



CHIPPEWA TRIBE-UNE

Interim Editor,
Lynn Rosales



*Wishing All A Very
Merry Christmas &
The Happiest New Year*



NIIBAA' ANAMI'EGIZHIGAD

Mino Dbishkaan-Happy Birthday Dec. 20, 2014 - Jan. 9, 2015

| | | | | | |
|---------------|---------------|---------|------------------|--------------------|---------|
| Jennifer | Brander | Dec. 20 | Jamie | Munoz | Dec. 26 |
| Marsha | Grant | Dec. 20 | Susan | Rogers | Dec. 26 |
| Lisa | Ham | Dec. 20 | Jonathan | Bird | Dec. 27 |
| Shawn | Plain | Dec. 20 | Jessica | Isaac | Dec. 27 |
| Taylor M | Plain | Dec. 20 | Brandon | Joseph | Dec. 27 |
| Rosamond | Simon | Dec. 20 | Connie | Sinne | Dec. 27 |
| Chynna | Brooks | Dec. 21 | Wesley | Williams | Dec. 27 |
| Evan | Brown | Dec. 21 | Kenneth | Collier | Dec. 28 |
| Gabriel | Gray | Dec. 21 | Randall | Jackson | Dec. 28 |
| David | Lacourse | Dec. 21 | David | Lavallee | Dec. 28 |
| Emily | McKay | Dec. 21 | Cara | Maness | Dec. 28 |
| Nathan | Pamajewon | Dec. 21 | Jennifer | Pimentel | Dec. 28 |
| Mark | Pevec | Dec. 21 | Christine | Plain | Dec. 28 |
| Nerissa | Pevec | Dec. 21 | Darrel | Gray | Dec. 29 |
| Winterson | Rogers | Dec. 21 | Jordan | Gray | Dec. 29 |
| Gary | Solomon | Dec. 21 | Justine | Koglin | Dec. 29 |
| Robert | Stone | Dec. 21 | Little Owl Woman | Matte | Dec. 29 |
| Robert | Verdon | Dec. 21 | Kelly | Rogers | Dec. 29 |
| Ashley | Wright | Dec. 21 | Michael T | Williams | Dec. 29 |
| Vicky | Barnier | Dec. 22 | Benjamin | Worsley | Dec. 29 |
| Kyle | Cottrelle | Dec. 22 | Stewart | David | Dec. 30 |
| Rylee | Crowe | Dec. 22 | Terri | Joseph | Dec. 30 |
| Jordan | Day | Dec. 22 | Marshall | Maness | Dec. 30 |
| Jacinda | DeWit | Dec. 22 | Brianna | Parker | Dec. 30 |
| Mia | Iacobelli | Dec. 22 | Chase | Rogers | Dec. 30 |
| Charlene | Nahmabin | Dec. 22 | Kayden | Simon | Dec. 30 |
| Isabelle | David | Dec. 23 | Cheryl | Evans | Dec. 31 |
| Aleks | Gergi-Rogers | Dec. 23 | Stephanie | MacGregor | Dec. 31 |
| Arlene | Gray | Dec. 23 | Blake | Medeiros | Dec. 31 |
| Kim | Williams | Dec. 23 | Lacey | Rogers | Dec. 31 |
| Robert Allan | Adams | Dec. 24 | Mark | Rogers | Dec. 31 |
| Michelle | DeWit | Dec. 24 | Gerald | Smith | Dec. 31 |
| Nicole | Levert | Dec. 24 | Oshkiwesensmawan | Stone | Dec. 31 |
| Charles | Plain | Dec. 24 | Michael | Thompson | Dec. 31 |
| Tara-Lynn | Rising | Dec. 24 | Christopher | Vallier | Dec. 31 |
| Mary | Tinney | Dec. 24 | Celsie | Williams-Bressette | Dec. 31 |
| Debra | David-Accetta | Dec. 25 | Melanie | Birchard | Jan. 1 |
| Cameron | Gray | Dec. 25 | Selina | Cottrelle | Jan. 1 |
| Brayden | Kiyoshk | Dec. 25 | Jaylynn | Graham | Jan. 1 |
| Michael James | Adams | Dec. 26 | Nangwaabiikwe | Gray | Jan. 1 |
| Tadra | Bird | Dec. 26 | Saige Ruby | Hallett-Plain | Jan. 1 |
| Shirley | Chaisson | Dec. 26 | Lorna | Lawrence | Jan. 1 |
| Ronald | Jacobs | Dec. 26 | Wanda | Maness | Jan. 1 |
| Jeffrey | Land | Dec. 26 | Shirley | Oliver | Jan. 1 |
| Myranda | Maness | Dec. 26 | Tyson | Plain | Jan. 1 |

| | | | |
|-------------|----------------|------|---|
| Krislyn | Rogers | Jan. | 1 |
| Linda | Bressette | Jan. | 2 |
| Montee | Henry | Jan. | 2 |
| Stanley | Jackson | Jan. | 2 |
| Garnet L | Williams | Jan. | 2 |
| Jacqueline | Cunningham | Jan. | 3 |
| Alyssa | Plain | Jan. | 3 |
| Darius | Sinopole | Jan. | 3 |
| Randall | Williams | Jan. | 3 |
| Benjamin | Yardley | Jan. | 3 |
| Hunter | Adams | Jan. | 4 |
| Charmaine | D'Amato | Jan. | 4 |
| Sydey | DeGurse | Jan. | 4 |
| Daanis | Fisher | Jan. | 4 |
| Alexa | Giorgi | Jan. | 4 |
| Anthony | Huete-Jacobs | Jan. | 4 |
| Elijah | Noah | Jan. | 4 |
| Leona | Rogers | Jan. | 4 |
| Dylan | Smith | Jan. | 4 |
| Bryan | Williams | Jan. | 4 |
| Harley | George-Walker | Jan. | 5 |
| Cody | Grider | Jan. | 5 |
| Darlene | Joseph | Jan. | 5 |
| Vince | Joseph | Jan. | 5 |
| Raven | Nahmabin-Hiltz | Jan. | 5 |
| Theresa | Piche | Jan. | 5 |
| David D | Plain | Jan. | 5 |
| Mitchel | Williams | Jan. | 5 |
| Isabelle | Baker | Jan. | 6 |
| Michael | James | Jan. | 6 |
| Real | Levert | Jan. | 6 |
| Mary Ann | Maness | Jan. | 6 |
| Nicholas | Nahmabin | Jan. | 6 |
| Jinelle | Williams | Jan. | 6 |
| Russell | Williams | Jan. | 6 |
| Rebecca | Adams | Jan. | 7 |
| Tyler | Corner | Jan. | 7 |
| Jamie | Hanna | Jan. | 7 |
| Kenneth | Lewis | Jan. | 7 |
| James | Adams | Jan. | 8 |
| Juanita | Deacon | Jan. | 8 |
| Diana Faith | Gray | Jan. | 8 |
| Patricia | Joseph | Jan. | 8 |
| Richard | Levert | Jan. | 8 |
| Melissa | Medeiros | Jan. | 8 |
| Dana | Nahmabin | Jan. | 8 |
| Arno | Yellowman | Jan. | 8 |

| | | | |
|-----------|----------------|------|---|
| Julie | Bird | Jan. | 9 |
| Alexander | Bourgeois | Jan. | 9 |
| Ariana | Fotinakis | Jan. | 9 |
| Marion | Maness | Jan. | 9 |
| Gabbi | Noah | Jan. | 9 |
| Janice | Rogers-Feather | Jan. | 9 |

Happy 17th birthday to Hunter Adams, love you always and 4ever
Love Mom n Dad, Robert, Papa, Grandma Harriett and Grandma n Duane

Happy Birthday Daanis!!!!
Love always
Becky, Hunter, Robert and Auntie Hodge and Duane

Happy Birthday to my cousins, Mikey, Blake... love you both
Love always Becky, Hunter, Robert

