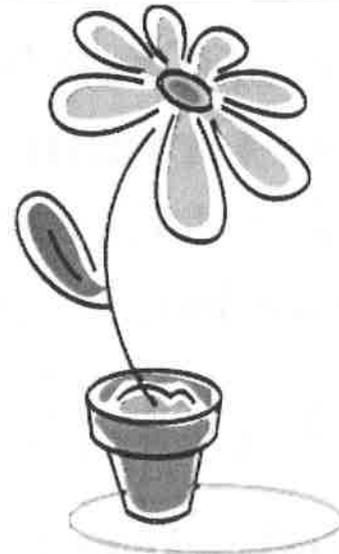
**Come out and enjoy**  
**a home-cooked,**  
**nutritious, delicious meal!**  
***Hope to see you there!***

**Senior Women &  
Youth (10 to 18 years)**

**MOTHER'S DAY  
DINNER & CRAFT**

**Tuesday, May 7, 2013**  
**@ 5 pm.**

**Seniors Drop-In Room,**  
**Community Centre**



**Limit of 15 Senior Women  
& 15 Youth**

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

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

Traveling Seniors Present

# *MOTHERS DAY*

## *BRUNCH*

**Saturday, May 11, 2013**  
**10 am till 1:00 pm**

**Maawn Doosh Gumig**  
**Community Center**  
 1972 Virgil Ave, Sarnia

**Mothers, Grandma's,**  
**Great-Grandma's,**  
**Great-Great**  
**Grandma's Eat**

# FREE

**Adults (13 and Over) - \$8.00**  
**Children (12 and Under) - \$5.00**

*Fruit, Ham, Bacon,*  
*Sausages, Eggs, Potatoes,*  
*Toast, Coffee, Tea*

**Mothers Day Basket**  
**Raffles Also**

**ARE YOU  
 READY FOR  
 BOOT  
 CAMP?**

**SATURDAY MORNINGS!**

*With*  
**TIM TANNER**  
*Iron Works Fitness*

**6 WEEKS**

**WHEN:**

**APRIL 13th – MAY 18th**

**TIME:**

**10 am – 11 am**

**No Sign-Up Required**



For more information  
 please contact Roberta at 332-6770

**Aamjiwnaang's**  
**1<sup>st</sup> Annual Rez-Wide**

**YARD SALE**

**May 18<sup>th</sup>, 2013**

**8:30—1:00**

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

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

## IMPORTANT NOTICE

There have been used needles found in and around the Bear Park turn around drive behind the Community Centre. **PLEASE:** Be very cautious and watch for hazardous materials while walking and playing in the community.

### A Guide to the Safe Disposal of Sharps

This information will assist you in the safe handling, storage, and disposal of sharps needles and syringes.

#### What are Sharps?

Sharps are items that are potentially contaminated with blood or body fluids that are capable of causing a cut or a puncture in the skin.

#### Sharps include:

- used syringes with needle attached
- used needles, lancets
- used razor blades
- broken glass that has come into contact with blood or body fluids

#### Why should you be concerned about sharps?

- Sharps can contain blood from other people and this blood can carry blood-borne infections like hepatitis B, hepatitis C, and HIV.
- HIV can live on a needle for several hours.
- Hepatitis B and C can live for up to a week.
- Accidental puncture wounds from a sharp can allow the entry of infection through the skin, resulting in blood-borne infections such as hepatitis B, hepatitis C and HIV.
- Used sharps are dangerous; they become biomedical waste and must be disposed of properly

#### Who is at risk?

Anyone can injure themselves with a contaminated sharp object including:

- Household members when sharps are used by someone in the household
- Neighborhood children who contact sharps while playing or exploring
- Workers who pick up garbage containing sharps.

#### Proper Disposal

- Sharps should be placed in a container immediately after use.
- Place needles/syringes in a puncture-resistant container with secure lid/cap labeled "Sharps."

- Thoroughly rinsed, heavy plastic detergent or bleach bottles with screw caps are acceptable as sharps containers.
- Store the sharps container in a secure location, away from children and pets.
- When the container is full, seal it, and be sure the "Sharps" label is still clearly visible.
- Locate a nearby collection site for disposal of used needles/syringes.

#### DO NOT...

- Throw loose needles in the garbage.
- Attempt to bend, break, or remove needles from the sharps container.
- Attempt to recap a needle that is not yours.
- Recycle or reuse your needles or syringes.
- Flush used needles or syringes down the toilet.
- Put loose needles or containers containing needles in recycling bins/containers.
- Use glass containers to dispose of the needles.
- Dispose of needles or syringes in a trash receptacle without a container.

