



AAMJIWNAANG FIRST NATION

CHIPPEWA TRIBE-UNE

August 16, 2013

Issue 13.16

Editor: Bonnie Plain

Assistant Editor:
Judith Plain

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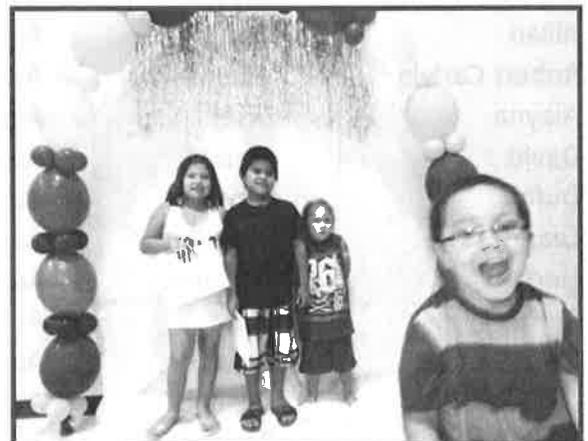
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Aamjiwnaang Education 2013



Elementary School Awards



Happy BirthdayAugust 17th to 30th 2013

| | | | | | |
|----------------|-------------|---------|-----------------|--------------|---------|
| Harriett | Adams | Aug. 17 | David Edward | Jacobs | Aug. 26 |
| John | Annen | Aug. 17 | Gary | McNickle | Aug. 26 |
| Nathaniel | Isaac | Aug. 17 | Jason | Monk | Aug. 26 |
| Paul | Jacobs | Aug. 17 | Charles Edward | Nahmabin Jr. | Aug. 26 |
| Hiolly | Petten | Aug. 17 | Jaicene | Oliver | Aug. 26 |
| Chloe | Prevost | Aug. 17 | Knute | Oliver | Aug. 26 |
| Myeengun | Bressette | Aug. 18 | Sally | Parkinson | Aug. 26 |
| Lyman | Cottrelle | Aug. 18 | Billie Joe | Rogers | Aug. 26 |
| James | Farris | Aug. 18 | Joanne | Williams | Aug. 26 |
| Warren | Joseph | Aug. 18 | Heather | Angelo | Aug. 27 |
| Teresa | Lacroix | Aug. 18 | Andrea | George | Aug. 27 |
| Robert | Rogers | Aug. 18 | Wilfred D | Gray | Aug. 27 |
| Livingston | White | Aug. 18 | Paula | Hall | Aug. 27 |
| Nancy | Gilbert | Aug. 19 | Kirsten | Mouland | Aug. 27 |
| Dion | Gray | Aug. 19 | Patricia | Oliver | Aug. 27 |
| Dawn | Lisi | Aug. 19 | Tamara | Rogers | Aug. 27 |
| Jasmine | MacGregor | Aug. 19 | Tammy | Simon | Aug. 27 |
| Lindsey | Noganosh | Aug. 20 | Donna | Wiley | Aug. 27 |
| Jonathan | Rising | Aug. 20 | Cheryl | Williams | Aug. 27 |
| Mark | Siefker | Aug. 20 | Jeffrey | Williams | Aug. 27 |
| Cody | White | Aug. 20 | Avery | Fearns | Aug. 28 |
| Elizabeth | Cronk | Aug. 21 | Angela | Jacobs | Aug. 28 |
| Quinson | Mejia-Smith | Aug. 21 | Jeffrey | Joseph | Aug. 28 |
| Allen C. | Plain | Aug. 21 | Gail | Reid | Aug. 28 |
| David K. | Jackson | Aug. 22 | Laura | Rogers | Aug. 28 |
| Kailey | Maness | Aug. 22 | Nimki-Waasmokwe | Walker | Aug. 28 |
| William | Robertson | Aug. 22 | Malanie | Williams | Aug. 28 |
| Cheryl | Rogers | Aug. 22 | Silas | Hanna-Miller | Aug. 29 |
| Duane | Williams | Aug. 22 | Christian | Page | Aug. 29 |
| Erlene | Cottrelle | Aug. 23 | Nathan | Adams | Aug. 30 |
| Llyod | Durstun Jr. | Aug. 23 | Patricia | Adams | Aug. 30 |
| Jayla | Giorgi | Aug. 23 | Aaron | Ayers | Aug. 30 |
| Jessica Taylor | Gray | Aug. 23 | Robert | Battista | Aug. 30 |
| Jillian | Sandy | Aug. 23 | Joseph | Brickey | Aug. 30 |
| Robert Carlyle | Adams | Aug. 24 | Linda | Collier | Aug. 30 |
| Alayna | Disel | Aug. 24 | LaDonna | Maness | Aug. 30 |
| David | Frazier | Aug. 24 | Neesa | Nahmabin | Aug. 30 |
| Duffy | Simon | Aug. 24 | Logan | Rogers | Aug. 30 |
| Leander | Viscount | Aug. 24 | Rhonda | Rogers | Aug. 30 |
| Linda D | Williams | Aug. 24 | Gabriel | Smith | Aug. 30 |
| Barbara | Gray | Aug. 25 | | | |
| Richard | Lucas | Aug. 25 | | | |
| Chase | Adams | Aug. 26 | | | |
| Giizhik | Bressette | Aug. 26 | | | |

Happy Birthday to
My Good Luck Charm, Rhonda Rogers and to
Neesa too. Hope it's a good one. Love, Einnob

Yard Sale

**Friday, August 16 and
Saturday, August 17, 2013
9:00 a.m.—1:00 p.m.**

At Sue's place
1898 St. Clair Pkwy

FOOD for SALE

Friday

- Yellowbean Soup
- Fry Bread

Household
Items

Clothing, Books
X-Mas Decorations
Exercise Equipment

Saturday

- Scone Dogs

Potawatomi Taco Sale

Kim is at it again!

Sorry NO tarts this time though.

**Friday August 16
11:00 a.m. until sold out
Potawatomi Taco \$5.00
Soda \$1.00**

You can call your orders ahead of time.
Delivery for Elders or for orders of
4 or more. Call (519) 466 - 2175

NEW ANIMAL CONTROL OFFICER

Ron Simon - 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'Mino Bmaad-zijig August Workshops

*The following workshops are for
those aged 16+ and are held at the
Health Centre. For more information
please call 519-332-6770*

Addictions in the Family

Has your family been affected by addictions
or substance abuse? Please come and share
your experience. learn about drugs and what
you can do to help.

Coping with Stress

Learn about stress and how to cope with it.

Aug 28th ~ 2 - 4 pm

**What kind of workshops would
you like to see?**

Call 519-332-6770 or email
tgeorge@aamjiwnaang.ca

Pedometer Challenge Walkers who walked the most distances

1st Place: David Chaisson

- 447 189 steps equals 360 KM

2nd Place: Christine Plain

- 382 577 steps equals 304 KM

3rd Place: Kim Henry

- 296 182 steps equals 240 KM

Also as a whole, our walking participants
walked a grand total of 2,789,445 steps which
is equal to 2232 KM! Which is like walking
from the health centre to Palm Beach Gar-
dens, FLORIDA, and approximately an hour
north of Miami.

Labour Day September 2nd

Attention Home & Community
Care CLIENTS

Just a friendly reminder there
will be **NO SERVICE**

On

Monday September 2, 2013

Regular hours will commence the
following day.

Tuesday September 3rd, 2013

*Thank you Respectfully Yours,
H&CC Clerk—Becky Adams*

ANNOUNCEMENT ST. CLAIR UNITED CHURCH

St. Clair United Church will not be holding Sunday Worship Services for the month of August 2013. Sunday Worship will resume on September 8, 2013 at 11:00 A.M. with George Pitfield leading the service.

We have arranged for Rev. Matthew Stevens to conduct a Baptismal Service on October 20, 2013. Anyone interested in Baptism for yourself or for your children are asked to contact: Janice Rising 519-344-5448 for further details.

While St. Clair United Church is in the process of searching for a new minister, we hope to continue to serve the community as much as possible. We can find a United Church Minister from another Church or a Lay Minister willing to help out in Emergency situations or should you find yourself in need of a minister for pastoral care. For assistance please contact Janice Rising at 519-344-5448 or George Pitfield by leaving a message at the church 519-344-6119.

Traveling Seniors Trip to Chicago

September 16th—20th, 2013

All members and Band Members 55 and over, who are wishing to go, are requested to attend the next meeting on August 7 @ 6:00 pm at the Community Center.

A \$100 U.S. deposit and 2-\$10 gift cards are required when signing up for trip.

Attention Aamjiwnaang Members Chippewa Tribe-Une Update

The following information is in regards to the recent changes to the Chippewa Tribe-Une

Summer office hours

Monday—Thursday 9:30 to 4:00

The Tribe-Une will be delivered **every-other Friday or occasional Thursday.**

The deadline for submissions will be every other **Wednesday by 4:00 pm**

* If you receive your Tribe-Une via email, and do not require a paper copy, please call the Band Office and let me know. Or leave your name with Naomi at the front desk.

NOTE: For Status Card Photos

I will **NOT** be available to take pictures on **Fridays!** If you require a photo please call in advance to ensure Carolyn and I are in. Carolyn will be on holidays the last 2-weeks of August.

Mii Gwetch, from Bonnie Plain

TOONIE AUCTION



Friday, August 23, 2013

**Kettle & Stony Point Hillside
School Gym**

Doors open at 5:00 pm
Auction will start at 6:00 pm



*Proceeds to go towards the
13th Annual Eagle Staff Gathering,
which is being co-hosted by the
Kettle & Stony Point &
Aamjiwnaang First Nations
to be held in Aamjiwnaang
September 20th to 22nd, 2013.*

Lots of Great Prizes

(List to be posted at a later date)

Snack Bar Available

For more information, please call
Tammy Jackson (519)786-3631 or
Ted White (519)332-1831



Home & Community

AAMJIWNAANG FIRST NATION

ATTENTION:

**Home & Community Care
Clients & Family**

**Our H&CC Workers will be attending
this year's conference on
September 27th, 28th, 29th, 2013**

**There will be NO SERVICE after
Noon on Friday September 26th,
Regular hours will commence on
Monday September 30th, 2013**

**Please make arrangements with
family on these days.**

**These conference's are very important
for your workers to learn new things to
help benefit our clients.**

**Thank you for your co-operation and
understanding.**

Respectfully Yours, Becky Adams



CALL FOR FLOATS



**“Rekindle Tecumseh’s Vision”
7 Day World Unity Gathering**

September 29, 2013

**The Fall Fair and Parade at Walpole Island
(Bkejwanong Territory)**

The theme for the Fall Fair and Parade this year will be centered around Chief Tecumseh and the War of 1812. First Nations, towns, organizations, municipalities and anyone else is encouraged to enter a Float to help us Rekindle Tecumseh’s Vision of Unity, Commemorate the War of 1812 and Honor our Veterans’



For further information or to enter a float please contact:

**Caldwell First Nation
Attn: Darryl van Oirschot
14 Orange St. box 388
Leamington, On N8H 3W3
Darryl van Oirschot
Darryl.cfn@live.ca
(519) 322-1766**

Calling Out To All Vendors!

