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SOUP SALE



SATURDAY, SEPTEMBER 6TH, 2014

**WHERE: ZOMBIE DUANE STONE
242 LASALLE ROAD**

TIME: NOON - UNTIL SOLD OUT

**COME ON OUT AND SUPPORT THE
AAMJIWNAANG FOOD BANK**

**ALL PROCEEDS GO TOWARDS OUR FOOD BANK
DONATIONS OF ANY KIND OF CANNED FOOD
GOODS ARE WELCOMED**

**WE WILL BE HAVING OUR HALLOWEEN
FOOD BANK DRIVE IN OCTOBER,
WATCH FOR TRIBE-UNE FLYERS**



Available Soup:

Corn Soup, Butterbean, Potato,
Chicken Dumpling, Chili

PRICES:

Fry Bread \$2.00 (ONLY)

Combo (Soup & Fry Bread) \$5.00

Soup \$3.00 (ONLY)

Water \$1.00 (ONLY)

**Aamjiwnaang
Population Stats
Current: 2312**

Happy Birthday



Aug 30 to Sept 12, 2014

Nathan	Adams	Aug.	30	Julie	Pouget	Sept.	5
Patricia	Adams	Aug.	30	Tammy	Rogers	Sept.	5
Aaron	Ayers	Aug.	30	Darren	Cottrelle	Sept.	6
Robert	Battista	Aug.	30	Ferne	Cottrelle	Sept.	6
Joseph	Brickey	Aug.	30	Christopher	Dumouchel	Sept.	6
Linda	Collier	Aug.	30	Sheila	Firth	Sept.	6
LaDonna	Maness	Aug.	30	Jason	Williams	Sept.	6
Neesa	Nahmabin	Aug.	30	Tyler	Williams	Sept.	6
Logan	Rogers	Aug.	30	Twila	Wilson	Sept.	6
Rhonda	Rogers	Aug.	30	Kiona	Buffalo	Sept.	7
Gabriel	Smith	Aug.	30	Justin	Firth	Sept.	7
Melissa	Boone	Aug.	31	Beverly	Fisher	Sept.	7
Amanda	Keusch	Aug.	31	Jennifer	Hiller	Sept.	7
Michael	Montemayor	Aug.	31	Keegan	Kewaquom	Sept.	7
Renee	Rogers	Aug.	31	Trevor	Romlewski	Sept.	7
Willard	Williams	Aug.	31	Landen	Cox	Sept.	8
Jordan	Adams	Sept.	1	Knute	Oliver	Sept.	8
Calvin	Chad	Sept.	1	Yvonne	Williams	Sept.	8
Owen	Freeman	Sept.	1	Justin	Worsley	Sept.	8
Wendy	George	Sept.	1	Laurie	Goulais	Sept.	9
Nathan	Gray	Sept.	1	David	Oliver	Sept.	9
Trevelyan	James	Sept.	1	Ashleigh	Pettit	Sept.	9
Christopher	Joseph	Sept.	1	Christopher	Pettit	Sept.	9
River Fox	Rogers	Sept.	1	Tracy	Williams	Sept.	9
Alexander	Fisher	Sept.	2	Gary	Bird II	Sept.	10
Karla	Laws	Sept.	2	Nickoma Earle	Cottrelle	Sept.	10
Darryl	Maness	Sept.	2	Edward	Jacobs	Sept.	10
Kaiya	Rogers	Sept.	2	Connie	John	Sept.	10
Duane	Stone	Sept.	2	Michele	Keusch	Sept.	10
Jada	Williams	Sept.	2	Pamela	Plain	Sept.	10
Zailen	Firth	Sept.	3	Candice	Rogers	Sept.	10
Elijah	Gray	Sept.	3	Sandra	Stocum	Sept.	10
Rosemary	Herron	Sept.	3	Noah	Stokes	Sept.	10
Kendall	Jacobs	Sept.	3	Meddie	Wood	Sept.	10
Gerald Maynard	Maness	Sept.	3	Diana	David	Sept.	11
Christopher	Pitre	Sept.	3	Thomas	Joseph	Sept.	11
Clyde	Simon	Sept.	3	Michael	Maness	Sept.	11
Kevin	Williams	Sept.	3	Deborah	Plain	Sept.	11
Shari	Eyre	Sept.	4	Demetrio	Plain	Sept.	11
David	Jacobs	Sept.	4	Colette	Vallieres	Sept.	11
Mateo	Martinez	Sept.	4	Louis	Desjarlais	Sept.	12
Dawn Marie	Smith	Sept.	4	Caitlyn	Ford	Sept.	12
Brian	Bois	Sept.	5	Brianne	Hewitt	Sept.	12
Rhonda	Bois	Sept.	5	Brian	Jacobs	Sept.	12
Robert	Maness	Sept.	5	Andrew	Munoz	Sept.	12

Happy Birthday

Rhonda, Neesa, Kendall, Jake, Kiona,
Tyler, and Pam,

*Love you all!! From your Friend,
Cousin, Aunt,—Bonnie*

Happy Birthday

To my grandson Demetrio and
My son Andrew

*Wishing you both the best that life can offer
Love from Grandma-Mom*

All Community Members Welcome

Please join us

Monday September 22, 2014

at the Community Centre from **5-7 pm**
to review the New Housing Policy
that was accepted by Chief & Council
July 15, 2014.—We are looking for
your feedback and any questions
or concerns you might have
about the new policy.

Door Prizes to be Won!!!



COMMUNITY NOTICE

Adult members of the Aamjiwnaang First Nation who have an interest in serving on one of the following Standing Committees as established by Chief and Council for the 2014-16 term are invited to submit a Letter of Interest for consideration to the following address:

Aamjiwnaang First Nation Band Office
Attention: Chief and Council
978 Tashmoo Ave
Sarnia, ON N7T 7H5

If you wish to be considered for more than one committee please state your preferences in your letter. The deadline for submission is **Friday September 12, 2014 at 4:00pm.**

Development Committee

2 Councillors
3 Community members

Health Committee

2 Councillors
3 Community Members

Housing Committee

2 Councillors
3 Community members

Education Committee

2 Councillors
3 Community members

Environment Committee

2 Councillors
3 Community Members

Community Services Committee

3 Councillors
3 Community members



Wendy Hill
Traditional Healer



Dates Available:

September 9 & 10, 2014

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

ANIMAL CONTROL OFFICER

Ron Simon - Text/Call 519-330-7450

For animal control issues only!

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

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

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

~ FOR SALE ~

**Kenmore Fridge-Freezer
Side-By-Side**

With Ice Maker & Water Dispenser

Beige Colour—Works Great!

For more information call

Fish @ 519-337-7362

**Drinking Water
Monitoring Program**

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

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

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

Kindly, Jessica Joseph, RPN, CHR



IMPORTANT

—If you had borrowed any medical equipment please RETURN it!