#### To dispose of found sharps or broken glass:

- Use caution at all times.
- If possible, only use tongs to pick up the sharp.
- If tongs are not available, use thick gloves or a thick cloth taking care not to touch the sharp or cutting edge.
- Always hold sharp away from you.
- **Teach children to never touch sharps and to tell an adult about what they found and where**

"Needle-stick" injuries are a preventable health risk. Injuries resulting from improper disposal may demand expensive testing, cause long-term emotional stress, and increase the risk of exposure to infectious diseases.

If you are exposed to blood while handling a sharp, contact or visit a health care provider, emergency department, or Community Health Centre *as soon as possible*. The health care provider will provide advice about the need for blood tests, vaccinations and/or medications.

#### Aamjiwnaang Health Centre:

1300 Tashmoo Ave.....519-332-6770

#### Community Health Services:

160 Exmouth St. Sarnia .....519-383-8331

#### Lambton Shared Services:

150 N. Christina St. Sarnia .....519-344-2057

American Indian Communities Leadership Council presents

# American Indian Festival

Powwow Dancing, American Indian Crafts, Food Sale

**May 4, 2013 12-4pm**

Open to the Public-FREE Admission

Algonac Elementary (across from Walpole Ferry)

1300 St. Clair Blvd

**American Indian Traders Invited**

For more information contact:

Sharon Kota (810)364-8370 [sharon.kota@yahoo.com](mailto:sharon.kota@yahoo.com) OR Sue Wrabel (586)725-0284 x1425, [swrabel@abs.misd.net](mailto:swrabel@abs.misd.net)



**Anton Art Center**

EXHIBIT | EDUCATE | Inspire

The AICLC is a collaborative council currently represented by Algonac Schools, Anchor Bay Schools and American Indian Health and Family Services. Support for this event provided by Michigan Council for Arts and Cultural Affairs and the National Endowment for the Arts .



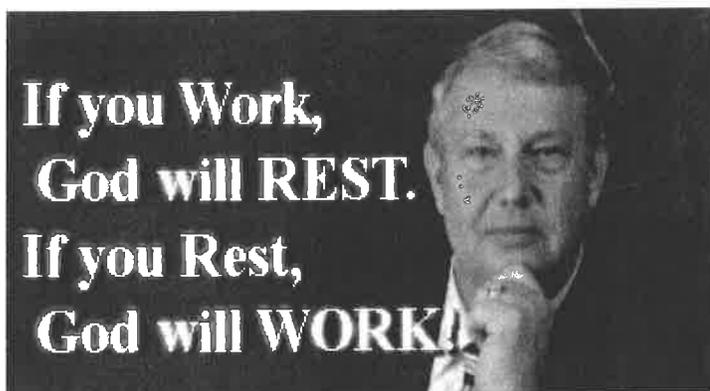
Walpole Island  
Evangelistic Centre



*“a ministering community,  
ministering to the community”*

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

**Dr. Lynn Hiles**



**Thursday, May 23 thru  
Sunday May 26**

**Thursday, Friday at 7pm nightly  
Rally Night Saturday at 6pm  
Sunday Morning at 10am.  
Sunday Evening at 6pm.**

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

For more info call  
Pastor Joey at 519 627 8285  
Or email  
evangelisticcentre@gmail.com