Happy Birthday to Bob Adams
Love your boys Robert & Hunter

Friends forever – happy birthday bob!
From Becky

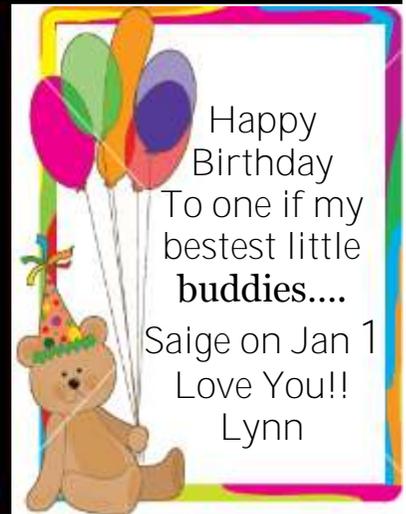
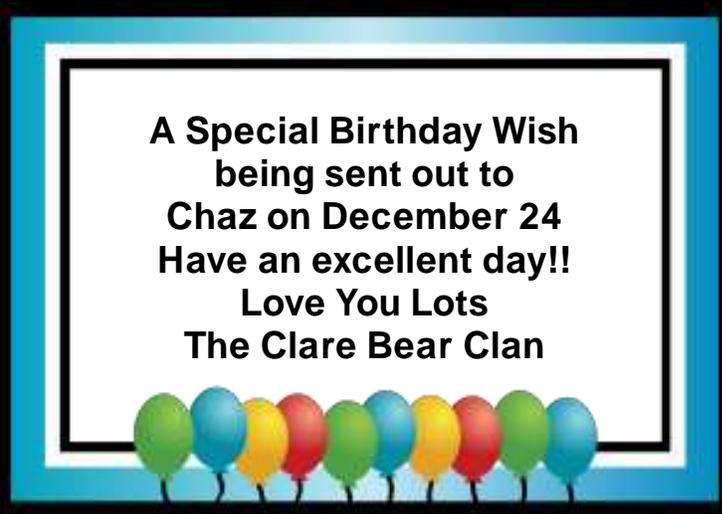
Happy 17th birthday to my lovely, beautiful lady Ms. Rylee
Miss you !!!
Love always Auntie Becky, Robert & Hunter

Happy Birthday!

Happy Birthday to all my boys
Cyrus (dec 9)
Julius (dec 16)
Dallas (dec 17)
Darius (jan 3)
Love Mom and Gena

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Aamjiwnaang
Population Stats
Current: 2326



For Up-To-Date News and Information in the First Nations Political Arena you may visit the following sites:

Chiefs of Ontario visit:
<http://www.chiefs-of-ontario.org/>

Union of Ontario Indians visit:
<http://www.anishinabek.ca/>

Assembly of First Nations visit:
<http://www.afn.ca/>

Southern First Nation Secretariat
<http://www.sfns.on.ca/>



The Staff of Mnaasged Child & Family Services wish everyone a Wonderful Christmas Season filled with Hope, Peace, Joy, and Love!
Our office will be closed Friday, Dec.19, 2014 at 4:30 and reopen at 8:30 am Monday, Jan. 5, 2015
In case of a Family Emergency a member of our staff will be available at 519-466-3696

A very Merry Christmas from
Janice, Sue, Patty, & Vicki

Greetings Community Members,

It has been a busy time recently not only locally but also with the organizations that represent our interests on regional and national levels, as well as the Anishinabek Nation.

Deputy Grand Chief Glen Hare paid a visit to Aamjiwnaang recently. Aside from discussions on political issues, the Deputy was also able to attend our Annual Remembrance Day Service as well as some visits throughout the community. Also in attendance for our service was The Honourable Kellie Leitch, Minister of Labour and Minister of Status of Women. It's always a privilege to have the opportunity to meet and have discussions with Federal Cabinet Ministers, and I was pleased to have the opportunity to welcome her to Aamjiwnaang.

Two weeks ago, the Chiefs of Ontario were invited to Queens Park for round table discussions with several of key Ministers in Premiere Wynne's cabinet. The Premiere has rolled out new directives regarding relationships with First Nations and this was seen as an important step to bringing forward the priority issues for First Nations and the Province. I was pleased with the initial discussions and the topics covered, and look forward to continued discussions that will create new opportunities for our communities.

Last week the Assembly of First Nations gathered in Winnipeg with the main agenda item being the election for National Chief. Through the direction of council Aamjiwnaang supported Perry Bellegarde, who was successful on the 1st ballot. Throughout the campaign one thing became clear, grassroots citizens would like a voice in this process and it's the #1 issue I spoke to the National Chief candidates about during the time of their campaigns. The new National Chief and the AFN have much work to do, but as a community that has supported the formation of the AFN, supported mandates of the AFN, we will continue to support the organization as it carries our collective voice to Ottawa, and lobby and support efforts to be more inclusive of the citizens it represents.

As the year comes to an end, I look forward to the opportunities the New Year will bring and I look forward to working on the priorities of the community in the next year. Several key projects are in different stages, and 2015 looks to be another busy year!

On behalf of Council, I would like to wish all of you a Safe and Happy Holiday Season, and all the best in 2015!

**Miigwetch,
Chief Chris Plain**





COUNCIL AGENDA ITEM SUBMISSION DEADLINE!!

FRIENDLY REMINDER

To whom it may Concern:

Please be advised that the Council Meeting Agenda Item deadline is the Wednesday prior to the next Regular Council Meeting (RCM) at 4:00 p.m. Sorry, no exceptions. Any items submitted after the deadline will placed on the next RCM Agenda/Meeting.

RCM's are every 1st and 3rd Monday of each month. Should the RCM fall on a holiday, then it will be held on the following Tuesday.

Miigwech for your co-operation and understanding.

Respectfully,
Shelley, Band Council Clerk

Please Note:

If you have any discussion items for
Chief and Council on:

Monday, January 12, 2015

The deadline for submission is:

Wednesday, January 7, 2015, 4:00 PM



Aboriginal Affairs and
Northern Development Canada

**IF YOU DO NOT HAVE THE
MANDATORY IDENTIFICATION TO
OBTAIN A STATUS CARD,
PLEASE CALL: 1-800-567-9604**

- Advise the call centre representative that you want to obtain a Temporary Confirmation of Registration Document (TCRD).
- They will ask a series of questions to confirm your identity and then mail a Temporary Confirmation of Registration Document (TCRD) to you.
- **This document will state your registration number and can be used in place of a Status Card to access benefits and services.**

TRIBE-UNE SUBMISSION INFO!! SUBMISSION DEADLINE

Please Note that the submission deadline for the next Tribe-Une is:

Tuesday, January 6 @ 4:00 pm

This is to ensure that the Tribe-Une will be distributed by the end of the week,
Meegwech for your support!!

Please submit your documents in **Word, Excel, Publisher** formats or info can be hand written; **jpeg** for pictures.



ATTENTION

Sting and Legionnaire Flex Tickets will be available at the Band Office, starting Monday, September 15th.

Limit of 4 Per Household.

**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

Please Note:

E'Mino Bmaad-Zijig - Health Centre will be closed during the Holidays from December 22, 2014 – January 2, 2015 and will re-open on Monday January 5th. You may call the Health Centre and leave a message on the general delivery mailbox if you wish to schedule an appointment with Wendy Hill, we will return your call after the Holidays to confirm your appointment.

Wendy Hill Traditional Healer

**Dates Available
January 7 & 8, 2015**

**Please Call the Health Centre
to Book an Appointment
519-332-6770**



NOTICE

The Community Centre
gymnasium will be
renovated starting;

Monday, January 5, 2015

Renovations will last
Approximately 6 weeks.
We will be having the Gym
floor replaced and new
lighting installed.

**Jamie Maness
Community Services Coordinator**



**Thursday, January 15, 2015
Thursday, February 12, 2015
Thursday, March 12, 2015
12:00 – 1:30pm
HEALTH CENTRE**

In need of a warm meal?

Want to socialize?

Come out and join us and have a
nice warm bowl of soup on us!

For further information please call Jessica at
the Health Centre at 519-332-6770

Medical Travel Drivers

| | |
|---------------------|---------------|
| Terry Plain (Monis) |402-5535 |
| Ron Simon |328-0203 |
| Sheila Firth |383-1073 |
| Mary Lou Williams |337-9342 |
| Carol Miller |332-0751 |
| Christine Plain |466-0054 |

Attention Medical Travel Drivers
- See Message Below!!

Please ensure you have all COMPLETED MEDICAL TRAVEL FORMS submitted by JANUARY 5, 2015 BY 4:30 pm for processing.

*Merry Christmas & Happy New Year
Enjoy Your Holidays
Trudy Maness*

Men's Cooking Classes

Thursday,
January 29, 2015
11:00am -1:00pm
Health Centre



Prize for all Participants

Learn to love delicious food made with
a few healthy ingredients

New Participants Always Welcome!!

