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Aamjiwnaang
Population Stats
Current: 2304



2014 SPRING CLEAN-UP

April 28 – May 2

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

Aamjiwnaang's 2nd Annual Rez-Wide YARD SALE



Saturday & Sunday
MAY 3 & 4, 2014

Clean out your basement, closets, attics, and sheds.
One man's trash, is another man's treasure!

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

*Happy Birthday**Apr. 26 to May 9, 2014*

Aimee	Branton	Apr.	26	Ellise	Cottrelle	May	3
Joshua	Campbell	Apr.	26	Leslie	Hawkins	May	3
Liana	Clark	Apr.	26	Felicia	Lockridge	May	3
Ethan	Joseph	Apr.	26	Jacklyn	Rogers	May	3
Edwin	Maness	Apr.	26	Ashlee Marie	Adams	May	4
Ember	Nahmabin	Apr.	26	Jada	Plain	May	4
Tiarra	Nahmabin	Apr.	26	Sheree	Plain	May	4
Telford Francis	Adams	Apr.	27	Jacob	Rogers	May	4
Deborah	Cottrelle	Apr.	27	Gerald	Simon	May	4
Gail	Lapp	Apr.	27	Trevor	Smith	May	4
Gordon	McKay	Apr.	27	Jessica	Solomon	May	4
Jessie	Plain	Apr.	27	Tayah	Van Troost	May	4
Ty	Robertson	Apr.	27	Wendy	Verspagen	May	4
Brennan	Williams	Apr.	27	Robert	Archer	May	5
Lightning	Clark	Apr.	28	Ryan	Bressette	May	5
Rebecca	Coates	Apr.	28	Valerie	Farrar	May	5
Joshua	Coelho	Apr.	28	Madison	Jorgensen	May	5
Ryan	Parkinson	Apr.	28	Candy	Joseph	May	5
Blair	Williams	Apr.	28	Ashley	Maness	May	5
Brittany	Williams	Apr.	28	Richard	Maness	May	5
Ravena	Williams	Apr.	28	Sonja	Meza	May	5
Shy-Ann	Williams	Apr.	28	Koma	Rogers	May	5
Tristan	Williams	Apr.	28	Derrick	Rogers-Oliver	May	5
Tennie	Johnston	Apr.	29	Benjamin	Baker	May	6
Nicholas	Olynyk	Apr.	29	Whitney	Brown	May	6
Wilfred	Plain	Apr.	29	Phoenix Sky	Cottrelle-Albert	May	6
Adam	Williams	Apr.	29	Rick	Gray	May	6
Leanne	Williams	Apr.	29	Robert	James	May	6
Jeremy	Fisher	Apr.	30	Jordan	Nahmabin-Shaw	May	6
Caleb	Hallett-Plain	Apr.	30	Ian	Simon	May	6
Landen	Plain	Apr.	30	Jan	Stewart	May	6
Lilyan	Plain	Apr.	30	Michael	Stocum	May	6
Kim	Rogers	Apr.	30	David	Adams	May	7
Jasmyne	Westbrook	Apr.	30	Norman	Joseph	May	7
Hailey	Daws	May	1	Timothy	Maness	May	7
Lori	Jackson	May	1	Jesse	Nahmabin	May	7
Dawn	Maness	May	1	Jordan	Partin	May	7
Carl	Oliver	May	1	Kadan	Sinopole	May	7
Debra	Plain-McGregor	May	1	Anita	Cloud	May	8
Nathanial	Rogers-Stonefish	May	1	Shirley	Gant	May	8
Crystal	Williams	May	1	Adalia	Plain	May	8
Alexis	Dick	May	1	Matthew	Williams	May	8
Cory	Gray	May	2	Cameron	Baker	May	9
Carol	Louis	May	2	Shauna	Eyre	May	9
				Cassidy	Fisher-Romphf	May	9

Kirra	Hamelin	May	9
Cylis	Oliver-Williams	May	9
Jayson	Verge	May	9
Ryan	Verge	May	9

Happy 24th Birthday

to a Great Sister and Aunt, Ravena!
*Lotsa love from Meg, Beega
 & Emma XoXo*

CURIO CABINET FOR SALE

NEW ~ STILL IN BOX

\$150 - OBO

60" H x 28" W x 10-1/2" D

- Walnut colour
- Decorative front panel
- Mirrored background

If interested or for more info
 please call 519-344-5443

HUGE Yard Sale

Saturday & Sunday

April 26 & 27

~ AND ~

Friday, Saturday, & Sunday

May 2, 3, & 4

8 am — 2 pm daily

1929 Virgil Avenue

(just off LaSalle & St Clair Parkway)

Linens, dishes, women's clothing and shoes,
 lawn furniture, wrought iron patio set, golf clubs,
 suit cases, and much, much more...

All Band Operations will be
CLOSED MONDAY
MAY 19, 2014

For the Victoria Day Holiday
 Back to regular hours
 Tuesday May 20, 2014

Thank you



**ATTENTION
 SENIORS AND
 FAMILY MEMBERS**

HAPPY VICTORIA DAY!