When: Sept. 29, 30 & Oct. 1, 2013

Where: Walpole Island (Bkejwanong Territory) Anglican Church Grounds

When: October 3, 4, 2013

**Where: Delaware Nation
(Moraviantown) Community Centre**

When: October 5, 2013

Where: Delaware Nation (IEC Grounds)

Cost: 2 gifts for the give away

***Rekindle Tecumseh’s Vision” World Unity Gathering is a long overdue chance to celebrate the contribution of First Nations People to the War of 1812.*



This momentous event is expected to bring well over 25,000 people over the seven days! (VISIT: SFNS.ON.CA for more information)**

For information about or to secure your vendor space at

**“Rekindle Tecumseh’s Vision” contact:
Caldwell First Nation
Attn: Darryl van Oirschot
14 Orange St. Box 388
Leamington, ON N8H 3W3
Darryl.cfn@live.ca
(519) 322-1766**

Taking Strides For A Cure



**AAMJIWNAANG'S
3RD ANNUAL CANCER WALK**

NEW DATE

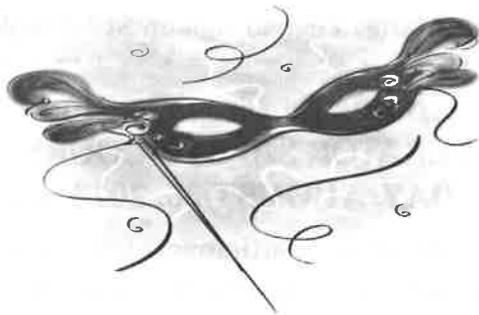
Saturday, September 7th

10:00 am



FEATURING: THEMED LAPS

- Survivors lap
- Mardi Gras lap
- Pirate lap
- Cowgirl/Cowboy lap
- Kids only lap



To register please contact
Roberta at 519-332-6770.



Pledge sheets will be
available at the
Health Centre



“HEALTHY HOMES, HAPPY PEOPLE” CAMPAIGN



LOGO CONTEST

**EVERYONE WELCOME
TO PARTICIPATE**

Design a logo that illustrates your idea of what
makes a “Healthy Homes, Happy People”.
**WINNER WILL RECEIVE A \$100.00 IN
LAMBTON MALL BUCKS**

PLUS

**WINNING LOGO WILL BE PUT ON PRO-
MOTIONAL ITEMS**

Drop off Submissions at the Health Centre
By: MONDAY, AUGUST 26, 2013

Winner to be announced at the
“Healthy Homes, Happy People” Campaign
dinner launch upcoming in September.

Canada's Wonderland August 20, 2013



**Meet at Community Center
at 6:00 am and Return from
Park at 7:00 pm**

Responsible for Own Food!

NCB Sponsored



An open letter to our neighbours
**Imperial Oil undertaking planned maintenance
 work at Sarnia manufacturing site**

Aug. 15, 2013

Dear Neighbour,

Imperial Oil's Sarnia manufacturing site is undergoing planned maintenance work beginning Aug. 15, 2013.

As a responsible operator, we maintain our equipment so that we can continue to operate safely and reliably. To do this we have planned a series of activities to inspect, upgrade, clean and perform maintenance on several of our operating units.

During this time, you may notice periods of increased traffic in the vicinity of Imperial Oil's Sarnia site. You may also notice occasional and temporary use of our flare system and or darker emissions from our stack. We apologize for any inconvenience these activities may cause. Use of these facilities will be within the legislated emissions limits and Imperial does not expect any adverse impact to our surrounding community. Flaring is an environmentally sound measure to safely combust hydrocarbon material from processing units so that people can safely work on the equipment.

Safety is a fundamental core value at Imperial Oil, and protecting the safety of people and the environment during this work is our top priority.

If you have any questions or concerns, please call the site's 24-hour phone line at 519 339-5666. Staff will be on duty throughout the work period to monitor for potential impact on the community and respond to your calls.

Sincerely,

Brian Fairley
 Refinery Manager

Frederik Donkers
 Chemical Plant Manager

**Mobile
 Market**



MONDAYS until the end of October

Community Centre Pavilion

Time: 1:00pm - 2:00pm

A program of The Inn of the Good Shepherd **Fresh produce** is available at no cost (while supplies last) Many thanks to the farmers, greenhouses and gardeners who support this program with donations of produce!

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

- ✓ Inn or 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)

Host Employment Supports Contact person
 Marina Plain 519-336-8410

Need Help Updating Your Resume?

Amanda Hopkins will be helping
 us with resumes

Date: August 21 & 28

Time: 10-12

APPOINTMENTS PREFERRED

Contact Marina Plain to sign up 519-336-8410

Chainsaw Certification

OPERATOR SAFETY COURSE

MONDAY, AUGUST 26, 2013 @ 8:30

Upon completion, participants will be able to demonstrate a basic knowledge of principles relating to common practices in chainsaw usage and safety. This revised program is a safety awareness session and does include a hands-on component or site specific procedural assessment.



Limited Spaces
 Register ASAP
 Contact Marina Plain
 519-336-8410

For the summer ~ Mobile Market ~Every MONDAY

Employment Supports: August Schedule

| Date | Event / Time | Location |
|----------------|------------------------------------|-------------------|
| August 19 & 26 | Mobile Market / 1-2pm | Maawn Doosh Gumig |
| August 20 | Beading with Ada / 6-8pm | Maawn Doosh Gumig |
| August 16 & 30 | Cooking with Judy / 10-3pm | Maawn Doosh Gumig |
| August 21 & 28 | Resume Assistance w/Amanda Hopkins | Maawn Doosh Gumig |
| August 26 | Chainsaw Safety Certificate / 8:30 | Maawn Doosh Gumig |
| TBD | Volunteer Lunch & Language Class | Maawn Doosh Gumig |
| TBD | Women's Wellness II | Maawn Doosh Gumig |

OFFICE DAYS:

ALL DAY WEDNESDAY AND THURSDAY AFTERNOONS

Marina Plain: 519-336-8410

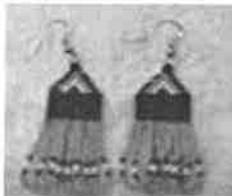
Please call if you are unable to make it.. Miigwetch Sessions subject to change

Beading Class

Beading with Ada
Maawn Doosh Gumig

**Every 2nd & 4th Tuesday
August 20 6-8 pm**

Come out and learn to bead
All levels are welcome!!
Beginner to intermediate.



**Contact:
Marina Plain
519-336-8410**



Aamjiwnaang

Ontario Works
Community Placement program

Volunteers



**Looking for volunteers
to help with that project?**

**Employment Supports will
help participants with
supplies, child care
& transportation costs**

**How does Community Placement
benefit our community?**

For our community, Community Placement enhances the community services and programs offered by its agencies and projects. Through the program it gains members with knowledge, skills, and experience leading to paid work and a reduction in reliance on the social assistance system.

- Participant will receive work experience
- Groups will gain an additional worker
- The project cannot go over 70 hours monthly

**For additional information contact:
Marina Plain 519-336-8410**

Language night

Intoduction to
Ojibway



Boozhoo to

**Anlshnaabemdaa Pane
With Guest Instructor :
TOREY DAY**

**Starting August 27th
EVERYONE WELCOME !**

*Hosted by Employment Services
Marina Plain 519-336-8410*

Seniors News

August Cancellation

Congregate Dining is cancelled for the month of August. Unfortunately we do not have a cook until a new one is hired. Lunches will resume again in September. Sorry for any inconvenience.

On days when it is hot out, stop by the Community Centre to stay cool. I will be at the Drop In throughout the summer if you would like to Drop In to chill, watch a movie, have a game of scrabble, cards or just to hang out!

~ Peggy Rogers, Seniors Worker

AN ALZHEIMER'S REQUEST

Do not ask me to remember.
Don't try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.
I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you
To be with me at all costs.
Please do not lose your patience with me.
Do not scold me or curse or cry.
I can't help the way I'm acting.
I can't be different though I try.
Just remember that I need you
And that the best of me is gone.
Please don't fail to stand beside me
And love me till my life is done.

--Owen Darnell

Attention Seniors

If you do not have a mailbox, you can pick up your monthly newsletter at the Band Office, Health Centre or at the Community Centre. All articles are also posted in the Tribeune.—Thanks!

Senior & Youth BBQ & Bingo

Youth ages 10—18



In Celebration of Grandparents Day

**Thursday
August. 22**

At Noon

Under the pavilion

**Don't forget
your dabbers!**



SENIORS SHOPPING TRIP

Wednesday, August 28/13

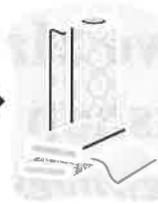
8:30 - 11:00 am

I can take you to the Farmer's
Market and grocery shopping.

Limited to 7 people

Contact Peggy at Health Centre,
to reserve your spot.

519-332-6770



SENIORS SEWING INFORMATION CLASS

with Denise Wright

Monday, Aug. 26

1:30 - 3:30

Seniors Drop In Room

We will be having monthly sewing classes starting in September up until December. Denise will be available to help you decide what you would like to sew for the next sewing class. She will instruct you on the amount of fabric and any other supplies needed. It is your responsibility to gather your supplies if you attend the sewing classes.



**THURSDAY
AFTERNOONS**

1:30 - 3:30 PM

**SENIORS
DROP-IN ROOM**

Come on in & beat the heat!

We can watch movies, play card
games, Scrabble, Dominoes.....



**Herbal Salve Making
Workshop**
*With Joanne Kewageshig from
Honey Pot Herbals*



Wednesday, August 28
@ 1 pm in Drop In Room

Limited to 10 seniors



You must call to sign up
because payment for work-
shop is based on per person.
If you do not call, you will not
be able to attend workshop.

Snacks and refreshments
will be provided.

Call Peggy at 519-332-6770
to reserve your spot.