Call to Register Today!! 519-332-6770
Transportation Available

Healthy Babies/Healthy Children & Head Start



Monday, January 5, 10:30 am to 1:30 pm
Polar Bear Handprints

Wednesday, January 7, 5:00 pm to 7:30 pm
Playdough, Gak, and Slime!

Thursday, January 8, 10:30 am to 12:30 pm
Play and Literacy Specialist

Monday, January 12, 10:30 am to 1:30 pm
Simple Sewing

Wednesday, January 14, 5:00 pm to 7:30 pm
**Sledding in Bear Park
(weather permitting)**

Thursday, January 15, 10:30 am to 12:30 pm
Sexologist and HIV Presentation

Monday, January 19
Drum Making - sign up

Tuesday, January 20, 10:30 am to 12:30 pm
**Traditional Family Parenting starts
- Sign up**

Wednesday, January 21, 10:00 am to 3:00 pm
**New Parents Group - Moss Bags
- Sign up**

Wednesday, January 21, 5:00 pm to 7:30 pm
Teepee craft

Thursday, January 22, 10:30 am to 12:30 pm
Baby Moccasins-Sign up

Monday, January 26, 10:30 am to 1:30 pm
Kids in the Kitchen

Tuesday, January 27, 10:30 am to 12:30 pm
Traditional Family Parenting

Wednesday, January 28, 5:00 pm to 7:30 pm
Pajama Night

Thursday, January 29, 10:30 am to 12:30 pm
Nutrition

Father's Photovoice Contest

Photovoice is a picture that gives voice through images.



Fathers take a picture that represent what it means to you to be a father. Add your caption to help explain your picture.



Fathers of all ages invited to participate. One submission per father.



Here is an example:

“A child looks up at the stars and wonders. A great father puts a child on his shoulders and helps him to grab a star.”

Reed Markham

Photo: Dooley and James Bird.



Submit your photos with your contact information by March 4, 2015 to Joanne Culley at jculley@aamjiwnaang.ca



1st, 2nd and 3rd place will be judged by a panel.
People's Choice place will be judged by the community.



Open house to display all pictures at Community Centre—March 25th display—5:00 to 7:30 p.m. Prizes will be awarded at 7:00 p.m.



Traditional Family Parenting

Come learn about traditional teachings and how it effects parenting today.

Registration Required

Please Call the Health Centre

To Register: 519-332-6770

- Must Commit to all 6 Weeks
- Childcare & Transportation Available

Classes will be held at Maawn Doosh Gumig from January 20 - February 24, 2015

ATTENTION HCC CLIENTS & FAMILY



Just a friendly reminder to
Home & Community Care Clients and Family Members

There will be **NO SERVICE**
on **Thursday December 25th, &**
Friday December 26th, 2013

&

Thursday January 1, 2015

All Personal & Home Support Workers Will have
December 25th, 26th, & January 1st, 2015
OFF Please make arrangements with family.



**FROM THE
HOME & COMMUNITY
CARE
DEPARTMENT
WE WOULD LIKE TO
WISH YOU**





Respect Yourself.
Treat your body
well and choose
wisely.

THERE IS NO SUCH THING AS
"JUNK FOOD."



THERE IS JUNK, AND THERE IS FOOD!

Seniors 55 & Over Congregate Dining



Seniors Drop In Room
Every Wednesday
12 - 1 pm

Come on out... Socialize and
enjoy a home cooked
Nutritious, delicious meal!
Hope to see you there!

Any Questions give call Peggy a call
519-332-6770

Senior's Programming

INDOOR WALKING



Open to everyone
Starting Monday Jan 12 -
Mar. 11, 2015,
Monday and Wednesday
9:30 - 10:30

Community Centre

Start the new year off right!
Get Active! Incentives for
the most attended sessions!
Water and refreshments will
be supplied



MOVIE NIGHT



Tuesday, January 13 & 27, 6
pm Seniors Drop-In Room

Popcorn and refreshments will
be Supplied Come on
out of the cold, sit by the
fireplace and relax watching
a movie!



DROP IN - THURSDAY MORNING



Starting Jan. 15, 2015,
10 am - 12 noon

Senior's Drop In Room

Come on out of the cold, sit by
the fireplace and relax, Have a
coffee, do a jigsaw puzzle, play a
game of cards or scrabble or just
stop by to chat!



SENIORS PIZZA AND GAME NIGHT

Wednesday, Jan.21, 2015, 6 pm
Seniors Drop-In Room

Any questions, or plan on attending
Contact Peggy or Jessica
at the Health Centre,
519-332-6770

Aamjiwnaang Afterschool Program



Invites all children between the ages of 6-12 years of age to join us at the Maawn Doosh Gumig on **Monday November 10, 3-6 pm** to check out our new programming and to make some new friends! New registrations are always welcome.

It will be KIDS CHOICE of the games and activities so

Come out and see what all the FUN is about!

Melissa Joseph-Program Leader
519-332-6770 ext. 35 or
226-932-0786
mjoseph@nlchc.com



Ontario's Community
Health Centres

Grief & Loss Counselling Services Are Available Remember you are never alone.

Through grief/trauma counselling, Tina can help you work through distressing experiences. Regardless of the kind of loss you're facing, Tina can help guide you through your grief and help you learn healthy ways to cope with your loss/trauma. Tina provides confidential care and support for individuals, couples and families across the lifespan who are facing difficult seasons in their lives.

Please contact Aamjiwnaang Health Centre to speak with Tracey or Penny about accessing **Grief & Loss Counselling (519) 332-6770**

Let's Talk

Overdose Basics

What is an overdose?

An overdose means having too much of a drug (or combination of drugs) for your body to be able to cope with. There are a number of signs and symptoms that show someone has overdosed, and these differ with the type of drug used.

Depressant overdose

Opioids, benzodiazepines and alcohol are all depressants, which means they slow the central nervous system, including breathing and heart rate. Too much of any one of these substances on their own or in combination can kill or cause permanent brain damage.

Opiates are derived from opium, and there are some drugs such as fentanyl and methadone, that are synthetic drugs manufactured without using opium. Others, like oxycodone, which is derived using thebaine, one of the compounds in opium, are described as semi-synthetic.

Benzodiazepines are used medically to reduce anxiety, help people sleep and to relax the body. They include diazepam or Valium, oxazepam or Serepax, alprazolam or Xanax and a number of other drugs. Taken in high doses or in conjunction with alcohol they are responsible for many overdoses. Taking these kinds of drugs in higher than prescribed quantities can slow your breathing to dangerous levels or stop it altogether. Mixing these drugs can be extremely dangerous. People's tolerance to a drug can drop quickly and for a variety of reasons, such as having not used for a while (eg: having been in custody or having done detoxification/rehabilitation) or cutting down.

Signs of depressant drug overdose (e.g. heroin, morphine, oxycodone, fentanyl, methadone) include:

- shallow breathing or not breathing at all
- snoring or gurgling sounds (this can mean that a person's airway is partly blocked)
- blue lips or fingertips
- floppy arms and legs
- no response to stimulus
- disorientation
- unrousable (can't be woken up) unconsciousness

If you can't get a response from someone, don't assume they are asleep. Not all overdoses happen quickly and sometimes it can take hours for someone to die. Action taken in those hours could save a life. This is a medical emergency: call the ambulance immediately if you can't rouse them.

Alcohol poisoning/overdose

Generally people do not automatically think of alcohol when they think of overdose, but alcohol is a depressant and it is all too possible to overdose on it. Acute alcohol poisoning, which is usually a result of binge drinking, is an example. Our bodies can process about one unit of alcohol an hour. If you drink a lot quickly the amount of alcohol in your blood-

stream (blood alcohol concentration, or BAC) may become dangerously high, which can stop your body from working properly. In extreme cases, alcohol poisoning could stop you breathing, stop your heart or cause you to choke on your own vomit.

Signs of alcohol intoxication to the point of overdose include:

- Disorientation
- loss of coordination
- Vomiting
- Seizures
- irregular or slow breathing (less than eight breaths a minute)
- blue-tinged or pale skin
- low body temperature (hypothermia)
- stupor (being conscious but unresponsive)
- unconsciousness (passing out).
- Stimulant overdose

It is possible to overdose on amphetamines such as speed and ice. Amphetamine overdose increases the risk of heart attack, stroke, seizure or drug-induced psychotic episodes.