May 19th, 2014

**From the Home & Community
 Care Department**

Please be advised that there will be
NO SERVICE ON
Monday May 19th, 2014

Regular hours will commence on
Tuesday May 20th, 2014

FYI for Family and Clients

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

DO NOT DO SPRING CLEANING

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

**ANYONE INTERESTED IN
SECURITY GUARD TRAINING
LEVEL 1 - OR - LEVEL 2**

**Courses will be offered in
June and July**

**Contact Melissa Medeiros
336-8410 Ext. 249**

Employment & Training Dept.

*** Must attend the full two weeks**

*** Need a criminal record check**

SERIOUS INQUIRIES ONLY

ATTENTION MEMBERS

This is an election year.

The nomination meeting will take place on
May 30th at the Community Centre and
Election Day will be **July 11th**.

~ **Please remind all your off-reserve
friends and relatives to provide their
mailing address if they have relocated
since the last election to Carolyn
Nahmabin, so they may receive their
election packages in a timely manner.**

DOG GROOMER WANTED

I am in a wheelchair and I am a pet
owner looking for someone to walk and
occasionally groom my large dog.

Duties include:

- ◆ Walking dog * 2-3 times week
- ◆ Bathe, brush, and clip nails
*2 times month

*This is an ideal job to make extra cash.
Suitable for a mature youth or an adult.*

*For more info and/or to discuss payment
please call Lee at: 226-886-0833*

**Aamjiwnaang Education Awards
2014 Post Secondary Students**

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

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

Proof must be submitted by

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

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

Diane Aiken: daiken@aamjiwnaang.ca

Vicki Ware: vware@aamjiwnaang.ca

978 Tashmoo Ave

Sarnia, ON N7T 7H5

Telephone: (519) 336-8410

Fax: (519) 336-0382

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

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



ANIMAL CONTROL OFFICER

Ron Simon - Text/Call 519-330-7450

For animal control issues only!

Primary duties are to follow up on loose dog
complaints and monitor quarantined dogs.

If you are a dog owner and your dog is loose,
it is your responsibility to retrieve your dog.

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



E' Maawizidjig - Our way of coming together to make decisions as a group. We are a stand-alone group who meets every other Wednesday to learn and share our wisdom and knowledge. We are not affiliated with or funded by the Band. We do fundraising for activities, events, and materials. ~ Donations are greatly appreciated .

UPCOMING FEAST

Wednesday, April 30, 2014

6 pm at Maawn Doosh Gumig

Potluck feast Last Wednesday of the month—Bring your favorite recipe to share or just show up—Eat and Socialize.

Everyone Welcome

UPCOMING MEETINGS

Wednesday, May , 2014

6 pm at Maawn Doosh Gumig

50/50 DRAW

Tickets are \$2.00 or 3 for \$5.00

Next Draw is **April 30, 2014**

Easter Basket Winners

1st - Mariah Plain

2nd - Robin Wood

3rd - Mary-Lou Williams

*Culture * Identity * Knowledge*



E'Maawizidjig will have a table set up at the community centre parking lot during the Annual Rez-Wide Yard Sale on **Saturday May 3rd** to help fundraise for up-coming events. The youth in the group are excited about being a part of fundraising and will be selling Candy Kabobs along with other items. Please stop by, check things out, and contribute to a worthy cause.

Boozhoo

My name is Wilson Plain Jr. and I have accepted the position of Emergency Management Planner for Aamjiwnaang First Nation. One of my priorities is to update Aamjiwnaang's current emergency response plan including a notification plan. I will be acting as a liaison and point of contact with local industrial representatives. I will also be providing information to the community on emergency alerts or notifications. I am obtaining information for community members in relation to emergency preparedness, in general. This information includes emergency preparedness information in situations such as extreme weather, power outages, chemical incidents and others. There will also be information made available on emergency preparedness kits that all families should have available.

My office is located in the Administration building, 978 Tashmoo Avenue. If you wish to contact me, feel free to call me at (519)336-8410 or you can email me at wplain@aamjiwnaang.ca

I look forward to the challenges of this position and will be working to help Aamjiwnaang be prepared for emergency situations.

Miigwetch

MOE Petroleum Refinery Technical Standard

Come out for a discussion on the multiple sources of air emissions in the Sarnia Area and the adverse effect it is associated with as well as how you are exposed to it. Sarnia area facilities involved are: Imperial Oil – Sarnia; Styrolutions – Sarnia; NOVA – Corunna; Lanxess – Sarnia. Learn about the current methods to minimize emissions of benzene from dominant sources. Informal Agenda Outline:

- Poster boards and a 20-30 minute informal question and answer period;
- Brief presentations by Ministry of the Environment
- Questions and answer period at end of presentations

Date: May 21, 2014

Time: 6 – 7

Location: Community Center

Hope to see you there!!

Introducing

Men's Cooking Class

Wednesday,
April 30/14

11:30am – 1:30pm
Health Centre

Prize For All Participants

Whether the idea of standing over a stove intimidates you, or you know a few basic recipes but would like to wow your wife or family, or even if you're a pretty knowledgeable chef but could use some information on how to make your cooking healthier: we've got the class for you!

