



AAMJIWNAANG FIRST NATION

CHIPPEWA TRIBE-UNE

August 2, 2013

Issue 13.15

Editor: Bonnie Plain

Assistant Editor:
Judith Plain

Right To Play Presents

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RIGHT TO PLAY

Aamjiwnaang's
Right To Play Program



The 3 Day Lacrosse Development Program 2013

Points of interest:

- * Beading Classes
- * Power Skating
- * ALC Vacation
- * Tribe-Une Update
- * Ball Tourney's
- * Kids Expo

Happy BirthdayAugust 3rd to 16th 2013

Isabella	Goulet	Aug. 3	Evan	Beilby-Plain	Aug. 10
Sharon	Partin	Aug. 3	Nickoma Earle	Cottrelle	Aug. 10
Evan	Simon	Aug. 3	Teresa	Fisher	Aug. 10
Richard	Smith	Aug. 3	Launa	Grosse	Aug. 10
Annlee	Stewart	Aug. 3	Kathryn	Shaw	Aug. 10
Lasalle	Yellowman	Aug. 3	Lilyana	Solares	Aug. 10
Mary Lisa	Bourque	Aug. 4	Paige	Bird-Carroll	Aug. 11
Troy	Coker	Aug. 4	Keegan	Bressette	Aug. 11
Paul	Farrugia	Aug. 4	Ronald	Cooling	Aug. 11
Lauren	Peters	Aug. 4	Destiny	Nahdee	Aug. 11
Bryan	Rosales	Aug. 4	Ryan	Williams	Aug. 11
Megan	Tipton	Aug. 4	Edith Jean	Henry	Aug. 12
Katie	Cottrelle	Aug. 5	Jessica	Joseph	Aug. 12
Sonya	Pimentel	Aug. 5	Virginia	Nahmabin	Aug. 12
Hannah	Adams	Aug. 6	Maggie	Parkinson	Aug. 12
Kevin	Bird	Aug. 6	Dakota	Plain	Aug. 12
Zachary	Dunning	Aug. 6	Nicole	Robertson	Aug. 12
Kimberly	Hunt	Aug. 6	Irene	Bois	Aug. 13
Courtney	Jackson	Aug. 6	Charity	Corner	Aug. 13
Animikeence	Plain	Aug. 6	Roxanne	Elie	Aug. 13
Darlene	Rising	Aug. 6	Richard	Gray	Aug. 13
Danalynn	Williams	Aug. 6	Loraine	Hewitt	Aug. 13
Maria	Cottrelle	Aug. 7	Michael	Meloche	Aug. 13
Derrick	Hill	Aug. 7	Harold	Plain	Aug. 13
Brooke	Jacobs	Aug. 7	Shawnessy	Plain	Aug. 13
Carey	Joseph	Aug. 7	Alyssa	Alton	Aug. 14
Heather	Plain	Aug. 7	Jacob	Gravelle	Aug. 14
Michael F	Plain	Aug. 7	Jeffrey	Hebert	Aug. 14
Candace	Rogers	Aug. 7	Joselyn	Joseph	Aug. 14
Janet	Stager	Aug. 7	Sean	Oliver	Aug. 14
Kathleen	Coates	Aug. 8	Elizabeth	Plain	Aug. 14
Landen	Cox	Aug. 8	Jessie	Plain	Aug. 14
Steven	DeGurse	Aug. 8	Amanda	Simon	Aug. 14
Frances	Gray	Aug. 8	Christine	Birchard	Aug. 15
Ralph	Nahmabin	Aug. 8	Leandra	Colaguori	Aug. 15
Faith	Oliver	Aug. 8	Gavin	Gray	Aug. 15
Melissa	Priboj	Aug. 8	Carolina	Huete-Jacobs	Aug. 15
Sara	Price	Aug. 8	Denise	Lewis	Aug. 15
Naomi	Reid	Aug. 8	Marlene	Nahmabin	Aug. 15
Geri	Smith	Aug. 8	Shawna	Oliver	Aug. 15
Reid	Williams	Aug. 8	Shelby	Plain	Aug. 15
Amanda	Joseph	Aug. 9	Brienne	Adams	Aug. 16
Cody	Rogers	Aug. 9	Hunter	Goulet	Aug. 16

Darren	Henry	Aug.	16
Muriel	Joseph-Plain	Aug.	16
Roseanne	MacGregor	Aug.	16
Chelsee-Marie	Pettit	Aug.	16
Kobi	Waters-Hopkins	Aug.	16
Daylynne	Williams	Aug.	16

Happy Birthday

Lasalle, Bryan, Alyssa, Michael M, Kobi,
Shawnessy, Tim, Mike & Susan
With love from Bonnie & Family

Happy Birthday

To My Twisted Sister Liz
Wishing you peace, love, and joy
on your special day and always!
Love you always & forever, BonBon

Happy Birthday

To my older brother Shawnessy,
Uncle Mike, Tim & Susan!
Wishing you a fun filled day with the family!
Love always Judith, Christa and the kids!

NOTICE

**ALL Band Operations
will be CLOSED
Monday Aug. 5, 2013
for the Civic Holiday
All Operations will resume on
Tuesday Aug. 6, 2013**

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)



Just a friendly reminder
that there is **NO** Home &
Community Care **SERVICE**
On **Monday August 5th, 2013**

This is a Statutory Holiday
For HCC Workers

Regular hours will commence
On **Tuesday August 6th, 2013**

Thank you, HCC Clerk—Becky Adams

Aamjiwnaang Health Services *New Dietician*

We have a new interim dietician – Jennifer McLaren. Jennifer will continue with us every Monday until June -2013. She is from Southwest Area Aboriginal Access Centre in London.

If you would like to book an appointment, please contact Dorothy at the Health Centre @ 519-332-6770. ~ Thank you.

Summer Recreation Program

With Kyle Jackson

I will be available to assist anyone with questions or concerns they may have about physical fitness; as-well-as, helping our youth be fit on a daily basis with the KIPS program. I will also be available as a Personal Trainer in the Maawn Doosh Gumig Fitness room. You can drop in between 8:30am and 3:30pm or call ahead and make an appointment with me.

**I can be reached Monday to Friday at
(519) 491-2160 between 8:30am and 4:00pm.**

I look forward to working with you!

ATTENTION AAMJIWNAANG Housing Applications

The Aamjiwnaang First Nation Housing Department will be taking new applications for the 10 New Duplexes currently being built at the end of Tashmoo Ave.

Estimated move in date:

November 1st, 2013

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

If Anyone is Interested Please Apply at the Aamjiwnaang First Nation Housing Department and fill out a **NEW Housing Application.**

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

As of July 8th, 2013 Judith Plain was hired as the Summer Tribe-Une Assistant Editor.

Summer office hours for the Tribe-Une are **Monday—Thursday from 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

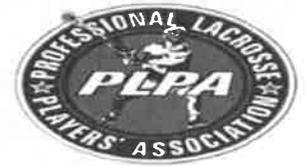
I will **NOT** be available to take pictures on **Fridays!** If you require a photo please call in advance to ensure Carolyn and I are in. Carolyn will be on holidays the last 2-weeks of August.

Mii Gwetch, from Bonnie Plain

*Deadline
Sept 20
4pm*



+ RIGHT + TO PLAY +



Lacrosse Development Camp 2013

Friday July 26-28th 2013, Aamjiwnaang and the Right To Play Organization hosted a Lacrosse development program for children/Youth. Aamjiwnaang was happy to welcome the children/youth from Oneida and Kettle/Stoney Point to come and participate in the fun filled games and activities.

The day's festivities started off with the Ween-gushk drum singing a warrior song to limber up the muscles for the days events. After the warrior song Mike, Tim, Tony, Shawnessy and the kids provided us with, the Right To Play leaders individually introduced themselves and explained their roles they would be doing throughout the day.



After the introductions, the children and youth were split into age groups and sent to different stations. All the stations, related to building the children/youth's lacrosse skills, team building skills, and keeping them very active! Each station had leaders that brought their own personality to the weekend. For example, there was one station which had lacrosse coaches, another with Right To Play leaders, and another with professional NLL players. Some of the games played throughout the day were stick ball, avalanche, magic carpet, tons of water games, and a couple lacrosse scrimmages!



Some of the Aamjiwnaang, kettle and Stoney point youth playing avalanche and a game of lacrosse.

After the day's activities, there was a community BBQ and a movie to whoever wanted to stay and watch. The next couple days of the lacrosse camp consisted of learning the basics of lacrosse and then utilizing what was learned in the scrimmages. Also throughout the weekend, the children and youth learned the history behind lacrosse and it's importance to the Native American culture.