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

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

We are currently NOT looking for any donations of medical equipment at this time. Red Cross is accepting donations and you can call 519-332-6380 to arrange for pick up.

Respectfully Yours, HCC Clerk —
Becky Adams

Medical Travel Drivers

Terry Plain (Monis)402-5535
Mitch DeGurse312-1468
Ron Simon328-0203
Sheila Firth383-1073
Mary Lou Williams337-9342
Carol Miller332-0751
Christine Plain * NEW466-0054



Levi Plain would like to acknowledge and offer a big thanks to the Dreamcatcher Foundation, Aamjiwnaang Chief and Council, and White Plains Autobody for your financial support and sponsorship during the 2013-14 hockey season. Levi had a fun and successful season with the Lambton Jr Sting AAA minor peewee team. We would like to also thank all of our friends and family who come out to watch and support the team.

Miigwetch,

Chris, Tammy, and Levi Plain



Dreamcatcher Charitable Foundation





Thank-you to Chief & Council

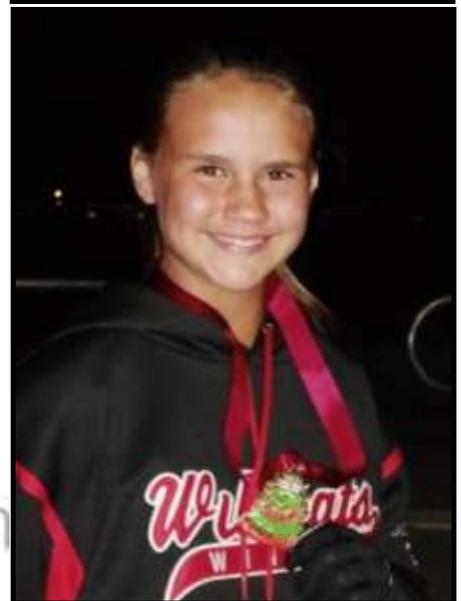
I can't begin to express my gratitude towards Aamjiwnaang Chief & Council for the generous donation, and helping my daughter Macklyn Beauchesne on her quest to the North American Indigenous Games in Regina SK. It was an experience of a lifetime and it helped make it all possible for her and I to experience it together. Not only did she make a lot of friends and memories but she brought back a bronze medal playing U16 softball for Aboriginal Team Ontario. She hit 2 homeruns in 1 inning in the game against EDN and had several RBI's throughout the tournament. Macklyn had an outstanding week, we are truly grateful!

THANK-YOU—Wendy George and Macklyn Beauchesne

Thank-you to The Dreamcatcher Charitable Foundation

Thank-you Dreamcatcher Charitable Foundation for your generous support funding for my daughter Naomi Beauchesne. Naomi played softball with the Windsor Wildcats 11U travel team. Naomi earned herself 3 game MVP's in a single tournament in Toledo OH. Her team went undefeated, winning Gold and qualifying "A" at the Provincial Qualifiers held in Windsor ON. Then continued on to Whitby On. winning Gold in the Provincial Grand's. Once again Thank-you Dreamcatcher Charitable Foundation for helping to make dreams come true!

One Proud Mom & Forever Grateful
Wendy George



Dreamcatcher
Charitable Foundation



CARING CONNECTIONS NUTURING PROGRAM

For Women with Substance Misuse Issues

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

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

Sessions start September 10, 2014
AAMJIWNAANG Location

Contact: Tracey George 519-332-6770
tgeorge@aamjiwnaang.ca

OR Charity @ 519-328-1683
Charity@sophrosyne.ca



Healthy Babies Program Wednesday's - in - September



September 3-24 - Infant Massage
10:30-11:30 at Community Centre.

On **September 17** - after the Infant Massage session, we will be making Breastfeeding Pillow

Thursday's - in - September

- 04— Literacy
- 11— Welcome Baby
- 18— Making Essential Oils
- 25— Nutrition with Nikki George



All programs are at the Community
Centre from 10:30-12:30

Transportation and Childcare available.

*Any question please call MaLynda
Maness-Henry or Joanne Culley
at the Health Centre 519 332 6770.*

ATTENTION AAMJIWNAANG RESIDENTS!! COMING SOON!!



NOONDAN GEZHAWEBAG

Aamjiwnaang First Nation
Notification System



(to hear what will happen)

Aamjiwnaang First Nation has obtained new notification system that is being prepared in order for residents to be notified of emergency situations. In addition to the emergency notifications, there will be other messages concerning community events and other general messages that can be sent to keep the Aamjiwnaang residents informed.

The users of this new system will have the option of how they would like to receive the messages. By simply registering and logging on to the site we will be using, users then select the notification methods that they would prefer to receive the messages. Some examples of delivery methods include text, cell phone voice messages, home telephone messages, email accounts (home/ work), etc. And, should your contact information change for whatever reason, you simply log back in to the system and update the appropriate information. Just bookmark the “log in” page to your computer or tablet and connect, then update your information. The system will only work as well as the information available. So it is very important that you keep your contact information up to date.

An Open House will be scheduled at Maawn Doosh Gumig soon in order to provide further information on the new system. There may also be a sign up event at the same time. The date will be announced once arrangements have been finalized.

Miigwech !!

Infant Massage

**For New Parents with
Babies**
**Rides and childcare
available**

September 17th 11:30 a.m. we will have
a light lunch with making
breastfeeding pillows class to
follow

Community Centre
Wednesday, September 3,
10, 17, 24, 2014
10:30 a.m. to 11:30 p.m.

Sign up Required with
Dorothy
519-332-6770

Cancer Prevention – A Lifestyle Choice

About two-thirds of cancers in Canada could be prevented if Canadians adopted healthier lifestyles (Canadian Cancer Society). Everyone has a certain risk of developing cancer and this risk increases or decreases depending on the choices you make. Cancer prevention includes:

Making lifestyle choices that seek to eliminate the causes of cancer and prevent it from getting started in the first place

Undergoing screening to find cancer so it can be treated early

Improve Your Lifestyle – Reduce Your Risk

Did you know that smoking, poor dietary habits and physical inactivity account for more than 50% of all fatal cancers in Ontario?

Here are three simple ways you can reduce your risk:

Live to be Smoke Free – By not smoking you reduce your risk to not only lung cancer but cancer of the larynx, esophagus, kidney, pancreas, cervix and bladder.

Enjoy Healthy Eating – There is now strong evidence that a diet with plenty of vegetables and fruits reduces the risk of cancer of the colon, stomach, mouth, pharynx and esophagus. The Canadian cancer society recommends a diet low in fat and high in fibre. This will not only help prevent cancer but protects you against other diseases like heart diseases, diabetes and obesity.