## **TRADITIONAL HEALING CEREMONY**

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

## **RAIN DANCE SING**

**Maawn Doosh Gamig  
(community center)**

**Saturday, April 27, 2013**

**12 noon - Initial Gathering**

**1:00 pm - Feast**

**2:00 pm - Opening Remarks**

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

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

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



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

## 14 Uses For Coffee Filters

1. Cover bowls or dishes when cooking in the microwave. Coffee filters make excellent covers for microwaving food. They are safer than using cellophane wraps or plastic items as there's a lot being said about that today. They are absorbent and you won't have splatters in your microwave.
2. Pop a bag of microwave popcorn, grab some chips, pretzels or your favorite snack. Why wash dishes and dirty bowls when a coffee filter doubles as a quick bowl that's throw away. More sanitary for each to have individual servings than say having all the kids putting their hands into a community popcorn bowl too. I used coffee filters in my Head Start classroom instead of paper towels and the like because of their nature and shape. My Pre-K students had less spilling and mess with their coffee filter bowl than they would a napkin or paper towel.
3. Clean windows and mirrors with coffee filters instead of paper towels or newspaper. Coffee filters are lint-free so they'll leave windows and mirrors sparkling.
4. Protect your plates, especially your good China from scratching or chipping. Separate your good dishes by putting a coffee filter between each dish.
5. Use a coffee filter to filter broken corks. If you break the cork when opening a wine bottle, filter the wine through a coffee filter. It will pick up all the pieces and you won't waste any of your Vino!
6. Coffee filters are a great way to protect a cast-iron skillet. Place a coffee filter in the skillet when storing to absorb moisture and prevent rust.
7. Apply shoe polish with a coffee filter. Just ball it up and use it to polish your shoes and you'll get a lint free shiny pair of shoes.
8. Do you get stuff in your oil after frying French Fries and stuff? That residue that makes you want to throw the oil out instead of reusing? Recycle your frying oil. After frying, strain oil through a sieve lined with a coffee filter. It will trap all the debris and food particles and you can use the oil for your next batch of fries!
9. Weighing chopped foods? Small ingredients that don't sit well on your kitchen scale? Place chopped and small ingredients in a coffee filter on a kitchen scale. It doubles as a bowl and is an easy throw-away after use.
10. Coffee filters make convenient wrappers for messy foods. You can serve things you eat with your hands (like tacos) and other greasy food in them. They absorb spills and grease as well.
11. Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.
12. Popsicles and things that drip? Consider using coffee filters as a fantastic "drip catcher". Poke one or two holes as needed for popsicles (for example) in a coffee filter and voilà you have the perfect solution to a potentially messy problem.
13. Put a few coffee filters on a plate and put your fried bacon, French fries, chicken fingers, etc. on them. Soaks out all the grease.
14. Keep some coffee filters in the bathroom. They make great "razor nick fixers" and are less messy than balling up tissue paper etc.

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## Body Toxins

Toxic chemicals are building up in your body. They are stored in your **liver, heart, kidneys, brain** and your **fat cells**. And if you don't do something about it soon...the way you feel today may be the best you'll feel for a long while.

The air we breathe is full of toxins. Our water is treated with fluoride and chlorine to keep us "safe." In fact, the closer you live to a big city or manufacturing hub, the more toxic you become.

What happens to a body that's under toxic attack? Weight gain...acne...inflammation...low energy...disease...even death.

---

## Spring Body Detox Recipe

### Ingredients:

- ☞ 1 Tbsp. Apple Cider Vinegar (unfiltered/organic)
- ☞ 1 tsp. Honey (more for desired sweetness)
- ☞ 1/2 fresh lemon, juiced
- ☞ 1 tsp. Molasses (more for desired sweetness)

### Directions:

Mix ingredients in a glass. Drink the mixture every morning to help balance your natural PH levels, assist your body in detoxifying, and help with indigestion.

See more important information about body health and cleansing on page 27.....

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### Public Works Surplus Items for Sale

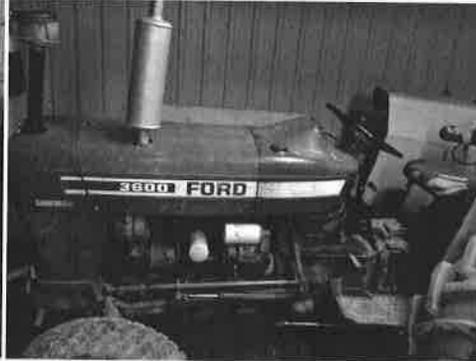
The Band Office will be accepting bids in a Silent Auction  
The following 12 Items will be available for view at the garage on