Gentlemen: it's your time to shine! It's time to treat your taste buds and wow you friends and family. Learn to love delicious food made with a few healthy ingredients. We'll see you there!

Space is limited, so call TODAY!

To register please call the Health Centre at 519-332-6770

"Your Life Isn't a Gamble"



By Earl Lambert
Motivational Speaker &
Inspirational Storyteller!

A gifted speaker with the ability to connect, uplift and inspire through stories, music, magic and humour!

Join us on Tuesday,
May 6th, 2014
At the Community Centre
Banquet Room

Dinner at 5:30 pm
Presentation at 6:00 pm

Whether an individual finds themselves entering the stage of dependency upon gambling or are amidst the clutches of addiction, there are strategies to help them overcome this problem.

For youth who have not experienced gambling it's about prevention and for problematic gamblers denying the existence of a problem, it's about intervention. Awareness is definitely key but it's accepting there that is a problem and ultimately a willingness to take action that will aid in helping them toward living in the solution.

~ Earl Lambert

GREAT Evening Planned!!

GREAT Door Prizes!!

Please call the Health Centre at 519-332-6770 to sign up for catering purposes. Thank you!



Eat more Fruit and Veggies for our one week challenge!!

All families that call and sign up will receive a **FREE Good Food Box** to assist them with their weekly challenge of adding more fruits and vegetables into their diet.

Good Food Boxes can be picked up **Friday, May 16 at the Health Centre.**

All families that participate will be entered into a lottery-style draw.

Challenge will be for one week!!

Sunday, May 18 through Saturday, May 24, 2014

****Deadline to sign-up is May 9****

Grand Prize: Free Good Food Box for ONE YEAR
Second Prize: Free Good Food Box for 6 MONTHS



For more information or to sign-up please call the Health Centre at 519-332-6770

INTRODUCTION TO GARDENING

DATE:
 Wednesday, May 7th, 2014

TIME:
 6—7pm

PLACE:
 Aamjiwnaang Health Centre

Guest speaker:
Lareina Rising



DOOR PRIZES!
 Please call the Health Centre at 332-6779 to sign up.

AAMJIWNAANG HITMEN 2014
A finalists – Little NHL



Top Left to right – Trainer – Stan Cloud, Mickey George, Hunter Adams, Coach-Duffy Simon, Aiden Chapdelaine, Talon Whiteye, Patrick Nahmabin and Coach-Ron Simon; Second Row (left to right) – Aquila Kaczanowski, Byron Ruzik-Monague, Trey Maracle, Mason Cloud, Luke Simon and Brodie Maracle; Bottom Row – Bradley Dobson

The Aamjiwnaang Midget Hitmen would like to thank the DREAMCATCHER FOUNDATION, SOUTHWEST INNER CIRCLE, AAMJIWNAANG FIRST NATION, KETTLE AND STONY POINT FIRST NATION for their financial contributions. We would also like to thank all of you that came out to eat some tacos at our fundraiser. Your financial contribution was much appreciated and assisted these amazing young men in attending the 2014 Little NHL held in Mississauga, Ontario over the March break.

The competition in this tournament was unbelievable and these young men that represented our communities rose to the occasion. Their hockey skills, ability to read the plays and sportsmanship was something to be proud of. We as parents were sure proud !

Our first game was against the *Wiwemikong Thunderhawks*—we had a win 3-0. Then for our second game it was against the *Fort William North Stars* – and we won 5-0. Our third game was against *Deleware First Nation* – what a nail biter, but we won 3-2 in an Overtime win. Our fourth game was against *M'Chigeeng Warriors* and we won 4-2.

The **Aamjiwnaang Hitmen** went undefeated in order to get to the A FINALS – Our final game was against the *Nipissing Warriors*. Our boys fought hard and played up to their potential – the game ended in a 2-1 loss for our boys, but they sure played like champions. They never gave up, never stopped shooting and never stopped skating. Our goaltending was stellar, he made some amazing plays that kept us in the game. We were a young Midget team and were underestimated by many teams, next year boys !

Aamjiwnaang Pee-Wee Hitmen

The Aamjiwnaang Pee-Wee Hitmen would like to thank all parents and fans in their continuing support for the 2013—2014 hockey season; especially, the Dreamcatcher Foundation for their financial support for the 2014 LIL NHL Tournament.



Pee-Wee Hitmen Players: Ben Brant (goalie), Colby Kacznoski, Luke Nahmabin, Cylis Williams, Cameron Crowley, Corey Bird, Levi Plain, Abraham Plain, Anthony Plain, Gavin Gray, Jacob Williams, Josh Noah, Daryl Ireland, Biidaaski Nahdee, Carter Hawkins, Chloe Plain.

Manager, Lynwood Cottrelle; **Coach,** Jamie Maness; **Coach,** Duffy Simon.