The Right To Play is an organization that was founded in 2000 by Johann Olav Koss. Who is a four-time Olympic gold medalist and social entrepreneur. This organization uses transformative power of play to educate the children and youth of today. They help children/youth build essential life-skills and better futures through games and activities. And that's exactly what the Right to Play leaders did during the weekends camp. They built up the children/youth's skills not only in lacrosse but within their selves as well. They also gave them the chance to meet new friends in other reservations. ~ *By Judith Plain*



Tony Jacobs (Aamjiwnaang right to play coordinator), Chet Koneczny, Tyler Burton (professional lacrosse players) and the right to play leaders.

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

Eagle Staff Gathering ~ Nathan Wright

Doris Boissonea is the Faculty/Coordinator of Anishinaabemowin Language at Sault College, Sault Ste. Marie, ON. Doris had a vision of staff gatherings and had reoccurring dreams before consulting with an elder who explained that the spirits were telling her to do something. Doris followed her vision to help bring strength to warriors and all Anishinaabek nations in Canada and the U.S.

"Eagle staff gatherings can be a powerful experience and have brought tears and healing to some who have attended".



Eagle staff carriers provide teachings about their staffs and the gatherings honor our past, present and our future as Anishinaabek. The staffs represent a celebration of our strength in maintaining our language and culture. As the staffs

and people gather, "we stand for unity." The gathering of the staffs also allows the eagle spirits, staff carriers, and those in attendance to rejuvenate and share knowledge. It is believed eagle spirits communicate with one another.

A majority of eagle staffs usually represent a specific nation in some manner and are carried by veterans. Like our dynamic culture, the definition of who a veteran has changed. Woman who have fought in wars are now starting to carry eagle staffs in some areas. A warrior can be someone who not only lays their life on the line for their people, but someone who sacrifices their life fighting to preserve the culture of their people in an honorable way. In each instance they are sacrificing their lives for our people. Veterans and warriors are chosen to carry the eagle staff for their truthfulness, honesty, bravery, humility, wisdom, integrity and respect for our traditions. Some eagle staff carriers have visions to carry a staff; some are given a staff to carry by a relative. Others are chosen by a group of veterans and elders within a nation who are knowledgeable about eagle staffs. Those seeking to carry a tribal staff should consult with this group before carrying the staff for teachings and guidance; the eagle staff gathering is the perfect place to come and learn more.

The physical aspects of the eagle staffs include a long, red, felt-like rectangular cloth attached typically to a cedar or white pine pole four to seven feet in length (other wood is used depending on location). Some are made from trees struck by lightning. Often they will contain 13 eagle feathers, one representing each calendar moon. A few have eagle heads or deer antlers at the top of the staff. Others are adorned with medals and ribbons. No two staffs are the same and each carries different teachings and colors. There are many types of eagle staffs: veteran's staffs, commu-

nity staffs, personal staffs, clan staffs, healing staffs and language staffs. Someone makes eagle staffs when they have a vision or dream.

Spiritual aspects of eagle staffs include the migizi migwan, eagle feathers, which contain the spirits of eagles. Eagles can communicate with the Creator. There is a teaching that the eagle feather was given to us to help us pray to the creator. People make tobacco offerings to eagle staffs to help answer their prayers. Staff carriers have to think positive and be strong, the spirits of the staffs listen. One must always carry these living spirits with honor and respect.

When carrying an eagle staff, any vision or instinct an eagle staff carrier may have should be followed. This means a person must be in a good frame of mind. No mind altering substances should be in an eagle staff carrier's body in order to have true thoughts. Woman on their moon should not touch the staff or the eagle staff carrier as their body is cleansing. An eagle staff carrier should not be political when carrying the staff. An eagle staff carrier at a tribal council meeting stomped his eagle staff several times when he disagreed with something that was being said and later said the creator made him do it. Was it the creator or his own personal opinion? Carriers must maintain a neutral position when carrying the staff as they carry the staff for their people and our people have different opinions. They are not an adornment, decoration or something you wear.

Caring for staffs in the physical sense involves combing, cleaning, adding new feathers and transporting staffs safely to locations where they are needed. Some people press their feathers to repair damages. Other use sprays or herbs to prevent bugs from making tiny holes in the feathers, some carriers wash their feathers. Caring for the staffs in a spiritual sense involves smudging, praying, fasting with the staff, feasting (feeding) the staff.

Eagle feathers are found or may be given to the eagle staff carrier. Eagle staff carriers are responsible for praying for their staff and offerings. They are also taught not to leave their staff unattended. If they must go somewhere they need to give tobacco to a veteran to watch over their staff. The time of day the eagle staffs should be out is only when the eagle comes (daytime not night).

Our drums and eagle staffs bring us back to where our identity as Anishinaabek begins. When we light our

pipes we are brought back to where we began. When we dance we are going back to when creation began. The eagle staff gathering is a celebration. We are honoring who we are as people, we go back to connect with our culture and bring this new strength back to our communities.

About the author: Nathan Wright is of the crane clan and Baaweting Anishinaabek (member of the Sault Ste. Marie Tribe of Chippewa Indians). He carries the Baaweting Anishinaabek eagle staff and the Anishinaabemowin Teg language eagle staff. He attends the Eagle Staff Gathering every year and is a veteran of the United States Marine Corps. For more of Nathan Wright's traditional teachings please visit his website <http://www.wright.net>



The Eagle

- ❖ Of all the birds, the Creator chose the Eagle to be the leader. The Master of the Sky.
- ❖ The Eagle flies higher and sees better than any other bird and is closer to Creator.
- ❖ The Eagle is considered to be the messenger and was given the honors of carrying prayers from the Earth World to the Spirit World where the Creator and Grandfathers reside.
- ❖ To wear or to hold an Eagle feather causes the Creator to take immediate notice and be honored in the highest way.
- ❖ The wings of the Eagle represent the balance needed between male and female, each one dependent upon the strengths and abilities of the other.
- ❖ When one receives an Eagle feather, that person is being acknowledged with gratitude, love, and ultimate respect.
- ❖ The holder of the feather must ensure that anything that changes one's state of mind; including alcohol or drugs, should not be in contact with the sacred Eagle feather.
- ❖ The keeper of an Eagle feather makes a home where the feather will be protected and safe, usually a feather holder or in a sacred bundle. It can be hung up but never placed in a drawer or cupboard.
- ❖ Eagle feathers should never be disrespected, abused, dropped, or contaminated. If dropped, it needs a proper cleansing.
- ❖ Native Americans use Eagle feathers for traditional ceremonies and teachings. Otherwise it is illegal to use, own, or possess any Eagle feathers. ☞



The Inn
Of The Good Shepherd
Caring hands of the community
Est. 1981

Mobile Market 2013




MONDAYS until the end of October

at the 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)

See You at the Mobile Market on Mondays

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

WHMIS CERTIFICATION New DATE!

August 13th

8:30

Maawn Doosh Gumig

Morning snack & refreshments

**Please call
Marina to register
519-336-8410**

WHMIS Symbols

	Highly flammable		Health hazard
	Compressed gas		Explosive
	Environment		Radioactive
	Corrosive to metals		

For the summer ~ Mobile Market ~ Every MONDAY

Employment Supports: August Schedule

Date	Event / Time	Location
August 12, 19 & 26	Mobile Market / 1-2pm	Maawn Doosh Gumig
August 6 & 20	Beading with Ada / 6-8pm	Maawn Doosh Gumig
August 14	Diane Forbes / 10am-3pm	Maawn Doosh Gumig
August 14	WHIMIS - New Date / 8:30	Maawn Doosh Gumig
August 16 & 30	Cooking with Judy / 10-3pm	Maawn Doosh Gumig
August 14, 21 & 28	Resume Assistance w/Amanda Hopkins	Maawn Doosh Gumig
TBD	Volunteer Lunch & Language Class	Maawn Doosh Gumig
TBD	Women's Wellness II	Maawn Doosh Gumig

Please note: EA will be on vacation 5-9

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

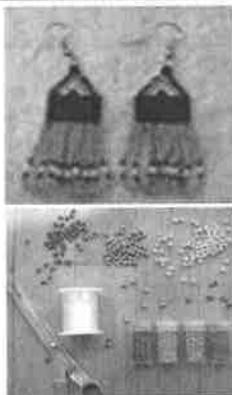


Beading Class

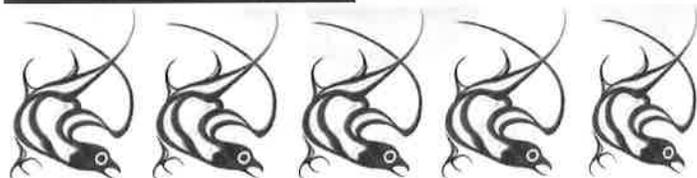
Beading with Ada
Maawn Doosh Gumig

**Every 2nd & 4th Tuesday
August 6 & 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**

Motivational Life Skills Workshop

with

Diane Forbes
Motivation Through Inspiration



Workshop includes an exciting power point presentation, information work book, creative activities plus a custom "Certificate of Participation".