### WEDNESDAY, APRIL 17, 2013

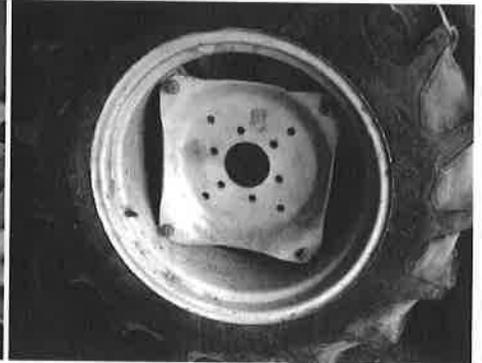
### 9:00 am to 3:00 pm



97' Ford ( Handicap) Van



3600 Ford Tractor



2 - Tractor Wheels



42" John Deere Z-trac



Lawn Sweeper



Lawn De-thatcher



Rhino DB150



2 - Snow Blowers



25 Gal. Sprayer

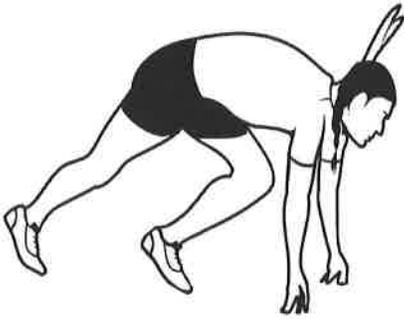


Piano

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

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

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



# Native Youth Olympics

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

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

## All day event with a 10:00 am start

## Be at The High School at 9:30

# Friday June 14, 2013

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

- Ages 7-17
- Standing Jump
  - Long Jump
  - 50 Metre
  - 100 Metre
  - 200 Metre

- Ages 7-17
- 400 Metre
  - Ball throw
  - Archery-May 24, 2013

**REGISTRATION FORMS DUE BY May 10, 13 4:00 pm**  
 Events take place at,  
**St. Patrick's High School**  
**In Sarnia**  
 If there is an overwhelming response in an age category, we will have try outs.

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



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

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

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

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

Name of Youth \_\_\_\_\_

Name of Parent \_\_\_\_\_

Signature of Parent \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Emergency Number \_\_\_\_\_

Health Card Number \_\_\_\_\_

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

Events Interested In \_\_\_\_\_

Please be specific- put most important events first.

Will transportation be needed      Yes      No

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

If yes, how many \_\_\_\_\_



**NATIVE YOUTH OLYMPICS**  
**EVENT LIST AND AGE CATEGORIES**



### TRACK AND FIELD EVENTS

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

### AGE CATEGORIES

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

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

#### NOTE:

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

# Aamjiwnaang Earth Day Celebration



**Saturday, April 20, 2013**

**9am to 2pm**

**Maawn Doosh Gumig**

**Community Centre**

## & Community Clean-up 2013

### AGENDA

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

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

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

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

**Seed Planting  
& Tree  
Give-Away**

**"Saving Our Home And Native Land"**



**"Saving Our Home And Native Land"**

**Trash-to-Treasure  
Art Contest**

## Aamjiwnaang First Nation JOB POSTING

### Summer Student Employment Coordinator

#### FUNCTION:

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

#### QUALIFICATIONS:

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

#### HOURS OF WORK:

40 hours weekly.

#### EMPLOYMENT DATES:

Monday, April 29 – Friday, August 23, 2013

#### DEADLINE FOR RESUMES:

Friday, April 19, 2013 at 4:00 pm

#### Attention:

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

## Aamjiwnaang First Nation

Employment Opportunity

**Laborer (3 Contract Positions)**

April to October (30 weeks)

#### Responsibilities

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

#### Knowledge and Skills

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

Submit resume and cover letter by  
**4:00 pm Friday, April 12, 2013 to:**

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

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

**PURPOSE OF THE POSITION:**

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

**RESPONSIBILITIES:**

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

**SPECIAL REQUIREMENTS:**

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

**SUBMIT RESUMES TO:**

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

**CLOSING DATE: May 3, 2013**

**2013 Day of  
Mourning Ceremony  
Sunday, April 28<sup>th</sup>, 2013**

Meeting at:

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

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

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

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

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

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

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

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

Thank you.

Ray Fillion, President  
Sarnia and District Labour Council

John Millholland, Chair  
Day of Mourning Committee



# Miss Aamjiwnaang 2013

## Categories

JR Princess  
6-12 years of age

SR Princess  
13-17 years of age

## Particulars

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

## Requirements

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

For more information please contact

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

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

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

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

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

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



### 2013 JR/SR Aamjiwnaang First Nation Princess Application Checklist

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

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

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

#### Pageant Contact Information:

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

Becky Maness – 519-344-4132

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

**NO LATE ENTERIES WILL BE ACCEPTED.**



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

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

#### Personal Interview for the Selection

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



### 2013 JR/SR Aamjiwnaang First Nation Princess

Type or print legibly in ink.

#### PERSONAL INFORMATION:

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

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

#### EDUCATION:

Grade: \_\_\_\_\_

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

#### ESSAY:

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

Topic is: Why should I be Miss Aamjiwnaang?