TACO SALE

Friday April 25, 2014

11:30am – Sold Out

2239 S. Vidal St
(Mike and Elaine Williams)

519-336-5281

Taco - \$6.00 ~ Pop/Water - \$1.00

Will deliver orders over \$25.00 If you have any large orders
please drop them off to Melissa at the Band Office on

Thursday April 24, 2014 by 4:00pm

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

We have exciting news,
and you're invited!

Monday, April 28, 2014

IEC, Indigenous Education Coalition has asked if they can video our [Annual Water Walk](#). This video is to document sharing of culture in an educational video thru CBC. It will be shared with neighboring communities and schools alike.

Important:

10:00 – 11:00 am @ Day Care

- Earth Month – Importance of water – Mother Earth's waters are her blood streams - women are caretakers of the water. ie; we carry our babies in water.
- Healthy ways of using tobacco – prayer – held in your left hand – closest to your heart.
- Special guest Mother Earth Water Walker Sylvia Plain will be joining us.
- v Parents, siblings, grandparents, aunts, uncles are encouraged to participate.
- Children and anyone wanting to participate can carry a small cup of water and/or tobacco.
- All of the girls (tot to JK) can borrow a skirt from the school to wear. Women are encouraged to wear a long skirt, if not **that's ok.**
- Headstart and a Representative from the Environment dept. will be walking with us too.
- Walking around Chippewa Crescent.
- All families will get a copy of the DVD
- Day care parents will need to sign a media release form provided by Sophie Williams. If you do not want your child on video, that is ok too, please let me know.

If you have any questions please contact Sophie Williams at 344-4132. Miigwech!

Earth Day Binoojiinyag
Water Walk

Monday, April 28, 2014

10:30am

* Rain Date *

Tuesday, April 29, 2014

For Nemebine Giizis

- Lesson/Focus:

- Importance of Water, Nbiish.
- Healthy use of semaa,
 - tobacco in the left hand,
 - closest to the heart, prayer.

10:30 am all classrooms
meet out front for water
walk around



This walk is to raise awareness about taking care of our Nbiish

We will be joined by
Sylvia Plain, Aamjiwnaang's
Environment Department
and Head Start.

Aamjiwnaang Earth Day Celebration



Saturday, April 26, 2014

9am to 3pm

**Maawn Doosh Gumig
Community Centre**

& Community Clean-up 2014

AGENDA

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

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

10:00 Start Community Clean-Up

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

**Environmental Education
Booths From 10-2 and Fun
Activities for the Whole Family**

**** Win Awesome Prizes ****

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

12:00 Barbeque @ the Community Centre (hamburgers & hotdogs)

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

1:30 Hand Out Trees & Clean-Up

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

Please contact Christine Rogers if interested at: 336-8410

**Trash-to-Treasure
Art Contest**



**Seed Planting
& Tree Give-Away**

"Saving Our Home And Native Land"



EMPLOYMENT SUPPORTS SERVICES



PARTICIPATION AGREEMENTS

ONTARIO WORKS

NOTICE / FYI

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

NO EXCEPTIONS

To set up your apt., please contact me @

MARINA PLAIN

519-336-8410

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

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

WHAT YOU WILL GAIN:

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

You may also be eligible for:

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

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

AAMJIWNAANG

ODSP



SECOND WEDNESDAY OF EACH MONTH AND ODSP WORKER IS AVAILABLE @ AAMJIWNAANG

FYI:

Availability used to be all day;