Let's Get Active! – By becoming more active and maintaining an ideal body weight you reduce the risk of colorectal, uterus, breast and kidney cancer.

Screening – Keep the doubt out!

Screening detects cancer at an early stage when it is more likely to be cured. It can greatly influence the outcome of some cancers. For example, cancer of the cervix is most likely completely preventable with regular PAP test screening. Talk to a health professional about the importance of early detection of cancer through screening.

It's Your Body – It's Your Choice

Based on the Canadian Cancer Society's Seven Steps

to Health, follow these recommendations to reduce your risk of developing cancer.

C – Choose not to smoke and avoid second hand smoke.

H – Healthy Body Weight (BMI) – being physically active on a regular basis will help maintain a healthy body weight.

O – Oh, oh, Ozone - reduce your sun exposure regularly and report any changes to your doctor.

I – Inform your health care provider if you notice any change in your normal state of health.

C – Cancer screening for women – discuss mammograms, pap tests and breast exams with a health professional. For men discuss testicular exams and prostate screening with a health professional. Both men and women should discuss colon and rectal cancers.

E – Environmental pollution – follow health and safety instructions at home and at work for using, storing and disposing of hazardous materials.

S – Strive for 5 – eat 5 to 10 servings of vegetables and fruit a day. Choose high fibre, lower fat foods. If you drink alcohol limit your intake to 1-2 drinks a day.

Links

For more information on cancer prevention, intriguing research, the latest statistics and hot issues, and for information on cancer support services (emotional support, transportation services etc.) check out these websites:

Cancer Care Ontario

www.cancercare.on.ca

Canadian Cancer Society

www.cancer.ca

Colon Cancer Check

www.coloncancercheck.ca



This information was retrieved from: <https://www.lambtonhealth.on.ca/health-information/cancer-prevention>



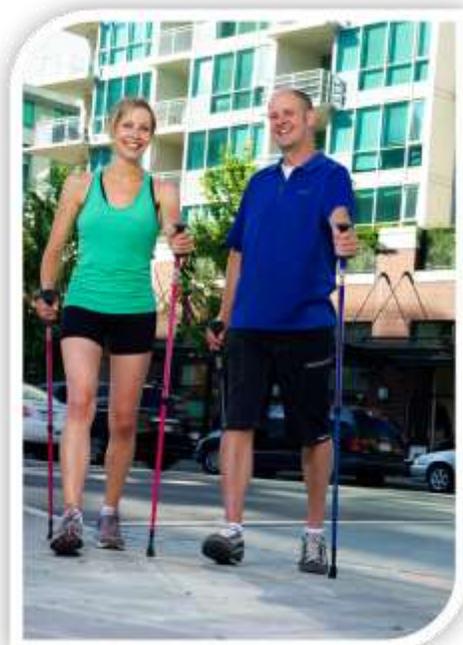
Wanna Talk?

HIV/AIDS—Safer Sex—Emergency Contraception
 Birth Control—Drug Use—Sexually Transmitted
 Infections—Sexual Orientation and Gender
 Issues—Needle Exchange Programs—Point
 of Care HIV Rapid Testing—Clinic Referrals—
 Pre & Post Test Info

**For Free, Anonymous Counseling call the
 Ontario Aboriginal HIV/AIDS Strategy
 Southwest Office @ (519) 786-6111 or
 email at sarag@oahas.org**

Urban Poling Demo Day (Nordic walking)

Looking for a fun & easy way to get in shape?
 Burn up to 46% more calories than walking!



*Come and join us for a free Urban Poling demo class.
 Learn about the benefits urban poling has to offer.*

Beginners and experts, all welcome!

*Drop in for a fun, quick demonstration and have
 a chance to try the Urban Poles for yourselves!*

When: Wednesday, September 3, 2014
Time: 9:30 - 10:30am & 4:30 - 5:30pm
Where: Aamjiwnaang Health Centre

**For more information call Jessica at the
 Health Centre at 519-332-6770**



Just wear shoes you can walk in. Poles supplied.

Men's Cooking Classes



**Thursday, Sept. 25/14
 11:00am – 1:00pm
 Health Centre**

Prize For All Participants

Learn to love delicious food made
 with a few healthy ingredients.

*Call the Health Centre TODAY
 to register at 519-332-6770*

Rides are available

Walk Your Way To Better Health!



**Aamjiwnaang Health Centre
Presents...**

Urban Poling Walking Program

**Date: Wed, September 10 to
Wed, October. 29, 2014**

Time: 9:30 am

Location: Community Centre

**To registration please contact
Jessica at the Health Centre,
519-332-6770**

*Did Your Know?
A mile of Urban Poling is
equivalent to 1800
abdominal crunches!*

Why you'll love Urban Poles...

**Ergonomic handles, vibration free & durable construction.
www.urbanpoling.com**



ONTARIO WARNING:**Stay Away From Poisonous Caterpillar**

The caterpillar is called the White Hickory Tussock Moth Caterpillar, which is native to Canada. It lives in Nova Scotia and Ontario. It also lives in the northeastern and south central part of the US. It emerges between June and September and eats its way through the leaves of deciduous trees (it prefers nut-bearing trees, willow, ash, aspen, apple, oak, raspberry plants, and corn stalks). Though it eats the leaves, it does not cause lasting damage to the trees themselves.



The hickory tussock moth caterpillar can cause skin irritation in humans.

The caterpillar is white with black marking and is five-centimeters long. It is covered with tufts of spiky hair and expels a venom upon contact. Most people who handle the caterpillar will experience a burning, nettle-type, itchy rash of mild to moderate severity. Washing the affected area with soap and water, then applying ammonia or calamine lotion, followed by icing the should help. However, some people are hypersensitive to the venom and may have an allergic reaction. In addition to the itchy rash, they are likely to experience more severe symptoms such as swelling and nausea. Those individuals should seek expert medical advice as soon as possible.



Baby caterpillars feasting on a leaf

Allergic Asthma

Allergic asthma is the most common type of asthma. About 90% of kids with childhood asthma have allergies, compared with about 50% of adults with asthma. Inhaling specific substances called allergens (allergy triggers such as pollen, mites, or molds) brings on the asthma symptoms associated with allergic asthma. Nearly everyone with asthma (allergic or nonallergic) gets worse after exercising in cold air or after inhaling any type of smoke, dust, fumes, and sometimes strong smells.

Because allergens are everywhere, it's important that people with allergic asthma understand their allergy and asthma triggers and learn the facts about preventing asthma symptoms.

What Is an Allergy?

When your body encounters an allergen, it stimulates IgE antibodies. These antibodies trigger an allergic reaction. They cause the release of chemicals like histamine, which result in swelling and inflammation. This creates familiar allergy symptoms like a runny nose, itchy eyes, and sneezing because your body is trying to remove the allergens.

What Is Allergic Asthma?