Date: Wednesday, August 14, 2013

Time: 10:00 am to 3:00 pm

Anger Management

It is human to have anger and it is what you do with it that counts. Learn skills for how to control your anger, channel it into performance, effective anger management techniques plus ways to help break out of the anger cycle for healing and positive living.

Believe in Yourself

I remember that I can do anything I set my mind to.

I can achieve any goal, fulfill any desire and reach any star.

I will look toward tomorrow with conviction that I can make it better.

I will know that a brighter future is within my reach... as long as I have the strength to keep trying, the courage to keep striving and the confidence to keep believing in myself.

Healing Jar

Enjoy being creative decorating a glass container into your own "Healing Jar" to fill with motivational words, inspirational poems to encourage and inspire you with healing energy on your life journey for positive living. In our sharing circle, everyone can also write encouraging messages for each other's Healing Jars building group support and positive relationships.



For information please contact: Marina Plain @ 519-336-8410



REPTILES AT RISK

...ON THE ROAD



≡Conservation Through Education≡

Join us for an exciting hands-on educational outreach program, featuring live animals found right here in Ontario.

Ontario Tour 2013

Location:

Community Center

Date:

Monday, August 12, 2013

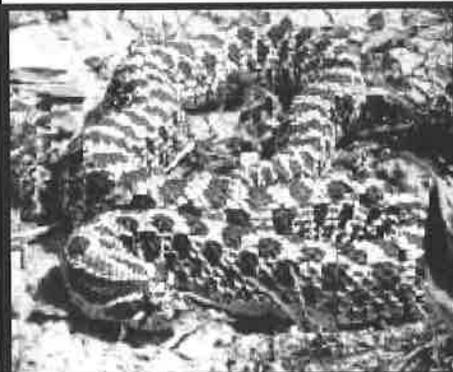
Showtimes:

9 am – 1 pm



Fun for All Ages!

Presented by *Scales Nature Park* in partnership with *Sciensational Sssnakes!!*, *Laurentian University* and the *Canadian Amphibian and Reptile Conservation Network*.



For more information, visit: www.reptilesatrisk.org

Assistance for this project was provided by the Government of Ontario.



Senior & Youth BBQ & Bingo

Youth ages 10-18 years



In Celebration Of Grandparents Day

Thursday, August. 22, noon
Under the pavilion @ Community Centre

Don't forget your dabbers!

Call Peggy, 519-332-6770, to sign up by August 16

WOMEN'S DAY

Join us for a visit to the Breast Screening Clinic in Sarnia for a ROUTINE MAMMOGRAM

Open to Women 50 years & older
With no history of cancer or implants

Wednesday, August 14, 2013

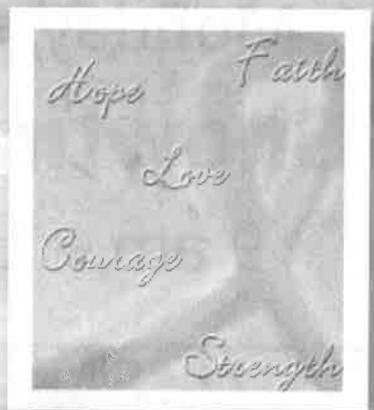
Open to 8 Ladies

Meeting at the Health Centre **8:30am Sharp**

Lunch to follow

Transportation available

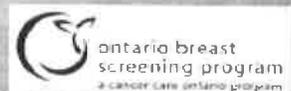
Space's still available



Please call the Health Centre to sign-up

519-332-6770

The best protection is early detection



**** Mammograms are recommended every two years for women 50 years and older, but if your doctor has recommended you to have one yearly, you may also join us this day as well.**

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!

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

.....
**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.....



“We are told that our lands are of no service to us, but still, if we hold our lands, there will always be turkey, or the deer, or a fish in the streams for those young who will come after us.”

~ Doublehead,
 Creek Chief

**SENIORS SHOPPING TRIP
 Friday, August 16, 2013
 From 8:30 - ?**

We will be shopping in the U.S. and stop for lunch along the way in Detroit at a Mexican Restaurant

Limited to 8 people.

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



**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



**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"**

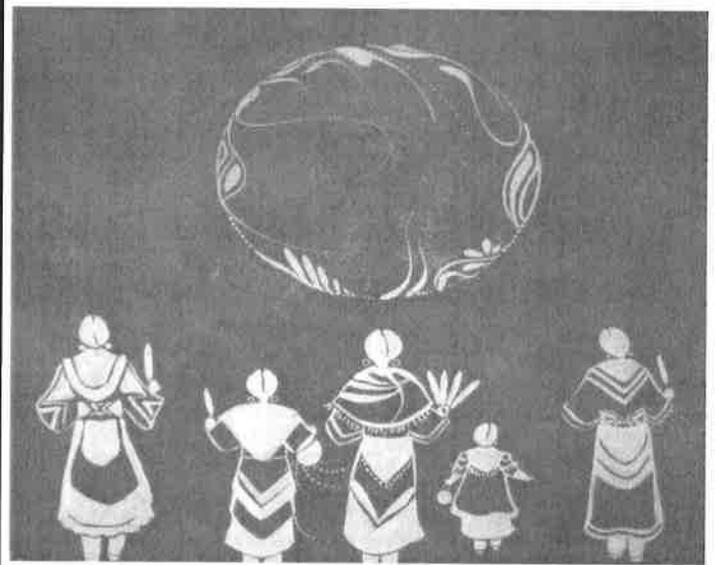
Sessions will be held on
Wednesday &
Thursday afternoons
September 4, 5, 11,
12, 18 & 19
1:30 - 3:30 pm

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



VICTORIOUS FAITH FELLOWSHIP CHURCH

Faith Builders Camp Meeting



Aug. 15-17 @ 7:00PM Nightly

Kettle Point Community Centre

6265 Indian Lane, Kettle Point

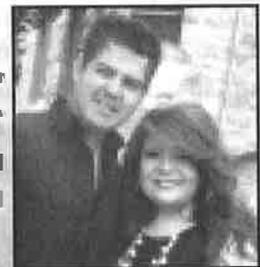
IT'S THE HOLY GHOST AND POWER, NEEDED IN THIS HOUR!

IT'S THE HOLY GHOST AND POWER, NEEDED IN THIS HOUR!

SPECIAL GUEST
EVANGELIST TED SHUTTLESWORTH JR.
VIRGINIA BEACH, VA



PRAISE & WORSHIP
KEN & SONYA SAULT
AND THE NCFC WORSHIP TEAM
SIX NATIONS, ON



PASTOR
PASTOR MURRAY & TRACY SHAWNOO



Everyone Welcome

Awakening Refreshing Revival

Ontario tax exemption: Your rights as a First Nation citizen

As a First Nation citizen, you have many rights, some of which are affirmed by the federal and provincial governments through the issuance of a status card. One of them is the right to tax exemption within the Province of Ontario, but how exactly does this right work?

The Government of Ontario has guaranteed the right to tax exemption to all status First Nations people on certain goods and services, regardless of location of residence. This means that if you have a federal-issued status card, purchases that you make may be entitled to an exemption from the 8% PST portion of the HST. There are two possible ways to obtain this exemption. The first is what is called the point of sale exemption, which requires the purchaser/status card holder to present their original status card at the time of purchase for the retailer to visually confirm the card, document the registration number and process the transaction without including the 8% portion of the HST. It is important for status card holders to know that no other identification or information is required except their government issued status card. In addition, the government does not require retailers to submit copies of status cards, so photocopying the card is not necessary. The collection of this unnecessary data violates privacy rights, even if it is store policy.

The second method is to fill out and submit an application (form 0248E) by registered mail with original receipts to the Ministry of Finance for a refund on the tax paid. Due to the refund being given through the mail, the Ministry of Finance does require that a photocopy of the status card (both sides) accompany the application for their visual confirmation.