THE ODSP'S WORKERS AVAILABILITY HAS CHANGED. SHANO BOLTON WILL BE AVAILABLE WEDNESDAY

MAY 14 1 pm - 4 pm

FOR REGULAR ODSP CLIENTS & ANYONE WHO MAY HAVE QUESTIONS ABOUT ODSP

EMPLOYMENT SUPPORTS



SMART SERVE
May 23

First Aid /CPR
May 28 & 29



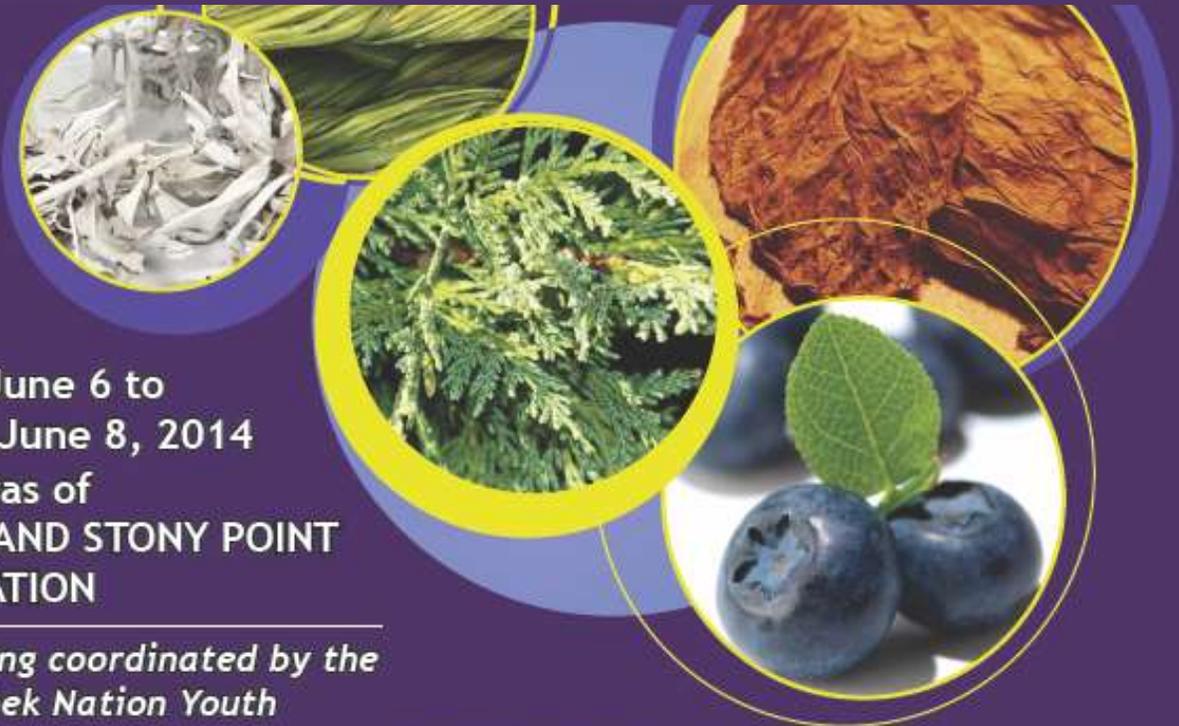
SMART SERVE & First Aid /CPR
Participants Must call to Register 519-336-8410

Mon	Tue	Wed	Thu	Fri
May 2014			1	2
5 Passport	6 Passport	7	8	9 Closed
12	← CLOSED FOR TRAINING →			16
19 Passport	20 Passport	21	22	23 Smart Serve
26 Passport	27 Passport	28 First Aid	29 First Aid	30 Closed

The **BUZZ** on MEDZINS

“Body, Mind and Spirit”

“Watch for upcoming registration information for Aamjiwnaang youth”



**FRIDAY June 6 to
SUNDAY June 8, 2014
Chippewas of
KETTLE AND STONY POINT
FIRST NATION**

*A Gathering coordinated by the
Anishinabek Nation Youth*

Please complete the registration form and **RETURN BEFORE May 22, 2014.**
Attn: Laura Liberty, c/o Union of Ontario Indians, P.O. Box 711, North Bay, ON, P1B 8J8
Laura Liberty (705) 497-9127 • Fax: 705-497-9135 • 1-877-702-5200 • Email: liblau@anishinabek.ca



 UOI facebook 'Buzz on Medzins'

www.anishinabek.ca



Walking along the Bay

Join as we walk along
Sarnia Bay

Wednesday Mornings
During the month of May

9:30 - 10:30 am

Transportation
available



Please call
Peggy or Jessica
at 519-332-6770
for further
information or
to sign up.

Seniors Healthy Cooking Class

Tuesday, May 13, 2014

Health Centre

10:30 - 1:30

Come out and join us!
Just call Peggy 519-332-6770
ext. 31 to register!



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



Presented by: **Sandra Walker**



**North Lambton
Community Health Centre**

North Lambton Community Health Centre

Heart & Stroke

BIG BIKE

When: May 21st, 2014
Where: No Frills, Corunna
Arrival Time: 6:30pm
Ride Time: 7pm



I am looking for 29 enthusiastic riders to participate in the annual Big Bike ride!

Participants under 18 must have release signed by parent or guardian.



Your support is appreciated!



Please contact Roberta at 519-332-6770 or at rbressette@aamjiwnaang.ca to sign up.

Lambton Wildlife Inc. presents...

"THE ONCE & FUTURE GREAT LAKES COUNTRY"

A "Special Presentation" By Author: John Riley (Chief Science Officer for NCC, Botanist, geologist, ecologist and naturalist)



John tells the story of the Great Lakes Region's once Native landscapes and the current modern footprint. He takes us on an ecological journey through time, from the post glacial period through the magnificent woodlands and prairies encouraged by the Native Peoples

to the post settlement trauma that has changed the regions landscapes beyond imagination.

A story of an earthly paradise with superabundant wildlife diminished to extirpation and extinctions.

In conclusion, hear a cautious optimism for the future, what are the current trajectories of change and are we learning how to help nature restore itself?

DON'T MISS THIS FREE OPPORTUNITY...

...to see John's presentation and purchase his book **"The Once and Future Great Lakes Country"**.

John will be present to sign books after his presentation.