Amphetamine overdoses look different from an opioid OD, and signs and symptoms include:

- chest pain
- disorientation/confusion
- severe headache
- seizures
- high temperature (overheating, but not sweating)
- difficulty breathing
- agitation and paranoia
- hallucinations
- unconsciousness.
- understanding tolerance and half-life

When a person uses a drug regularly they develop tolerance to it. This means they need to use more to get the same effect. Similarly, if a person hasn't been using regularly – or if they've not been able to get drugs – their tolerance will drop. When people take their usual amount of drugs after a break from using, it could be too much for the body to cope with and lead to an overdose. This is why high-risk situations for drug overdose include post-release from prison, detoxification and rehabilitation. Someone on naltrexone can also be at risk if they use soon after stopping oral medication, or skipped a dose, or when the effects of a naltrexone implant have ceased.

“Half-life” refers to the time it takes for a drug to drop to half the strength of its original dose. Some drugs have a long half-life, for example some benzodiazepines. If a person has used yesterday, they may still have enough in their system today to overdose if they use more. Diazepam (Valium) has one of about 24 hours, so if you took 20mg yesterday you would still have approximately 10mg of diazepam active in your system today. If you were then to use heroin or morphine, you would have an increased risk of overdose as you would be using the opioids in addition to that 10mg of diazepam.

Mixing drugs

Taking more than one kind of drug at a time puts strain on the body and can increase both effect and the risk. For example, most heroin-related overdoses are caused when other depressant drugs are taken too. Alcohol and benzos like alprazolam (marketed as Xanax) and temazepam (Temaze) are depressants, and mixing them with drugs like heroin, oxycodone (Oxycontin) or morphine (MS Contin) greatly increases the risk of an overdose.

What to do if someone is overdosing

- stay with them and assure them everything will be okay
- if they appear unconscious, try to get a response from them (eg: call their name).
- If you can't get a response put them in the recovery position and call an ambulance.
- commence first-aid. Emergency operators can give CPR instructions.
- keep an eye on them. People can go in and out of consciousness.
- if stimulants such as amphetamines are thought to be involved, a person may feel hot, anxious or agitated. Try to move them somewhere cooler and quieter. Or try to make the place quieter

When to call an ambulance

People are often reluctant to call an ambulance for fear of police involvement or concern about the cost of a call-out. The police will only attend if there is a fatality or if their presence is requested, for example if the ambulance crew feel threatened. This is an issue worldwide.

In addition to unconsciousness, call for emergency help when someone is:

- having a seizure
- experiencing severe headache
- experiencing chest pain
- experiencing breathing difficulties
- extremely paranoid, agitated and/or confused

It is not necessary for someone to have all of these signs or symptoms for them to be overdosing. Exhibiting only a few could still mean they are in trouble and need emergency help.

Don't ignore gurgling and snoring.

Snoring and gurgling can mean a person is having trouble breathing.

With substance use, especially substances that slow down the systems of the body (eg: benzodiazepines, opioids, GHB), snoring may indicate a serious and potentially life threatening obstruction of the airway.

The noise generated results from reduction in the size of the airway, and the result is a reduction in the volume of air that is able to move in and out of the lungs with each breath, and vibration of tissues around the airway as the comatose person struggles to move air in and out of the lungs. The larger the obstruction, the smaller the amount of air that gets in, and the greater the effort that is required to try and get air into the lungs. The obstruction occurs when the person is unable (due to their substance use) to move their head/neck/

body to allow better air flow, and because collapse of the airway due to decreased muscle activity around the airway that normally keeps it open – this is because they are unconscious, not because they are sleeping.

In the setting of substance use, snoring is not something that should be seen as 'normal'. Don't let people 'sleep it off' if they are snoring – this may be a sign of significant and life threatening emergency – attempt to wake them immediately. If they do wake then the snoring (airway obstruction) will resolve. If they do not wake, call emergency services and ask for an ambulance. Follow the instructions from the operator (you will probably be asked to roll the snoring person onto their side and open their mouth to maximise the flow of air).

Naloxone half-life.

Naloxone or Narcan is the used by paramedics to revive people who have had an opiate or opioid drug overdose. Anyone who has been revived using naloxone needs to understand the danger of taking more drugs afterwards because they can overdose a second time. Naloxone can precipitate withdrawal symptoms which bring a powerful urge to take more drugs. Because naloxone has a half-life of 1-1.5 hours, considerably less than heroin and morphine, taking more opiates can bring on a second overdose. Drugs like methadone, and sustained-release opioids like OxyContin and MS Contin, provide the drug over 12 hours or more, so the effect of naloxone will wear off long before those drugs have exited your system.

Permanent brain damage and overdose.

Hypoxic brain injury, which is caused by a lack of oxygen to the brain, is an under-reported consequence of heroin overdose. These brain injuries can cause coma, seizures and, in worst case scenarios, brain death. The long-term consequences of hypoxia depend on how long the brain is without adequate oxygen supply. Basically, the longer a person is not breathing, the more potential damage is being done to the brain. In many overdose cases such information is unknown. Health outcomes depend on the success of damage control measures, the area and extent of brain tissue deprived of oxygen and the speed with which oxygen was restored to the brain.

A brain injury can result in mild to severe impairment of:

- movement, balance and co-ordination
- senses such as hearing or vision
- spoken and written communication
- thinking, concentration and memory

In severe cases, brain injuries from overdoses can leave people in a vegetative state.

If you have any questions or need more information Please Call the Health Centre and talk to Penny Rogers.

519-332-6770

Miigwech / Thank You

NAAAW



National Addictions Awareness Week 2014

We had a very successful Addictions Awareness Week this year. Thank you to all the groups who participated in educating their participants about the impact of addictions. A number of events were held throughout the week and started with the Diabetic Support Group whose participants learned about resiliency, how to bounce back from adversity. On Tuesday, the Bluewater Methadone Clinic provided information about their program. We had a discussion about the impact on child protection issues, suboxone and women using methadone during pregnancy. Later that evening a recovery dinner was held and was very well attended by those in recovery along with their families. Rob Henry shared his story of use and recovery. Those who attended were celebrated for their hard work and dedication to live a healthy lifestyle. Wednesday morning a workshop about Spirit painting was offered and provided personal insight for all those who participated. The Seniors Congregate Dining provided lunch for the community and hosted a guest speaker from the OPP who presented information about telephone, internet and other technological scams. Wednesday evening, the Right to Play group hosted a Family Fun Night where substance abuse information was presented to youth and the youth provided a variety of fun games. Thursday morning, the Healthy Babies Healthy Children group hosted a speaker from MADD and provided lunch following the presentation. Thursday evening a music video dance featuring mocktails and light sticks was held for families to enjoy. Living the Good Life awards were presented by Councillor Darren Henry at the dance. Sherry Rogers was the recipient of the Bertha Adams award and Chris Joseph received the Peggy Bird award for youth. Congratulations to you both and thank you to Darren Henry for presenting the awards. All who attended the dance had a blast and had the chance to honour Sherry and Chris. Friday was our last day of awareness. It was a full day that ran into the evening. Friday morning the Right to Play group hosted a teaching about Medicine Bags and was later joined by Earle Lambert who provided a wonderful presentation about motivation, community building and cultural pride. Afterwards the participants enjoyed a delicious lunch of Indian Tacos! Later that day a community dinner was held and Earle Lambert provided a presentation for the community following dinner. Throughout the week everyone who attended the events were given the opportunity to vote on the wonderful display of artwork provided by our students. The winners received gift cards but more importantly the message about the impact of substance use on our youth was received loud and clear. Thank you to our youth for sharing your voice through your drawings! Much planning and organizing went into National Addictions Awareness Week. A big thank you to the NAAAW committee for the planning of the week long events, to Mawn Doosh Gamig staff for the wonderful organization and promotion of the events and for being so helpful throughout; Miigwech to Liz Plain for opening the week with a prayer and Public Works for raising our NAAAW flag. We give thanks and appreciation to Shawn Plain and Kenny Plain for donating the tobacco for the week. It's quite obvious Aamjiwnaang is interested working together to promote the awareness of addictions and in promoting a safe and healthy life for all in our community. We appreciate everyone who helped to make the week a success!

Concurrent Disorders Training

Concurrent disorders is a term used to refer to co-occurring addiction and mental health problems. It covers a wide array of combinations of problems, such as anxiety disorder and an alcohol problem, schizophrenia and cannabis dependence, borderline personality disorder and heroin dependence and bipolar disorder and problem gambling.

These problems can co-occur in a variety of ways. They may be active at the same time or at different times, in the present or in the past, and their symptoms may vary in intensity and form over time.