#### CULTURAL PRESENTATION:

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

Topics:

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



### 2013 Jr/Sr Aamjiwnaang First Nation Princess Eligibility Contract

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

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

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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



**Bumper to Bumper...**

**We handle all your Auto care needs**

1069 Tashmoo Ave.

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

**Ken Plain: 519-336-6372**

[whiteplainsautobody@gmail.com](mailto:whiteplainsautobody@gmail.com)



**Roger Williams'**  
**AUTHENTIC**  
**NATIVE CRAFT SHOP**

**STORE HOURS**

**Monday ~ Saturday**

**10:00 am ~ 6:00 pm**

**Phone 519-344-1243**

**Great gift ideas!**

## Need It Hauled Away!

Don't waste another Day.

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

**519-381-0653 or 519-332-8551**

Reasonable Rates-Prompt Service

## Dawn's Hair & Spa

1736 ST CLAIR PKWY

**CALL 519-332-0410**

*TO BOOK AN  
APPOINTMENT*



## Rogers Carpentry Services

2255 Wahboose Cr.

P.O. Box 2462, Station Main,  
Sarnia, Ontario Ca.

**Bruce Wayne Rogers 519-339-7960**

*Registered: Province of Ontario since 1990 / Fully In-*

## Computer Problems?

Computer Repair &  
Virus Removal \$35

Computer Clean Up \$20.00

Call Fred at 519-337-3383 or email

[tanyaernesto@bell.net](mailto:tanyaernesto@bell.net)

## "Handyman Work Wanted"

**Painting, Drywall Repair, etc...**

**Need your Deck done?**

Eaves 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**

## The Hair Masters

*Full Service Hair Salon*

**126 Christina St. N**

**Open Tuesday—Saturday**

**8:30 am to 4:30 pm**

*Evenings by appointment only!*

## Computer Repair Reasonable rates

*Give a description of problem etc., contact info.  
Most repairs completed at my home, setting up net-  
works, and training, requires booking and on site.*

Thanks, Jason Williams email:

[usedgood22@hotmail.ca](mailto:usedgood22@hotmail.ca)

## Animal Control Officer -Patrick Nahmabin

**Call or text Pat at 519-330-7450**

*(for animal control issues only)*

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

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

**CHIPPEWA TRIBE-UNE**

978 Tashmoo Avenue  
Sarnia, Ontario N7T 7H5

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

E-mail: [tribeune@aamjiwnaang.ca](mailto:tribeune@aamjiwnaang.ca)

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

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

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

*Chi-Miigwetch,*  
*Bonnie Plain ~ Editor*

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

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

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

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

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

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

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

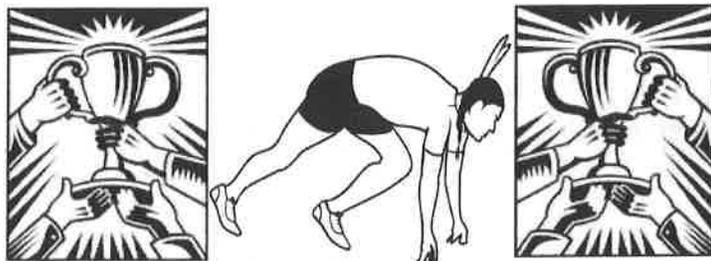
I didn't go home for the funeral; I decided instead to go to Burlington to sit with her oldest son who lives in a nursing home there. His dementia has taken over his mind and his body, yet I had the strangest feeling he understood exactly what I was saying when I told him Nanny was now with Grampy.

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

Carolyn

# Native Youth Olympics

Aamjiwnaang, Chippewa of the Thames, Oneida, Kettle Point, Moraviantown, New Credit, Walpole Island, Munsee-Delaware, and Can-Am Indian Friendship Center



## NATIVE YOUTH OLYMPICS EVENT LIST AND AGE CATEGORIES

### TRACK AND FIELD EVENTS

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

### AGE CATEGORIES

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

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

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

# Friday June 14, 2013

**All day event with a 10:00 am start  
Be at the High School at 9:00am**

*Please note: Youth aged 7-11 years will need to be accompanied by an Adult  
All youth aged 7-19 years will have an opportunity to participate*

#### Ages 7-17

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

#### Ages 7-17

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

REGISTRATION FORMS DUE BY

**May 10, 13 4:00 pm**

Events will take place at:

**St. Patrick's High School, Sarnia**

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

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



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

I HEREBY GIVE MY CHILD \_\_\_\_\_ Age: \_\_\_\_\_

Permission to participate on Friday June 14, 2013 in the Native Youth Olympics events that is being held in Sarnia, Ontario at St. Pat's High school.