Presented in Partnership with:



Lambton College Residence & Event Centre
(former 'Lambton Inn') 1485 London Rd., Sarnia

Sat. May 10th, 2014 • 2pm

**Free Environmental Training
Maawn Doosh Gumig Banquet Room
Call Environment Department to Register**

Wednesday, May 07, 2014

9:00 — 9:30 am	Registration
9:30 — 9:35 am	<u>Introduction</u> – presented by Mr. Alan Hahn What will we learn today? Overview of Seminar
9:35 — 11:00 am	Environmental Assessments - presented by Mr. Clifford Lawton Phase One Environmental Site Assessments Phase Two Environmental Site Assessments Field Techniques (soil, groundwater, stormwater) Case Studies
11:00 — 11:15 am	Break
11:15 — 12:00 pm	Environmental Surveys <u>Building Inspections</u> – presented by Mr. Andrew Tymec Mould Survey Designated Substance Survey Asbestos Survey Case Studies
12:00 — 1:00 pm	Lunch
1:00 — 1:30 pm	Environmental Impacts from Storage Systems <u>Fuel and Chemical Storage Systems</u> – presented by Mr. Chris Pare' Underground Storage Tanks/Piping Systems Above Ground Storage Tanks Case Studies
1:30 — 2:00 pm	Indoor Air Issues <u>Vapour Intrusion</u> – presented by Mr. Chris Pare' When could it be a concern? Sub Slab Sampling/Field Techniques Case Studies
2:00 — 2:15 pm	Break
2:15 — 3:00 pm	Who is responsible for the environmental problem? <u>Environmental Forensics</u> – presented by Mr. Chris Pare' and Andrew Tymec Fingerprinting/Site Conceptual Model Case Studies
3:00 — 3:30 pm	Closing Session Questions for our speakers – Mr. Chris Pare', Mr. Cliff Lawton, Mr. Andrew Tymec



Preventing Overdose Waterloo Wellington

OVERDOSE PREVENTION & INTERVENTION

MAY 5TH, 2014

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

4:30PM DINNER

5—8PM WORKSHOP

TRAINING INCLUDES:

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

PLEASE CALL DOROTHY TO SIGN-UP

(CATERING PURPOSES)

IF YOU HAVE QUESTIONS PLEASE CALL TRACEY

519-332-6770

American Indian Communities Leadership Council presents

American Indian Festival

Powwow Dancing, American Indian Crafts, Food Sale

May 3, 2014 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.l.kota@gmail.com OR Sue Wrobel (586)725-0284 x1425, swrobel@abs.misd.net



National
Endowment
for the Arts
NEA



Anton Art Center
Exhibits | 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.

Feeling “Indspired”

By: Jennifer Johnson

Suncor Sarnia Refinery

Each year, Suncor accompanies youth from First Nation communities near its operations to the Indspire Awards, previously known as the National Aboriginal Achievement Awards. This year’s trip brought us to Winnipeg, Manitoba.



l-r: Joshua Daws, Brandon Rogers, Vicky Ware, Sam Miller, Austin Williams, Barb Leblanc, Norma Romlewski, Jennifer Johnson and Mark Hiseler

In addition to attending the awards ceremony (which will be broadcast May 9th on Global TV and May 10th on APTN), the four students representing Aamjiwnaang participated in a cultural activity at the Circle of Life Thunderbird House, visited one of three post-secondary educational options in Winnipeg, hit the lanes at a local bowling alley and had lunch with the 2014 Indspire award recipients.

For most of the students, the Suncor Youth Luncheon was the highlight. During the lunch, recipients sat at the tables with the students and shared their stories – why they were receiving their award, how they achieved their goals, overcame challenges along the way and stayed true to themselves throughout their journey. The recipients, including two youth, were being recognized for a variety of different accomplishments ranging from Health, Law & Justice, Sports, Education, Arts and Environment & Natural Resources. This year’s luncheon had an Aamjiwnaang connection – Austin Williams co-hosted the event with a member of Suncor’s Aboriginal Relations team from Calgary.

The message each of the recipients had for the youth was honest and simple – be yourself, work hard, if you really want something, don’t give up and seize every available opportunity.

After having lunch with the award recipients, one of the students commented that, “Doors were opened for me today” - a strong statement and one that best demonstrates why Suncor supports Indspire and why we help make this experience available to First Nations youth in the Southwestern Ontario and Wood Buffalo regions.

We share Aamjiwnaang’s commitment to education and student success. Our hope is that through the Indspire Awards trip, we can support students in gaining an experience that is different from what they get in the classroom – an experience that can maybe even help them maintain and/or gain the motivation they need to achieve their goals.

Indspire is the largest supporter of Indigenous education aside from the federal government, having awarded more than \$54 million in scholarships and bursaries to 16,000 First Nation, Inuit and Métis recipients nationwide, to date.

To learn more about how students can access bursaries and scholarships, please visit: www.indspire.ca.



At the Suncor Youth Luncheon, chatting with Dr. Evan Tesla II Adams who is best known for his role in “Smoke Signals” but now currently serving as Deputy Provincial Health Officer responsible for Indigenous health in BC

drugfacts.ca MARIJUANA

What is Marijuana?

Marijuana is a mixture of dried, shredded flowers and leaves of the hemp plant (*Cannabis Sativa*). It's also called, among other names, pot, dope, weed, grass, ganja and chronic. There are more than 200 slang terms for marijuana. Sinsemilla, hashish and hash oil are stronger forms of marijuana which come from the same plant.