If you have allergic asthma, your airways are hypersensitive to certain allergens. Once these allergens get into your airways, your immune system overreacts. The muscles around your airways tighten (an effect called bronchospasm). The airways themselves become inflamed and over time are flooded with thick mucus.

Whether you have allergic asthma or non-allergic asthma, the symptoms of asthma are generally the same and may include any or all of the following: Coughing, Wheezing, Shortness of breath, Rapid breathing, Tightening of the chest

Common Allergens for Allergic Asthma

Allergens, which are small enough to be inhaled deep into the lungs, include: Windblown pollen from trees, grasses, and weeds, Mold spores and mold fragments, Animal dander (hair, skin, or feathers) and saliva, Dust mite feces, Cockroach feces

Keep in mind that allergens are not the only thing that can worsen your allergic asthma. Irritants may still trigger an asthma attack, even though they don't cause an allergic reaction. These irritants include: Tobacco smoke, Smoke from a fireplace, candles, incense, or fireworks, Air pollution, Cold air, especially vigorous exercise in cold air, Strong chemical odors or fumes, Perfumes, air fresheners, or other scented products, Dusty workplaces

Your health care provider can perform allergy and asthma tests to determine exactly which indoor and outdoor allergens cause your allergic asthma.

Native Ontario Medicinal Plants



Boadleaf Plantain (*Plantago Major*) Plantain is a common plant that can be found in or around your yard. It is a drawing agent meaning it can pull splinters, dirt, and infections out of skin wounds. The poultice made from the leaves can be applied to wounds, stings, and sores to facilitate healing and prevent infection. Plantain is also used to ease eye irritation and treat insect bites. Plantain also acts on the large intestine and can be used either as a laxative or as a drying agent for diarrhea. Young leaves can be eaten raw and seeds can be ground into flour. Plantain is highly nutritious, high in calcium, and contains vitamins A, C, and K and as a food source, plantain can be soaked in salt water and boiled until tender. **Poultice:** a soft mass that is usually heated, spread onto a cloth, and placed over the skin to treat an aching, inflamed, or painful part of the body. The leaf can be wrinkled with hands to activate the anti-microbial agent and be used immediately. Plantain contains allantoin (a chemical compound great for acne), that stimulates cellular growth and tissue regeneration.



American (Wild) Liquorice (*Glycyrrhiza Lepidota*)

American liquorice is used in the treatment of a range of diseases. All parts of the plant are medicinal, but the roots are the most active. An infusion of the root is used to speed the delivery of the placenta after childbirth, it is also used to treat coughs, stomach aches, diarrhoea, chest pains, and fevers in children. It is also used as a wash or poultice on swellings. The chewed root is retained in the mouth as a treatment for toothache and sore throats. The mashed leaves are used as a poultice on sores. The leaves have been placed in the shoes to absorb moisture. The Root can be ingested raw or cooked and when slow roasted they are said to taste like sweet potatoes and can be used as flavouring. Roots can be chewed to increase the secretion of saliva, making an excellent tooth cleaner or to ease the pain of teething tots. The root contains 6% glycyrrhizin, which is 50 times sweeter than sugar. Liquorice grows in patches in heavy clay, saline soils, cultivated ground, waste places, roadsides, prairies, gravelly river bottoms and moist mountain ranges.



Canadian Wild Ginger (*Asarum canadense*)

Wild Ginger is a member of the birthwort family and grows in moist, shaded, and montane regions. The root is edible raw or can be dried and ground. Wild ginger is a low laying plant that grows on top of the ground with soft, hairy, heart- or kidney-shaped leaves. Because of its heart shaped leaves Native Americans believe the dried/ground roots help suppress heart conditions. Wild Ginger is known to treat kidney disorders, relieve intestinal gas, fevers, sweating, upset stomach, and menstrual cramps. It is also known to help treat the common cold, flu-like symptoms, headaches, and snakebites. **NOTE:** Today, health care professionals may recommend ginger to help prevent or treat nausea and vomiting from motion sickness, pregnancy, and mild stomach upset; as-well-as, reduce the pain of osteoarthritis, cancer chemotherapy and act as an aid in heart disease.

Wild Rice Pudding Recipe

- 1 Cup—Raisins, Blueberries, Walnuts (or what ever you choose)
 - 1/4 Cup of Honey
 - 1/4 Cup of Maple Syrup
 - 2 Beaten Eggs
 - 1/2 Teaspoon Cinnamon
 - 1/8 Teaspoon Nutmeg
 - 1 Teaspoon Vanilla
 - Dash of Allspice
 - 2 Cups of Cooked Wild Rice
 - 2 Cups of Scalded Milk
1. Soak raisins in hot water until soft then drain. Whisk together 4 eggs, a cup of cream, a cup of maple syrup, spices and a teaspoon of vanilla.
 2. Pour mixture over the rice, then pour a cup of milk on top, and sprinkle with cinnamon
 3. Pour into greased (buttered) baking dish and stir in scalded milk, wild rice and raisins.
 4. Bake at 350F for 1 hour or until inserted knife comes out clean.



Note: Heat the milk up ahead of time, if the rice is hot and the milk is warm, the pudding cooks in about 40 minutes.
- Serve warm with cream.

History of Wild Rice

The Ojibwa and Sioux Indians of Minnesota call it "Mahnomem" The early French explorers in Minnesota and Canada called it Folles Avoines (wild oats). Ironically, wild rice isn't really a rice at all. It's an aquatic cereal grain with a biological technical name of Zizania Aquatica. - Manominikegississ is their August Moon, aka rice-harvesting time.

Helpful Tips: Wild Rice should be stored in a cool dry place, tightly covered; 1 lbs. = 20-25 average servings (it puffs up a lot!), One Cup Raw = 3 or 4 Cups cooked; You can freeze cooked wild rice; When blending white & brown rice, use a 50-50 ratio; You can use chicken broth to add flavor; Microwaving is not recommended; You can eat wild rice for breakfast with honey and milk (along the lines of oatmeal); Tone down wild taste by changing the water while cooking; Look for long grain rather than dark.

FRESH vs FAST FOOD



Spaghetti

1lb lean ground beef	\$3.47
Pasta sauce	\$1.00
Can of tomatoes	\$1.00
3 bell peppers	\$2.97
Bag of onions	\$1.97
Pasta	\$1.00

Dessert

Watermelon	\$3.47
Blueberries	\$2.47
Vanilla Yogurt	\$2.00

Drink

2L orange juice	\$2.00
-----------------	--------

Side

Salad kit	\$2.97
Cucumber	\$0.97

\$25.29



Fast Food Meal

2 Big Mac combos	\$13.98
2 Happy Meals	\$7.98
4 vanilla cones	\$5.56

\$27.52

Fresh has less sugar, less salt, less chemicals, less saturated fat and is LOADED with nutrients!



