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2014—2016 Aamjiwnaang First Nation Chief & Council

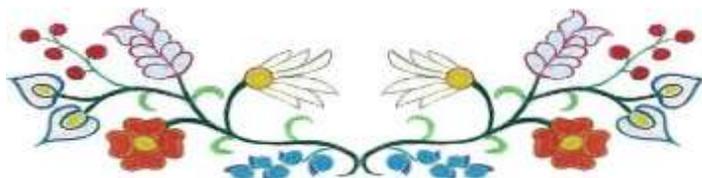


Aamjiwnaang First Nation 2014-2016 Chief & Council Swearing In Ceremony. Starting top left: Councillor Shawn Plain, Councillor John Adams, Chief Chris Plain, Councillor Errnol Gray, Councillor Darren Henry, Councillor Ted White Sr., Councillor Cody Simon, Councillor Randi Rogers, Councillor Lareina Rising, and Councillor Sherri Crowley

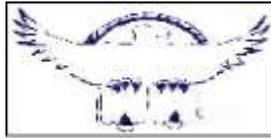
**Aamjiwnaang
Population Stats
Current: 2311**

*Happy Birthday**Aug 16 to Aug 29, 2014*

Brienne	Adams	Aug. 16	Robert Carlyle	Adams	Aug. 24
Hunter	Goulet	Aug. 16	Alayna	Disel	Aug. 24
Darren	Henry	Aug. 16	Duffy	Simon	Aug. 24
Muriel	Joseph-Plain	Aug. 16	Leander	Viscount	Aug. 24
Roseanne	MacGregor	Aug. 16	Linda D	Williams	Aug. 24
Chelsee-Marie	Pettit	Aug. 16	Barbara	Gray	Aug. 25
Kobi	Waters-Hopkins	Aug. 16	Richard	Lucas	Aug. 25
Daylynne	Williams	Aug. 16	Chase	Adams	Aug. 26
Harriett	Adams	Aug. 17	Giizhik	Bressette	Aug. 26
John	Annen	Aug. 17	David Edward	Jacobs	Aug. 26
Nathaniel	Isaac	Aug. 17	Gary	McNickle	Aug. 26
Paul	Jacobs	Aug. 17	Jason	Monk	Aug. 26
Holly	Petten	Aug. 17	Charles Edward	Nahmabin Jr.	Aug. 26
Chloe	Prevost	Aug. 17	Jaicene	Oliver	Aug. 26
Myeengun	Bressette	Aug. 18	Knute	Oliver II	Aug. 26
Lyman	Cottrelle	Aug. 18	Sally	Parkinson	Aug. 26
James	Farris	Aug. 18	Billie Joe	Rogers	Aug. 26
Warren	Joseph	Aug. 18	Joanne	Williams	Aug. 26
Teresa	Lacroix	Aug. 18	Heather	Angelo	Aug. 27
Robert	Rogers	Aug. 18	Andrea	George	Aug. 27
Livingston	White	Aug. 18	Wilfred D	Gray	Aug. 27
Nancy	Gilbert	Aug. 19	Paula	Hall	Aug. 27
Dion	Gray	Aug. 19	Kirsten	Mouland	Aug. 27
Dawn	Lisi	Aug. 19	Patricia	Oliver	Aug. 27
Jasmine	MacGregor	Aug. 19	Tamara	Rogers	Aug. 27
Lindsey	Noganosh	Aug. 20	Tammy	Simon	Aug. 27
Jonathan	Rising	Aug. 20	Donna	Wiley	Aug. 27
Mark	Siefker	Aug. 20	Cheryl	Williams	Aug. 27
Cody	White	Aug. 20	Jeffrey	Williams	Aug. 27
Elizabeth	Cronk	Aug. 21	Avery	Fearns	Aug. 28
Quinson	Mejia-Smith	Aug. 21	Angela	Jacobs	Aug. 28
Allen C	Plain	Aug. 21	Jeffrey	Joseph	Aug. 28
David K	Jackson	Aug. 22	Gail	Reid	Aug. 28
Kailey	Maness	Aug. 22	Laura	Rogers	Aug. 28
William	Robertson	Aug. 22	Nimkii-Waasmokwe	Walker	Aug. 28
Cheryl	Rogers	Aug. 22	Melanie	Williams	Aug. 28
Duane	Williams	Aug. 22	Silas	Hanna-Miller	Aug. 29
Erlene	Cottrelle	Aug. 23	Christian	Page	Aug. 29
Lloyd	Durston Jr.	Aug. 23			
Jayla	Giorgi	Aug. 23			
Jessica Taylor	Gray	Aug. 23			
Jillian	Sandy	Aug. 23			



Aamjiwnaang’s Alternative and Continuing Education for Adults



WE WILL BE CLOSED FOR 3 WEEKS FOR SUMMER VACATION

Closed: Aug . 4—22

Will resume classes on Monday, August 25th

NOTICE:

Any adults attending the Aamjiwnaang Alternative and Continuing Education Program can access the computer lab @ Maawn Doosh Gumig (Community Centre) during the summer break time frame between August 5th—22nd, 2014.

Mii-gwetch and have a restful and safe summer.—Adult Learning Program

ANIMAL CONTROL OFFICER

Ron Simon - Text/Call 519-330-7450

For animal control issues only!

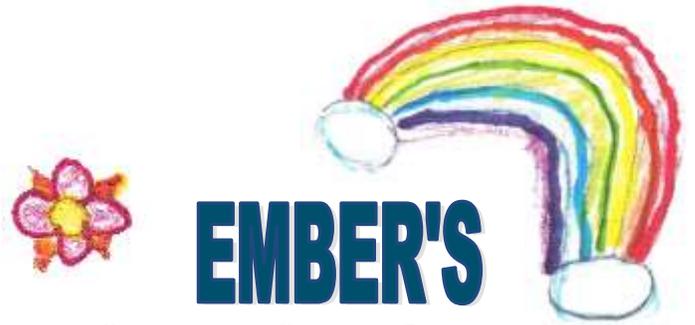
Primary duties are to follow up on loose dog complaints and monitor quarantined dogs.