People often ask, "Which came first: the mental health problem or the substance use problem?" This is a hard question to answer. Often it is more useful to think of them as independent problems that interact with each other.



January 22-23, 2015
Aamjiwnaang Community
Centre (Banquet Room)
9 A.M.-4 P.M.
Lunch will be provided

Dr. Cullen is a registered social worker, psychotherapist, consultant and trainer. His practice provides integrated psychotherapy using evidence-based interventions including; cognitive behavioural therapy, motivational counselling, psychodynamic models, existential therapy, brief solution-focused therapy and couple therapy. He works from a trauma & attachment informed, harm-reduction model of practice.

Limited seating available, please call (519) 332-6770 to reserve your spot today!



24 HOUR CRISIS SERVICES

- 911 POLICE / FIRE / AMBULANCE
 - KIDS HELP LINE PHONE: 1-800-668-6868
 - DISTRESS LINE SARNIA: 519-336-3000 or TOLL FREE: 1-888-347-8737
 - SEXUAL ASSAULT SURVIVORS: 519-337-3320
 - WOMEN'S INTERVAL HOME: 519-336-5200 or TOLL FREE: 1-800-265-1412
 - CHILDREN'S AID SOCIETY: 519-336-0623
 - WESTOVER ADDICTION ASSISTANCE: 1-800-721-3232
- WITHDRAWL MANAGEMENT:
- WINDSOR - 519-257-5225
 - GRAND RIVER - 519-749-4318
 - LONDON - 519-432-7241
 - ***NEW*** SARNIA DAY PROGRAM (not 24 hours yet): 519-332-4673 Or
 - TOLL FREE: 1-844-778-4673
 - MENTAL HEALTH CRISIS SERVICES: 519-336-3445

For More Information please contact:
519-332-6770



Bluewater Health Withdrawal Management Program

The Withdrawal Management Program (WMP) helps people in Sarnia-Lambton who struggle with substance use, including drugs, alcohol, and/or prescription medication. The program supports a harm reduction approach to drug and alcohol addiction, and provides a safe and supportive environment to help people break the cycle of addiction. The free walk-in programs in Sarnia provide information about treatment, coping, harm reduction, and navigating available services. In addition, the Withdrawal Management Program will provide Aamjiwnaang with a variety of bi-weekly psycho-educational groups available to those struggling with substance use and support for their family members and/or loved ones.

Family Support Group - Topic: Healthy Boundaries and Relationships

January 6, 2015 1:30-2:30 P.M.

**E'Mino Bmaad-Zijig
Aamjiwnaang Health Centre
Call Penny for more information (519) 332-6770**



United Church News & Info

Please feel welcome to join us for Christmas services;

Sunday, December 21st. 11 a.m Advent
Four Sharing the Christmas Story with
Carols

Christmas Eve a special family service
and Communion at 7 p.m.
All are welcome!

In a few more days we will celebrate the birth of the Christ child.

I hope that this will be a time of blessing and good will for you and your family.

Christmas can be a great time of celebration and it can also be a stressful time for those of us who are lonely and grieving and for those of us who are struggling to provide that perfect gift.

Yet, the good news of Christmas is not about gift giving. I was reminded of this by a quote from the Grinch himself! "Then the Grinch thought of something he hadn't before! What if Christmas, he thought, doesn't come from a store. What if Christmas...perhaps...means a little bit more!"

When we look back on Christmases past it's not the gifts that we remember, it's the traditions and the gatherings, those moments of sacredness and the people who made it special.

A new tradition was started this week at the church with the gift of singing from the community choir. We were blessed by the sharing of the Christmas story in music and in song and reminded once more of the message of the Angels, Peace on earth and good will to all!

It is not the big, expensive gifts that are going to make Christmas.

I think it is the many little things that we all can do to make the world a better place, a friendly smile, a warm invitation, an act of generosity. Our many small kindnesses can bring the Christ child back into our lives. As one author Steve Maraboli puts it: "Want to keep Christ in Christmas? Feed the hungry, clothe the naked, forgive one another, welcome the unwanted, care for the ill, love your enemies, and do unto others as you would have done unto you."

I hope that the mystery and wonder of the Christ child will bless you and your family this Christmas. And that your life will be a blessing to the world.

Happy Christmas.

Val (Valerie Pitt Minister St Clair United Church)

Peace on Earth and Good Will to all People



AAMJIWNAANG
NOTIFICATION SYSTEM
NOONDAN GEZHAWEBAG
(to hear what will happen)



Emergency Sirens in the Community Information Sheet

Aamjiwnaang First Nation has 3 sirens situated within the boundaries of Aamjiwnaang First Nation. They are located at the following locations:

Virgil Avenue and Chippewa Crescent
Scott Road and Christopher Drive
Tashmoo Ave. and Christopher Drive

Sirens will only be sounded when **immediate** action is required by the public. Sirens will be activated for a 3-minute cycle that will consist of a 5-second tone and 1 second of silence. This will be repeated for a full 3 minutes. If, after the initial 3 minute sounding of the sirens, the situation changes and further immediate action is required, the sirens will again be sounded for 3 minutes to alert people to once again tune to local radio for additional instructions.

Examples of reasons for the sirens being sounded include but are not limited to: Shelter-in-Place notifications, evacuations, severe weather imminent (such as tornados), etc.

Once residents hear these warning sirens, they are to go indoors to their house or facility closest to where you are, close their windows and doors, turn off the heat or the air conditioning and then to tune into the local radio stations for further instructions and information. If you are indoors, do not go outside. Tune to one of the local radio stations for further information. Information may also be sent through the Aamjiwnaang Notification System once details for the reason for the alarm are received.

The sirens are tested every Monday at 12:30 pm.

Miigwech!

Wilson Plain Jr.
Emergency Management Planner
Aamjiwnaang First Nation



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



The Housing Department is currently accepting applications for the 2015 housing waiting list.

ONLY those applications **received by January 31, 2015** will be put on the waiting list. Any late submissions will be filed and reviewed the following year.

If you are currently on the waiting list it is your responsibility to update your current application.

Please contact the Housing Department if you have any questions. Applications can be picked up at the front desk at the Band Office.

Winter Check List

- Inspect your home for excessive moisture.
- Check electrical cords, outlets and plugs for damage.
- Check caulking and weather-stripping, including around entry door from garage and house.
- Check basement drain trap.
- Have furnace/heating system serviced.
- Check and replace air filters if needed.

SAFETY UPGRADE PROGRAM

Re: Venmar HRV Units

Only certain models of air exchangers manufactured from January 1983 up to 2009 are affected. For a complete list of model number please contact Venmar Ventilation by phone at 1-866-441-4645 or visit the website at www.venmar.ca

**2014 – 2016
Housing Committee**

- Sherri Crowley, Councilor/
Chairperson
Randi Rogers, Councilor
Ada Lockridge, Band Member
Jim Maness, Band Member
Joe “Ponchie” Plain, Band Member

Housing Committee meets every 1st and 3rd Thursday of the month. If you have items for the agenda please have all information into the Housing Department one week prior to the meeting.

Thank you.

*From our families to yours
Have a Safe and Happy Holiday
and Wishing Everyone a
Prosperous New Year in 2015*

Housing Department Staff

- Tracy Williams**
Housing Coordinator
twilliams@aamjiwnaang.ca
Tanya Williams
Housing Assistant
housingassitant@aamjiwnaang.ca
Earl Cottrelle
Maintenance
maintenance@aamjiwnaang.ca





**Aamjiwnaang First Nation
Employment & Support
Information : Fall / WINTER 2015**

Passport for Youth - September thru December

***CANADIAN ARMED FORCES INFO SESSION - November 5**

"AT YOUR SERVICE" a YOUTH COMMUNITY PROJECT

November 19 & 20

Lambton College Tour - November 27

WARRIOR WITHIN Nahmah Miigwan - November 24 & 25

Dress for Success - December

Quantum Integration - Diane Hill - February 17-19

Resume development - Ongoing

ALC / Resource Centre - monthly

Volunteer & Referral Services—Ongoing

For more information contact
Marina Plain 519-336-8410
marinaplain@aamjiwnaang.ca

Employment Opportunities

(for complete job description or other employment listings please visit the website listed with posting info)