The main ingredient, and the main cause of intoxication, is Tetra hydrocannabinol (*THC*). Hashish (*hash*) is made from the concentrated resin, or sap, of the hemp plant. Its THC content is higher than marijuana. It's generally smoked from a pipe or bong but can also be added to a joint or a regular cigarette. The THC content in marijuana has been increasing since the 1970's.

What does Marijuana do to the Body?

All forms of marijuana are mind-altering. That is, they change how the brain works. Marijuana's effects on the user depend on its strength or potency, which is related to the amount of THC it contains.

Marijuana affects the central nervous system as a hallucinogen and as a depressant. THC is rapidly absorbed by fatty tissues in various organs. You then feel "high" which can range from feelings of calm and happiness to feeling silly and giddy or paranoid and anxious. When taking high doses, it's possible to experience hallucinations. The "high" usually lasts for 2-4 hours, but your perceptions can be affected for many hours afterwards, even when you no longer feel "high".

Generally traces of TCH can be detected by standard urine testing methods several days after a smoking session. However, in chronic heavy users, traces can sometimes be detected for weeks after they have stopped using marijuana.

Short-Term Effects

Marijuana affects people in different ways depending on:

- User's previous experience

- How strong the marijuana is how much THC it has
- How the marijuana is taken
- What the user expects to happen
- Where the drug is used
- Whether the user is drinking alcohol or using other drugs

Possible side-effects are:

- Altered perception of time, distance, space, sights, sounds and touch
- Impaired judgment and decision making
- Loss of coordination and slowed reaction time
- Disorientation
- Red eye
- Dry mouth and throat
- Increased appetite ("the munchies")
- Sleepiness
- Racing heart rate
- May suffer feelings of anxiety and have paranoid thoughts or temporary psychosis
- Problems with memory and learning
- Trouble thinking and problem solving

The effects are greater when mixed with alcohol or other drugs.

Long-Term Effects

Regular use of marijuana can cause:

- Increase risk of cancer. The amount of tar, carbon monoxide, and cancer causing chemicals inhaled in marijuana smoke are three to five times greater than that inhaled from the same amount of tobacco smoke.
- Damage to lungs and airways. Just like cigarette smokers, people who smoke marijuana often develop breathing problems – coughing, wheezing. They tend to have more chest colds as non-users and are at greater risk of getting lung infections like pneumonia.
- Weakened immune system. Studies have shown that THC can damage the immune system – the cells and tissues in the body that help protect against disease. When the immune cells are weakened, you are more likely to get sick.
- Difficulty remembering things and concentrating.

Cont'd.....

- Lack of motivation. You could lose interest in school, work and activities that you enjoy.
- Risk of mental health problems – depression, anxiety, schizophrenia
- Risk of addiction. Today, more teens enter treatment for marijuana dependency than for all other illicit drugs combined.

Marijuana and the Brain

Heavy or daily use of marijuana affects the parts of the brain that control memory, attention, and learning. A working short-term memory is needed to learn and perform tasks that call for more than one or two steps.

Smoking marijuana causes some changes in the brain that are like those caused by cocaine, heroin and alcohol. Scientists are still learning about the many ways that marijuana can affect the brain.

Marijuana and Driving

Marijuana and driving do not mix. It has serious harmful effects on the skills required to drive safely: alertness, concentration, coordination, and reaction time. Marijuana use can make it difficult to judge distances and react to signals and sounds on the road. The effects on driving can last for at least four to six hours after smoking a single joint.

Studies have shown that while smoking marijuana, people have shown the same lack of coordination on standard “drunk driver” tests as do people who have had too much to drink.

What are the Risks?

- Can decrease your performance in sports as timing, movements, and coordination are all affected by the THC in marijuana.
- You could do things that embarrass you or even hurt you such as driving under the influence or engaging in risky sexual behaviours leading to sexually transmitted diseases.
- You could lose interest in how you look and how you do in school or work.
- Risk of getting in trouble with the law.
- Weekly marijuana use can double the risk of depression later in life. The risk is even

- higher for girls; female marijuana users are five times more likely to be depressed at 21 than non-users.
- Teens age 12 to 17 who smoke marijuana weekly are three times more likely than non-users to have thoughts about committing suicide.
- Marijuana use is also linked to an increase in panic attacks.
- Marijuana use during adolescence can increase the chance of schizophrenia. The risk of developing schizophrenia is greater with users who begin at an early age.
- The earlier teens start using marijuana, the more likely they are to become dependant later in life.
- Using marijuana regularly can lead to using drugs as a main way of coping with life, making it more likely that the user will use other drugs.
- Using marijuana while you are pregnant can cause premature births and children may develop learning problems as they get older.

Addiction

Marijuana use can lead to addiction in some people. Unfortunately, there’s no way to predict who is at risk. If addicted, people cannot control their urges to seek out and use marijuana, even though it negatively affects their family relationships, school performance, and recreational activities.

Regular marijuana users can develop tolerance, which means they need more of the drug to feel the same effects.

People can experience withdrawal symptoms when they stop using marijuana. They include sweating, shaking, upset stomach, loss of appetite and trouble sleeping.