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

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

Medical Travel Drivers

Terry Plain (Monis)402-5535
Mitch DeGurse312-1468
Ron Simon328-0203
Sheila Firth383-1073
Mary Lou Williams337-9342
Carol Miller332-0751



EMBER'S GARAGE SALE

SATURDAY

AUGUST 16TH, 2014

9:00AM TO 1:00PM



WHERE:

FISH &

JOANNE’S HOUSE

2149 VIDAL STREET, SOUTH

TOYS—GIRLS CLOTHES

(SIZE 10 TO 12)

AND

MUCH MORE



~ FOR SALE ~

Kenmore Fridge-Freezer Side-By-Side

With Ice Maker & Water Dispenser
Beige Colour—Works Great!

For more information call

Fish @ 519-337-7362



Ojibwe Language Refresher

~ *With Torey Day*

E'Maawizidijig Culture & Heritage Club has invited Torey Day to come and do a refresher class on

Wednesday, August 20, 2014

@ Maawn Doosh Gumig

From 6:00—8:00 pm

* Everyone is welcome to attend *

Drinking Water Monitoring Program

Hello Aamjiwnaang Community Members—The Drinking Water Monitoring Program has begun again. I will be conducting water sampling each week throughout the community buildings and homes in the community.

The Drinking Water Monitoring Program will consist of testing for chlorine residual and bacteria, such as E.Coli.

If you are interested in having your home drinking water source tested, please contact me at the Health Centre at 519-332-6770.

Kindly,

Jessica Joseph, RPN, CHR

Aamjiwnaang Potable Water Supply - Well Survey -

NOTICE: Please be advised that the Environment Department Summer Students are conducting a well survey this summer and may be knocking on your door.

Emergency Planning Advisory Committee

The Aamjiwnaang First Nation Emergency Planning department is seeking interested individuals to sit on an Advisory Committee to discuss and provide input on emergency planning issues that potentially may affect Aamjiwnaang.

Terms of Reference

- Community members are invited to apply for positions on this committee. Applications are to be considered for approval by Chief and Council at a regular council meeting.
- The length of term for the community committee members approved for this committee is two (2) years.
- Meetings will be chaired by Aamjiwnaang's Emergency Management Planner.
- Meetings will be held quarterly. Regular meeting dates will be decided upon by the committee at the initial regular meeting.
- Honorariums will be provided for committee members.
- Committee meeting minutes will be recorded and forwarded to Chief and Council at a regular Council meeting.
- Any suggestions for improvement of the Emergency Response Plan arising from committee meetings will be forwarded to Chief and Council by way of a recommendation by the Emergency Planner. Minutes from the relevant meeting will accompany the briefing note.
- The role of this committee is that of an advisory nature only. Discussions are intended to better plan emergency planning activities. There may be instances where suggestions from the advisory committee can be implemented within the Aamjiwnaang Emergency Plan with approval of Chief and Council.

Please submit a letter of interest to the Band office, to the attention of Wilson Plain Jr. Deadline for interested parties to submit is

August 15, 2014.

Miigwech.



Boozhoo Community Members,

I hope everyone is enjoying the summer and the beautiful weather it has brought us so far! It's been a very busy time in the community over the last few months, and I hope you have been keeping involved with many of the activities that have been going on in the community.

Our annual Powwow and Solidarity Day were very successful events and we appreciate all the volunteers and community participation during that wonderful weekend, it sure was nice to see so many out! Our annual education awards banquets were again very successful, and a big congratulations to all the students for their academic achievements!

There are many summer programs being offered at the community centre for the youth, and it's very nice to see so many participating. There are also 3 Aamjiwnaang Talons baseball teams playing this season, and we thank all those coaches and volunteers who have made it possible for these kids to play. The Right to Play program also continues to offer a variety of activities for our youth as well, and our program run in Aamjiwnaang continues to receive positive recognition as being very successfully run.

The Environment Committee continues to remain very busy, and in addition to work related to the environment, they have been active in seeking outside support for community projects. The latest is the Turtle Garden in the park. The area has been greatly improved with a number of native plants, educational materials, landscaping, and benches to sit and enjoy.

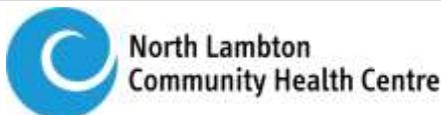
As you are aware our election was recently held and I wish to congratulate all of the successful candidates and welcome the two newest members to the council. I am looking forward to a productive term. With our swearing in ceremony complete as well as our first council meeting, we now move on to our Council Orientation where goals and objectives for the term are set as well as portfolios and appointments handed out. I look forward to us completing the 2014-2016 workplan, and sharing with the community.

Our annual audit was recently completed and accepted by council. A community meeting will be held in the near future to present that information. Like any year, copies of our financial statements and information related to the expenses of the band, including the chief and council, will be made available at the Band Office.

Lastly, the new Aamjiwnaang website is scheduled to be launched any day now. When it is online, we look forward to the ability to keep the members informed with up to date information. Also to be in compliance with the new federal legislation, our financials and schedules of salaries and expenses will also be posted.

Miigwetch and I look forward to continued updates as we move forward into the term.

Chief Chris Plain



FREE Afterschool Programs

Physical Activity, Food & Fun! Children Gr.1 to Gr.8

Aamjiwnaang Afterschool Program

Mondays, Wednesdays & Thursdays

Maawn Doosh Gumig Community Centre

From: 3—6 pm

Everyone Welcome!

Program starts Monday, September 8, 2014

For more information please call 519-786-4545 x235

Touch-a-Truck



What: Come explore a world of trucks!

Emergency response vehicles, construction equipment and more!

When: Monday, August 18th, 2014 4:00pm-6pm

Where: Health Centre

Who: Dads, Uncles, Grandfathers, male caregivers and children!

Light snack will be provided.

Truck counting book will be for children aged 0-6 years.

All siblings welcome!