*Grocery prices from Walmart

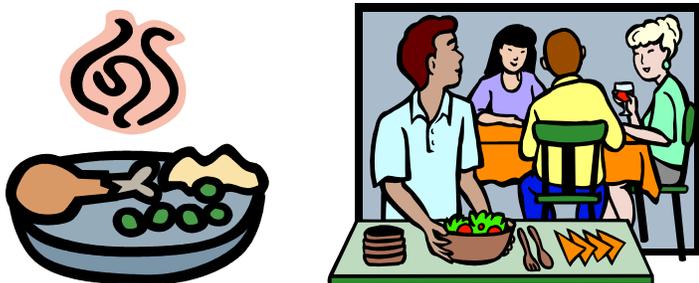
Seniors 55 & Over
Congregate Dining
Has resumed on
Sept. 3, 2014

Seniors Drop In Room

Wednesdays, 12 - 1 pm

Come out and enjoy a delicious,
nutritious home cooked meal!

Hope to see you there!



Freezing Fresh Vegetables
Thursday, Sept. 11
9 - 12 at the Health Centre



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

Vegetables will be supplied.

Seniors Healthy
Cooking Class

Tuesday, Sept. 23, 2014

10:30 - 1:30

At the Health Centre



Come out and join us!
Please call Peggy to register
and if you require a ride,
519-332-6770x31
By Monday, Sept. 22,
2:00 pm. to register!

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



Presented by: **Sandra Walker**





FREE Afterschool Programs

Physical Activity, Food & Fun!
Children in Grades 1—8

Aamjiwnaang Afterschool Program

Mondays, Wednesdays & Thursdays
Maawn Doosh Gumig
Community Centre

From: 3—6 pm

Everyone Welcome!

Program starts Monday,
September 8, 2014

For more information please
call 519-786-4545 x235



Top 10 Reasons to Stay Healthy

This list is to help keep you motivated!

Live Longer: A huge body of evidence suggesting that healthy living — both in terms of exercising, eating well, and staying on top of health screenings and physicians visits — can keep you living healthy and living longer!

Thrive Not Just Survive: We need to stay healthy so that when we're blowing out the candles at our centennial celebration, we're able to cut a rug on the dance floor immediately after!

More Energy: Exercise stimulates the release of feel-good endorphins that not only make you feel better but also up your energy levels.

Avoid Disease/Illness: A healthy lifestyle helps stave off hypertension (high blood pressure), promote healthy cholesterol levels, reduce the risk of diabetes, and keep your ticker in shape!

Keep Medical Costs Down: Study's find that the cost per year was far higher for obese people than their thinner counterparts up to age 56 and that the extra cost for healthier people was associated with "life years gained." It's better to live longer and spread out all those physician visits than shun the healthy lifestyle and pass your days sitting around in the doctor's waiting room!

For your Kids and Grandkids: For many of us, we want to be there for all of our children's milestones — the proms, graduations, weddings and births of your grandchildren.

Empowerment and Confidence: Remember the way that you feel after completing that long run? After lifting your personal best at the gym? And that feeling carries over and translates into the way you present yourself as well as how you are perceived by others.

Look Better: It helps you look better in your clothes, and leading a healthy lifestyle can also improve the appearance of your skin, teeth and nails and give you that certain glow that makes you look great!

Better Mental Health: It was found that exercising for 30 minutes, three times a week can help an estimated 60% of patients overcome their depression without using anti-depressant medications. In addition, exercise can give you the time you need to relax, take a break and deal with the problem at hand!

Better Sex: Did you know that one of the first signs of blood pressure troubles in men is failure to stand to attention? If your body isn't in shape, it shuns extra-curricular activities — such as sex. A study of 600 men conducted by researchers at Boston University, it was found that a brisk 2 mile walk per day can significantly reduce the risk of erectile deficiency (ED). Healthy eating can also lead to better sex. For example, a diet rich in heart-healthy Omega-3's (from fish, leafy green vegetables) and foods rich in L-Arginine, such as cashews, walnuts, root vegetables, garlic, ginseng, soybeans, chickpeas and seeds can help boost circulation and thus improve erectile response.

Intro to Fitness

ESRON MILLS

Personal Training Specialist

CONTINUES!!!!

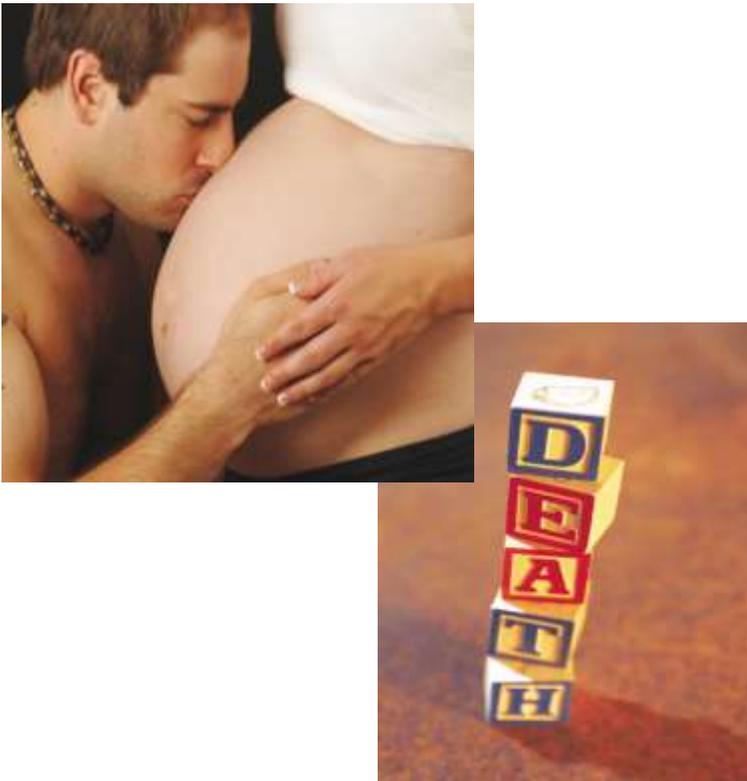
Tuesday Evenings

Aug. 19 – Sept. 23 from 6-7pm

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

**ALL FITNESS LEVELS
WELCOME!!!**

For more information please
contact Roberta at 332-6770.