AD Alcohol Drug Education Service: Helping Keep Kids Drug Free

www.ades.bc.ca

www.drugfacts.ca



EMPLOYMENT OPPORTUNITY
Short-term Contract

RECEPTIONIST - BAND OFFICE
AAMJIWNAANG FIRST NATION

JOB DUTIES:

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

QUALIFICATIONS:

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

APPLICATION TO INCLUDE:

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

Please forward applications via mail, fax or email: Assistant Band Administrator
978 Tashmoo Ave
Sarnia, ON N7T 7H5
FAX 519-336-0382

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

Aamjiwnaang First Nation
JOB POSTING

POSITION:

Summer Student Employment Coordinator

FUNCTION:

Under the direction of Employment and Training, the Summer Student Employment Coordinator will undertake the responsibility of organizing and supervising the Summer Employment Program. Specific responsibilities include: to 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:

Tuesday, May 27 – Friday, August 23, 2014

DEADLINE FOR RESUMES:

Friday, May 16, 2014 at 4:00 pm

Attention:

Employment & Training Department
Summer Student Employment Program 2014
978 Tashmoo Ave.
Sarnia, Ontario N7T 7H5

Hello YMCA Volunteer!

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

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

2014 New Race Additions

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

5K RUN/WALK - all ages

Start time - 8:20am

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

* route does not go over the Bluewater Bridge

1K KIDS FUN RUN – ages 12 and under

Start time - 9:30am

Terry Fox Loop - Canatara Park

Volunteer Orientation Meeting

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

YMCA Learning and Careers Centre—660 Oakdale, Ave, Sarnia (meeting will take place in Leadership Centre) Please try to arrange your schedule so that you can attend! If you cannot attend please email me back and set up a time that is convenient for you! The orientation meeting will consist of: Knowing where you will be volunteering (marshall, water station, finish line); Your role and responsibilities; Receiving your race package that will include a t-shirt and map; Answering any questions you might have; The meeting will be no longer than one hour.

Thanks in advance,

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

Patrick Doering Supervisor, Preschool & Youth
P: 519-336-9622, option 0, x245 C: 519-328-1792

Every kid deserves a chance
Click here to learn more



Traveling Senior's

Nashville Trip Sept. 24-28

Based on 50 Passengers + Driver

Day 1 – Bus loading at Maawn Doosh Gumig starting at 6:30 am. Departure at 7:00 am SHARP. Stop at Duty Free Shop with bus leaving at 7:20 am. Arrive at US Border at 7:50 am. Stop at Rest Stop 2 hr. after leaving customs. Lunch stop at Golden Corral, Dayton, Ohio at approx. 11:30 am. Stop at Rest Stop 2 hr. after leaving GC. Arrive at Embassy Suites approx. 5:30 pm. Have Fun.

Day 2 - Free Day

Day 3 - Free Day till 5:00 pm when bus leaves for General Jackson Dinner Theater & Boat Cruise

Day 4 - Free Day till 3:00 pm we leave for Southern Fried Festival, Columbia, Tenn. Where we will attending a Concert featuring - "The GRASCALS". Show in Evening

Day 5 - Bus leaves Hotel at 10:00 am. Stop at Rest Stop 2 hr. after leaving Hotel. Arrive at Golden Corral 2:00 pm. Stop at Rest Stop 2 hr. after leaving Golden Corral. Arrive at Duty Free approx. 7:00 pm. Arrive at community center approx. 8:00 pm.

\$100.00 American Non-Refundable deposit required when signing up, ASAP. After June 1st \$150.00 American. Only 50 Seats Available!

WINE FESTIVAL-CASINO-BINGO TRIP

Peshawbestown, Michigan

June 13-15, 2014

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

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

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

\$100 US - Secures your spot.

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



Next issue is due out on
Friday, May 9, 2014

The **deadline** for submissions is
Wed., May 7 @ 12:00 pm

Chi-Miigwetch ~ Bonnie Plain, Editor

CHIPPEWA TRIBE-UNE

978 Tashmoo Avenue

Sarnia, Ontario N7T 7H5

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

E-mail: tribeune@aamjiwnaang.ca

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

Honouring Our Missing Sisters:

A 24 Hour Sacred Gathering of Drums

May 11th AND 12th, 2014
PARLIAMENT HILL, OTTAWA
6PM - 6PM

This ceremony will commence at 6 p.m. on Mother's Day, May 11 on Parliament Hill in the traditional territory of Kitigan Zibi and conclude at 6 p.m. the following day.

We are calling on the Government of Canada to commit to a National Inquiry into Missing and Murdered Aboriginal Women.

We extend an open call to all drummers and drum groups to join with us to honour our missing sisters.

For more information please contact Julaine Trudeau.



COORDINATOR:
JULAIN TRUDEAU

CONTACT:
(807) 625-4983

TOLL FREE:
1-800-465-9952

FAX:
(807) 623-7730

EMAIL:
jtrudeau@nan.on.ca



Nishnawbe Aski Nation
40 SaV 4'P 0PL-Δ