No Registration Necessary

Contact the health Centre for Further Details



CARING CONNECTIONS NURTURING PROGRAM

For Women with Substance Misuse Issues

This program's focus is to help mothers learn to balance their recovery from substance use with being the best parent she can be to her children. These roles are often viewed as being at odds with each other as a woman learns that she is supposed to be as selfish in her recovery as she was in her addiction while acknowledging that being a parent is one of the most selfless roles a woman fulfills in her life. This program teaches a woman to nurture herself in her recovery as she learns to nurture her child so the roles can be parallel to allow a woman to effectively manage both roles. The program aims to improve and strengthen the relationship between mother and child to improve outcomes for their newborns, infants and children while strengthening a mother's path to recovery.

**12 week program to be held weekly
On Wednesdays from 1:30pm to 3:30pm**

Session starts September 10, 2014

AAMJIWNAANG Location

Contact: Tracey George 519-332-6770

tgeorge@aamjiwnaang.ca

OR Charity @ 519.328.1683, Charitys@sophrosyne.ca



Intro to fitness

ESRON MILLS

Personal Training Specialist



CONTINUES!!!!

Tuesday Evenings

**August 19 – September 23rd
6-7pm**

Please arrive at **5:30pm** if you are attending for your first time to complete Health history form

Maawn Doosh Gumig

**ALL FITNESS LEVELS
WELCOME!!!**

For more information please contact Roberta at 332-6770.

BONE BROTH



Bone broth is nutritious, inexpensive and a great way to get the most out of your leftover ingredients. With less sodium and preservatives than store bought, the flavour can't be matched!

USES

- Cook vegetables or rice
- Drink it
- Braise meats
- Make soups, sauces or gravy

DIRECTIONS

- 1-2 lbs of bones (with or without meat scraps)
- Water
- Optional
 - Vegetable scraps to enhance flavour (onion tops, celery ends, carrot peelings, etc)
 - Seasoning (some examples – pepper, basil, bay leaves, rosemary, thyme)

Place bones in crockpot or soup pot and add vegetable scraps and seasoning. Fill the pot with water. Simmer on low for 10-24hrs. Filter broth through a sieve or coffee filter and store in the fridge or freezer. Some like to cook it for up to 1 week, scooping out broth each day and adding more water.



**“The most natural
food is fruit”**
- Morgan A.

Aamjiwnaang Environment

Archaeology is the study of past human cultures through the investigation of archaeological sites. In Ontario, these sites can be:

- Aboriginal hunting camps and villages
- Battlefields
- Pioneer homes
- Burial grounds and cemeteries
- Shipwrecks
- Other evidence of past human activity



We visited a site in Arkona that is being proposed to be used for a wind farm. In order to continue the proposition, they are required to complete an archaeological study of the area. Mostly found around the area were just items like ‘flakes’ which are little pieces of arrowheads. Within the practice of excavation (a hole or cavi-

ty), numerous specialized techniques are available for use, and each dig will have its particular features, which will determine the archaeologists' approach. Excavation involves the recovery of several types of data from a site, a place where there is evidence for past human activity. If there is a considerable amount of artifacts found, they will find another site to possibly construct on.

There are four stages in the process of an archaeological dig to see if the property will meet the standards to build on it. The four stages are:



Stage 1: background study and property inspection; The consultant archaeologist determines whether there is potential for archaeological sites on the property.

Stage 2: property assessment; The consultant archaeologist surveys the land to identify any archaeological resources on the property being developed.

Stage 3: site-specific assessment; for all archaeological sites that may be of cultural heritage value or interest.

Stage 4: mitigation of development impacts; This stage involves implementing conservation strategies for archaeological sites that are of cultural heritage value or interest.

After this there is also Long-term avoidance and protection, Excavation and then Report to the ministry.



Lambton Area Water Supply Services



On Tuesday, August 11th 2014, we toured the Lambton Area Water Supply Centre.

We began the tour with a detailed map of the areas that the treatment facility supplies. It showed that the treatment center pumped water to areas up to Warwick and Forest with stops at small centers along the way.

The general manager on duty was adamant about photography and said to leave the details about the facilities confidential. For these reason we are unable to disclose certain information. We began our tour in the room where the clean water is pumped out to Sarnia and surrounding areas. Next we visited a screening room where the cleaned out particulates from the water. She showed us a replica of the filters used every day.

Next we visited another filtering room where they add a chemical to the water to cause the remaining unwanted particles to clump together to be filtered again.

Next we were shown a room where the water first reaches the facility. The use nets and some sort of strainer to remove the bulk. In the nets we found little zebra mussel shells, small pebbles, wood. Nothing out of the ordinary.

This room concluded our tour.

We found this to be a very interesting and important place to work.

We then asked about how to become employed in a facility that treats water. She said that they prefer people to complete the college program 'Environment Technology' but some technicians have chemistry degrees, or even CPET.

But environment technology is preferred. Colleges that offer this program include Ridge town, Georgian, Mohawk, etc. Lambton does not provide this program

Mobile Market 2014

Coming to a community near you!



Mondays – Petrolia, Corunna & Aamjiwnaang

Corunna – All Saints Anglican – Hill St
11:00 – 12:00

Aamjiwnaang - Community Centre Pavilion
12:30 – 1:30

Tuesdays – Forest, Thedford & Kettle Point

Forest – Contact House - 6276 Townsend Line
9:30 – 10:30

Thedford – Meadowville – 76 Mill Street St.
11:00 – 12:00

Kettle Point – Health Services – 6275 Indian Lane
12:30 – 1:30

Fridays – Sarnia

Rogers St. – parking lot 9:30 – 10:30

Kathleen Ave – park 11:00 – 12:00

Veteran's Park – Victoria St N 12:30 – 1:30

Until the end of October

Accessing the Mobile Market

To access the Mobile Market, please bring one of the following:

- The Inn or any food bank client card
- ID and proof of residence in Lambton County or Co-op Housing
 - Proof of social assistance income (OW or ODSP or OAS)

Community Kitchen Nights!!!