**SENIORS PAINTING
LESSONS**
BY "DAANIS"

Sessions will be held on
Wednesday &
Thursday afternoons
September 4, 5, 11,
12, 18 & 19

1:30 - 3:30 pm

All supplies will be provided

Limited to first 8 seniors
to sign up

Light snacks and refresh-
ments will be served

Sign up with Peggy,
519-332-6770, ext. 31



back to School BBQ & Backpack Giveaway

Come join us at the Pavillion - Maawn Doosh
Gumig
on Wednesday, August 28, 2013
at 4:00 - 6:00 p.m.

to welcome in the 2013-2014 school year!

PLEASE REGISTER FOR YOUR BACKPACK

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

Please return form to Education Department

DEADLINE IS: FRIDAY, AUGUST 23, 2013

Students name: _____ Grade: _____

Students name: _____ Grade: _____

Students name: _____ Grade: _____

Address: _____ Phone#: _____

Please indicate which school you will be attending for the 2013-2014 school term:

QEII Lansdowne SJM Colonel Cameron

SCITS St. Clair AMSS Other: _____

Packing Healthy School Lunches



Why are healthy lunches and snacks important — Your child's school lunches are a major source of essential vitamins and minerals needed to grow and develop. The foods you pack for your child will give them the energy and nutrients they need to learn and play at school. Without enough energy from food, they may feel tired and find it difficult to concentrate in class. Just like adults, if tasty healthy foods are not available when your child is hungry, the chances that he or she will reach for unhealthy junk food is greater.

Here's what you need to know about packing a healthier lunch — 1.) Think food groups. Aim to have at least three of the four food group represented in your child's lunch. Check out [Canada's Food Guide](#) to review the food groups. 2.) Think outside the sandwich! Get creative when picking items for your child's lunch. Sometimes changing something as simple as the type of grain. For example, using pita, flatbread, tortilla, or cereal instead of bread can make lunch more interesting for your little eater. You may even want to write up a simple chart to brainstorm different options. Here are some ideas to get you started. Mix and match the options in the different columns to get a variety of lunch meals.

Back to School ~ Healthy Lunch Ideas

| Veggies | Fruit | Grains | Dairy | Meat |
|-----------------|-----------------|-----------------|-----------------|------------------|
| Pepper Strips | Melon Balls | Wheat Tortillas | Yogurt | Hard Boiled Eggs |
| Snow Peas | Apples & Dip | Hot/Cold Cereal | Yogurt Dip | Tuna Salad |
| Baby Corn | Sliced Mango | English Muffins | Milk/Soy Drinks | Chicken Salad |
| Cherry Tomatoes | Bananas | Oatmeal Muffins | Cheese Strings | Egg Salad |
| Cucumbers | Grapes | Rice Cakes | Pudding w/Milk | Sliced Ham |
| Carrot Sticks | Oranges | Grain Crackers | Cottage Cheese | Sliced Turkey |
| Broccoli Trees | Pears | Bread Sticks | Pasta w/Cheese | Chicken Breast |
| Pickles | Mixed Berries | Pita/Flat Bread | Milk-based Soup | Baked Beans |
| Celery Sticks | Pineapple Cubes | Wild/Brown Rice | Hot Chocolate | Marinated Tofu |

Example of peanut-free lunches?

Leftovers

- Vegetarian chili, small whole wheat roll with slice of hard cheese, fruit cup, water
- Curried beef with vegetables, pita wedges, kiwi, mini banana muffin, water
- Chicken thigh, whole wheat couscous, raw carrots, wedge of cantaloupe, milk

Fun sandwiches and wraps

- Whole wheat bagel with sliced hard cheese and apples, yogurt, graham crackers, water
- Whole wheat hot dog bun, tzatziki as spread, leftover chicken with thinly sliced peppers, an orange, chocolate milk
- Leftover stir fry wrapped in a whole wheat tortilla, a nectarine, milk

Simple nutritious snack ideas

- Whole grain crackers with a cheese stick.
- Fresh cut fruit with yogurt dip
- Yogurt tube and small oatmeal muffin
- Nut-free trail mix — Combine dried cranberries, raisins, dried apricots, and apple rings with sunflower and pumpkin seeds, along with your kid's favourite cold cereal

Tasty tidbits

- Cheese and fruit kabob, whole wheat pita wedges, salsa and refried beans for dipping, fortified soy beverage
- Pieces of cold cooked meat (ham, beef or chicken), frozen berries mixed into yogurt, bread sticks, water
- Chickpeas, tomato and green pepper salad, yogurt, whole wheat crackers with hard cheese, water

Involve your child in shopping and deciding which healthy foods to buy for their lunch

Aamjiwnaang Elementary School Awards 2013

Aamjiwnaang Junior Kindergarten

| | |
|-------------------|-----------------------------|
| Antila, Jackson | JK Grad, Perfect Attendance |
| Bird, James | JK Grad |
| Day, Ava | JK Grad |
| Mitchell, Cianna | JK Grad |
| Oliver, Cole | JK Grad, Good Attendance |
| Porter, Kiona | JK Grad, Good Attendance |
| Plain, Santana | JK Grad, Good Attendance |
| Sinopole, Darrius | JK Grad, Good Attendance |
| Sinopole, Julius | JK Grad, Good Attendance |
| Thompson, Miley | JK Grad |
| Williams, Landyn | JK Grad, Good Attendance |
| Williams, Sophie | JK Grad, Good Attendance |

Colonel Cameron

| | |
|--------------------|--------------------------|
| Adams, Emily | Recognition |
| Schurman, Serenity | "B" Ave, Good Attendance |
| Williams, Austin | Gr. 8 Graduate |
| Wrightman, Alex | Gr. 8 Graduate |

Lansdowne Public School

| | |
|----------------------|--------------------------------|
| White, Skylar | JK Graduate, Good Attendance |
| White, Cameryn | SK Graduate |
| Gray, Elijah | Ojibwe-Primary |
| Oliver, Faith | "B" Average |
| Sinopole, Cyrus | Recognition |
| Williams, Destiny | Ojibwe-Junior |
| Jacobs, Kendall | "B" Average, Good Attendance |
| Lockridge, Felicia | "A" Average |
| Nahmabin, Cassidy | Gr. 8 Graduate, Ojibwe- Inter. |
| Waters-Hopkins, Kobi | "B" Average, Gr. 8 Graduate |

Queen Elizabeth II School

| | |
|--------------------|------------------------------|
| Oliver, Jaicene | JK Graduate |
| Oliver, Knute | JK Graduate |
| Aviles, Jaxon | SK Graduate |
| Yellowman, Mitchal | SK Graduate, Good Attendance |
| MacLean, Jaylene | Ojibwe-Primary |
| Aviles, Jaiden | "B" Average |
| Bird, William | Recognition, Good Attendance |
| George, Carlos | "B" Average |
| Plain, Mariah | "B" Average |
| Cottrelle, Nolan | Recognition |
| Jackson, William | "B" Average |
| Maness, Alexandria | "A" Average |

| | |
|-----------------------|------------------------------|
| Nahmabin, Ember | "B" Average |
| Rogers, Krislyn | Recognition |
| Williams, Malikai | "B" Average |
| Bird, Tadra | "B" Average, Good Attendance |
| Cottrelle, Selina | "B" Average |
| Plain, Emma | Recognition, Good Attendance |
| Hanna, Tessa | "B" Average, Good Attendance |
| Bressette, Zackary | "B" Average |
| Gergi-Rogers, Rianna | Ojibwe-Junior |
| Rogers, Dani Rae | Recognition |
| Smith, Mary-Jo | "B" Ave, Perfect Attendance |
| George-Walker, Harley | Recognition |
| Hanna, Alaska | "A" Ave, Gd Att Ojibwe-Inter |
| Bressette, Keegan | "B" Average, Gr. 8 Graduate |
| Jackson, Taylor | Gr. 8 Graduate |
| Williams, Raven | Gr. 8 Graduate |

Sir John Moore Public School

| | |
|------------------------|------------------------------|
| Fisher, Rowan | SK Graduate |
| Henry, Montee | SK Graduate |
| Plain, Marcellus | SK Graduate, Good Attendance |
| Riley, Zachary | SK Graduate |
| Rising, Alexander | SK Graduate, Good Attendance |
| Rogers-James, Kadence | SK Graduate, Good Attendance |
| Bois, Maddox | "B" Average |
| Ludlow-Maness, Braden | "B" Average |
| Rogers-Oliver, Kaylie | "B" Average, Good Attendance |
| Riley, Shawna | "B" Average |
| Rogers, Leona | "B" Average, Ojibwe-Primary |
| Hawkins, Macy | "B" Average |
| Robertson, Avery | "B" Average, Good Attendance |
| Rogers-James, Faith | "B" Average |
| Rogers-Oliver, Derrick | "B" Ave, Perfect Attendance |
| Williams, Corbin | Ojibwe-Primary |
| Graham, Hayden | "B" Average, Good Attendance |
| Joseph, Sarah | "B" Average |
| Joseph, Shawna | "B" Average |
| Ludlow-Maness, Connor | "B" Ave, Gd Atten, Ojibwe-Jr |
| Maness, Cyrus | Recognition |
| Hawkins, Carter | Recognition |
| Nahdee, Biidaaske | "B" Average |
| Plain, Levi | "B" Average |
| Rogers-Snake, Taislyn | "B" Average |
| Williams, Cori | Recognition |
| Gray, Diana | "B" Average, Good Attendance |

| | |
|-----------------------|-------------------------------|
| Plain, Adalia | "A" Average |
| Rogers, Nancie | "B" Average, Ojibwe-Junior |
| Williams, Jacob | "B" Average, Good Attendance |
| Bois, Madison | "B" Average |
| Feather, Abigail | "B" Average |
| Hurd, Ryan | "A" Average |
| Rogers-James, Destiny | "A" Ave, Ojibwe-Intermediate |
| Stone, Tamara | "B" Average |
| Williams, Ashley | "B" Average, Good Attendance |
| Adams, Cassie | Gr. 8 Graduate |
| Forestell, Olivia | Gr. 8 Graduate |
| Gray, E. David | "B" Ave, Gr. 8 Grad, Gd Atten |
| Joseph, Shyanna | Recognition, Gr. 8 Graduate |
| Maness-Henry, Mariah | "A" Average, Gr. 8 Graduate |
| Nahdee, Destiny | "A" Average, Gr. 8 Graduate |
| White, Matthew | Gr. 8 Graduate |
| Williams, Shayna | "B" Ave, Gr. 8 Grad, Gd Atten |