- A. OFIFC, Toronto, Check out website for postings; <http://www.ofifc.org/>
- B. **Healing & Wellness Manager**, OFIFC, Toronto, Deadline to apply: Posted Until Filled; <http://www.ofifc.org/>
- C. Nokee Kwe, Native Education Centre, London, ON, several job listing check it out at; <http://www.nokekwe.ca/>
- D. **Southern First Nation Secretariat**; <http://www.sfnson.ca/index.html>
- E. N' Amerind Friendship Centre (London), Check out website to postings; <http://www.namerind.on.ca/>
- F. **Anishnawbe Health Toronto**; Check out website for postings; <http://www.aht.ca/>
- G. **SOAHAC** London, Chippewas of the Thames, Owen Sound, check website for job listings; <http://www.soahac.on.ca/>
- H. Six Nations (Ohsweken, ON), Check out website for postings; <http://www.sixnations.ca/>

Other Job Search Engines:

- <http://www.aboriginalcareers.ca/>
- <http://ca.indeed.com/Aboriginal-jobs>
- <http://www.wowjobs.ca/jobs-aboriginal-jobs>
- <http://www.turtleisland.org/front/front.htm>
- <http://www.eluta.ca/>
- <http://www.monster.ca/>
- <http://www.workopolis.com/>
- <http://www.jobs.ca/>
- <http://www.servicecanada.gc.ca/eng/sc/jobs/jobbank.shtml>
- <http://www.ofifc.org/>



AAMJIWNAANG FIRST NATION

EMPLOYMENT OPPORTUNITY - Short Term Contract

RECEPTIONIST-DAYCARE

JOB DUTIES:

- Receive incoming telephone calls and answer routine enquiries; transfer calls to appropriate personnel, and accurately record messages.
- Receive clients at the front office, answer routine enquiries.
- Record incoming mail, stamp the date received, and distribute to the appropriate personnel.
- Keep bulletin board up to date; post relevant material and remove information that is out of date.
- Provide clerical assistance as necessary to the Daycare Supervisor.
- Recording attendance and taking payments from clients.

QUALIFICATIONS:

- Ontario Secondary School Graduation Diploma.
- Pleasant attitude and interest in working with the general public on a daily basis.
- Knowledge of routine in a daycare setting.
- Strict adherence to confidentiality practices.
- A high degree of initiative and self-direction; good oral and written communication skills; good organizational skills and ability to work as a team member.
- Computer literacy and experience with simple accounting programs.

APPLICATION TO INCLUDE;

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

Please forward applications via mail, fax or email:

Assistant Band Administrator

978 Tashmoo Ave

Sarnia, ON N7T 7H5

FAX 519-336-0382

Deadline for applications is January 5, 2014 AT 4:00PM. (First Monday after the holidays)



**AAMJIWNAANG FIRST NATION
EMPLOYMENT OPPORTUNITY
EARLY CHILDHOOD EDUCATOR**

1 Position-Parental Leave Coverage Contract

JOB DUTIES:

- To provide educational activities for children attending the Aamjiwnaang First Nation Daycare facility
- To assist the children with their personal care needs.
- Maintain day care supplies and equipment and assist in housekeeping duties.
- Assist in maintaining records of daily activities of the children.
- Responsible for assisting in the supervision of children on a 1:1 or group basis.
- Performs other related duties as may reasonably be required by the Day Care Supervisor or the Assistant Day Care Supervisor.

QUALIFICATIONS:

- Graduation from a post-secondary program in Early Childhood Education.
- Ability to appreciate and empathize with the needs of young children
- Sensitivity to First Nation issues.
- Adherence to confidentiality practices.
- A high degree of initiative and self-direction; good oral and written communication skills; good organizational skills and ability to work as a team member.
- Must enjoy working with children.

APPLICATION TO INCLUDE;

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

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

Please forward applications to:
Assistant Band Administrator
978 Tashmoo Ave
Sarnia, ON N7T 7H5
FAX 519-336-0382

Deadline for applications is 4:00pm, January 9, 2015.



**AAMJIWNAANG FIRST NATION
EMPLOYMENT OPPORTUNITY
STUDENT ENGAGEMENT COUNSELLOR
Leave Coverage-Jan 2015-June 2015**

Job Summary:

The Student Engagement Worker reports to the Education Coordinator and undertakes duties related to supporting the attendance and academic success of Aamjiwnaang First Nation students enrolled in the Lambton Kent School District through counselling and liaison with parents, teachers and principals.

- Work as part of an inter-disciplinary team to provide specialist services of task centred casework for students and families where a plan is made for improved school attendance.
- Create a supportive environment for students and families to address barriers they may be experiencing.
- To facilitate effective links between families and schools including setting up meetings, accompanying students and families to meetings and acting as advocate when appropriate
- Maintain a working knowledge of community help agencies and make referrals in the provision of family support and counselling.
- Regularly monitors the attendance of Aamjiwnaang students.
- Maintain attendance records and student files.
- Works with Native Education Workers as necessary.

Qualifications:

- Graduate of post-secondary program in Child & Youth Worker, Social Service Worker or other equivalent program.
- Ability to provide client assessments.
- Consideration will be given to those with an OSSD with training and experience working with students in an educational setting.
- High level of appreciation of First Nation issues, particularly relating to First Nation youth.
- Excellent public relations skills, including an appreciation of the need for tact, discretion and a positive, cheerful and informed approach with the public.
- Excellent crisis intervention skills
- Knowledge of the Education Act as it pertains to attendance.

Interested Applicants:

Include a cover letter, resume and two reference letters. Please forward to:

Assistant Band Administrator

**Aamjiwnaang First Nation
978 Tashmoo Ave.
Sarnia, Ontario
N7T 7H5
Fax: 519-336-0382**

Deadline:

All applications must be received by 4:00 p.m. on January 9, 2015. A complete job description is available at the reception desk at the Band Office



Aamjiwnaang Environment Community Updates

This fall the Environment Department welcomed the new 2014-2016 Environment Committee Members into the circle and the Environment staff have been continuously learning new and innovated ways to help protect the environment.

The staff attended many Workshops, Seminars, Training, Teleconferences, and Meetings with the MOECC, Industry, Consultants, and many other Environmental and Industrial Organizations. The team has gained valuable environmental training and information from the following sessions:

- Negotiation Skills Training
- St. Clair River Symposium
- Air Quality Monitoring Workshop
- Upper Thames River Water Innovation
- Environment Compliance Essentials

We currently have two Aboriginal Funding Applications under review for the Species at Risk Prevention Stream for the Assessment, Planning, and Protection Management of Culturally and Socioeconomically Significant Priority Species and for the Butler's Garter Snake Quantification & Habitat Usage in and around Aamjiwnaang. These projects will help protect and preserve rare plants, trees, and wildlife and their unique habitats within Aamjiwnaang from future destruction.

We have plans to hold information sessions, interviews, and focus groups in the community to further expand on the Aboriginal Traditional Land Use Study. These studies are to preserve the stories about the usage of medicinal and culturally significant plants that our grandmothers and grandfathers used throughout history; the ways of life through hunting, fishing,

and gathering; and the importance of our traditional territory.

The Environment Department strives in making our community a safe place to live despite our geographical location within Chemical Valley. There are continuous meetings, talks, and negotiations between legal consultants and industry to ensure policies, remediation's, and capacity agreements are made and retained. The Environment Department collaborates with many non-profit organizations and environmental groups to help restore and revitalize our waterways, wetlands, prairie grasses, and forests. These partnerships proved to be beneficial in the Talfourd Creek Restoration Project and the Turtle Garden Project. Upcoming projects include the Greenhouse Initiative and Native Plant Nursery.

All projects are for the benefit of the community as a whole; bringing the community together in a positive way, with a common goal—to restore the natural beauty of our native landscape.

<http://www.aamjiwnaangenvironment.ca/>

Sharilyn Johnston, Coordinator
Christine Rogers, Consultation Worker
Courtney Jackson, Environment Worker
Bonnie Plain, Administrative Assistant



YOU'RE INVITED

Aamjiwnaang

Traditional Medicinal Plant Study (2011)

Come on out and join Ben Porchuk of Correctonomics for an overview of the Aamjiwnaang Traditional Medicinal Plant Study that took place in 2011.

Background:

Plants were surveyed from three sites at Aamjiwnaang for the presence and concentration of Traditional Medicinal Plants (TMP). In total, 183 (233) species was recorded and many TMPs were registered. The main site, which is located in the area of development expansion for the Phase II Industrial Park had the greatest diversity of plant species and the highest concentrations. Given the high cultural value of these TMPs it is recommended to move the Phase II Industrial Park development to a more suitable location where Traditional Knowledge would not be sacrificed. Additional, tremendous opportunity exists to make many gains by learning more and promoting the use of Aamjiwnaang's Traditional Medicinal Plants.