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

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

Name of Youth \_\_\_\_\_

Name of Parent \_\_\_\_\_

Signature of Parent \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Emergency Number \_\_\_\_\_

Health Card Number \_\_\_\_\_

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

Events Interested In \_\_\_\_\_

Please be specific- put most important events first.

Will transportation be needed      Yes      No

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

If yes, how many \_\_\_\_\_



## SUMMER EMPLOYMENT OPPORTUNITY AAMJIWNAANG FIRST NATION

### Health Promotion Summer Student

**Employment Term:** June 3 to August 23, 2013 (12 weeks)

**Supervision:** Reports to and works under the direction of the Community Health Nurse

**Qualifications:**

- Enrolled in a post-secondary institution for the 2013/14 school year, or a recent graduate (within 6 months)
- Education and/or experience in health or a related field
- Access to reliable transportation
- Enjoy working with youth and serve as a positive role model
- Able to follow direction and work independently
- Good communication and computer skills

**Responsibilities:**

- To plan, implement and evaluate the Healthy Kids for Life summer program for children ages 7-12 years
- To develop and deliver educational materials to promote healthy living, such as presentations, pamphlets and display boards
- To research information and develop articles for the Tribe-Une
- To assist in the delivery of other health programs and services
- To help with organization of current program resources
- To assist Health Centre staff as needed

Include a cover letter, resume and three references.

**Forward to:** Kelly Williams, Assistant Band Administrator  
Aamjiwnaang First Nation  
978 Tashmoo Ave.  
Sarnia, Ontario N7T 7H5  
Fax: 519-336-0382

**Deadline:** All Applications must be received by May 10 at 4:00pm.

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**EMPLOYMENT OPPORTUNITY  
AAMJIWNAANG FIRST NATION  
Head Start Worker - Temporary Contract**

**JOB DUTIES:**

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

**QUALIFICATIONS:**

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

**APPLICATION TO INCLUDE:**

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

**Please forward applications:**

**Assistant Band Administrator**

**978 Tashmoo Ave**

**Sarnia, ON N7T 7H5**

**FAX 519-336-0382**

**Deadline for applications is May 17, 2013 at 4:00PM.**



**EMPLOYMENT OPPORTUNITY**  
**AAMJIWNAANG FIRST NATION**  
**Maintenance Worker - Contract to Permanent**

**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**

**Deadline for applications is May 17, 2013 at 4:00PM.**

## Eagle release at Chippewa

An immature female bald eagle (three years old) that was rehabilitated at the Salthaven Wildlife Rehabilitation & Education Centre was released at the Chippewas of the Thames overlooking the Thames River. Immature Bald Eagles will not get their signature white head and tail feathers until they get into their fifth year of life.

The three year old Bald eagle was found in a truck with a chain around its leg and it was found to be behaviourally challenge as it was imprinted. Imprinting means that it was not afraid of any humans and this is not an optimal quality for an eagle to have. The Salthaven group took care of the Eagle for 1.5 years until it looked as though it was rehabilitated enough to be let loose. The centre decided to send the bird out to Surrey BC where another rehabilitation centre could get the imprint away from the bird and allow it to go into the wild, this process took about 3 months to get through her head. The eagle had shown that she wanted nothing to do with humans any longer and was returned to the Salthaven Group on Monday April 1, 2013 from BC and released on the Friday of that same week to Chippewa Territory.



Councillor Myeengun Henry was contacted by the Salthaven group about the release of the large Eagle on April 4, 2013. A large group of Chippewa citizens were on hand to see the release of the eagle. Before the eagle was released a song was sung to bring the eagle into the community and then the bird was released. It is the hope of the community that the eagle would live and prosper in the area. Myeengun Henry said "We are honoured to be the new home of the beautiful eagle into our community, and we sing this song to honour the eagle"



The community citizens are aware of 7 other eagles that live in the area and use the habitat around Deskan Ziibi.

Brian Salt is the lead director at the centre and he told the community members about where the eagle came from and the rehabilitation work that was required with the beautiful animal to ensure it would be able to hunt and live out in the wild. The Salthaven Wildlife Rehabilitation & Education Centre information can be found on the internet at [www.salthaven.org](http://www.salthaven.org) or on Facebook.

The centre has brought other animals to the Chippewa Community including Redtail hawks and other animals that have been rehabilitated.