Retailers are not allowed make any price adjustments concerning status First Nations customers in order to compensate for the exemption as this constitutes a human rights violation on the grounds of discrimination and is against the law, even if it is store policy.

The Ontario Ministry of Finance has implemented a hotline service at 1-866-ONT-TAXS (1-866-668-8297) that will accept calls from citizens to report retailers that:

- refuse to provide the tax exemption for First Nation customers upon presentation of a valid status card
- insist on the collection of unnecessary personal

information (such as taking a photocopy of a status card, address, phone number, email, signature etc.) as a requirement before providing the exemption

- raise the price on purchased items that qualify for exemption
- insist that you pay the full tax at the time of purchase and submit your receipt to the Ministry of Finance for refund;
- are unsure about how to process tax exempt transactions
- are confused or are under the wrong understanding about the rules for First Nations tax exemption.

Calling the Ministry of Finance hotline to file a report regarding a retailer will help to:

- educate the retail community at large about tax exemption for First Nations
- allow for policy and perspective changes of retailers and facilitate easier tax exemption processing in the future
- protect and exercise your First Nation right to tax exemption.

As a consumer, it is your right to decide which retailers you wish to do business with. If you do not agree with store policy, you have the right to go elsewhere. For more information visit:

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



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

Lambton OPP and Sarnia Lambton Crime Stoppers remind you that leaving valuables in your vehicle while you are at the beach is risky business. Thieves target the parking spots around beach locations. They know you will not be back to your vehicle for awhile, which allows them lots of time to get into your vehicle to steal whatever you have left in plain view. If you must leave property in your vehicle, use the trunk, and place it in the trunk prior to arriving at your destination.

Don't be a victim of a crime you can prevent!
It's your property.

REMEMBER...Lock It or Lose It

back to School
**BBQ & Backpack
 Giveaway**

Come join us at the Maawn Doosh Gumig
 on Wednesday, August 28, 2013
 to welcome in the 2013-2014 school year!

PLEASE REGISTER FOR YOUR BACKPACK

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

Fill out and return the below form to the Education Department by:

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: _____



TUESDAY, AUGUST 13TH, 2013
 9AM-1PM
 MAAWN DOOSH GUMIG



Tacky Tourist Theme
 Best Dressed
 1st - \$50 Cineplex card
 2nd - \$30 Cineplex card
 3rd - \$20 Cineplex card



PLUS+
 Fill out your passport by
 visiting our booths for your
 chance to win an ipad mini!!!



To sign up please contact Roberta
 or Jessica at 519-332-6770.

Sponsored By:



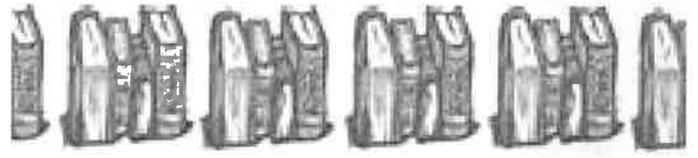
**Aamjiwnaang's Alternative and
 Continuing Education for Adults**
 Monday, Tuesday & Thursday
 AACE: 9:30—2:30



**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



Asparagus and Snow Pea Salad



*Tired of the same old garden salad?
Mix it up with this delicious recipe instead.*

Serves: 6-8

Total Time: 30 min.

Ingredients

- 1 pound fresh asparagus spears
- 1 pound snow peas, strings removed
- Sliced scallions
- Bean sprouts
- Cherry tomatoes

Peanut Dressing Ingredients

- 2 Tablespoons fresh lemon juice
- 2 tablespoons peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon dark sesame oil
- 1 tablespoon mild honey (more if desired)

Directions

1. Rinse asparagus and remove the tough stem ends. Steam or boil spears until tender but crisp - about 5 minutes. Drain, rinse in bowl of cold water to cool, drain again. Set aside in serving bowl.
2. Remove any tough stem ends from snow peas. Blanch for just a minute or two, until color brightens and they are tender but crisp. Drain, rinse in cold water. Add snow peas to serving bowl with asparagus and refrigerate.
3. When ready to serve, whisk together all dressing ingredients in a small bowl until smooth.
4. Drizzle peanut dressing over the asparagus and snow peas; top with scallions, bean sprouts, and cherry tomatoes.

Optional ingredients: spinach, celery, cucumbers, radishes, almonds, sesame seeds, pumpkin seeds, diced cheese, apples, avocados, etc...

Nutrition Information for 4.5 oz. serving size
Calories: 97, Fat: 5.1, Saturated Fat: 9g, Carbohydrates: 10.8, Protein: 4.5 g

Marmalade Chicken



Serve this delicious recipe with roasted potatoes, rice, or your favorite vegetable side-dish.

Serves: 4

Total Time: 40 min.

Ingredients:

- 4 chicken breast halves
- salt and pepper
- flour
- 2 teaspoons butter
- 2 to 3 teaspoons olive oil
- 1/2 cup chicken broth
- 1 jar (16 oz.) small white onions, drained
- 2/3 cup sweet orange marmalade
- 1 teaspoon balsamic or cider vinegar
- 2 teaspoons packed brown sugar
- 1/4 teaspoon dried leaf basil
- 2 teaspoons cornstarch

Preparation:

1. Wash chicken; pat dry then sprinkle with salt and pepper and dredge lightly in flour.
2. In a large skillet melt butter and oil over medium heat and add chicken pieces and brown for about 2 to 3 minutes on each side.
3. Add chicken broth and onions; cover and simmer for 15 to 20 minutes (depending on thickness of chicken pieces).
4. Combine remaining ingredients in a cup and stir until smooth. Spoon the mixture over the chicken, re-cover, and simmer for 5 to 10 minutes, stirring occasionally until chicken is cooked thoroughly.

Serve chicken with the sauce and onions.

Nutrition Information per serving size :
Calories: 213, Fat: 8g, Saturated Fat: 1g., Mono Fat: 5g, Cholesterol: 68mg, Carbohydrates: 10g, Protein: 27g, Sodium: 246mg, Potassium: 55mg.

Talfourd Creek Environmental Awareness Day

NEW DATE

Let's gather together around the Creek

AUGUST 13, 2013

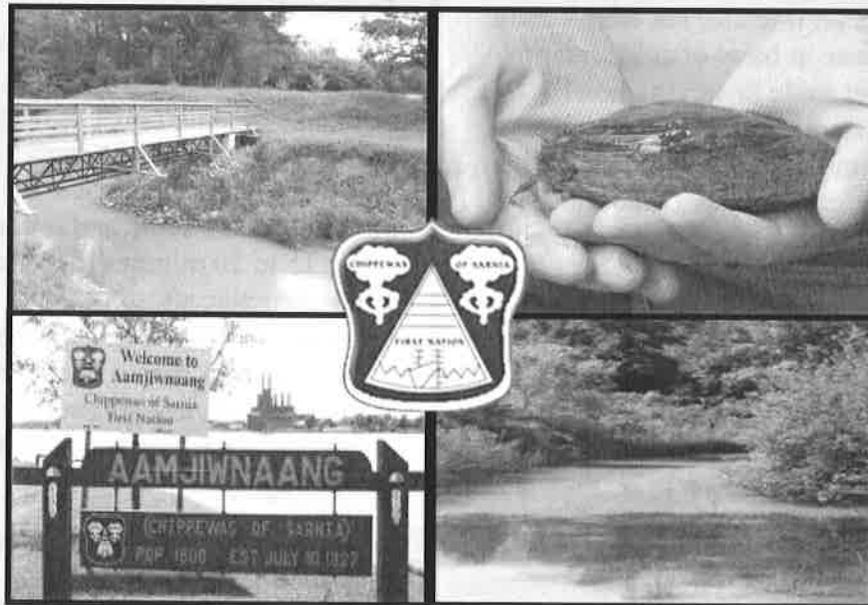
3 PM - 6 PM

BEAR PARK

Education Program

**BBQ at 5pm
Door Prizes**

Presented by the summer environment workers



**Come out and learn about what's going on in our community!
Talfourd Creek Awareness will allow for community members to see what habitats and species are in the Talfourd Creek**

CO-ED TWO PITCH TOURNAMENT

19+ TOURNAMENT



19+ TOURNAMENT

AUGUST 30TH, 31ST & SEPT. 1ST 2013
ON AAMJIWNAANG FIRST NATION

\$350.00 Enrty fee with 100% payout!!