Other Elementary Schools

| | |
|-----------------------|------------------------------|
| Gray, Denica-Sage | JK Grad |
| Olds, Keewadin | JK Grad, Good Attendance |
| Plain, Kaden | JK Grad |
| Sinopole, Samuel | JK Grad |
| Wright, Jasmine D. | JK Grad |
| Joseph, Allyson | "B" Average |
| Plain, M'nodeh | "B" Average |
| Sinopole, Kadan | "B" Average, Good Attendance |
| Brooks, Fischer | "B" Average |
| Brown, Emma | "B" Average |
| Hallett-Plain, Saige | "A" Average |
| Harding, Lance | "B" Average |
| Pentland, Ava | "A" Average, Good Attendance |
| Fisher, Ellison | "B" Average |
| Plain, M'Skwa-Mukwa | "B" Average |
| Sinopole, Alexandria | "B" Average |
| Bird-Little, Courtney | "B" Average, Good Attendance |
| Brown, Whitney | "B" Average |
| Hallett-Plain, Caleb | "B" Average |
| Joseph, Nehemiah | "B" Average, Good Attendance |
| Pentland, Ethan | "B" Average, Good Attendance |
| Beauchesne, Naomi | Recognition, Good Attendance |
| Bird-Litte, Sydney | Recognition, Good Attendance |
| Cottrelle, Tanisha | "B" Average, Good Attendance |
| Crowley, Cameron | "B" Average, Good Attendance |
| Delorme, Jasmine | Recognition |
| Ireland, Darryl | "B" Average, Good Attendance |
| Brooks, Evan | Recognition |

| | |
|------------------------|---------------------------------|
| Davidson, Seth | "B" Average, Perfect Attendance |
| Huete-Jacobs, Carolina | "B" Average |
| Joseph, Ethan | "A" Average |
| Little, Shawn | Recognition, Good Attendance |
| Piche, Heidi | "A" Average |
| Adams, Rajanee | "A" Average, Good Attendance |
| Delorme, Casey | Recognition, Good Attendance |
| Fisher, Jakson | "A" Average, Good Attendance |
| Giorgi, Jayla | "A" Average |
| Hallett-Plain, Jared | Recognition |
| Huete-Jacobs, Anthony | "B" Average |
| Joseph, Bryce | "B" Average |
| Joseph, Christopher | "B" Average, Good Attendance |
| Nahmabin, Tristan | "A" Average |
| Beauchesne, Macklyn | "B" Ave, Good Attend, Graduate |
| Brooks, Darryl | "A" Average, Gr. 8 Graduate |
| Crowley, Russell | "B" Ave, Good Attend, Graduate |
| Giorgi, Alexa | "B" Ave, Good Attend, Graduate |
| Ireland, Autumn | "B" Ave Good Attend, Graduate |
| Maness, Jarod | "B" Average, Gr. 8 Graduate |
| Whiteye, Lexi | "B" Average, Gr. 8 Graduate |

Congratulations to all the Students!

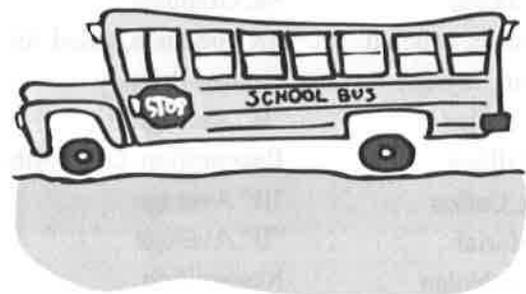
*Wishing you a Successful
2013/2014 School Year*

Education Department Staff:

Vicki Ware, Education Co-ordinator
Diane Aiken, Education Service Assistant
Chenoa Plain, Student Engagement Counsellor

Education Committee 2012 – 2014

Lareina Rising – Chairperson & Councillor Portfolio
Errol Gray – Councillor Portfolio
Audrey Jacobs – Committee member



Remember School Bus Safety

Secondary School Students September 2013

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.

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 Aamjiwnaang Education Department on Tuesday, September 3, 2013 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 2013/2014 school year.

Vicki Ware
Education Coordinator
519-336-8410 ext. 247

Diane Aiken
Education Service Assistant
519-336-8410 ext. 246



Lambton Kent
District School Board
Student Achievement ✓ Community Success

WELCOMES ALL STUDENTS
TO SCHOOL YEAR
2013-2014

PUBLIC ELEMENTARY AND SECONDARY SCHOOL STUDENTS MAY REGISTER
TUESDAY, AUGUST 27 & WEDNESDAY, AUGUST 28, 2013

CLASSES BEGIN TUESDAY, SEPTEMBER 3, 2013

ELEMENTARY SCHOOL REGISTRATION HOURS: 9:00 A.M. TO 12:00 NOON & 1:30 P.M. TO 3:30 P.M.
SECONDARY SCHOOL TIMES AND DATES MAY VARY – CHECK YOUR SCHOOL LISTING FOR DETAILS
Contact your school Principal with questions about any of the listings.

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

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

SARNIA EDUCATION CENTRE

200 Wellington Street, Sarnia, Ontario N7T 7L2

519-336-1500 (Sarnia)

519-354-3770 (Chatham)

Scott McKinley
Chair of the Board

Jim Costello
Director of Education

Visit the
Lambton Kent District School Board
Website at www.lkdsb.net

Alexander Mackenzie Secondary School

1257 Michigan Avenue, Sarnia 519-542-5505

Tues., Aug. 27 Grade 9 Orientation 8:00 - 11:30
 Wed., Aug. 28 Grade 10-12 8:30 - 11:00 & 1 - 3

Registration in Cafeteria

Activity - \$30.00 PE T-shirt - \$15
 Locker Rental - \$5.00 PE Shorts - \$15
 Yearbook - \$50

Payment by CASH only.Principal, Laura Smith-McKelvie Email: <http://amss.lkdsb.net>**Northern Collegiate Institute & Vocational School**

940 Michigan Avenue, Sarnia 519-542-5545

Tues., Aug. 27 Grade 9 Only 8:30 - 11:00
 Tues., Aug. 27 All Grades 12 Noon - 2:30
 Wed., Aug. 28 All Grades 8:30 - 11:00
 Wed., Aug. 28 All Grades 12 Noon - 2:30

Registration in Cafeteria

Activity - \$30.00 P E Uniform - \$30
 Locker Rental - \$5.00 Yearbook - \$50

Payment by CASH only.Principal, Gary Girardi Email: <http://northern.lkdsb.net>**Lambton Central Collegiate & Vocational School**

4141 Dufferin Avenue, Petrolia 519-882-1910

Tues., Aug. 27—One Day Only

Grade 9 Only 9:00 - 10:00
 Grade 9 Orientation 10:00 - Noon
 All Grades 10:00 - Noon
 All Grades 2:00 - 4:30
 All Grades 6:00 - 7:30

Registration in Cafeteria

Activity - \$30.00 PE 2 Shirts, 1 Short \$35
 Locker Rental - \$5.00 Shirt \$12 / Short \$18
 Yearbook \$50 **Payment by CASH only.**

Principal, Linda Jared Email: <http://lccvi.lkdsb.net>**Sarnia Collegiate Institute & Technical School**

275 Wellington Street, Sarnia 519-336-6131

Tues., Aug. 27 One Day Only 11:00 - 3:00
 and 4:00 - 7:00

Registration in Cafeteria

(Enter by the West Parking Lot)

Activity - \$30.00 PE 1-Shirt & Shorts - \$30
 Locker Rental - \$5.00 PE 2-Shirts & Shorts - \$40
 PE 2-Shirts & 2-Shorts - \$50
 Yearbook - \$50

Payment by CASH only.Principal, Sean Keane Email: <http://scits.lkdsb.net>**North Lambton Secondary School**

15-17 George Street, Forest 519-786-2166

Tues., Aug. 27 Grade 9 Only 8:30 - 11:00
 Tues., Aug. 27 All Grades 12:30 - 3:00
 Wed., Aug. 28 All Grades 8:30 - 11:00
 Wed., Aug. 28 All Grades 12:30 - 3:00

Registration in Cafeteria

Activity - \$30.00 P E 2 Shirts, 1 Short - \$30
 Locker Rental - \$5.00 OR 1 Shirt \$10 / 1 Short \$18

Payment by CASH only.Principal, Sue Ferguson Email: <http://nlss.lkdsb.net>**St. Clair Secondary School**

340 Murphy Road, Sarnia 519-332-1140

Tues., Aug. 27 8:30 - 3:00
 Wed., Aug. 28 8:30 - 3:00

New students are expected to call the school for an appointment to register.**Registration in Cafeteria**

Activity - \$30.00 PE Uniform \$35
 Locker Rental - \$5.00

Payment by CASH only.Principal, Paul Wiersma Email: <http://scss.lkdsb.net>**Wallaceburg District Secondary School**

920 Elgin Street, Wallaceburg 519-627-3368

Tues., Aug. 27 One Day Only 10:00 - 12:00
 1:30 - 4:00
 5:00 - 7:00

Registration in Rm. 123—Gymnasium

Activity - \$30.00 PE Uniform - \$30
 Locker Rental - \$5.00 Yearbook - \$50

Payment by CASH only.Principal, Rob Lee Email: <http://wdss.lkdsb.net>**SARNIA EDUCATION CENTRE**

200 Wellington Street, Sarnia, Ontario N7T 7L2

519-336-1500 (Sarnia) 519-354-3770 (Chatham)**Scott McKinley
Chair of the Board****Jim Costello
Director of Education**

Visit the
 Lambton Kent District School Board
 Website at www.lkdsb.net

What To Expect When Going Into Secondary School



For all you elementary students that have recently graduated Elementary school and are transferring to Secondary school, this article is for you! All your older siblings, cousins, friends, etc know the feeling you get on that first day of high school or even the night before! That feeling of being excited/nervous as heck, well there's no need to feel nervous at all, you should be more excited! On that first day, don't worry about what people will think of you, just be yourself, be original! Because the friends you have or the friend you make will like you, for the person you are.

There are many secondary schools you can choose to attend, but this also depends if you live in the region where that school is located. For example most of the reserve's youth will attend either St. Clair, SCITS, or Alexander Mackenzie because those are the schools closest to us. But there are other schools in the Lambton Kent region such as St Patrick's, Northern, St Christopher, and LCCVI.