Story and Picture by Greg Plain

## How to Remove Toxins From Your Body Naturally

Toxins are substances that can harm your body and cause illness. On a daily basis you come in contact with toxins such as polluted water, cigarettes, chemicals from the food you eat and pesticides. Toxins that stay inside your body too long can injure your liver and kidneys, cause digestive problems and lower your metabolism. Fortunately, there are a few natural methods you can apply to safely and effectively cleanse your body of these harmful toxins.

### Step 1

Add fiber rich foods to your diet every day. Fiber helps your liver flush out toxins by transporting them out of your digestive system. Where there is a sufficient amount of fiber in your stomach, toxins stick with food and is eliminated with your next bowel movement. If you don't have enough fiber, the toxins re-enter your blood and the liver becomes over-worked, since it has to process them all over again. Eat two to three servings of fiber-rich foods every day. Dietary sources of fiber include whole grain breads and cereals, flax seed, barley, beans and fresh or dried prunes.

### Step 2

Consume 10 to 12 glasses of clean water daily to strengthen and boost your liver and kidneys to help remove toxins. In addition, consuming plenty of water can help to cool your body temperature removing disease-causing germs and their waste products.

### Step 3

Add two to three servings of vitamin C rich foods to your diet daily. Vitamin C helps your liver make an antioxidant called glutathione, which helps your liver eliminate toxins from your body. Dietary sources of foods high in vitamin C include all citrus fruits, tomatoes, bell peppers and broccoli. Additionally, you can also consume one 500 mg vitamin C supplement along with eating foods that contain vitamin C.

### Step 4

Exercise every day for 30 minutes to one hour to help strengthen your cardiovascular system. Getting enough exercises can help bring more oxygen-rich blood to your kidneys and liver, allowing them to eliminate toxins more effectively.

<http://www.livestrong.com>

A number of scientists state that acidity is the single underlying cause of ill health and disease and most

toxins contribute to acidity. Many symptoms and diseases have been linked to acidity in the body; including arthritis and cancer.

## 3 Day Alkalizing Cleanse

To enhance effectiveness, cut down on acid forming foods (animal proteins, dairy, sugar, coffee, alcohol, most grains) and increase alkaline forming foods (vegetables, leafy greens, pure water, green juices & smoothies), 2 weeks before cleanse.

### EVERY DAY (for 3 days)

#### Drinks:

- **Green Alkaline Water:** Add 1 teaspoon of liquid chlorophyll to 8 oz filtered water.
- **Lemon Flaxseed Detox Drink:** Blend together the juice of 1/2 medium lemon with 8 oz water, 1 tablespoon organic flax oil, small knob of peeled and grated ginger root to taste until well mixed.
- 1 1/2 – 2 liters water.
- **Dandelion tea:** when you feel like a warm drink.
- **Fresh vegetable juice:** celery, cucumber, carrot and green leaves.

**Before Breakfast:** 1 glass of Green Alkaline Water

**Breakfast:** 1 glass of Lemon Flaxseed Detox Drink-sip slowly.

**Mid morning:** 1 glass fresh vegetable juice and Small handful fresh raw almonds if hungry.

**Lunch:** 1 glass Lemon Flaxseed Detox Drink, Large raw vegetable salad or Raw vegetable soup – (blend 2 cucumbers, 1/2 avocado, 2 tablespoons lemon juice, 1 teaspoon garlic)

**Afternoon snack:** 1/2 avocado with a little lemon juice or Small handful almonds or Brazil nuts.

**Dinner:** 1 glass Green Alkaline Water Drink Large mixed vegetable salad with dressing made from flax oil or olive oil and apple cider vinegar.

OR Large plate of steamed vegetables with a little dressing as above

OR Large bowl of cooked vegetable soup.

\*\*An alkaline diet helps restore your body's pH and will boost your energy, renew your health, melt excess pounds and help you feel years younger.

<http://thedetoxspecialist.com/blog/detox/the-amazing-three-day-alkalizing-cleanse>



**VOLUNTEER APPLICATION FORM - AAMJIWNAANG POW-WOW 2013**

Date: \_\_\_\_\_

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

Address: \_\_\_\_\_

City: \_\_\_\_\_

Contact info: (required) \_\_\_\_\_

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

Do you have a valid driver's license? Please Circle one: Y / N

\*\*\*We will need a copy if you are chosen for use of carts\*\*\*

|                         |                                          |                                            |
|-------------------------|------------------------------------------|--------------------------------------------|
| <u>Area of interest</u> | <input type="checkbox"/> Parking lot     | <input type="checkbox"/> Maintenance       |
|                         | <input type="checkbox"/> Front gate      | <input type="checkbox"/> Assisting Seniors |
|                         | <input type="checkbox"/> Committee booth |                                            |

Have you volunteered with us before ? Please circle one: Y / N

There will be numerous shifts starting Friday Night. Which time of day is best for you? Please check one.

Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Evening \_\_\_\_\_

Special skills and qualifications: \_\_\_\_\_

\_\_\_\_\_

All volunteers are subject to Pow-wow committee volunteer *rules of conduct*.  
Thank you for your interest, we will contact you to indicate which area you are chosen for,  
Chi Miigwetch Pow Wow volunteer team!

Please list info for who we would contact in case of emergency **\*Required**

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

Address: \_\_\_\_\_

2012 POW-WOW COMMITTEE VOLUNTEER COORDINATOR - MARINA PLAIN





# Miss Aamjiwnaang 2013

## Categories

JR Princess  
6-12 years of age

SR Princess  
13-17 years of age

## Particulars

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

## Requirements

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

For more information please contact

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

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

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

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

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

Signature \_\_\_\_\_

Date \_\_\_\_\_

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



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#### Personal Interview for the Selection

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



### 2013 JR/SR Aamjiwnaang First Nation Princess

Type or print legibly in ink.

#### **PERSONAL INFORMATION:**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

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

#### **EDUCATION:**

Grade: \_\_\_\_\_

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

#### **ESSAY:**

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

Topic is: Why should I be Miss Aamjiwnaang?

#### **CULTURAL PRESENTATION:**

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

Topics:

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



### 2013 Jr/Sr Aamjiwnaang First Nation Princess Eligibility Contract

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

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

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

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Thanks, Jason Williams email:  
[usedgood22@hotmail.ca](mailto:usedgood22@hotmail.ca)

## Animal Control Officer -Patrick Nahmabin

**Call or text Pat at 519-330-7450**  
 (for animal control issues only)

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

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

**CHIPPEWA TRIBE-UNE**

978 Tashmoo Avenue  
Sarnia, Ontario N7T 7H5

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

E-mail: [tribeune@aamjiwnaang.ca](mailto:tribeune@aamjiwnaang.ca)

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

Your next Chippewa Tribe-Une is due out on **Thursday, May 9th, 2013**

The **deadline** will be on **Tuesday, May 7th, 2013** by **4:00 pm**

*Chi-Miigwetch,  
Bonnie Plain ~ Editor*

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

Boozhoo! There are some movies I simply love not because they have any great artistic merit, but because I just love the story. Saturday night I was flipping through the channels [yes, I still watch too much TV] and came across *The Man in the Iron Mask*. There are many versions of the story of a man imprisoned in a terrible prison, his head encased in an iron mask. Who was the man? Well the question continues to be bandied about even to this day because there are rumours and brief historical mentions that he may have been related to Louis XIV of France; in the version I watched the other evening Leonardo DiCaprio played both the king and his hidden-away twin brother. It is an enthralling yarn. I recommend it!

There is a line in the movie that brought me up short when I watched it on the weekend. I'm not sure I heard it before. Philippe, the man in the iron mask, says to those trying to put him on the throne of France, "I wear the mask; it does not wear me!" Wow, I thought when I heard those words. Wow!

First of all I need to acknowledge that I have worn masks. I suppose we all have. When we are trying to be the one we believe the world wants or expects us to be, we wear a mask. When we smile while our heart is breaking, we wear a mask. When we brush off the physical pain that makes living pure hell, we wear a mask. We wear masks.

But, does the mask wear us? That is the question. Do we ever become so good at being the woman or man in the mask that we lose sight of who God created us to be? I expect there are times when that is our truth.

I've been thinking about this since I watched that movie; in fact, I can't remember a single scene after this one line. It has had such an impact on me I suppose, because I don't want to lose myself to some mask I feel I must wear. And I don't want my children to feel they can't be exactly who they are because some might have trouble with that. You get what I'm saying?

How do we encourage people to throw off their masks or refuse to put them on in the first place? How do we assure our friends and companions on this life's journey that they are perfect exactly as they are? If we could accept one another, if people could accept themselves might there be less addiction, abuse and discrimination in our world?

So many questions! What are the answers?

Take care good people . . . and take off that mask! Rev. Carolyn