*****GUARANTEED 4 GAMES*****

A DIVISION : 1ST - \$1500

2ND - \$750

3RD - \$200

4TH - \$200

5TH - \$100

6TH - \$100

B DIVISION: 1ST - \$700

2ND - \$350

3RD - \$100

4TH - \$100

5TH - \$50

6TH - \$50

*****PAYOUT BASED ON 12 TEAMS*****

This is a 19+ tournament

TOURNAMENT WILL HAVE 3 DIVISIONS OF 4 TEAMS (A,B,C). TOP 2 IN EACH DIVISION WILL ADVANCE TO THE (A) DIVISION. BOTTOM 2 IN EACH DIVISION WILL ADVANCE TO THE (B) DIVISION WITH A SINGLE ELIMINATION IN THE PLAYOFF ROUND.

REGISTER BY AUGUST 23RD 2013

FOR MORE INFORMATION OR TO REGISTER CONTACT:
MARK ROGERS @ 519-312-3885



Beer tent, Food sales and 50/50 raffles will be available

***All proceeds raised will go towards the Aamjiwnaang
 Talons youth baseball funds***


 National Defence / Défense nationale
 Honour  Respect Tradition

Canadian Forces Aboriginal Entry Program



PRE RECRUIT TRAINING COURSE

Check out a Career with the Canadian Forces, with no obligation. The course is 3 weeks long, and is an introduction to the Canadian Forces, and the many Career Options, we have to offer. You will be paid a \$1200 bonus on completion. An opportunity for a Career in the Canadian Forces awaits you. Apply Now! Please Apply on line at Forces.ca

Courses run 2 x a year , Oct & May - Apply Early !
For further info or questions .Contact Sgt Ray Starks

Call: 226-346-0790

- Candidates must be Aboriginal
- Must be A Canadian Citizen
- Must Have 15 High School Credits
- Ages 17- 51

Documents Required

- Original Birth Certificate
- Original High School transcript
 - One piece of Photo ID
 - Social Insurance Card

Meet with a Recruiter in Sarnia - 574 Confederation Street
September 19, 2013 - Between 9:00 AM - 2:30 PM

The Canadian Forces Recruiting Centre Detachment London makes a monthly visit (excluding July and August) to the Armouries in Sarnia on the third Thursday of the month. You will be able to meet with a recruiter and discuss your career opportunities with the Canadian Forces.

NCB Sponsored
Canada's
Wonderland
August 20, 2013

Meet at Community Center at 6:00 am

Return from Park at 7:00 pm

Limited Seats

Sign-up Day: August 8, 2013

3:30-7:30—Draw to follow at the Health Center



Must Sign-up in Person

**Can't Sign-up for
other Families**

No Calls



\$20.00 Deposit per family

Returned on day of Trip

Responsible for Own Food!

★ Power Skating

RBC Centre

\$15 per person/per session

August Schedule

DATE	TIME	AGE / CATEGORY
Wed. Aug. 7	12:00	Tykes / Novice
	1:00	Atom & older
	2:00	All Age Scrimmage
Wed. Aug. 21	1:30	Tykes / Novice
	2:30	Exhibition Game TBA
Wed. Aug. 29	1:30	Tykes / Novice
	2:30	Atom / Pee-Wee

ATTENTION

ATOM & OLDER AGE HITMEN

There will not be any ice-time available this up-and-coming Hockey Season.

You are encouraged to register where you choose to. (Sarnia, Mooretown, etc...)

There will be ice-time available for **Instructional Tyke and Novice**

Deadline for Mooretown Registration is July 31, 2013



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/Kiwanis Teen Girls Fastball Team

Aamjiwnaang/Kiwanis Teen Girls Fastball Team



1st Round Robin Playoffs Game

Tuesday July 30, 2013

Germain Park, diamond 2 at 8:30p.m.

Aamjiwnaang/ VS Langtree
Kiwanis

Final Score after 7 innings: 14-13

After the 1st inning our girls were down 6-1, after the 3 innings we were down 8-4. The bats livened up in the 4th, after a 3 run homer by Breanne Henry, which lead us to take a 9-8 lead. There was no looking back after that! All of the girls bats, found their happy spot, resulting in smashes from Daanis Fisher, Victoria Ludlow, Sarah Schinnour, Darian Nahdee and Ashlee Williams. Kudos to our pitcher Stephanie LaCasse and our two catchers shared by Monique D'Arcy and Breanne Henry who contributed by making outs at the plate. Excellent job ladies!

Below is a **Playoff schedule** if you would like to come and cheer on the young ladies!
All games are at Germain Park.

Tue 7/30/2013	6:30 PM	Team 3	Team 5	Ger D2
Tue 7/30/2013	8:30 PM	Team 2	Team 6	Ger D2
Tue 7/30/2013	8:30 PM	Team 4	Team 1	Ger D5
Thu 8/1/2013	6:30 PM	Team 4	Team 2	Ger D2
Thu 8/1/2013	8:30 PM	Team 1	Team 5	Ger D2
Thu 8/1/2013	8:30 PM	Team 3	Team 6	Ger D5
Tue 8/6/2013	6:30 PM	Team 1	Team 3	Ger D2
Tue 8/6/2013	8:30 PM	Team 6	Team 4	Ger D2
Tue 8/6/2013	8:30 PM	Team 5	Team 2	Ger D5
Thu 8/8/2013	6:30 PM	Team 5	Team 6	Ger D2
Thu 8/8/2013	8:30 PM	Team 1	Team 2	Ger D2
Thu 8/8/2013	8:30 PM	Team 3	Team 4	Ger D5
Fri 8/9/2013	6:30 PM	Team 2	Team 3	Ger D3
Fri 8/9/2013	8:30 PM	Team 5	Team 4	Ger D2
Fri 8/9/2013	8:30 PM	Team 1	Team 6	Ger D5

After the round-robin, standings will be determined based on win-loss record. The tie-breaker will be runs for minus runs against. The 6-run per inning mercy rule will be used for all games except the Final. If the losing team doesn't catch up in the top of the last inning, the game is over.

Saturday, Aug, 10... Diamond #5...1st vs 4th @ 8:30
Diamond #2...2nd vs 5th @ 10:00
Diamond #5...3rd vs 6th @ 10:00

From the winners of the three Saturday morning games, the team with the best overall record from the round-robin will advance to the Championship Final at 2:30. The tie-breaker will be used if necessary. The other two teams will play a semi-final game at 1:00, the winner of which will play in the final.

Saturday, Aug. 10...Diamond #5..Semi-final @ 1:00
FINAL: Diamond #5 @ 2:30



Aamjiwnaang/Kiwanis Teen Girls Fastball Team Roster

Samantha Crawford
Monique D'Arcy
Tatiana Day
Daanis Fisher
Breanne Henry
Samantha Jacobs
Sabrina LaCasse
Stephanie LaCasse
Victoria Ludlow
Darian Nahdee
Sarah Schinnour
Shayla Stone
Ashley Williams

Coach: Earle Cottrelle
Assistant Coach: Jackie Oliver, Gary Schinnour
Trainer: Jane Schinnour

Ever wonder about your shower curtain?



According to a report issued by the Center for Health, Environment and Justice if there's a vinyl shower curtain hanging in your bathroom it may be out-gassing more than 100 volatile organic compounds (VOCs), phthalates and other pollutants that are known or suspected of causing liver damage or cancer in people.

PVC: The "Other" Plastic Poison

Just when you can feel good about eliminating BPA from your arsenal of household plastics, another hazard shows up on the radar - polyvinyl chloride, better known as PVC. This 19th century accidental invention plays a big role in our modern world to make other products more flexible yet weather and chemical-resistant, like household wiring and plumbing. Because PVC is cheaper than rubber, latex and leather, it may also be found in upholstery, clothing, toys, flooring, the interior of your car, the shower curtain in your bathroom and--if you're old enough--your collection of vinyl records. Fortunately, you don't have to ditch the family car or walk on dirt floors to minimize your exposure. So, what should you do?

Well, you wouldn't want to revert to using an outhouse just to avoid PVC pipes, most of which are buried underground or well within the structure of your home anyway. Certainly, you don't want to trash your vintage records rescued from your college days...or...picked up at a yard sale, that is. You dress at your own risk, though, if Goth is your thing, or if you indulge in any other fashion that calls for "pleather" attire. So, where do you start to reduce PVC in your abode? Let's begin with the number one household offender found in the loo: The shower curtain.

Behind the Volatile Vinyl Veil

According to a report issued by the Center for Health, Environment and Justice in June 2008, if there's a vinyl shower curtain hanging in your bathroom it may be out-gassing more than 100 volatile organic compounds (VOCs), phthalates and other pollutants that are known or suspected of causing liver damage or cancer in people. Phthalates are of particular concern because they are unstable and reactive chemicals - and their molecules escape into the air and build up on the surfaces in your home. In fact, this study found that these toxins linger in the atmosphere for a month or more, in concentrations 16 times in excess of safe tolerance levels suggested by the U.S. Green Building Council.