Learn about the Passages of Life

Learn about the Grieving Process and Supports

Learn about the Ceremonies

JOIN US FOR LUNCH

Meet and greet with Healers/Elders: Richard Assinewai and Ernestine McLeod

Wednesday,
Sept 10/14
9:00am – 4:00 pm

CULTURAL
TEACHINGS ON
LIFE AND DEATH



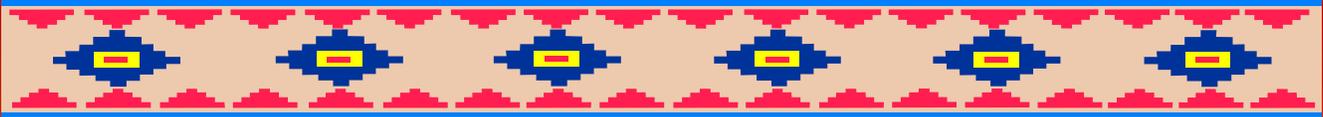
Southwest Ontario
Aboriginal Health
Access Centre

**Location:
S.O.A.H.A.C.**

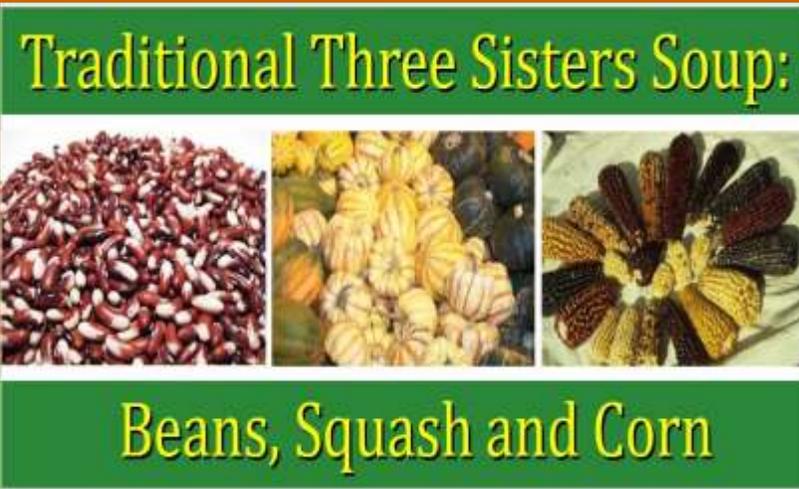
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Muncey, ON

NOL 1Y0

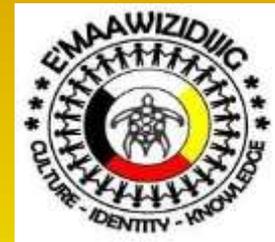
www.soahac.on.ca



**AAMJIWNAANG Heritage & Culture club
Invites you to our fall feast potluck
THEME: 3 Sisters**



SEPTEMBER
24
6—8 pm



**BRING YOUR
FAVORITE DISH**



*GUEST
SPEAKER
TBD*

THEME: THREE SISTERS
LOCATION:
MAAWN DOOSH GUMIG
1972 Virgil | Sarnia ON

EVERYONE WELCOME!

P.A.S.S.P.O.R.T for YOUTH



Employment Readiness Program

Aamjiwnaang Youth ages 18-30

Projected start date: September 17

What you will gain:

- Job search & Interview skills
- FIRST AID / CPR
- W.H.M.I.S
- Social Connections/ Roundtable discussions
- Networking / Teambuilding skills

You *may be* eligible for:

- Transportation assistance
- Child care allowance
- Clothing allowance
- Gift cards



Contact Marina Plain for more information 519-336-8410

***Qualifies as an ACTIVITY for your
participation agreement.**

HONORING LIFE

Suicide Prevention Project

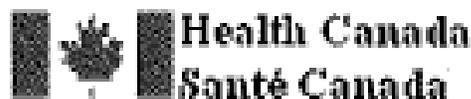


Photo Voice Project

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

August 25th - September 4th

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



NIHB Update for First Nations and Inuit Branch - Ontario Region

Changes to Methadone Maintenance Treatment

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

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

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

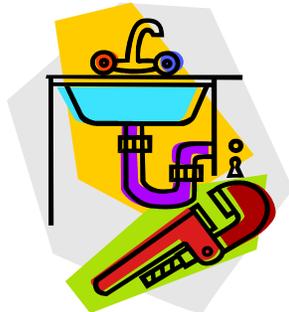
What is RRAP?

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

What repairs qualify my house?

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

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



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

Who is eligible?

The **TOTAL** household's income must be lower than \$42,000.00.



Written verification of household income is required from all residence of the home.

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

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

“Day of Caring”

Presented by: Shell & United Way



Tuesday

September 30, 2014

Once again Shell has teamed up with United Way for a “Day of Caring”. There will be 30-40 volunteers out in the community to help

If you are looking for small jobs to be done around your home such as:

- Minor Gardening – turn over soil, weeding
- Washing Outside Windows
- Pressure Wash Decks and Homes
- Clean Out Sheds
- Relocating Storage Items
- Painting – Sheds, Decks
- Hedge Trimming
- Cleaning of Eavestroughs
- and any other small jobs.

****** Please note if you are wishing any painting or any other jobs that require materials, it is the homeowners' responsibility to purchase the supplies required.***

If you would like to have you name on the list for “Day of Caring” or have any questions please contact the Housing Department



United Way
Sarnia-Lambton

Debwewin Citations awarded to Anishinabek storytellers

Posted on August 22, 2014 In [Anishinabek](#), [News](#)
By [Marci Becking](#)



Waubgeshig Rice, Wasauksing First Nation and Greg Plain, Aamjiwnaang First Nation with their Debwewin Citations for excellence in First Nations storytelling.

SUDBURY – CBC journalist Waubgeshig Rice and Aamjiwnaang freelancer Greg Plain were presented with Debwewin Citations for excellence in First Nations storytelling on Aug. 20 at the Anishinabek Evening of Excellence.

Waub Rice accepted the 2014 Debwewin Citation honour from Grand Council Chief Patrick Madahbee and thanked his past experience with the Anishinabek News.

“A student trip to Germany turned into my first stories for the Anishinabek News,” said Rice who noted that former Anishinabek News editor Dave Dale encouraged him to write.

Rice, a citizen of Wasauksing First Nation near Parry Sound is now a videojournalist in the public broadcaster’s Ottawa newsroom. He produced “Capital NDNs”, an hour-long television documentary about contemporary Aboriginal life in Ottawa, and his video contributions to CBC’s “8th Fire Digital Project” include “Mixed Blood” and “Sacraments and the Smudge”.

“It’s important for First Nations people to tell our stories,” said Rice. “I am very honoured to be accepting this award from my nation – my people.”

Grand Council Chief Madahbee, on behalf of the 39 member Anishinabek First Nations, said that all political leaders recognize the importance of communications.

“The Anishinabek are proud and fortunate to number among our citizens people like Waub Rice, who can help create greater awareness among Canadians about our people, our culture, and our contemporary issues,” said Madahbee.

Madahbee also praised the contributions of Greg Plain of Aamjiwnaang First Nation near Sarnia, who was presented with a special Debwewin Honourary Mention plaque at the event in Sudbury.