In August & September join us for a couple evenings to learn how to prepare & freeze corn, squash and new this year – yummy applesauce then get to take quantities home to stock your freezer for the winter!



The Inn
Of The Good Shepherd
Caring hands of the community

Est. 1981



Shopping Trips to the Farmer's Market Wednesday's 8:30 - 10:30 Starting July 2

If you would like to be picked up,
please give Peggy at call,
519-332-6770, ext. 31

Seniors Bingo!

Don't
forget your
Dabbers!!



**Wednesday,
Aug. 20, 2014**

@ 12:00

Community Centre

- ❖ **Have some yummy lunch!**
- ❖ **And then, let's play some BINGO!!**

Potluck lunch!

I will supply hotdogs and hamburgs,
you bring a side dish or dessert!

Bring a prize for the Bingo Table!

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

Miigwech!



Parks Blueberries

Tuesday, August 26
8:30 - ?

Wear comfortable shoes and clothes if you plan on picking blueberries.

We will have lunch at Park's Blueberries.

You will be responsible for your own blueberries and lunch.

Limited to 6 people.

Contact Peggy at Health Centre, 519-332-6770, to reserve your spot.

Freezing Fresh Vegetables

Thursday, Aug. 28
9 - 12
Health Centre



Seniors: If you would like to learn how to freeze fresh vegetables, call Peggy at 519-332-6770 to sign up. Vegetables will be supplied.

Seniors Computer Classes

*Pre-registration and
Dinner Meeting*

Wednesday, Aug. 27
@ 5 pm.



If you would like to sign up for computer classes, please attend the Dinner meeting to pre-register.

Peggy, Robin and Terry Plain will be available to help you fill out the forms.

Computer classes are set to start up in September.

We will be holding classes in the afternoon and evenings.

Call Peggy, 519-332-6770, if you plan on attending the meeting.—Thank - you!

Secondary School Students September 2014

Registration – see attached list for your school listing for cost, date, and times

Aamjiwnaang First Nation has made arrangements with the Lambton Kent District School Board for student registrations. Aamjiwnaang will cover Activity fees and Locker Rental up to \$35.00.

A list of student names will be provided at Alexander Mackenzie, SCITS, and St. Clair.
- Please identify yourself as from Aamjiwnaang at Registration.

Students not on the list will be reimbursed up to \$35.00. Receipts must be given to Diane Aiken or Vicki Ware in the Aamjiwnaang Education Department.

Gift Certificates – will be available in the Education Department on Tuesday, September 2, 2014 after school. The value is \$45.00. Signatures are required. *A written note is required to pick up a gift certificate for someone else.

Wishing you success in the 2014/2015 school year.

Vicki Ware
Education Coordinator
519-336-8410 ext. 247
vware@aamjiwnaang.ca

Diane Aiken
Education Service Assistant
519-336-8410 ext. 246
daiken@aamjiwnaang.ca



**WELCOMES ALL STUDENTS
TO SCHOOL YEAR
2014-2015**

**PUBLIC ELEMENTARY AND SECONDARY SCHOOL STUDENTS MAY REGISTER
TUESDAY, AUGUST 26 & WEDNESDAY, AUGUST 27, 2014**

CLASSES BEGIN TUESDAY, SEPTEMBER 2, 2014

ELEMENTARY SCHOOL REGISTRATION HOURS:
9:00 A.M. TO 12:00 NOON & 1:30 P.M. TO 3:30 P.M.

SECONDARY SCHOOL TIMES & DATES MAY VARY
—CHECK YOUR SCHOOL LISTING FOR DETAILS

Contact your school Principal with questions about any of the listings.

Public elementary and/or secondary students, who are new to a school and not pre-registered, are to register at their new school. New elementary and/or secondary students must provide legal documentation showing proof of age.

Visit our website at www.lkdsb.net for a complete listing of our elementary schools.

Continued —>>>>



BBQ & Backpack Giveaway

Maawn Doosh Gumig Pavilion
 on Wednesday, August 20, 2014
 at 4:00 - 6:00 p.m.

Health
 Centre
 Screening
 Stations

Free Draws
 &
 Giveaways

to welcome in the 2014-2015 school year!

PLEASE REGISTER FOR YOUR BACKPACK

****Only those registered will be guaranteed to receive a backpack****

Please return form to Education Department - Questions: Contact Vicki at 519.336.8410

DEADLINE IS: FRIDAY, AUGUST 15, 2014

Students name: _____ Grade: _____

Address: _____ Phone#: _____

Please indicate which school you will be attending for the 2014-2015 school term:

QEII Lansdowne SJM Colonel Cameron

SCITS St. Clair AMSS Other: _____



\$49*



\$99*



\$199

OPTOMETRIST EYE EXAMS AND GLASSES

AUGUST 20th, 11AM-7PM

COMMUNITY CENTRE PARKING LOT, 1972 VIRGIL AVENUE

ALL AGES WELCOME

TO BOOK YOUR EYE EXAM CALL TOLL FREE: **1-866-920-6480**



\$0*



PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT
* Price includes frame and complete pair of single vision lenses or bifocal lenses, net of NIHB contributions.

Travelling Seniors Fundraiser

MEAT & GIFT CARD BINGO

Thursday August 21, 2014

Maawn Doosh Gumig Community Centre

6:00 pm ~ Kitchen opens @ 5 pm

2 Strip Book for \$15

(extra strip for \$5 more)

On The Menu

Nacho Supreme \$5.00

Coney Dogs \$2.00

Hot Dogs \$1.50

Take out available

**50 / 50
RAFFLE**

Everyone Welcome to Play!

Children 10+ with adult supervision

First Nations & Inuit Health

Suicide Prevention

Health Canada is committed to improving the health status of First Nations people and Inuit. One of its priorities is the development and implementation of a National Aboriginal Youth Suicide Prevention Strategy that aims to increase resiliency and protective factors, and reduce risk factors associated with Aboriginal youth suicide.

Facts on Suicide Rates

Youth suicide is an urgent issue for First Nations and Inuit youth in Canada. While there is much variation among communities, overall rates are high.