Name Your Poison

Phthalates, such as di(2-ethyl hexyl) phthalate (DEHP) and diisononyl phthalate (DINP), as well as ethylbenzene, toluene and various "xylenes," are just a sampling of the chemical cul-

prits contained in PVC. At minimum, the "weird plastic smell" that typically emanates from a vinyl shower curtain can produce headaches, nausea and nose and throat irritation. At the other end of the scale is liver or kidney damage and cancer. These compounds are also endocrine disruptors, which means they promote birth defects and infertility in both men and women. In one shower curtain tested from a major "big box" store, the researchers found a total VOC concentration of 20,000 parts per billion. This level was so over-the-top that the equipment used to analyze the product became overwhelmed and stopped working. Then there's organotins, like dibutyl tin and monobutyl tin, which adversely affect the central nervous system, liver, skin, immune function and reproduction. Many of these agents also enter the air, and no one knows how much this migration is accelerated by heat and steam from the shower. Vinyl shower curtains may also contain metals, including lead and cadmium.

Danger from a Rubber Ducky?

It's not just the shower curtain that poses hidden hazards in the bathroom; the bathtub toys your children are playing with might also present risks. For that matter, the danger extends to teething rings, rattles and other soft toys that make their way into baby's mouth. According to the Oregon Toxics Alliance, studies show that unacceptable blood levels of phthalates in soft PVC toys have been detected in children. Studies also show a link between many of these chemicals and kidney damage, cancers and reproductive disorders.

Sweden, Austria, Norway, Greece, Mexico and France have banned the use of PVC in soft toys since 1997 and the European Union banned the use of half a dozen phthalate softeners in children's toys effective as of 2006. In the U.S., many companies now manufacture PVC-free toys. However, you have to read labels and, if in doubt, call the manufacturer or distributor for clarification. This is because soft toys and other plastic goods often originate from Asia, where the use of PVC is still largely unrestricted.

Safer Alternatives

The good news is that many companies, including toy-makers, provide safer soft plastics sans PVC. Also, many big-name stores are committed to limiting their selection of toys to only those that are PVC-free. In addition to bio-based plastics made from cellulose obtained from wood and plants, safer alternatives include polyethylene, polypropylene and ethylene vinyl acetate, the stuff cling wrap is made of. There's also a lot to be said for toys made from traditional materials, like wood and cloth.

When it comes to the shower curtain dilemma, your nose knows what's good for you-and what isn't. In other words, if the shower curtain smells like a chemical factory in the store, it likely will be in your bathroom. Consider investing in (or even making) a cloth shower curtain instead. It's just as durable, possibly affords more privacy and, unlike its vinyl counterpart, it will relinquish whatever soils it to the washing machine.

Most vinyl products contain plasticizers. The most common plasticizers are derivatives of phthalic acid. Materials are selected on their compatibility with the polymer, low volatility levels, and cost. These materials are usually oily colourless substances that mix well with the PVC particles. 90% of the plasticizer market, estimated to be millions of tons per year worldwide, is dedicated to PVC

Addictions Treatment

Finding Your Way Back to You

Aboriginal communities have suffered decades of alcohol and drug abuse problems. With limitations placed on the communities and a lack of employment, the temptations of substance abuse runs rampant. Unfortunately, drug abuse does not respect race or religion. It rips apart the lives of the abuser, the family, and the community surrounding them; thus, creating the need for special programs like healing circles, treatment centre's, and counselling.

These programs have a better success rate if they are holistically based. Holistically, the person is treated with respect and the program encompasses the emotional well-being, physical health, and the mental and spiritual aspects of each individual. When there is holistic healing, the individual reconnects to their spiritual roots and openly participates in cultural events and activities that lead to a place of peace; within, their inner being.

Components of Success

- Customs that respect the original way of life
- Group therapy that includes talking circles to help build trust and personal growth
- Ceremonies to help with spiritual, mental, and emotional issues caused by addictions
- Confront and deal with issues inherited through cultural loss and dysfunctional upbringing
- Implementing tools to maintain their spirituality and to help stay clean and sober
- Living drug and alcohol free and learning to prohibit addictions upon completion
- Set up an after-care plan so individuals will stay on a good path

Addictions can be heart-breaking. The first step to recovery is seeking help through a wellness and/or recovery program.

Help to encourage your loved ones to seek the help required. Check your local community Health Centre or go on the web to find a suitable program available in your area.



Inspirational Quotes and Teachings

"Each of us is given spirit gifts at birth to help us discover our path on the Good Red Road. You can define your path and serve yourself and others while enjoying the trip, for the journey is more important than the destination. All members of creation - animals, plants and minerals - have unique characteristics, energies and lessons giving you direction. Your path consists of the gifts of those with whom you share the Earth combined with your choices and spiritual energies".—Unknown

IT IS OUR PURPOSE, each of us, to bring balance to the Mother Earth. In doing this, we bring balance to ourselves. The Great Secret is that we always carry The Sacred Hoop of Life within us all the time. It is up to us to use it, keep it whole.

When you give your prayers to bring balance to the Earth, balance to yourself, balance to all, you do not have to do it in concert with others. It may "feel better" for us to pray with a group, all at once, at the same time. There is a sense of community and belonging to synchronize our prayers, to become a "worldwide" prayer movement, for example. And that is good. There is nothing wrong with feeling good or having the feeling that our prayers matter when joined with others. And they do. They do have power. Tremendous power.

But never discount the power of your prayers - your individual opening and allowing of Creator's light to flow as your God-given consciousness guides you to do. You are heaven. You are Earth. You are One with the Creator. And your prayers are heard.
~ Jim Pathfinder

"All people have a power; a God-connected energy that when linked with like-minded people will help to eradicate any signs of evil or contemptuous behaviour towards the values that replicate true spiritual principles. As a lonesome soul, the theory that you cannot make a substantial difference is probably correct. Yet when you cast aside the negative aspirations, and decide that any positive action is better than no action, you find yourself amassing more and more people who have similar desires. The reason you may not know about them is because most good citizens of the earth often feel overlooked or outnumbered by the sheer voices of depravity". ~ Jim Fargiano, The Spoken Words of Spirit: Lessons From The Other Side

Taking Strides For A Cure

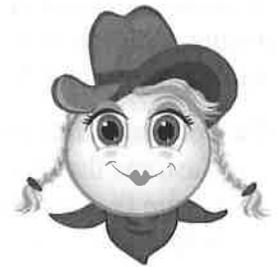


AAMJIWNAANG'S 3RD ANNUAL CANCER WALK

WEDNESDAY, AUGUST 21ST,
2013

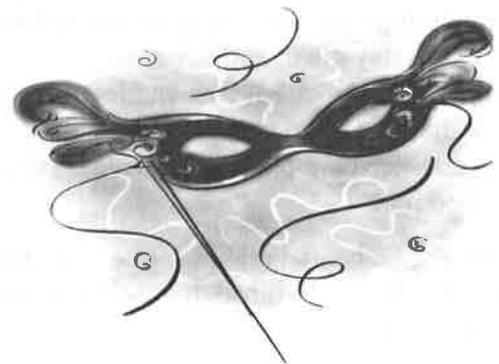


1 PM-3 PM



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 Home, Happy People”.

WINNER WILL RECEIVE A \$100.00 IN LAMBTON MALL BUCKS
PLUS,

WINNING LOGO WILL BE PUT ON PROMOTIONAL ITEMS

Submissions can be dropped off at the Health Centre

Deadline: MONDAY, AUGUST 26, 2013

*** Winner to be announced at the “Health Homes, Happy People” Campaign
dinner launch upcoming in September.
More details to follow.

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 @ CICCAREL-
LI'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**



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DETROIT-ANN ARBOR, MI

DECEMBER 2013 - JANUARY 2014



Travelling Senior's Gift Card Bingo



Thursday, August 15, 2013

Time: 6:00 pm ~ Kitchen opens at 5 pm
Where: Maawn Doosh Gumig Community Centre
Cost: When you purchase a 2 Strip Book @ \$15,
get 1 strip for \$5 more

MENU SPECIALS!

Available at 5pm—Eat in or takeout available

6 Tickets
for \$5.00 or
\$2.00 Each

Raffle Tickets For Sale
Win a Tassimo Coffee Maker
(coffee included)

Raffle to be held just after
the Midway Break!