The first week of school is the week where you want to make an impression of yourself to people, but a good impression not a bad one. Make a good impression towards your teachers and peers, because that is how they will see you throughout your high school career. For example, try and be on time for every class and hand in assignments on their due dates, because teachers look at those aspects. Another thing you might want to do, is find someone that you know, and see if they have a similar class schedule, that way you two can find your way to classes together. So you make it to class on time, or not show up late by yourself! The one thing a lot of people find tricky the first week of high school, is knowing how to open up your locker! Now this is tough, and will take some practice and time to master.

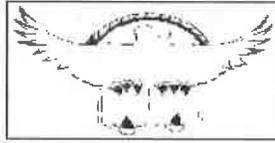
The first thing you will want to do reset the lock, you do this by turning the knob twice clockwise,. After resting, you then turn the knob clockwise to the first digit of your combination, next you will turn the knob counter-clockwise to the next digit, finally you will turn the knob one last time clockwise towards the last digit of your combination, you will then pull down on the lock and it will unlock for you.

The days when you aren't in the best of mood, try and stay positive and be friendly in the hallways. Just by saying hi to fellow classmates and friends, because your mood not just affects you but others around you as well. School work wise, you want to stay organized, always! Once you become organized you will feel lost. You no longer have a desk and one classroom! You have 4 different desks, in four different classes, and you wouldn't want to mix your classes up.

Some of the school supplies you will need are four binders, therefore you have a binder for each class, then for your second semester you could just re-use the binders. Or instead of buying four, you could always just buy two for around the same price. You then will use one binder for the morning classes and the other for the afternoon. You will also need the basics such as pencils, erasers, a ruler, pencil case, pens, whiteout, a calculator, and lots of lined paper! You might also need pencil crayons, and marker for the open classes such as art and crafts. And don't forget extra money for tech fees, art fees, a gym uniform, and music fees! They're a lot of class fees, but you can also get those reimbursed at the band office.

Lastly, in high school you are going to have to get use to the idea of change. Not only school wise, but life wise. Because as you get older and more mature, there comes responsibilities For example, all those sports you want to play, or those extra circular activities you want to be in! Well you will have to learn how to balance out the two of them, plus wanting time for friends, or even a job! These are just some of the things you can expect in secondary school, the rest you will have to experience yourself and hopefully make memories from those experience. But have a fun filled school year all!

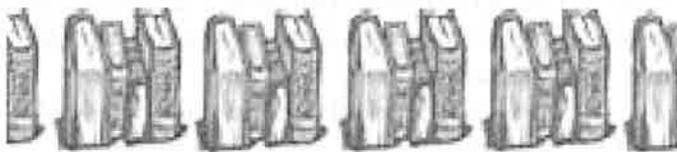
**Aamjiwnaang's Alternative and
Continuing Education for Adults
Monday, Tuesday & Thursday
AACE: 9:30—2:30**



**WE WILL BE CLOSED FOR
3 WEEKS FOR
SUMMER VACATION**

**Last Day—Thurs., Aug. 1st
Closed: Aug. 5—23**

**Will resume classes on
Monday, August 26th**



Missing Grade 9 and 10 Credits?

The Aamjiwnaang LBS Program will be hosting a workshop to assist people with completing their 9 and 10 credits. This 6 week workshop will be held on Wednesdays and Fridays from 9:30—2:30, starting September 11, 2013. An instructor will be there to incorporate hands on learning and provide an interactive environment.

What do you need to Join?

Contact us at the Resource Centre before August 30th with a copy of your transcript. If you are having a hard time getting yours, we will help you.

Aamjiwnaang LBS Program
978 Tashmoo Ave
The Resource Centre
(519) 336-8410 ext 285



**Drug Overdose Awareness Day
2nd Annual 2 Pitch
Baseball Tournament**

September 13-15, 2013

[Kettle Point Baseball diamond]

Kettle and Stony Point Health Centre will be hosting the second annual Drug Overdose Awareness Day Baseball Tournament to be held September 13 to the 15 at the Kettle Point Baseball diamond.

- 10 Teams (10 players min)
 - 4 Females
 - 4 Males
 - 1 Female youth aged 13-18
 - 1 Male youth aged 13-18
- Round Robin format
- \$100.00 entry fee per team
- Prize Money will be determined according to # of teams registered
- Home run derby
- Team shirts to be provided
- Food Booth available
- Bring a non perishable food item and receive a free hotdog
- Much More prizes to be won



**Register by
September 5th, 2013**

**THIS IS A
DRUG AND ALCOHOL
FREE EVENT!**

For more details and to complete your registration form please contact Penny or Tammy at 519-786-6588

Enter the Union of Ontario Indians FASD Program Draw and you could WIN!!

Our program is launching an FASD Awareness Campaign with lots of cool prizes and guess what? **It's FREE!!**

All you have to do is fill out a quiz: **Quiz #1** is for those ages 13 and under) and **Quiz #2** is for everyone over the age of 13. Prizes include an:
Xbox 360 Kinect, iPod Shuffle
HP Mini Laptop (just in time for the new school season), or a
\$100.00 Future Shop gift card!!

It's easy to enter, simply fill out the True or False Quiz and send it to Anna by regular mail, email or fax (contact info is on the form). **Drop quiz off to Joanne Culley at Aamjiwnaang Health Centre by Thursday, September 5, 2013 by 4:30 p.m.**

The deadline is Sept. 6th at noon with the official draws to be made on Sept. 9th which is **International FASD Day**. No personal information will be shared outside of our Health Program, only those who win will be contacted. Quizzes are located on the back pages of this week's Tribe-Une and can be sent to Anna via email at:

knowfasd2@anishinabek.ca or she may be reached at the toll-free telephone number listed below. Please be sure to pass it on to all your friends! Chi-Miigwetch & Good luck!

Chochi Knott
FASD Regional Worker Southeast & Southwest
Union of Ontario
Curve Lake Satellite Office
1024 Mississauga Street
Curve Lake, Ontario K0L 1R0
Tel: (705) 657-9383
Fax: (705) 657-2341
www.anishinabek.ca

C&M Take-out food

Opening Soon!

Aanii, community members, friends and family.

Forty three years of my life I've been sitting here, thinking what I can do to benefit the community that my loving parents had passed down to myself Crystal Dowling (Wms). I remember years ago when we had BBQ's, cookouts with the family, friends would come around just looking forward to that cup of tea/coffee or bowl of homemade soup and fried bread. I, myself are one thing that I enjoy. When friends, family, or people would drop by for a drink or some food. So anyways that's why I've decided to open up C&M's take-out food.

**Saturday August 31st,
2013
12:00-6:00p.m.
@ 123 Maness Court**



Opening Day Items Being Sold

| | |
|---------------|--------|
| Indian Taco | \$6.00 |
| Big Soft Taco | \$5.00 |
| Nacho Supreme | \$5.00 |
| Pop/water | \$1.00 |

**Please call ahead for any LRG
orders: (519)-337-6143**

★ Power Skating

RBC Centre

\$15 per person/per session

August Schedule

| DATE | TIME | AGE / CATEGORY |
|--------------|------|---------------------|
| Wed. Aug. 21 | 1:30 | Tykes / Novice |
| | 2:30 | Exhibition Game TBA |
| Wed. Aug. 29 | 1:30 | Tykes / Novice |
| | 2:30 | Atom / Pee-Wee |



Dreamcatcher Charitable Foundation

We would like to say Chi-miigwetch to Dreamcatcher Fund for giving Cyrus the opportunity to attend the First 3 Nolans All Native Hockey Camp in Paris, ON back in July. The camp was absolutely fantastic and the experience of skating with NHL players was unbelievable. The 3 Nolans did an awesome job combining hardwork, hockey and fun. We'd really like to Thank the Dreamcatcher Fund for sponsoring Cyrus to go as he got to make many new friends from many different communities and he learned a lot about Hockey and himself. Thank you!



RIVERSIDE LUNCH

Phone: (519) 312-2502

'when your in a crunch and need to munch stop for lunch'

| | | <u>Combo</u> |
|----------------------|--------|--------------|
| Sausage (hot & mild) | \$5.00 | \$7.50 |
| Cheeseburgers | \$4.75 | \$7.25 |
| Hamburgers | \$4.25 | \$6.75 |
| Hot Dogs (jumbo) | \$4.00 | \$6.50 |
| Coney Dog | \$4.75 | \$7.50 |

Combo includes: Fries & Pop (Gravy \$1.00 extra)
 Instead of regular fries in combo add \$1.25/
 poutine, \$1.75/chili chz fry, \$2.25/fry supreme

| | <u>Sm.</u> | <u>Med.</u> | <u>Lg.</u> |
|-----------------|------------|-------------|------------|
| Fresh Cut Fries | \$3.00 | \$3.75 | \$7.25 |
| Poutine | \$4.50 | \$5.25 | \$8.75 |
| Chili Chz Fry | \$4.50 | \$5.25 | \$8.75 |
| Fry Supreme | \$5.25 | \$6.00 | \$9.50 |
| Gravy | \$1.00 | | |

Chili or Chz Topping on Fries or Chz Slice \$0.75 ea.

| | |
|-----------|--------|
| Pop | \$1.00 |
| Water | \$1.00 |
| Juice Box | \$0.75 |
| Freezies | \$0.75 |

(5 orders or more, please call ahead)

OPEN: Mon. - Fri. *11am - 6pm*

Will deliver on Reserve





AAMJIWNAANG FIRST NATION
EMPLOYMENT OPPORTUNITY
Contract to Permanent—DAY CARE CUSTODIAN

JOB DUTIES:

Provides cleaning and maintenance service for the Day Care facility including, but not limited to, the care and cleaning of all surfaces and service facilities; waste collection and disposal; and window washing.

Must be available to shovel and salt walkways as necessary.

Provides informal inspections of day care facility and reports any necessary repairs to the day care supervisor.

Responsible for adherence to Occupational Health and Safety procedures.

Performs other related duties as may be reasonable required by the Day Care Supervisor.

QUALIFICATIONS:

- Ontario Secondary School Graduation Diploma or equivalent.
- Knowledge of cleaning and minor maintenance procedures
- Exhibits a strong work ethic and self direction
- An understanding of occupation health and safety requirements and procedures.
- WHMIS certified.

Must be able to work evenings.

1 APPLICATION TO INCLUDE;

2

1. Cover letter with contact information.

Resume listing education and work experience.

The successful candidate must provide a Police Record Check. (C.P.I.C.)

Please forward applications to:

Assistant Band Administrator

978 Tashmoo Ave

Sarnia, ON N7T 7H5

FAX 519-336-0382

Deadline for applications is September 6, 2013 at 4:00pm.

Inspirational Quotes, Poems & Stories

The Butterfly

A man found a cocoon for a butterfly. One day a small opening appeared, he sat and watched the butterfly for several hours as it struggled to force its body through the little hole.

Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and could go no farther. Then the man decided to help the butterfly.

He took a pair of scissors and snipped the remaining bit of the cocoon. The butterfly then emerged easily.

Something was strange. The butterfly had a swollen body and shriveled wings. The man continued to watch the butterfly because he expected at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time.

Neither happened. In fact, the butterfly spent the rest of its life crawling around with a swollen body and deformed wings. It was never able to fly.

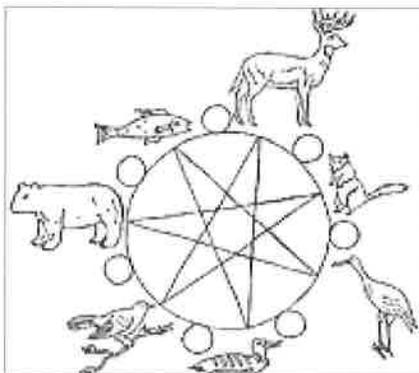
What the man in his kindness and haste did not understand, was that the restricting cocoon and the struggle required for the butterfly to get through the small opening of the cocoon are God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our life.

If God allowed us to go through all our life without any obstacles, that would cripple us. We would not be as strong as what we could have been.

Not only that, we could never fly. ~ *Unknown*

 If we do what is necessary,
 all the odds are in our favor. ~ *Henry Kissinger*



The Obstacle in Our Path

In ancient times, a king had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the big stone out of the way.

Then a peasant came along carrying a load of vegetables. On approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. As the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many others never understand. Every obstacle presents an opportunity to improve one's condition.

~ *Unknown*



Simple Choice

The time of change is oh so grand
 Fore it will spread throughout this land
 From trees to seas, and all that stand
 Even that of common man
 Will hark and beat of not what's wrong
 But drum our Earth's most happy song

Oh man of greed and man of gold
 Hearken forth, this story told
 Since times of past, from men of wise
 Our Mother Earth is too of guise
 She lay in wait, through times of grate
 And witnessed mans unhappy state

Our Father Sky in poised askance
 In equal pall of mans advance
 Will make askew, this path of strife
 And beckon forth a happy life
 But man must face his chosen do
 And right his wrong or stay un-new

The rhythmic beat from drummers hand
 Will echo forth throughout the land
 The happy songs will fill our heart
 We'll dance for joy with life's new start.

By: *Buffalohair*

**H
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**NOTICE TO ALL BAND MEMBERS
RE: HOUSING APPLICATIONS**

The Aamjiwnaang First Nation Housing Department are taking new applications for the 10 New Duplexes currently being built at the end of Tashmoo Ave. Estimated move in date: Nov. 1st, 2013.

- 2 & 3 bedrooms
- Two units are 2bdrm "Wheelchair" Accessible/Handicap Units
- \$600 +utilities & \$625 +utilities
- Fridge & Stove NOT Supplied

Deadline for new applications is September 20, 2013.

Please NOTE: IF you are going to apply for one of the new duplexes you must fill out a NEW housing application regardless if you are on the current waiting list. Please contact the Housing Department if you have any questions. Applications can be picked up at the front desk at the Band Office.

AUGUST Check List

- ✓ Check the home for exterior maintenance.
- ✓ Check furnace and air exchanger filters. Clean or replace filters if needed.

CAUTION: Be careful to follow the manufacturer's instructions before opening any filter compartment or case, to avoid electrical shock or other hazards.

Housing Inspections

Randy Doxtator from the S.F.N.S. is here every Monday to perform housing inspections.

Please call to book an appointment if you need an inspection done.

**2012 - 2014
Housing Committee**

| | |
|------------------|-------------|
| Errnol Gray | Councilor |
| Sherri Crowley | Councilor |
| Jacky Cunningham | Band Member |
| Ada Lockridge | Band Member |
| Ron Simon | Band Member |

Housing Committee meets every 2nd and 4th Monday of the month. If you have items for the agenda please have all information into the Housing Department one week prior to the meeting. **Thank you.**

**NOTICE TO ALL TENANTS IN
BAND RENTAL UNITS, CMHC HOUSING
UNITS, SENIORS COMPLEX,
SENIORS DUPLEX AND APPARTMENTS**

Re: Contents Insurance

It is the responsibility of the tenant to provide contents insurance for their unit. The Housing Department is not responsible for sewer damage, sewer backup or flooding.

As per the Housing Policy and your signed housing agreement each tenant is to provide a copy of their contents insurance policy to the Housing Department.

Contact an insurance broker for more information.



Please Return Any Borrowed Humidifiers or Heaters to the Housing Department.

Housing Department Staff

Tracy Williams - Housing Coordinator
twilliams@aamjiwnaang.ca

Jeannie Gray - Housing Clerk
housingclerk@aamjiwnaang.ca

Earle Cottrelle - Maintenance Worker
maintenance@aamjiwnaang.ca

CEDAR POINT BUS TRIP



SATURDAY, AUGUST 17th

Cost: \$100.00 CAD

**Includes: Coach Bus,
Admission, and Meal**

(choice of hot dog, hamburger, chicken sandwich and beverage)

To book a seat, call 862-1200

LIMITED SPACE AVAILABLE



COACH BUS

\$20 Voucher for Gaming

Monday, Sept. 30th

\$40 per Person

Ticket's Available at

White Knight

Proper ID for Border Crossing

Bus Leaves at 9:00 am SHARP



**DETROIT RED WINGS vs
TORONTO MAPLE LEAFS**

Dec. 30, 31, & Jan. 1

\$650 per Person Double Occupancy

\$450 add/person 4 max. per rm.

Return Trip—Jan. 2, 2014

Includes Coach Bus (Sarnia to Detroit), Ticket to Winter Classic at THE BIG HOUSE & Tail Gate Party, Dec. 31 Watching Alumni Games @ CICCARELLI'S SPORTS BAR THEATER and New Year's Party – including:

Party favors, Pizza Buffet and Glass of Champagne to toast the New Year at Dino's Bar and chance to meet some NHL Alumni and Dec.30th AHL Game Toronto Marlies vs. Grand Rapids Griffins at Comerica Park - **3 Nights at Embassy Suites**, Breakfast Each Morning & Managers Party of Free Cocktails and Appetizers Each Night

**First 90 PAID - 1/2 ASAP and
Remainder by Nov.1**

Tickets Available at the

Work-Out-Room, Corunna

BUS LEAVES:

- ❖ **Work-Out-Room - 5:45 am**
- ❖ **Municipal Parking Lot (by flags)
London Rd. at Front St. - 6:00 am**

Call Tracey @ 519-862-1200 or
Willie @ 519-384-1957



shutterstock 62296870

shutterstock 25219162



DETROIT-ANN ARBOR, MI
DECEMBER 2013 - JANUARY 2014



Youth Council

Open Invitation

What is a youth council? Youth council is a way for youth to engage their voice about the problems in their community, city, province, country, etc. Youth councils have many purposes, such as expressing their voice, relevant issues, engaging in decision making, and contributing in improving the lives of young people within the Aamjiwnaang community. The Youth Council will consist of 6 youth members, youth volunteers, and one adult mentor.

Youth Council Positions:

- (1) Chairman
- (1) Co-chairman
- (1) Secretary
- (1) Communications Officer
- (2) Treasurer's
- (1) *Adult Mentor/Elder/Role Model

Council Duties:

Chairman:

- Be in charge of the administrative affairs of the youth council with assistance from an Adult Mentor.
- Preside over all meetings of the youth council.
- Shall appoint members when necessary to research issues.

Co-chairman:

- Shall assume the duties of the chairman during the chairman's absence.
- Assist the chairman to perform duties when needed.
- Prepare an annual report with assistance from the council's mentor, summarizing the all activities of the council.

Secretary:

- Record and maintain the minutes of all youth council meetings and file them with the copies of previous minutes.
- Prepare and receive correspondence for the youth council and maintain proper files.
- Perform other duties as ordinarily pertain to the youth council roles and responsibilities.

Communication Officer:

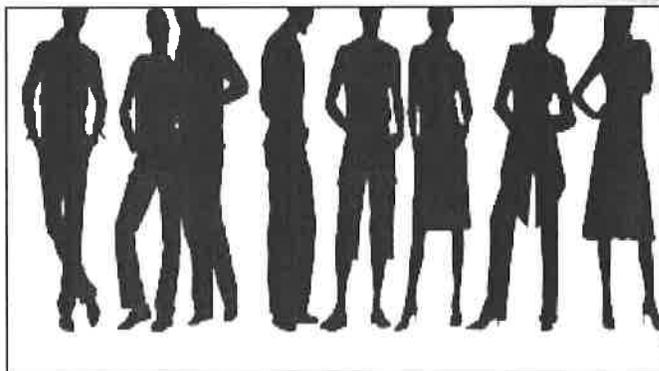
- Shall manage a webpage and create a newsletter for the public to view.
- Provide and manage the communication process between council, subgroups, and general members.

Treasurer:

- Manage all the financial matters. (handle money)
- Maintain financial records (receipts, statements)

All Youth Council Members must:

- Plan, implement and coordinate events for the community's children/youth under the Chairman's/ Mentors guidance and support.
- Be willing and able to voluntarily participate in all meetings and planned activities
- Share input and support in all decision making (i.e.. Who will do what, who will look after the bundle)

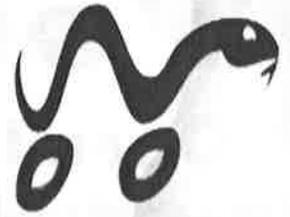


How Being Apart of Youth Council Benefits You

Being apart of youth council benefits you in ways such as giving you the chance to meet new people and forming friendships, gaining an understanding of the government process, developing greater self-esteem and self-confidence, gaining self-worth and inner-strength to battle negative peer pressure, Being actively involved in the planning and development of youth facilities, and learning how to take responsibility for your actions.

If you are interested in becoming a member of the Youth Council, please contact one of the following people to set up a date and time to discuss how to get it started. ~ McKay Swanson: Via Facebook, Mike Plain (Elder/Mentor): 226-776-1154 or Via Facebook

Reptiles At Risk Presentation



Monday, August 12th the community and Aam-jiwnaang Environment department welcomed the Reptiles At Risk organization. The presenters brought in various snake species that are native to the Ontario region, such as the Eastern Garter snake, Eastern Milk snake, Blue racer snake, and the Hog-nosed snake. They also presented us with a couple of turtle species, such as the common snapping turtle, spotted turtle, and the Blanding's turtle.