- Suicide rates are five to seven times higher for First Nations youth than for non-Aboriginal youth.
- Suicide rates among Inuit youth are among the highest in the world, at 11 times the national average.

Addressing Youth Suicide Prevention

Suicide is a problem that not only affects youth but impacts the whole community. The ripple effect of trauma is powerful in small, close-knit Aboriginal communities, possibly accounting for suicide clusters.

For many First Nations and Inuit youth, the root causes of suicide go much deeper to factors beyond an individual's control. For some, suicide becomes a means of escape when there are few alternative choices available. Suicide prevention generally involves finding ways to reduce risk factors and promoting protective and preventive factors against suicide.

Health Canada is working with national Aboriginal organizations on an evidence-based national strategy to address suicide prevention. A key element of the strategy is to support community-based solutions to youth suicide, which is rooted in the evidence regarding what is most likely to be effective in preventing Aboriginal youth suicide.

For more information on First Nations youth suicide, refer to the report of the Advisory Group on Suicide Prevention, **Acting on What We Know: Preventing Youth Suicide in First Nations**. This report sheds light on some of the root causes of suicide and presents recommendations to reverse the alarming trend among First Nations youth in Canada.

Insets from the above mentioned report:

Rates of Depression and Acute Stress are High in First Nations

"The RCAP report "Choosing Life" identified a range of mental health conditions that constitute major risk factors for self-harm. Little detailed data exists about

the prevalence of psychological and biological risk factors in First Nations youth or on aspects of self-identity or cultural identity. One study, the First Nations and Inuit Regional Health found that 18% of children aged 6 to 11 years old had experienced behavioural or emotional problems, and this rate rose to 23% for the 12+ age group...Evidence from studies in the general population of Canada and the U.S. suggests that depression is the strongest correlate of suicidality. Many First Nations youth report depression, feelings of sadness and loneliness. For example, a Nova Scotia study found almost one quarter of Mi'kmaq males and almost half the females aged 12 to 18 years have experienced depression and related symptoms. In the case of the James Bay Cree, most suffered from one or more signs of depression prior to their attempt at suicide. A study using data from the Cree Health Survey found different correlates of emotional distress among males and females, reinforcing the need for a gender-based analysis of suicide risk and prevention."

The Stigma of Emotional & Psychological Distress

"Stigma associated with depression, anxiety and other mental health problems often prevents people from seeking and accepting help for treatable conditions...The stigma attached to mental and emotional crises is a key issue that needs to be addressed. The shame and stigma attached to family problems may cause youth to keep silent and, in turn, to reach a point of desperation...Changing attitudes also determine how suicide is perceived in First Nations communities. For the most part, suicide is such a mark of disgrace or shame for First Nations that they either do not report it at all or they under-report it...Furthermore, distressed youth often do not seek out mental health services, even in cases where these are available and accessible. Mental health services may also be perceived as too narrowly focused to be of any real help to young people in crisis who lack personal direction, or they may simply be too public for self-conscious youth to access."

"Other than the work of Chandler and Lalonde, there is little information available about the relationship between First Nations youth suicide rates and stresses related to socio-economic indicators of basic needs such as poverty, unemployment, overcrowded housing, access to affordable, nutritious food and clean water. A report on the suicides at Pikangikum echoed the words of many First Nations leaders and mental health practitioners who have stressed the importance of addressing these basic physical needs in order to give First Nations youth a reason to live".

http://www.hc-sc.gc.ca/fnih-spnia/pubs/promotion/suicide/prev_youth-jeunes/index-eng.php#s2124

HONORING LIFE

Suicide Prevention Project



Photo Voice Project

- Pick up a disposable camera from the Health Centre
- Take a picture of something/ someone meaningful in your life
- Return the camera to the Health Centre by Thursday, **September 4th, 2014**
- A collage will be displayed during National Suicide Prevention week

August 25th - September 4th

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



NIHB Update for First Nations and Inuit Branch - Ontario Region

Changes to Methadone Maintenance Treatment

A new form of Methadone called Methadose Is going to be used for your methadone maintenance treatment (MMT).

How will this change affect NIHB clients? Methadone is a drug that can be used to help reduce withdrawal symptoms and drug cravings in people who are dealing with drug addiction. Methadone used to be available only in a powder form that needed to be prepared by a pharmacist before it could be taken. Methadone is now offered in a liquid form called Methadose, which no longer needs this preparation. Methadose will still be mixed with Tang but may taste slightly different than the previous methadone preparation. As of June 26, 2014, Methadose is covered by the Non-Insured Health Benefits Program. Pharmacies may start to use Methadose for your MMT prescription.

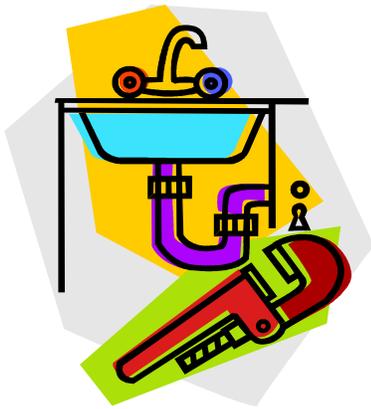
What is not different about Methadose? You should not notice changes, if any at all. You will still take the same amount of methadone each day for your treatment. You should always continue to follow the directions that your pharmacist and/or physician give for taking your methadone prescription. There are no increased risks than what you have already been told about with taking methadone. All side effects and prescriptions may still apply. All other pharmacy procedures will remain the same such as witnessing doses and signing for dose allowed for home ingestion. Because Methadose is now available, as of September 1, 2014, pharmacists will no longer be allowed to prepare and dispense the powder form of methadone. It will also no longer be covered by the NIHB Program in Ontario. Exceptions can be made if patients develop allergies to Methadose. Clients are encouraged to speak with their health prescribers if they have further questions.

What is RRAP?

- It is a CMHC program for **LOW-INCOME** homeowners
- Provides loans, a part of which may not have to be paid back
 - Available to repair substandard living units

What repairs qualify my house?