Every Bingo gets a prize!



This is a Travelling Seniors Fundraiser event!
EVERYONE IS WELCOME TO PLAY

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.

THIS IS A DRUG AND ALCOHOL FREE EVENT.

- 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
- **Please register by September 5th, 2013**



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



4th Annual Healing Walk Community Report-Back

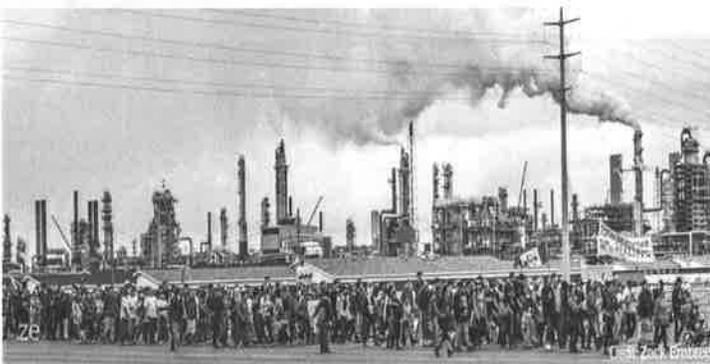
**Monday, August 12, 2013
7:00pm @ Community Centre**

On July 6th, 5 young members of the Aamjiwnaang First Nation participated in the Healing Walk to stand in solidarity with the Athabasca Chipewyan First Nation.

Hundreds of environmental and social advocates, and well-known public figures too, also came out in droves to accompany hundreds of local people from the Fort McMurray area.

Everyone is welcome to come out and join in on community discussion about; what the tar sands are, and how Aamjiwnaang is also directly affected. Community discussion could also include, what we can do to stand in solidarity with other communities affected and what we can do to improve the health of our environment for future generations.

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Backgrounder:

Indigenous tradition asserts that it is a human responsibility to protect land, air, and water for future generations. Many other Canadians agree. Over the past decade First Nations communities, non-native communities, scientists, politicians, and others are recognizing that the expansion of the tar sands is betraying this responsibility.

No one feels this more than the people that have lived in the Athabasca River region for generations. They have watched their land get destroyed, they are forced to breathe dirty air, and in many communities they can no longer drink the water. The wildlife they have traditionally harvested are getting scarce, the fish they harvest have tumours, and the medicinal plants are disappearing along with the permanently changed landscape.

There are protests against the tar sands taking place around the world. From the streets of London to the treetops in Texas, people are coming out to protest tar sands expansion. In British Columbia there is a wall of opposition blocking tar sands pipelines and oil tankers, in the United States records numbers of people are protesting the KXL pipeline, and there is growing opposition to stop Line 9 in Ontario, Quebec, and the New England states. These protests are helping. Thank you.

On July 5 & 6 2013 a different kind of event took place in Northern Alberta in the heart of the destruction. The 4th Annual Healing Walk was an opportunity for people from all walks of life to join First Nations and Metis in a spiritual gathering that will focus on healing the land and the people who are suffering from tar sands expansion.

The Healing Walk is sponsored by the Keepers of the Athabasca. Keepers of the Athabasca is a collection of First Nations, Metis, Inuit, environmental groups, and watershed citizens working together for the protection of water, land and air, and thus for all living things today and tomorrow in the Athabasca River Watershed.

**The tar sands are growing out of control,
destroying the climate for all Canadians
and poisoning the water of everyone
living downstream.**

Aquafest



Looking for some eco fun, go check out Aquafest in Grand bend.



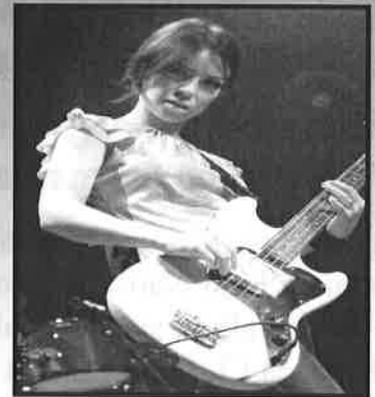
Come join the fun this weekend, and enjoy a bunch of water games and crafts! **FUN FOR THE ENTIRE FAMILY!**

August 9, 10 & 11, 2013



The Water Brothers

Come enjoy live acts/presentation from the Water Brothers and the Reptiles at Risk association. Then stay tune for a musical number from Sarnia's Emm Gryner!



For more information, check out the Website: <http://www.grandbendaquafest.ca>

Balloonpalooza



Clowns, Buskers, Balloon Artists, fair rides, games and **MORE!!**

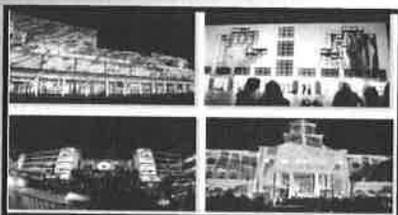
Have nothing to do? Looking for something to spice up that summer of yours? Why don't you head out for the weekend and enjoy Balloonpalooza.



Street Performers & Balloons!

When: August 17-18, 2013

Location: Downtown Windsor



3D-Projection Moving Displays!



For more information, check out the website: <http://www.balloonpalooza.ca>

How the Turtle got his shell

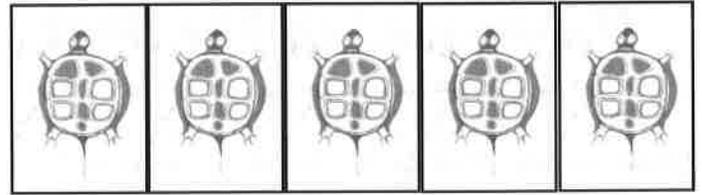
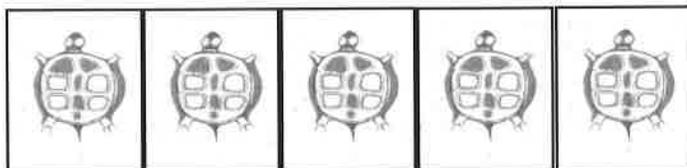
It was one of those days when Nanaboozhoo was in a strange mood. He had just awakened from a deep sleep that was disturbed by the noisy quarreling and scolding of the blue jays. He was a bit cranky; his sleep was disturbed and besides that; he was hungry. His first thought was to the village and find something to eat.

Entering the village, he came across some men cooking fish. They had their camp located close to the water and Nanaboozhoo spied many fish cooking over a fire. Now, being very hungry, he asked for something to eat. The men were happy to give some, but cautioned him that it was hot. Not heeding their warning, he quickly grabbed the fish and burned his hand. He ran to the lake to cool it off in the water. Still unsteady from his deep sleep, he tripped on a stone and fell on the mishekae who was sunning on the beach. At that time, mishekae was not as we know her today. She had no shell and was comprised of soft skin and bone.

Mishekae complained loudly to Nanaboozhoo to watch where he was going. Now, Nanaboozhoo felt ashamed of his clumsiness and apologized to mishekae. He wondered, "what can I do to make it up to her?" He wanted to do something to help his friend. "I'll have to sit and think it over," he thought, as he followed the path back to his wigwam.

Sometime later, he returned to the beach and called for mishekae. Turtle poked her head through the soft beach mud. Nanaboozhoo picked up two large shells from the shore and placed one on top of the other. He scooped up Mishekae and put her right in the middle, between the two shells.

Nanaboozhoo took a deep breath and began. "You will never be injured like that again," he said slowly. "Whenever danger threatens," he continued, "you can pull your legs and head into the shell for protection.



Nanaboozhoo sat beside his friend on the beach and told mishekae his thoughts. The shell itself is round like Mother Earth. It was a round hump which resembles her hills and mountains. It is divided into segments, like martyrizes that are a part of her; each different and yet connected by her.

Mishekae seemed very pleased with and listened intently. "You have four legs, each representing the points of direction North, South, East, and West," he said. "When the legs are all drawn in, all directions are lost. Your tail will show the many lands where the anishnabek," he went on. "You will be able to live in the water as well as the land and you will be in your own house at all times.



"Turtle spotted on the Canatara beach shore."

Mishekae approved of her new self and thanked Nanaboozhoo for his wisdom. Moving now in a thick shell, she pushed her along the shore and disappeared into the water.

So, ever since that incident long ago, Mishekae has been special to the anishnabek. To this day, she continues to grace Mother Earth, still proudly wearing those two shells. ~ *By Judith Plain*

Some Shell-arious Jokes

What do you get when you cross a porcupine with a turtle? - - - A slowpoke!

What does a turtle do on it's birthday?
It goes out and shellebrates!