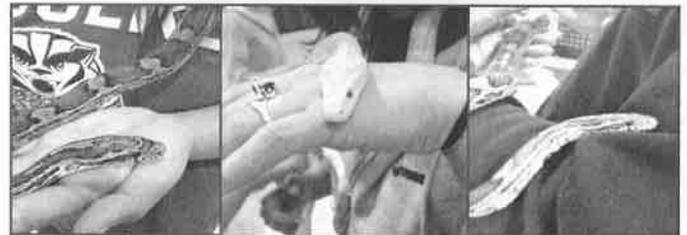
"Some of the KIPS camp/daycare children holding different species of snakes"



"The group of people that came to enjoy the show, and the presenters"

The Reptiles At Risk presenters' also told some interesting facts about each amphibian and reptile they brought out. Like the Spotted turtle is known to be Ontario's smallest turtle, and that it is classified as an endangered species. Then there is the snapping turtle, which is the largest turtle in Ontario and all of Canada! We also learned the snake most of us call gardener or grass is snake, is actually called a garter snake. The garter snake is also the most common snake in North America. A snake that is often mistaken as a rattle snake is the milk snake, because when they come in contact with dry vegetation it makes a buzzing or "rattling" sound.

The reptiles at risk organization's purpose is to introduce Canadian youth and their families to this misunderstood group of animals, to inspire them to be concerned about the animals' conservation, to challenge them to discover solutions to the threats posed to these species, and to highlight possible career trajectories in the natural sciences. They strive to achieve this goal through interactive, hands-on programs provided to participants in our programs. This project is also partnership between the Laurentian University, the Canadian Amphibian and Reptile Conservation Network, and Sciensa-tional Sssnakes!! ~ By Judith Plain



"Some close-ups of some of the community interacting with some of the snakes"



Don't Wait, Vaccinate!



What is a vaccine?

A vaccine is the substance given to immunize your child, this substance contains killed or weakened germs of a specific disease in order to protect your child from getting the real disease. Vaccines help your child's immune system produce two important tools: antibodies that fight off the specific disease and immune memory that helps children in case they are exposed to the disease again in the future

Vaccines Protect Children

Elders share knowledge of medicine that have been used for generations, these "good medicines" have been used by First Nations communities to prevent sickness and heal those who are ill. Many of these medicines are still used today.

Vaccines are also good medicines for your child. They help protect children from a number of diseases, some of which can be very serious and cause death.



Your Child and Immunizations

Immunization is an important part of your child's health. Learning the facts about immunization can help you make good decisions to protect your child.

When should I immunize my child?

Timing is very important when it comes to immunizations. Vaccines work best when given on time: beginning when your child is still very young, as a child is most vulnerable to diseases during the first two years of life. An immunization schedule will tell you which immunization to get for your child and at what age. Following the schedule will make sure that your child gets the most benefit from the vaccines.

Vaccines are safe

Vaccines are effective and safe. Canada has a strict approval process for vaccines. Vaccines are monitored from the time they are made to the time they are given and afterwards. Part of this system includes tracking any side effects.

The danger of vaccine preventable disease are much greater than the risks of a serious reaction to the vaccines. It is important for children to receive their vaccines on time. Most children who receive all of their vaccines on time are fully protected from the vaccine preventable diseases they were immunized against. Some children get partial protection from the immunizations. This means that they may still have mild symptoms if exposed to one of these diseases, but generally won't have the potentially serious complications.

Where do I take my child for immunization?

Where you take your child will vary depending where you live—on reserve or in a urban, rural or remote community.

There are a number of different ways to find out where your child can get vaccinated. **You can call E'Mino Bmaad-Zijig Gamig 1300 Tashmoo Ave, Sarnia 519-332-6770**

Why should I keep track of immunizations?

Your child's health and well being are reasons why you should keep track of your child's immunization, you can help ensure that your nurse or health care provider has the proper information and that your child receives the right vaccinations on time.

At your first visit, ask your nurse or health care provider for an immunization record (or card). Remember to bring your child's immunization record to each appointment so that it can be updated each time the child has a vaccination. An immunization records may be required when your child:

- Starts school
- Is transferred to a new school on another area
- Goes to camp
- Receives health care outside the community
- Travels outside the country
- Moves to another community
- Has a new nurse or health care provider

Diabetes Test Strips Reimbursement Limits Questions and Answers

Stand Up to Diabetes

July, 2013

Beginning August 1, 2013 you will only be reimbursed for a maximum number of self-monitoring blood glucose test strips each year based on your current diabetes treatment.

1. Why are limits on the reimbursement of blood glucose test strips for Ontario Drug Benefit (ODB) recipients being introduced?

Research has indicated that blood glucose test strips have a limited benefit for many patients who do not take insulin to manage their diabetes. Based on best evidence, the government is introducing changes to the number of blood glucose test strips it will reimburse people with diabetes while ensuring those who need test strips to help manage diabetes will continue to have access to them. The new changes on the reimbursement of blood glucose test strips introduced by the Ontario government are aligned with the Canadian Diabetes Association guidelines and encourage proper testing practices for optimal patient outcomes.

2. When will the changes be in effect?

Your maximum number of test strips provided in a 365-day period will be effective on your first claim for test strips after August 1, 2013.

3. What are the new reimbursement limits for test strips?

The number of test strips that you are eligible for will be determined based on your current diabetes treatment.

This chart shows how this is determined:

| Diabetes Treatment | Maximum number of test strips per year |
|--|--|
| Patients managing diabetes with insulin | 3,000 |
| Patients managing diabetes with anti-diabetes medication with higher risk of causing hypoglycemia ¹ | 400 |
| Patients managing diabetes using anti-diabetes medication with lower risk of causing hypoglycemia ² | 200 |
| Patients managing diabetes through diet/lifestyle therapy only (no insulin or anti-diabetes medications) | 200 |

¹Low blood sugar

¹ Including but not limited to glyburide, glimepiride, chlorpropamide, tolbutamide, repaglinide, nateglinide, glimepiride

² Including but not limited to metformin, sitagliptin phosphate monohydrate, saxagliptin, acarbose, rosiglitazone, pioglitazone, linagliptin, or linagliptin

4. How do I know how many I'm eligible for?

Through your pharmacy, the Ministry of Health and Long-Term Care's Health Network System (HNS) will track and automatically determine the number of blood glucose test strips that you are eligible to receive in a 365-day period based on your diabetes treatment methods. This will be based on your prescription records for the past six months.

Please speak to your doctor or pharmacist about the number of test strips that you qualify for reimbursement in a 365-day period. If you use more test strips than the expected reimbursement limit in one year, it is suggested that you speak to your diabetes health care provider to ensure you are testing properly.

5. How will I know how many I have left?

By following the prescribed testing practices determined by your health care provider, you should have enough to last the entire year. Speak with your doctor or pharmacist if you have any questions about what these may be.

6. What will I do if I need more test strips than I will be reimbursed for under the ODB program?

The changes ensure that ODB recipients who need test strips to help them monitor blood glucose levels for managing their diabetes will continue to have access to them.

While the established reimbursement limits exceed the recommended frequency for blood glucose testing, it is understood that there may be *exceptional clinical circumstances* where you may require more frequent testing.

For more information, please speak with your doctor or pharmacist. If it is determined that you need more test strips, your physician should indicate the reason(s) for the additional monitoring along with the recommended number of times for testing on your diabetes test strip prescription.

7. How many Ontarians receive benefits such as blood glucose test strips through the ODB program?

The ODB program currently covers most of the cost of more than 3,800 prescription drug products, including some nutrition products and some diabetic testing agents. The program provides benefits to some 3.8 million eligible Ontarians.

Eligible Ontarians include:

- Those age 65 years and older;
- Those whose drug costs are high in relation to their income;
- Those who live in a long-term care home or a Home for Special Care, or who are enrolled in the home care system; and,
- Those who receive social assistance

8. What is MedsCheck for Diabetes?

MedsCheck for Diabetes is for patients who are diagnosed with either type 1 or type 2 diabetes. Ontarians with a valid Ontario Health Card living in Ontario who have diabetes are eligible for an annual consultation, if they are taking a medication for their diabetes.

A MedsCheck can be done at your local pharmacy and includes training on the use and disposal of diabetes-related supplies, education and advice on medication adjustments; discussion of the impact of lifestyle changes; and referral to Diabetes Education Program and other health professionals if required.

Because patients living with diabetes may have other medical conditions, pharmacists provide advice on overall therapy management as well as for diabetes. Pharmacists may also conduct MedsCheck for Diabetes Follow-Up services. Speak to your pharmacist or visit www.ontario.ca/medscheck for more information.

Horoscopes' Of The Week

♑ Capricorn (Dec 22 to Jan 19)

This week shall be favorable week for you, especially if you run your own business. Full of positive overtones, this period shall be especially conducive if you have been planning to bid for a contract or forge a new business partnership. Also you may be overwhelmed with new and lucrative business horizon. Be careful and act choosy in selecting the right one; pick one that you feel is nearest to your best qualities and skills; avoid overburdening yourself. On the domestic front, you may have been neglecting your loved ones. Hence, it is recommended that you spend some of your time with family and friends. As far as your romantic life is concerned, try to tread ahead carefully—your love stars now enter a delicate phase. You may develop some doubts and apprehensions regarding your partner.

♒ Aquarius (Jan 20 to Feb 18)

Troubled times on the professional front are foreseen, the adverse effects of which may spill over into your personal life as well. You may encounter plenty of frustration in your work, since you may feel that you are not getting the desired outcome, even though you may have given your hundred percent at work. This frustration may show up in your personal life as well, as you may find it hard to insulate your personal life from all the negativity you are experiencing on the work front. Hence, your family members may have to bear the brunt of your anger and frustrations. Due to such adverse circumstances, your thoughts may become even more negative, and you may start blaming your near and dear ones for the woes that you are encountering at your work. It is advised you to shun this unreasonable approach, and wait out this unfavorable period, and then start fresh. And, for the matters related to your work—seek expert advice.

♓ Pisces (Feb 19 to Mar 20)

Planets take a U-turn, and challenge you! You may try to vent out all your frustrations and buried feelings. However, it is advised to do this in a proper way, without letting anyone suffer due to your emotional outbursts. You should try and find someone you can trust fully and who understands you completely before you open the doors to your heart and mind to them. This is very crucial for you, as you may be going through a traumatic phase in your life, and it is essential for you to find an outlet. You may seek comfort and solace, and by engaging yourself in meditation and positive thinking, you will feel better. In fact, just a plain and simple prayer to God may help your cause, bringing you balance and respite. During such challenging times, romance may take a back seat, as you may not be in a correct frame of mind to seek love and togetherness. Take care!