- Your house must be substandard or deficient in one or more of the following:



- Structural
- Heating
- Disabled
- Electrical
- Fire Safety
- Plumbing

- Adaptations to make a unit accessible for a disabled occupant also qualifies for the Disabled RRAP program

Who is eligible?

- The **TOTAL** household's income must be lower than \$42,000.00.
Written verification of household income is required from all residence of the home.

The Housing Department is currently accepting RRAP applications and doing RRAP inspections.

For more information please call the Housing Department at 519-336-8410.





Thursday, August 21

Youth Empowerment

Healthy Relationships, Healthy You

Topics discussed will include how to have healthy relationships with friends, potential partners, and self. Also, learning how we can prevent HIV and prejudices that surround the topic of HIV/AIDS.

What should your generation know about HIV? How can we overcome stigma & discrimination?

Youth Drop-In Room
11 am – 2 pm

Lunch will be
provided

Great Door Prizes

Call & Register
TODAY at the Health
Centre

Aamjiwnaang Health Centre

1300 Tashomoo Ave.
Sarnia, ON N7T 8E5

Phone: 519-332-6770



Indigenous Grandmothers Mentoring Young Aboriginal Girls Retreat



Wharnccliffe Indigenous Knowledge Retreat



Indigenous Grandmothers Empowerment Alliance



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale



Neegoni Wabun Gi Gay Win Lodge

The Indigenous Grandmothers Empowerment Alliance in partnership with Neegoni, CAMH, Wharnccliffe Indigenous Knowledge Retreat and sponsored by New Horizons Program of Service Canada will be hosting four healing retreats.

**Send your registration early. Limited Spots available.
Make your Arrangements to cover your costs.**

The traditional cultural experience will comprise of four 4-day retreats with 15 young girls between the ages of 17 to 30, from May to October. The land-based experience will share Indigenous knowledge and wise healing practices that include Grandmother's teachings and healing ceremonies. The ceremonies will be specific to young women's teachings, rites of passage, Sacredness of women, traditional roles and responsibilities. If you know a youth (17-30) who could benefit from this experience, please consider sponsoring their travel and accommodations at event.

The retreat is designed to empower, build self-esteem and confidence, relieve stress, and letting go of negative experiences from trauma, addictions, abuse, violence and intergenerational impacts, healing from past wounds and is designed to teach young girls ancient traditional roles on being a young woman (sacredness of woman), traditional medicines teachings, connections to the Feminine, Mother Earth, Water, Grandmother Moon and the Natural World. Woman are Sacred beings and this knowledge will be shared.

July 22, 23, 24, & 25, 2014

August 6, 7, 8, & 9, 2014

September 18, 19, 20 & 21, 2014

October 2, 3, 4, & 5, 2014

4 Wharnccliffe Rd, Wharnccliffe ON
(25 km north of Thessalon, ON on Hwy 129)

The retreat will take place in the 100 year old barn built in 1903, featuring hand-sawed post and beams from ancient cedars that were harvested from the 212 acres. The finest stone masonry craftsman devoted love and care into the beautiful foundation of the Barn. The girls will sleep, eat, and do their program right in the barn and the surrounding land. The place boasts of strategically located meditation spots and look-out areas, and beautiful walking trails along the Mississauga River, amongst ancient maples and cedars. In the summers, the grandmothers will hold the ancient healing ceremonies amongst the tall pines protected by the spirits of the land.

The cost of participation is **\$300 towards food and accommodations for 4 days plus make your own travel.**

To register, contact Isabelle Meawasige at imeawasige@yahoo.ca and/or caroline.recollet@camh.ca

Participants may be eligible to receive non-insured health benefits to see traditional elders for their travel, food and accommodations.

Please check with your Band office/organization or Health Canada office to see if you qualify.

ANNUAL GENERAL ASSEMBLY
JULY 15, 16 & 17, 2014, HALIFAX, NS

Resolution no. 12/2014

TITLE: Appointment of a Chiefs Committee on Hydraulic Fracturing

SUBJECT: Natural Resource Extraction

MOVED BY: Chief Candice Paul, Saint Mary's First Nation, NB

SECONDED BY: Chief Joe Miskokomon, Chippewas of the Thames First Nation, ON

DECISION: Carried by Consensus

WHEREAS:

- A. The United Nations Declaration on the Rights of Indigenous Peoples states, "Indigenous peoples have the right to the conservation and protection of the environment and the productive capacity of their lands or territories and resources. States shall establish and implement assistance programmes for indigenous peoples for such conservation and protection, without discrimination." Article 29 (1) "States shall take effective measures to ensure that no storage or disposal of hazardous materials shall take place in the lands or territories of indigenous peoples without their free, prior and informed consent." Article 29 (2) "States shall consult and cooperate in good faith with the indigenous peoples concerned through their own representative institutions in order to obtain their free and informed consent prior to the approval of any project affecting their lands or territories and other resources, particularly in connection with the development, utilization or exploitation of mineral, water or other resources." Article 32 (2) "Indigenous peoples have the right to have access to financial and technical assistance from States and through international cooperation, for the enjoyment of the rights contained in this Declaration." Article 39.
- B. The method of hydraulic fracturing for natural gas, and for oil, in shale rock and other geologic deposits is occurring throughout Canada and is expanding in scope.
- C. The expansion of hydraulic fracturing technology has caused significant conflict between the Crown and First Nations leading to direct action across Canada that is likely to continue and expand.
- D. There is currently no First Nations national strategy on approaches to energy issues and a need to advocate for a new process that respects First Nations authority, rights and title.