What do turtles say when they answer the phone? - - - SHELL-O.

Horoscopes' Of The Week

♑ Capricorn (Dec 22 to Jan 19)

A key relationship may enter a highly talkative or flirtatious stage. Over the next few days expect new lovers or attractions to arrive. Or you might find that an already established relationship now will progress towards passion and public displays of affection. Trust your first instincts here: planetary aspects now indicate that your most recent feelings/impressions in a key relationship will prove accurate. Pay close attention to withheld information between lovers or an unusual silence from a long term friend. Encourage others to disclose their thoughts, feelings, and opinions. Fast talk and spontaneous social introductions will bring dramatic changes to intimate relationships. Later this week rest and contemplate recent events. Emotional decisions/changing commitments may be required soon. You are in for a demanding week ahead, so stay alert!

♒ Aquarius (Jan 20 to Feb 18)

A three day period of restless social and romantic energy is now changing. Early this week both friends and lovers will offer emotional support or encouragement. Key issues may involve recent family disagreements or home concerns: take time to settle your ideas before taking action. Before next week loved ones will likely make clear statements of their intentions, goals and past behaviors: expect positive surprises and lighthearted discussions. Leave the past behind; loved ones may now need to move beyond yesterday's limitations. After Wednesday new work ideas will arrive; expect business transactions and communications to soon become demanding and financially complex. Watch for colleagues and long term partners to carefully consider past politics, challenge old ideas or team practices. Before mid-August group business discussion will be extremely helpful; don't hold

♓ Pisces (Feb 19 to Mar 20)

Emotions in the workplace may be high this week. Late Monday afternoon watch for costumers/clients to be emotionally scattered or easily irritated. Avoid minor and unnecessary power struggles over the next few days; it's simply not worth it. After Tuesday a close friend may make last minute changes to family schedule or daily routines. Don't be unnerved; all will go smoothly. Before mid-August a long term friend may need to actively address past disappointments with relatives or loved ones. Expect mutual friendships and unusual family triangles to be an ongoing theme; for the next few weeks others will be highly sensitive to silent criticism, repeated emotional patterns or long held tensions. Withheld emotions are now unpredictable and intensely private. Later this week romantic promises are accented; watch for public commitments and openly affectionate gestures.

♈ Aries (Mar 21 to Apr 19)

Rely heavily on the advice or emotional direction of friends and long term lovers this week. Recent financial or business events may have been unnerving. Aspects indicate, however, that by mid-August much of this will be working in your favor. Consult experienced friends or gather professional opinions; much can now be gained by openly discussing your options. After Monday social energy is on the rise; friends, lovers or relatives will compete for your attention. For many Aries, this outburst of social enthusiasm will end approximately an eight week period of romantic self doubt and emotional isolation. Spiritual lessons this week include learning to join in and offer the best of your humor, wit, and wisdom; find every opportunity possible to celebrate positive relationships. Late Friday watch also for a fast explanation from a roommate or sibling. Key areas of concern may involve past financial habits, outdated records, missed payments or official documents.

♉ Taurus (Apr 20 to May 20)

Plan business/financial strategies thoroughly this week with a special consideration for small details, changing permissions and inaccurate instructions. Minor disruptions or changes to records may now cause some distress amongst co-workers. Don't be derailed; mostly this is an indication that a burst of creatively and expansion is soon due to arrive. Watch recent agreements or short term obligations; before mid-August time commitments may be more involved than expected. Late Wednesday afternoon friends and family will be particularly attentive; expect a subtle release of old tensions or yesterday's limitations. Prime areas of concern are obligations to older relatives, financial expectations or ongoing family duties. In the coming weeks social doubt, unproductive home patterns and outdated criticism will fade. Let others take the lead; at present, your top priority in close relationship should be to create harmony, acceptance and group understanding.

♊ Gemini (May 21 to Jun 20)

The week ahead looks set to be a good period to review your financial status. Go through the sheets of your income, expenses, savings, and investments, also take corrective measures, if need be, in order to strengthen your monetary position. If your investments are not profitable enough, you should think of a more lucrative investment options and change them accordingly. You also need to figure out a way to save more than you normally do. Financial matters will be a cause of conflicts in family, unless you be more transparent about them. If you will fail to maintain peace and harmony, your relationships with family members may get affected. This week is also favorable for exploring the spiritual world.

Horoscopes' Of The Week

Cancer (Jun 21 to Jul 22)

With your self-confidence soaring, broaden your mental horizon by brushing up your reading habits as well as by increasing your interactions with people. It is predicted that your communication skills will impress one and all, and your social image will be enhanced. You will be able to garner love and respect for your talents and achievements. If you are a student, you may have to work harder to secure good marks. For artists, this is going to be below average this week as they will be not able to impress their audience with their work. It is also advised that you take care of your diet or there are chances of putting on some weight. Get your digestive system checked because it is likely to give you problems towards the end of the week.

Leo (Jul 23 to Aug 22)

You may expect to go through some high and lows during this week. If you have plans of changing your office premises or house, the week shall offer you friendly opportunities, and you shall manage to accomplish quite a lot. However, some people may try to lure you into some shady deals, especially at your workplace. You stick to your guns, and they will soon realize that you are a person of values and nothing can make you compromise them. Still some of them may continue and try harder to convince you for those deals. Warning, that a similar thing can happen in business to, because jealous competitors may try to tarnish your image by involving you in some malpractice, so be on your guard all the time. Work pressures will increase during the week days, but over the weekend you will relax in the company of your friends and family.

Virgo (Aug 23 to Sep 22)

A favorable week is in store this time around. A career graph may move upwardly, this week offers positive development, such as promotion and salary hike, for you. You will have a feeling that you need more freedom to take your own decisions. At work, you will stay focused on the tasks and projects assigned to you, earning you respect and admiration from supervisors as well as juniors. On that business front to, you will taste success. Where as on the personal front, matters shall be pretty smooth as you will be very considerate to the needs of your loved ones, no matter how insignificant their demands may be. However, it may not be possible to fulfill all the desires of your family members but you will try to satisfy as many of them as possible.



Fortune Of The Week

There is yet time enough for you to take a different path.



Libra (Sep 23 to Oct 22)

The mounting pressure of pending work may become unbearable if the backlog is not cleared off in time. The moment you will realize this, you will start putting in more efforts to lesson the burden. Besides, you will also ensure that you don't get distracted. If you are involved in research related activities, you may experience excellent growth during the coming week. With your total focus on work, much of the other clutter in your mind will clear up by itself, and you will gain more clarity. On the domestic front, you will try your best to make your loved ones happy. Love life shall be beautiful as you will constantly crave to be in your spouse's or sweetheart's company. You will confide your deepest feelings to them, and impress them with your creativity.

Scorpio (Oct 23 to Nov 21)

Since you will be brimming with enthusiasm, multi-tasking will not be a problem this week. This week will bring a pleasant surprise for you. It is likely to come in the form of a new and higher designation at your office, or a new and interesting project, or in business, outstanding debts may be paid back thus increasing your monetary inflow. Besides, your hard-work and sincerity will be appreciated by your peers and supervisors. Needless to say that their generous comments will inspire you to perform even better. Now don't let negativity come in at the crucial juncture. Negative thinking can also cause unreasonable anxieties which could impede your progress, so keep yourself busy and see the brighter side of things.

Sagittarius (Nov 22 to Dec 21)

This week, you will march towards your goals with full determination and accomplish them. Your achievements will leave a good impression on people around you. This week will be crammed with brainstorming sessions during which you will freely contribute your ideas to make the discussions more fruitful. However, your frank opinions will not be appreciated by one and all. Though it is not your intention, it could hurt the setinments of some people, but you are unlikely to care about the reactions of others. Your love life may become exciting, as you may meet someone special around this time. But the married or committed ones need to be careful. Avoid infidelity like the plague.

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[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 16, 2013

The **deadline** will be on
Wednesday, August 14, 2013
by **4:00 pm**

Chi-Miigwetch, ~ Bonnie Plain, Editor



Smudging Prayer

May your hands be cleansed,
that they create beautiful things.

May your feet be cleansed,
that they might take you where you most need to be.

May your heart be cleansed,
that you might hear its messages clearly.

May your throat be cleansed,
that you might speak rightly when words are needed.

May your eyes be cleansed,
that you might see the signs and wonders of this world.

May this person and space be washed clean
by the smoke of these fragrant plants,

And may that same smoke carry our prayers,
spiraling, to the heavens.



"Now, prepare the young people to
step into the future with
those teachings."

Grandmother Twylah Nitsch