♈ Aries (Mar 21 to Apr 19)

This week, your focus shall be directed towards the matters related to your career or business. While you may initially face a number of challenges in fulfilling your objectives, you are likely to surmount most of these obstacles effectively. But be prepared to attend some important meetings with your bosses or clients, and be on time! In the realm of business, things shall be more or less rosy, especially if you happen to be the sole owner. However, if you are involved in a partnership business, you should be very careful right now. Behave well, or you may offend someone. For students, it is a favorable period. If you have been making efforts to pursue advanced studies, time is ripe for getting results.

♉ Taurus (Apr 20 to May 20)

Work-wise, this week looks set to be quite good. You will, in all probabilities impress your supervisors by your impeccable work ethic. And, consequently you look set to achieve your goals. However, if you have a business of your own, then you must be careful about your credit-worthiness, for you may face some tight situations regarding payment schedules, which may impact your reputation in the market. As far as your personal life is concerned, you must try to cultivate a flexible approach – discard rigidity. If you set yourself free from holding personal grudges against others on trivial issues, you will manage to reduce your burden considerably. Adopting this attitude in all your relationships will infuse positivity, which will augur well for you.

♊ Gemini (May 21 to Jun 20)

Excelling in all forms of communication is your inherent strength. Conforming to this observation, this week, you shall adopt various modes of communication to effectively convey your feelings and thought to others. However, at your home, you may exhibit a totally opposite behavior. You may hardly pay any attention to the affairs of your domestic life, limiting your communication with everyone around. You may also undertake a journey, related to your work or for personal reasons. Additionally, It advises you not to hesitate in taking any crucial decisions, as it is a suitable time, and decisions taken in this period are likely to be successful in future. On the financial front, you need to control your expenses and save to secure your future. If money and finances are causing you worries, get an astrologically calculated report to set your finances right, for once and all.

Horoscopes' Of The Week

Cancer (Jun 21 to Jul 22)

As the week begins, you may feel frustrated and disillusioned with small things bothering you in your domestic life. These things could be as trivial as doing some household work or may be concerned with the education of your children. As far as your finances are concerned, you shall be in a comfortable position, but you need to refrain from speculation, and resist the urge to gamble or bet. Also, it is advised of you to be extra careful in your relationships with your friends, since things may become delicate and complicated, hence don't say anything that may hurt them. Any sort of misunderstanding with your friends arising in this period may take a lot of time to clear off. But still, your relationships are fragile now, and you have to be careful in taking a good care of them.

Leo (Jul 23 to Aug 22)

It is good to trust yourself, and feel in control of any situation, but that should not result in you being overconfident or complacent in your approach. Complacency and smugness often are the first steps towards failure. Also, you need to curb your impulsiveness while spending your hard earned cash, for if you are careless on this account, crossing limits, you may end up in a financial quagmire. On the domestic front, you need to be careful while dealing with your loved ones, since there are chances of some friction in your interactions with them. Try to handle this in a calm and composed manner. To be more specific regarding this, you may face some problems with your parents, and hence the onus shall be on you to not let the situation go out of hand. To achieve this, you have to be accommodating and sensitive towards their and others' needs. Know your strengths and weaknesses, and deal with the situations accordingly to ensure that you do not hurt anyone, and also make the most of the opportunities that the life sends your way.

Virgo (Aug 23 to Sep 22)

Even though you may have minutely planned your schedule and activities for this week, it is not necessary that things may go just as per your expectations. Brace up for some unpredictable times ahead, as some of your best laid plans may go haywire. You may also have to deal with some rapidly changing situations. It is advised of you to be as flexible as you can, in order to cope up with such a scenario. As far as your work is concerned, you shall make an extra effort to maintain the desired quality of your output and meet all the deadlines. However, be careful about your health; you may end up taxing yourself too much. Your social life is all set to bloom this week. You may meet a number of people, and shall readily give them a dose of your wisdom and knowledge, which will be appreciated by one and all.

Libra (Sep 23 to Oct 22)

During this week, things shall gradually start to get to the normal. You shall feel positivity re-entering your life. This period is excellent as far as your career or business prospects are concerned. A lucrative job offer, interviews, new projects, diversification of your business and forging new partnerships are on the anvil. As far as your finances are concerned, initially you may have to deal with some difficulties, but as the week progresses, everything will ease out and you will be in a comfortable position. You may even organize a get together, although on a small scale. If you are in a relationship, you may face some confusions and a testing time. You may not be clear about the cause of these problems, though. Hence, the question of taking your relationship to the next level should be postponed for the time being.

Scorpio (Oct 23 to Nov 21)

Lots of fluctuations in your emotions are foreseen this week. Initially, as the week begins, you may feel low and depressed, but you are advised to keep negativity at bay as things shall begin improving during the middle of the week. It is advised that you concentrate on things that are in your control – try to infuse positivity in all your actions, instead of concentrating on aspects that are not in your hand. As the week progresses, you shall surely feel better, and shall enjoy an enhanced focus in your life. On the work front, you shall delegate work to others, reducing your burden to a large extent. A long journey is on the cards, most likely concerning your work. On the personal front, the period is not conducive for starting new relationships, so wait out till you are in a better frame of mind.

Sagittarius (Nov 22 to Dec 21)

Things may not be very favorable for you this week, especially on the first two days of the week. Try to be extra careful on Monday and Tuesday, and avoid taking any major decisions, concerning any area of your life during these two days. As the week progresses, you may find yourself standing on a crossroads, not knowing which direction to take. Under such confusing circumstances, where you may be struggling to comprehend the situation, it is advised of you to seek the wisdom of elders, and follow their advice. If you are involved in a creative profession, your work may not bring you satisfaction. You shall desire to further refine your craft. Even in your job, you may not be inspired by your ordinary performance, and shall struggle to tap your true potential. Same may be the case with your personal life, and you may find it all uninspiring. Now, don't get so worked up! There are good days and there are bad ones— what is important is that you sail through them unscathed.

Hey Kids-Ages 13 and under! Take the FASD Challenge & You Could Win!

Answer the questions correctly by circling true or false for your chance to win an Xbox 360 Kinect, iPod Shuffle, HP mini laptop, or a \$100.00 Future Shop gift card. **Drop off your quiz to Joanne Culley at Aamjiwnaang Health Centre by Thursday, September 5, 2013 at 4:30 p.m.** or Fax, email or mail your quiz sheet to Union of Ontario Indians by Friday, September 6, 2013 at noon.

1. FASD stands for Fetal Alcohol Spectrum Disorder.

True

False

2. Health care workers, community workers, teachers and school staff are some of the many people who can help and assist those who are living with FASD.

True

False

3. People who have FASD will usually grow out of the disorder.

True

False

4. Like all kids, children with FASD need good friends who will help guide and protect them.

True

False

5. I can make a difference in my community by informing others that there is no safe amount of alcohol to drink during pregnancy.

True

False

G'chi-miigwetch/thank you! Please send us your contact info, only the winners will be contacted. This is a Health Programs initiative, so no personal data will be shared.

Name: _____

Age: _____

Telephone#: _____

email: _____

First Nation: _____

You can submit your quiz to Joanne Culley at Aamjiwnaang Health Centre or via mail: Union of Ontario Indians, FASD Program, P.O Box 711, North Bay, ON, P1B 8J8

Or fax: (705) 497-9135

Or email: knowfasd2@anishinabek.ca



Anishinabek

Take the FASD Challenge (14 years & up)

You Could Win!

Answer the following questions correctly by circling True or False for your chance to win an XBOX 360 Kinect, Mini iPod Shuffle, HP Mini Laptop or a \$100 Future Shop Gift Card. **Drop off your quiz to Joanne Culley at Aamjiwnaang Health Centre by Thursday, September 5, 2013 at 4:30 p.m.** or Fax, email or mail your quiz sheet to Union of Ontario Indians by Friday, September 6, 2013 at noon. The winners will be announced on Monday, September 9, 2013 in honour of International FAS Day.

1. FASD stands for Fetal Alcohol Spectrum Dysfunction.

True

False

2. Alcohol consumption during pregnancy is the number one cause of birth defects in all nations, worldwide.

True

False

3. FASD can only be caused alcohol consumption during pregnancy.

True

False

4. Dads cannot cause FASD but drinking alcohol can damage their sperm and affect their babies by causing birth defects, hyperactivity or even miscarriage.

True

False

5. I can protect future generations by letting my friends and family know that there is no safe amount of alcohol that can be consumed during pregnancy.

True

False

6. Families affected by FASD need our support.

True

False

G'chi-miigwetch/thank you! Please send us your contact info, only the winners will be contacted. This is a Health Programs initiative, so no personal data will be shared.

Name: _____ Telephone #: _____ email: _____

First Nation: _____

You can submit your quiz to Joanne Culley at Aamjiwnaang Health Centre or via mail: Union of Ontario Indians, FASD Program, P.O Box 711, North Bay, ON, P1B 8J8
Or fax: (705) 497-9135 Or email: knowfasd2@anishinabek.ca



Anishinabek

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)

Your next Chippewa Tribe-Une is due out on
Friday, August 30, 2013

The **deadline** will be on
Wednesday, August 28, 2013
by 4:00 pm

Chi-Miigwetch, ~ Bonnie Plain, Editor



Back To School Word Search

N N S S N O Y A R C L I C N E P Q P
 C O L L E G E X K K T C T V R R U L
 O S S S T A F N G C C I Y Y U E E B
 Y R N P C O C V U A O R L A L S Q I
 L U N C H B O X E P H C A Q E A W O
 O W R E D N I B I K X V E Y R R B G
 A H P V H I G H S C H O O L O E R W
 I O B H V G Z R P A P E R M T N Z C
 B A G Z T M W C R B N L P H Z B S Y
 H M C P L A F R R U M A R K E R S G
 L I C N E P M H S I L G N E K Y U D
 Z D R R A J G Q L L D V E Q V B F R
 W K F N C M B R T K F L P C U C I Q
 O L O O H C S Y R A T N E M E L E K
 L T S C B S C I E N C E L N X L M J
 R E N E P R A H S A V E Y V Q F J S
 A G H I S T O R Y A G F A Z H T V H

Backpack
 Binder
 College
 Crayons
 Elementary school
 English
 Eraser
 High school
 History

Lunch box
 Markers
 Math
 Paper
 Pencil
 Pencil crayons
 Ruler
 Science
 Sharpener