Certified copy of a resolution adopted on the 17th day of July, 2014 in Halifax, Nova Scotia

GHISLAIN PICARD, NATIONAL CHIEF

12 - 2014
Page 1 of 2

- E. The Chiefs-in-Assembly have "Called for Canadian Government to launch formal investigation into cumulative impacts of shale gas developments on First Nation lands, resources and environment" by adopting Resolution 28/2011 on the 14th day of July, 2011 in Moncton, New Brunswick.
- F. The Chiefs-in-Assembly adopted a "Moratorium on Hydraulic Fracturing" by virtue of Resolution 69/2011 the 8th day of December, 2011 in Ottawa, Ontario.
- G. The Indigenous Peoples have a moral obligation to their lands and waters.
- H. The Chiefs-in-Assembly resolved to offer "Support For Action" by adopting Resolution 82/2011 on the 19th day of December, 2011 in Ottawa, Ontario that has not yet been fully implemented.
- I. The Chiefs-in-Assembly have resolved to create a "National First Nations Water Strategy" by adopting Resolution 20/2012 on the 19th day of July, 2012 in Toronto, Ontario.
- J. The Chiefs-in-Assembly have resolved to support the Fort Nelson First Nation Call for a Moratorium on all Water Act Licensing for Fracking by adopting Resolution 80/2012 on the 6th day of December, 2012 in Gatineau, Quebec.
- K. The Chiefs-in-Assembly have resolved to support the creation of "Indigenous Protected Areas" by virtue of Resolution 10/2013 adopted on the 17th day of July, 2013 in Whitehorse, Yukon.

THEREFORE BE IT RESOLVED that the Chiefs-in-Assembly:

1. Re-affirm their commitment to the principles, values and goals of the aforementioned resolutions.
2. Demand a ban on hydraulic fracturing until a Commission of Inquiry, with membership appointed by First Nations, investigates and provides First Nations with reliable and independent information on the cumulative effects of fracking on the environment and on the Treaty rights and inherent rights of First Nations.
3. Direct the AFN Executive to identify through their regional representatives Chiefs who are facing or are likely to face hydraulic fracturing on their traditional territories for the purposes of convening a Chiefs Committee on Hydraulic Fracturing as soon as practicable.
4. Direct that the Chiefs Committee on Hydraulic Fracturing should examine strategies to fully implement and support this resolution as soon as practicable, including but not limited to legal, scientific and advocacy strategies at the local, regional, national and international level.

Certified copy of a resolution adopted on the 17th day of July, 2014 in Halifax, Nova Scotia

GHISLAIN PICARD, NATIONAL CHIEF

12 - 2014
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Community Legal Assistance Sarnia (CLAS) is pleased to announce that Legal Aid Ontario has approved continuing funding for the Baamsedaa program into 2016. Since 2011, Baamsedaa has assisted and supported clients living both on and off-reserve with legal issues. Community partners Bkejwanong, Kettle and Stony Point and the Sarnia-Lambton Native Friendship Centre, along with several social service agencies provide facilities to ensure access to justice is available to members. Aamjiwnaang members can call CLAS to set-up necessary appointments in the office or their home. Some legal issues that members of our communities can get assistance, or receive referrals, include, Ontario Disability Support Program (ODSP), Ontario Works, Landlord and Tenant Board issues, Employment Insurance, Canada Pension Plan, Criminal Injuries Compensation, Police complaints, and Human Rights. Commissioning documents, providing government forms are also available. We also offer public legal education for groups who may want general information. CLAS services are free for those who qualify, although brief advice can be given without asking about your financial situation. CLAS does not deal with family or criminal matters, but can assist with referrals.

CLAS congratulates the Hamilton Community Legal Clinic on their Baamsedaa modelled initiative, Yen:Tene. The Yen:Tene Aboriginal Initiative began in 2013 and provides services to Six Nations, New Credit, Hamilton and surrounding communities. Duplication of community engagement and participation is again showing that access to justice for Aboriginals is successfully being addressed in a culturally sensitive approach.

You community members are proven leaders as you have willingly shared, assisted in identifying and confirmed access to justice concerns, gaps and barriers, and it is through that type of local consultation innovative approaches developed can be and are beneficial in accessing justice.

Miigwetch



Like/Follow "Baamsedaa/CLAS" on Facebook

For assistance, please call (519) 332-8055 or Toll-Free 1-888-916-2527

201 Front Street North - Suite 407
(Corner of Lochiel and Front - Across from Coffee Culture)

Community Legal Assistance Sarnia, with over 20 years of Advocacy, Public Legal Education, Community Development and Law Reform in Sarnia-Lambton is one of 77 legal clinics funded by Legal Aid Ontario, and staffed by lawyers, paralegals, community legal workers and administrative staff.

***Traveling Senior's
Nashville Trip Sept. 24-28
Final Notice for people 50+
15 seats available
\$150.00 American (deposit)
DEADLINE: August 20th***

Day 1 – Load Bus Maawn Doosh Gumig 6:30 am. Departure at 7:00 am SHARP. Duty Free 7:20 am. US Border 7:50 am. Rest Stop 2 hr. Later. Lunch at Golden Corral, Dayton, Ohio 11:30 am. Rest Stop 2 hr. later. Embassy Suites approx. 5:30 pm. Have Fun.

Day 2 - Free Day

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

Day 4 - Free Day till 3:00 pm—leave for Southern Fried Festival, Columbia, Tenn. Will attend a Concert featuring - "The GRASCALS".

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

Medical Equipment

IMPORTANT

PLEASE RETURN WHEEL CHAIRS, ROLATORS, WALKERS, CRUTCHES, and SHOWER CHAIRS TO THE HEALTH CENTRE

If you need some-one to pick up any medical equipment that you have borrowed please call Becky at the Health Centre @ 332-6770



DETROIT RED WINGS VS TORONTO MAPLE LEAFS

Saturday October 18th

AT 7:00 PM

\$140.00 CDN

**INCLUDES: COACH BUS, TICKET
(202A Row 8-9 & 216A Row 9-10),
ADULT BEVERAGES ON BUS
Proper ID for Border Crossing
BUS LEAVES EASTLAND PARKING
LOT AT 3:30 PM**

**CONTACT Willie at 519-384-1957 or
519-332-6771 or Tracey at 519-862-3263
or 519-333-7472**

"WILLIE'S CASINO GETAWAY"

August 20-21

\$100.00 US Double Occupancy

Overnight Trip Planned. You will visit 3 Casino's on this trip. We depart Sarnia at 6:00 am from the Pt. Edward Casino Parking Lot then to the Port Huron Super K-Mart for a 7:00 am pick-up. Then onward to the Soaring Eagle Casino. After spending time here, we will make are way to the Little River Casino for the night. The following morning after check-out we will depart for Saganing Eagles Landing Casino. After spending time there we depart for the Soaring Eagle Casino and after spending time there back home. The price includes Round-Trip Transportation on a Coach Bus, Accommodations at Little River and Reward Packages from each Casino. You can make payment to Willie at 519-332-6771 or Preferred Charters at 810-982-7433.