“It’s important that our citizens and communities get public recognition for the things they achieve, and Greg has contributed over 50 stories for the Anishinabek News about people and projects in our Southwest Region.”

Plain, who jokes that he always has his camera with him, explained how he got into writing for the Anishinabek News.

“I started sending photos to editor Maurice Switzer, and he would ask me to write something to go with the pictures,” said Plain who accepted his Debwewin honour while holding his camera. “I just had to get the who, what, where, why and when and get some quotes.”

The Debwewin Citations are the first major awards intended to recognize and encourage excellence in reporting about Native issues by First Nations and other writers. A selection committee appointed by the Union of Ontario Indians communications unit solicits nominations for the awards, whose name reflects the Ojibwe words for “truth”, but which literally means “to speak from the heart”.

The award has been presented nine times since first given to Toronto Star journalist Peter Edwards in 2002 for his extensive body of work related to the death of unarmed Anishinabek protester Dudley George on Sept. 6, 1995 at the former Ipperwash Provincial Park. Since then it has honoured not just journalists, but others who use their storytelling skills to create greater awareness about First Peoples across Anishinabek Nation territory. Last year’s recipient was CBC reporter Jody Porter, for her ongoing coverage of First Nations issues in the Thunder Bay area. Anishinabek recipients have included renowned Anishinabek author Basil Johnston from Cape Croker, columnist Bud Whiteye from Walpole Island, and writer/broadcaster Jennifer Ashawasagai from Henvey Inlet. The 2004 honouree was Lynn Johnston, who introduced First Nations people and places into “For Better or For Worse”, her cartoon strip carried by over 2,000 newspapers in 22 countries.

Changes to Required School-Age Immunizations

June 2014

Effective July 1, 2014, all school-age children will require proof of immunization against meningitis and pertussis (whooping cough). Also, all children born in 2010 or later will require proof of immunization or evidence of immunity against chicken pox to attend school. This is in addition to existing requirements for proof of immunization against diphtheria, tetanus, polio, measles, mumps and rubella.

What's new?

Meningococcal disease (Meningitis)

- A Meningococcal (C) shot is required for children under 12 years age who were born on or after September 1, 2004; routinely given to infants at 12 months.
- A Meningococcal (ACYW135) shot is required for children 12 years of age and older who were born on or after January 1, 1997; routinely offered to grade 7 students. If your child did not receive this shot, please contact the Health Unit.

Pertussis (Whooping Cough)

- Pertussis protection is routinely given in the infant and pre-school booster shots. It is also in the teenage booster shot (usually given at 14 to 16 years of age).
- If your child is up to date with these shots, please ensure it has been reported to your health unit.

Varicella (Chickenpox)

- Varicella vaccine is routinely given at 15 months of age and again in the 4-6 year booster shot. Some children have only received 1 varicella shot in their childhood immunization schedule.
- If your child was born on January 1, 2010 or later he/she will need the second booster shot at 4-6 years of age; **OR**
- If your child has had chickenpox, your health care provider must complete a medical exemption form stating your child has had the disease and does not require further immunization.

What you need to do?

Check with your health care provider or call your local public health unit to make sure your child has all of the vaccines required to attend school. You need to report all shots that your child has received to the health unit to avoid school suspension.

If you choose not to immunize your child please contact your local health unit.



177 King St. East, Suite 2,
Chatham ON N7M 3N1
Phone: 519.355.1071 ext. 5900
Email: ckhealth@chatham-kent.ca
www.ckpublichealth.com



**Lambton
Public Health**

160 Exmouth Street, Point Edward ON N7T 7Z6
Phone: 519-383-8331 | 1-800-667-1839
Email: publichealth@county-lambton.on.ca
www.lambtonhealth.on.ca

Environmental Health & Prevention Services

FACT SHEET

Head Lice

Head lice are a nuisance but not a health hazard. They don't result from a lack of cleanliness. Anyone can get head lice. School children get them more often because they're in head-to-head contact more than adults. Parents can get head lice from their children. Sometimes the source is another adult in close contact with the children. Head lice crawl quickly from one person's head to another and multiply rapidly.

What to look for

These tiny, flat insects have no wings and cannot jump or fly. Head lice live and breed on the hair of the head. They are only 1-2 mm (millimetres) long, greyish-brown colour, and hard to see. Adult female lice produce a great amount of nits.

Nits are very tiny eggs, half the size of a pinhead, and oval in shape. They may look like dandruff but they're firmly glued to the hair and can't be flicked off. New eggs, which are laid right next to the scalp, are tan to brown in colour and difficult to see. White nits more than 1 cm from the scalp have likely hatched or died. Head lice do not live long and their nits do not hatch away from the warmth and humidity of the scalp.

Itching and scratching are common signs of head lice. Sometimes there are no symptoms at all. Because other scalp conditions also cause itching, the best way to check for lice is to look for nits.

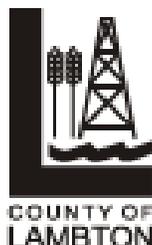
How to get rid of head lice

Treating head lice requires two treatments, one week apart:

1. Get a head lice shampoo, cream rinse or lotion from your drug store. You don't need a prescription but can request one from your physician if you want to use your drug plan. Ask your pharmacist if you have any

questions. Head lice products do not prevent head lice. Use only when lice or nits are present.

2. If you are pregnant or breastfeeding and need treatment for lice, before choosing a product consult your physician or public health nurse. If you are treating other people, wear plastic or rubber gloves.
3. Consult your doctor before choosing a product for treatment of children under two years of age, if lice are discovered on eyebrows, eyelashes or beard or if the skin of the scalp is broken or infected.
4. When choosing a product, read the list of contents and the directions very carefully. Don't use a product if the person being treated is allergic to any of its ingredients. In Ontario the most common head lice products contain **pyrethrins**, **permethrin** or **lindane**:
 - **Pyrethrins** (e.g. R&C shampoo) should not be used for anyone with a known allergy to ragweed or chrysanthemums.
 - **Permethrin** (e.g. NIX) should not be used for persons with a known allergy to chrysanthemums, synthetic pyrethroids, or pyrethrins. Do not use on children under two years of age unless directed by a physician. The hair should be washed with a conditioner-free shampoo and a conditioner should not be used after washing. Itching may increase for a while after treatment but this is not a concern. Sometimes head lice resist one product. If this happens, try another followed by the second treatment one week later.
 - **Lindane** (e.g. Kwellada) should not be used for children under two years of age unless directed by a physician. For children age two to five, Lindane is recommended only on the advice of a nurse, pharmacist or physician.