December 18, 2014

6:30 – 7:30 – Presentation

7:30 – 8:30 – Café Style Discussion

**Aamjiwnaang Community Centre -
(Seniors Room)**

If you have any questions, please contact the Environment Department at (519) 336-8410.

You're Invited

Native Plant Nursery: (Feasibility Study)

Come on out and join Ben Porchuk of Correctonomics for an overview of the Native Plant Nursery (Feasibility Study)

Community members will have access to Traditional medicines to serve as additional and or alternative treatments to western medicines. The process of restoring dozens of acres of land at Aamjiwnaang will begin the process of healing and giving back to Mother Earth for both gratitude and efforts to help her absorb and cleanse the toxins in the air, water and soil.

Multiple benefits for our First Nation of this project will involve real job creation, direct and indirect community revenues, as well as positive impacts to the community's cultural, spiritual connection to native plants. And so much more...

Please stop by the Community Centre on Jan. 15, 2015 to hear more from Ben Porchuk on the Native Plant Nursery.

January 8, 2015

6:30 – 7:30 – Presentation

7:30 – 8:30 – Café Style Discussion

**Aamjiwnaang Community Centre -
(Seniors Room)**



If you have any questions, please contact the Environment Department at
(519) 336-8410.

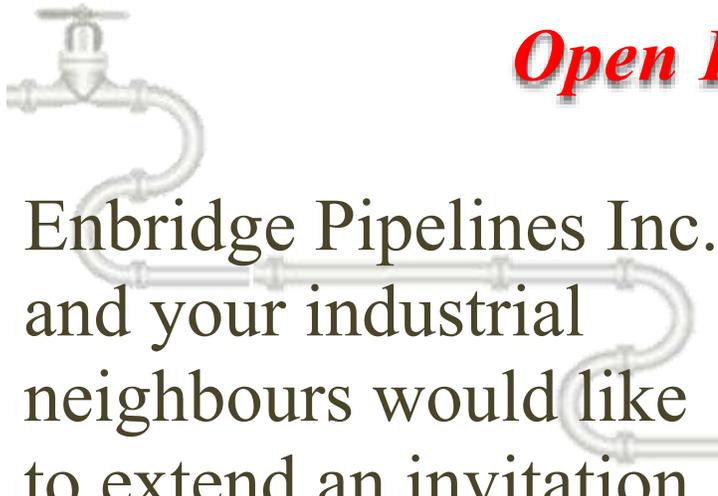
Aamjiwnaang

You are invited to a



Public Awareness Information

Open House



Enbridge Pipelines Inc. and your industrial neighbours would like to extend an invitation to you, Aamjiwnaang community members, to come and meet with us for dinner. It's an opportunity to share important information, ask questions and to update you on relevant company information.

Where:

**Community Center
1972 Virgil Ave, Sarnia**

When:

**Thursday, January 15, 2015
4:00pm – 7:00pm**

- **FREE Starter Emergency Kits**
- **Dinner & Door Prizes**
- **Childcare & Transportation is provided**
- **Face painting & Olaf will make a special visit with the children!**

If you need a ride, please contact the Environment Department prior to event at (519) 336-8410.

*** FREE Starter Emergency Kits ***

Please stop by the Community Centre to get your Free Starter Emergency Kit. Proof of residency is required as we only have one per household on the First Nation. If you have any questions regarding the Notification System or Emergency Planning Department, Wilson Plain Jr. will be available to answer all your questions.

anishinaabemowin naakaazdaa enweying (lets speak our language)

More Commands

Gego biindigeken - Don't enter.
 Gego biindigekeg - Don't enter you people.
 Gego zaagankeken - Don't go outside.
 Gego zaagankeg - Don't go outside you people.
 Biindigedaa - Let's go inside.
 Zaagaandaa - Let's go outside.
 Giiwedaa - Let's go home.
 Wiisinidaa - Let's eat.
 Daga wiiba wiisinidaa - Come on let's eat soon.
 Maajaadaa - Let's leave.

New Words:

gego - don't! don't do!
 daga - please
 wiiba - soon

Note

To give a prohibitive command with

'don't' to one person you should place a word gego before a verb and add -ken at the end of a verb:

wiisini - gego wiisiniken (don't eat!)

To give a prohibitive command with

'don't' to more than one person you should place a word gego before a verb and add -keg at the end of a verb:

wiisini - gego wiisinikeg (don't eat you people!)

'Let's' is expressed in Ojibwe by adding -daa at the end of a verb:

wiisini - wiisinidaa (let's eat!)

Grammar note.

Prohibitive commands are formed with a word gego - don't ! (do not mix with gegoo - something). Suffixes also change: -ken for you singular, and -keg for you plural.

Command suffix for 'we': -daa. Negative command suffix for 'we': -sidaa (-zidaa).

The language being presented is using the Fiero spelling.

Source: http://weshki.atwebpages.com/ok_1.html

**miigwech g'zheminado mino giizhgad....n'mino b'maadiz
 meenwaa n'gchinendum noongwa....miizhishin ezhi-
 minonendaamaan gaye miizhishin ji-
 minobimaadiziyaanh....apii dash niboyaanh zhaawenimishin
 chi'aawe'odesiinoon....zhaawenim inaawaamagog gaye gaki-
 na bimaadizijig....miigwech....niikahnuhgakina!!**



**Southwest Ontario
Aboriginal Health
Access Centre**

**TRADITIONAL HEALING
PROGRAM
JANUARY 2015**

To schedule an appointment at either our London or Chippewa sites, please call 519-289-0352 and ask for Stephanie Trudeau, Shkaabewis Kwe with the Traditional Healing Program. Schedules are subject to change with short notice. Miigwech/Yaw⁴ko/Thank you

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-------------------------------|--|-----------------------------|--|------------------------------|-----|
| 4 | 5 | 6 | 7 | 1 | 2 | 3 |
| | | Bruce Elijah Chippewa | Bruce Elijah London | STAT New Year's Day | Office Closed | |
| 11 | 12 | 13 | 14 | 8 | 9 | 10 |
| | Richard Assinewai Chippewa | Richard Assinewai Chippewa Joanne Cheechoo London | Richard Assinewai London | Elva Jamieson Chippewa Joanne Cheechoo London | Elva Jamieson London | |
| 18 | 19 | 20 | 21 | 15 | 16 | 17 |
| | | Joanne Cheechoo Chippewa | Joanne Cheechoo Chippewa | Richard Assinewai London | Joanne Cheechoo Lon/Chipp | |
| 25 | 26 | 27 | 28 | 22 | 23 | 24 |
| | | | | | | |
| | | | | 29 | 30 | 31 |



*Christmas Message
to My Father*

*The Gift God Gave Me Was
You
(© Lea Gomez)*

*I will never say goodbye to you
my Father*

Because I know this is not the end for us to see each other.

You will only be going to a place where there's no pain nor suffering.

I am happy for you, for you will be with God.

For now we need to go in separate ways.

I remember how your arms hold me and give me strength.

You were always there to listen, love, and defend me in everything.

You were my very best friend.

I'm very grateful and proud to call you my dad.

Here deep inside my heart you'll always be.

I would give up everything I have just to hug you one more time.

I remember the last time I held your hand and how you looked at me in the eyes.

If only I could turn back time I would have never let you go.

I felt the world stop and my heart stop beating when they told you me you were gone...

How I wish I was only dreaming.

Just like the rain; tears fell down from my eyes, I couldn't speak for awhile.

Thank you Dad...

For always understanding, listening, caring, and loving me your whole life.

The greatest gift God gave me was YOU... My Dad...

It's difficult to let you go but I must...

I must return the gift God gave me...

Til then;

See you in Heaven

Love You Always

Dawn



*I would like to take this opportunity to
wish each & everyone a very
Merry Christmas
& Happy New Year!
Safe Holidays, From: Shelley*



*Merry Christmas & Happy New Year,
Jo Rogers & Family*

In Loving Memory of Sheep....