WEEK-END IN CHICAGO

OCT. 24-26 - 2 Nights –

***Embassy Suites – Chicago, Lakefront*
Single - \$770., Double - \$450., Triple - \$
\$330., Quad - \$ 280 All Prices U.S. Funds**

**Includes : Coach Bus, Breakfast at Hotel
and Managers Party Each Day Featuring
Free Cocktails and Appetizers.**

Proper ID for Border Crossing

**Bus leaves the Corunna Ball Park at 7:00
am and Food Basics in Sarnia at 7:30 am.**

**Contact Tracey at 519-333-7472 or 519-
862-3261 or Willie at 519-332-6771 or
519-384-1957**

**For our American Passengers Contact
Preferred Charters at**



DETROIT LIONS vs CHICAGO BEARS

THURS. NOVEMBER 27th at 12:30 PM

**\$190 US – Includes: Coach Bus,
Ticket (Sec.246, Row 9-10),
Adult Beverages on Bus**

***Bus leaves Food Basics Parking Lot at
8:00 am SHARP**

**Proper ID for Border Crossing
Contact Willie for Ticket's at
519-332-6771 or 519-384-1957**



**EMPLOYMENT OPPORTUNITY
AAMJIWNAANG FIRST NATION**

**PDA (Prescription Drug Abuse) Project Planner
Short Term Contract**

Employment Term: 6 month contract (3 days/week)

The PDA Project Planner will work under the supervision of the Mental Wellness Team Lead to coordinate a community-based prescription drug abuse initiative.

Qualifications:

- Post-secondary education/certification in a relevant field
- Experience in group facilitation and activity planning
- Experience working with addiction is an asset
- Excellent organizational and interpersonal skills
- Available to work flexible hours

Job Summary:

- Coordinate a community-wide prescription drug abuse awareness campaign
- Coordinate workshops and training sessions for community and staff
- Assist the Withdrawal Management Day Program as a support person
- Facilitate participant referrals for client services
- Organize a working group to facilitate the development of an aftercare support team
- Coordinate a community-based initiative addressing grief and loss
- Monitor the project budget and complete a final report
- Provide support for ongoing mental wellness program activities

Include a cover letter, resume and two references.

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

Deadline: All applications must be received by 4:00pm on August 29, 2014



KETTLE & STONY POINT
Health Services

A-6275 Indian Lane, Kettle & Stony Point First Nation, Ontario N0N 1J1
(P) 519-786-5647 (F) 519-786-4541

**Kettle & Stony Point Health Services Employment Opportunity
NNADAP Addictions Worker – Repost**

Job Summary:

The NNADAP Addictions Worker will increase awareness and understanding of alcohol and substance abuse, facilitate community-based programs that promote an addictions free lifestyle, and provide support to individuals and families pre- and post-treatment.

Job Duties:

- Assist individuals in Kettle & Stony Point First Nation to identify their need for treatment
- Provide assessments and treatment referrals
- Collaborate with the Mental Health and Wellness Manager/Case Manager to develop treatment plans and ensure a continuum of integrated and comprehensive care
- Assist clients to meet treatment requirements
- Provide ongoing drug and alcohol counselling
- Provide community education
- Liaise with withdrawal management and treatment programs
- Access funding for community-based treatment options

Qualifications:

Education

- College Diploma recommended (Secondary School Diploma required)
- Addictions Counselling or related Diploma
- Alcohol and Drug Counsellor Certification recommended

Experience

- Minimum of two years recent work experience in addictions
- Experience in counselling techniques and group facilitation

Application to include: cover letter, resume and three references (the names of references and their phone numbers must be submitted with the resume)

Please submit your application to:

Kettle & Stony Point Health Services
Attention: Health Director
A-6275 Indian Lane, KSPFN, ON, N0N 1J1 (Fax: 519-786-4541)

Deadline: All applications must be received by 4 PM on Friday, August 22, 2014

Chippewas of Kettle & Stony Point First Nation gives preference to First Nation applicants for any employment opportunities as per Section 16(1) of the Canadian Human Rights Act. Only successful candidates will be called for an interview. The successful candidate must provide a Police Record Check (C.P.I.C) and be willing to sign a background consent form.



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

Ken Plain: 519-336-6372

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Owner: Greg Gray

1909 Virgil Ave-Sarnia, Ontario

(226)-349-1865

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Upholstery & Carpet Cleaning

**“Handyman Work Wanted”
Painting, Drywall Repair, etc...
Need your Deck done?**

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

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

Rogers Carpentry Services

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P.O. Box 2462, Station Main,

Sarnia, Ontario Ca.

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“Our Vision—Your Well Being—Our Cover-



Next issue is due out on
Friday, August 29 , 2014

The **deadline** for submissions is
Wednesday, Aug. 27 @ 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)



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SEXUAL ASSAULT SURVIVORS 519-337-3320

WOMEN'S INTERVAL HOME 519-336-5200 TOLL FREE 1-800-265-1412

CHILDREN'S AID SOCIETY 519-336-0623

WESTOVER ADDICTION ASSISTANCE 1-800-721-3232

WITHDRAWAL MANAGEMENT

WINDSOR 519-257-5225

GRAND RIVER 519-749-4318

LONDON 519-432-7241

NEW SARNIA Day Program (not 24hrs yet) 519-332-4673; 1-844-778-4673

MENTAL HEALTH CRISIS SERVICE 519-336-3445

For more information please contact: 519-332-6770