**COMMUNITY HEALTH SERVICES DEPARTMENT****Environmental Health & Prevention Services**

160 Exmouth Street

Point Edward, Ontario N7T 7Z6

Telephone: 519 383-8331

Toll free: 1-800-667-1839

Fax: 519 383-7092

www.lambtonhealth.on.ca

H.C. Starck



On Wednesday the 13th a few members of the environment department toured H.C. Starck . We got to view the types of products they produce, the ones we learned most about were cast tungsten carbide, tungsten, and tungsten oxide. These powders can produce many types of products we use daily such as light bulbs, camera lenses, golf clubs, and drill bits. These applications require great tensile strength at very high temperatures. Filament wire represents the single biggest use of tungsten. Pure tungsten also is made into heating elements for electric furnaces used in smelting plants and foundries. Pure tungsten also forms the electron beam target in the vacuum tubes producing X-rays for medical and industrial imaging. The pure metal also is used for lead-free fishing weights, lead-free shotgun pellets, welding rods and in high-tech weighted darts used for sporting competitions. Foundries. Pure tungsten also forms the electron beam target in the vacuum tubes producing X-rays for medical and industrial imaging. The pure metal also is used for lead-free fishing weights, lead-free shotgun pellets, welding rods and in high-tech weighted darts used for sporting competitions.



Our group on tour of the facility at H.C. Starck



SHELL CANADA

Last Friday on August 15, 2014, a few of our summer students were able to take a tour of Shell and learn about the on-going Talfourd Creek restoration project. They had to wear protective jumpsuits and hard hats as part of Shell's safety policies but they got the chance to walk around the plant and take in the scenery. Shell workers Mike and John walked the students around the plant and over to the creek where they talked about their plans to restore the banks to help protect the pipes that run across the creek from caving and falling in. The students ended their trip to Shell with a walk around of the creek where they learned more about the native species that live around the creek.



Mobile Market 2014

Coming to a community near you!



Mondays – Petrolia, Corunna &

Aamjiwnaang

Corunna – All Saints Anglican – Hill St

11:00 – 12:00

Aamjiwnaang - Community Centre Pavilion

12:30 – 1:30

Tuesdays – Forest, Thedford & Kettle Point

Forest – Contact House - 6276 Townsend Line

9:30 – 10:30

Thedford – Meadowville – 76 Mill Street St.

11:00 – 12:00

Kettle Point – Health Services – 6275 Indian Lane

12:30 – 1:30

Fridays – Sarnia

Rogers St. – parking lot 9:30 – 10:30

Kathleen Ave – park 11:00 – 12:00

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

Until the end of October

Accessing the Mobile Market

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

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

Community Kitchen Nights!!!

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



DETROIT TIGER TICKETS

CLEVELAND vs DETROIT



Commerica Park



Friday Sept. 12th @ 7:08 PM

Breast Cancer Night(First 10,000

Ladies Receive a Pink Baseball Tote Bag),

TICKET(Sec.105), COACH BUS, ADULT

BEVERAGES on BUS, Shuttle Bus from

Nemo's Bar & Grill, Fireworks—\$80.00

CDN—FOR TICKETS CALL - Willie at 519-

384-1957 or 519-332-6771 or Tracey at 519-

333-7472 or 519-862-3263. MUST HAVE

PROPER ID FOR BORDER CROSSING.

Bus will be leaving Old Workout Room loca-

tion at 3:00 pm SHARP and Eastland Plaza

Parking Lot at 3:15 PM SHARP

WILLIE'S CUBAN GOLF TRIP



January 27, 2015 to February 3, 2015

7 Days—\$1315.00 CDN Taxes Included

\$150.00 Deposit ASAP or by

September 1st

MELIA LAS AMERICAS GOLF &

BEACH RESORT – 18+

5 Star All-Inclusive & Unlimited Golf

Flying with Sun Wing To Varadero

Sign Up & Pay SEARS TRAVEL SARNIA

Just mention the Trip to Kim or Nicole or

you can contact Willie with any questions

@ 519-332-6771 or 519-384-1957



DETROIT RED WINGS VS TORONTO MAPLE LEAFS

Saturday October 18th

AT 7:00 PM

\$140.00 CDN

**INCLUDES: COACH BUS, TICKET
(202A Row 8-9 & 216A Row 9-10),**

ADULT BEVERAGES ON BUS

Proper ID for Border Crossing

BUS LEAVES EASTLAND PARKING

LOT AT 3:30 PM

CONTACT Willie at 519-384-1957 or

519-332-6771 or Tracey at 519-862-3263

or 519-333-7472

"WILLIE'S CASINO GETAWAY"

New Date: October 1-2

\$100.00 US Double Occupancy

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



WEEK-END IN CHICAGO

OCT. 24-26 - 2 Nights –

Embassy Suites – Chicago, Lakefront

Single - \$770., Double - \$450., Triple - \$330., Quad - \$ 280 All Prices U.S. Funds

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

Proper ID for Border Crossing

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

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

For our American Passengers Contact Preferred Charters at 810-982-7433



DETROIT LIONS vs CHICAGO BEARS

THURS. NOVEMBER 27th at 12:30 PM

\$190 US – Includes: Coach Bus,

Ticket (Sec.246, Row 9-10),

Adult Beverages on Bus

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

Proper ID for Border Crossing

Contact Willie for Ticket's at

519-332-6771 or 519-384-1957

SOCIALS

FEASTS

DRUMMING

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& Culture Club**

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WORKSHOPS**



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Upholstery & Carpet Cleaning

**“Handyman Work Wanted”
Painting, Drywall Repair, etc...
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Removal, Weeding Gardens, etc... Grass cutting,
Ditches Lawnmower repairs, any kind of work.

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Appointment*



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“Our Vision—Your Well Being—Our Cover-



Next issue is due out on
Friday, September 12 , 2014
 The **deadline** for submissions is
Wednesday, Sept. 10 @ 12:00 pm
Chi-Miigwetch ~ Bonnie Plain, Editor

CHIPPEWA TRIBE-UNE
 978 Tashmoo Avenue
 Sarnia, Ontario N7T 7H5
 Phone: 519-336-8410 Fax: 519-336-0382
 E-mail: tribeune@aamjiwnaang.ca
[https://sites.google.com/site/
 chippewatribeune/home](https://sites.google.com/site/chippewatribeune/home)



24 HR CRISIS SERVICES

911 POLICE FIRE AMBULANCE

KIDS HELP PHONE 1-800-668-6868

DISTRESS LINE SARNIA 519-336-3000 TOLL FREE 1-888-347-8737

SEXUAL ASSAULT SURVIVORS 519-337-3320

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

CHILDREN'S AID SOCIETY 519-336-0623

WESTOVER ADDICTION ASSISTANCE 1-800-721-3232

WITHDRAWAL MANAGEMENT

WINDSOR 519-257-5225

GRAND RIVER 519-749-4318

LONDON 519-432-7241

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

MENTAL HEALTH CRISIS SERVICE 519-336-3445

For more information please contact: 519-332-6770