*I see the countless Christmas trees around the world below,
With tiny lights like heaven's stars, reflecting in the snow.*

*The sight is so spectacular; please wipe away the tears
for I am spending Christmas, with Jesus Christ this year.*

*I hear the many Christmas songs that people hold so dear but
the sound of music can't compare with the
Christmas Choir up here.*

*I have no words to tell you of the joy their voices bring
for it's beyond description to hear the Angels sing.*

*I know how much you miss me,
I see the pain inside your heart
but I am not so far away, we really aren't apart.*

*So be happy for my loved ones, you know I hold you dear
And be glad I'm spending Christmas with
Jesus Christ this year.*

*I send you each a special gift from my Heavenly home above,
I send you each a memory of my undying love.*

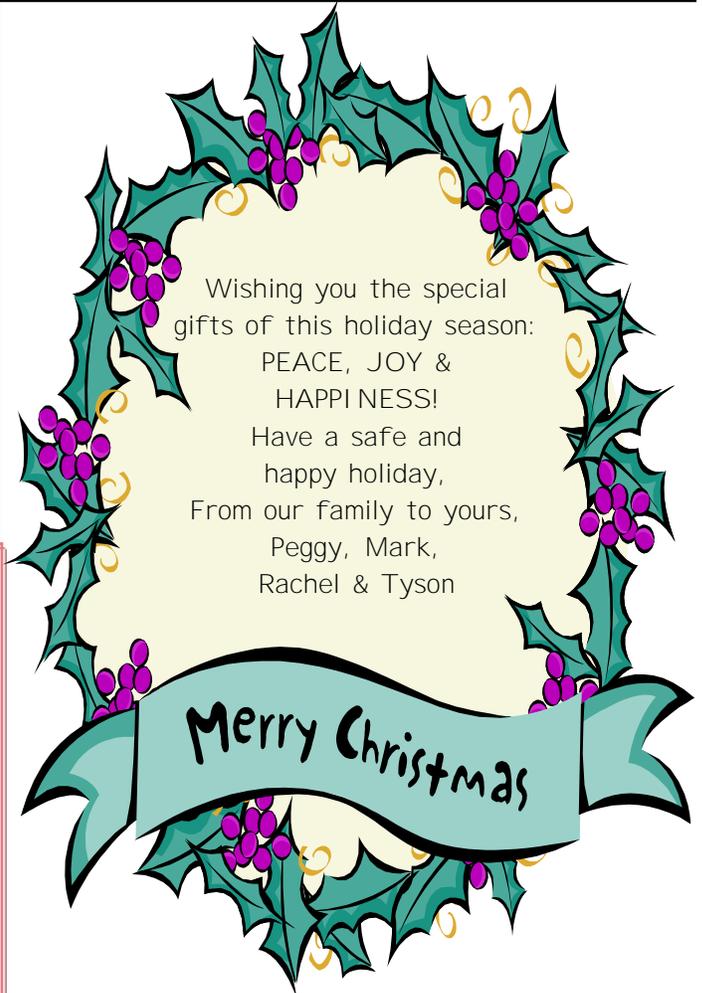
*After all, love is a gift, more precious than pure gold
It was always most important the stories Jesus told.*

*Please love and keep each other,
as my Heavenly Father said to do
For I can't count the blessings or love He has for each of you.*

*So have a Merry Christmas & wipe away each tear
Remember, I am spending Christmas with*

"Jesus Christ" this year.

*Love Darlene
Alphonse, D. Jay, Ryan & Luke*



Wishing you the special
gifts of this holiday season:

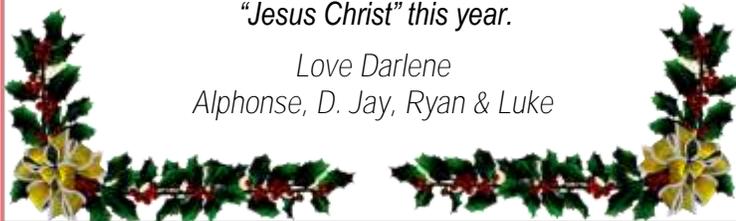
PEACE, JOY &
HAPPINESS!

Have a safe and
happy holiday,

From our family to yours,

Peggy, Mark,
Rachel & Tyson

Merry Christmas







Wishing you love and peace this holiday season.

From your friends at the Health Centre.

Wishing everyone a "MERRY CHRISTMAS & HAPPY NEW YEAR"

Wishing you all the best in 2015. Have a blessed holiday with family and friends, be safe and have fun.

From: Becky, Hunter & Robert Adams, Audrey n Duane

Holiday To Do List!!!

- 1. ~~BE~~ Busy presents **SOMEONE IN A HUG**
- 2. ~~Wrap~~ gifts
- 3. ~~Send~~ gifts **PEACE**
- 4. ~~Shop~~ for food **DONATE**
- 5. ~~Make~~ cookies **LOVE**
- 6. ~~See~~ the lights **BE**

Merry Christmas
Niibaa' anami'egiizhigad

From our families to yours, may you all enjoy a safe and happy holiday season filled with many blessings.

www.suncor.com



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ANGER SOLUTIONS**

(c) Leverage U - Julie Christiansen

When: February 11, 2015

Where: Bears Inn, Six Nations

Time: 9:00 a.m. to 4:00 p.m.

Cost is \$450.00

\$75.00 of materials included!

Lunch & Refreshments

Please call to register at

289 396 5157 or email

info@nativewindconsulting.com

www.nativewindconsulting.com

Hosted by two certified Anger Solutions
trainers from Native Wind Consulting Sher-
ri-Lyn Hill & Dennis Fitzpatrick

**Limited space is
available**



DREAMCATCHER THANKS

I would like send another Big Shout Out and stand with our Hats off - and say Thanks to the Dreamcatcher Fund for there contributions towards my sons involvement with Competitive Football and Competitive Hockey. It is often challenging to spread out the finances in a families home while still encouraging our kids to stay actively involved in sports, education, cultural opportunities etc. Therefore with the continued commitment that Dreamcatcher has given to my Boys Tyler Rogers-Stonefish and his participation in the London Jr. Mustangs Program and Lance Harding in the London Bandits Program is something we as a family truly truly appreciate!!!

N^we - Miigwetch

Thanks Kindly, Carrie Rogers

For Sale:

1998 Chevy Blazer

4 Wheel Drive

Good Running Condition

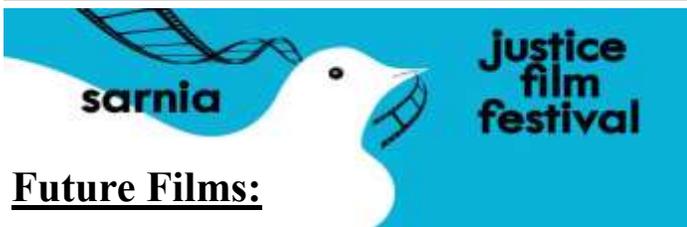
E-tested OK, as is

\$700.00

**Just Sitting in Driveway, Come
take it away!!!**

Contact: Nan Jackson

519-331-6683



Future Films:

January 17 2015 - Girl Rising: The Power of Education to Change the World <http://girlrising.com>

February 21, 2015 - Project Wild Thing: The Increasingly Disparate Connection between Children & Nature <http://projectwildthing.com/film>
All films are screened free of charge at the Sarnia Library Theatre on Saturdays, beginning at 7pm.
For more information contact:

Thea deGroot – 519-542-5009
justicefilm@sympatico.ca
www.facebook.com/SarniaJusticeFilmFestival
Twitter: @SarniaJusticeFF



If you are looking for a hairdressing school, join **On Edge** Academy of Hair. Our curriculum is custom designed by Master stylist Patricia Pearson who believes that power is knowledge. She created a program with 100% hands on experience, real people, real situations that provides excellent theory.

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Check out our Facebook page & website for more information or call the Academy at 519-383-8017.

www.onedgeacademy.com

Travelling Seniors Fundraiser **MEAT BINGO**



Thursday, January 22 2014

**Maawn Doosh Gumig
Community Centre @ 6 pm**

~ Kitchen opens @ 5 pm

Menu includes:

***Hamburgers, Hot Dogs
& Soup***

2 Strip Book for \$15

(extra strip for \$5 more)

- **Everyone Welcome to Play!**
- **Ages 10+ w/adult supervision**
- **Bring a Friend or more!!**
- **Students, come out and get your volunteer hours**

**Come on Out and Support
the Seniors !!**

For more information call

Pat Oliver

@ 519-336-7244



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

**DETROIT RED WINGS VS
TORONTO MAPLE LEAFS**

Wednesday, December 10th

AT 8:00 PM

\$120.00 CDN

**INCLUDES: COACH BUS, TICKET
(Sec. 201 Row 7-10)**

**Proper ID for Border Crossing
BUS LEAVES**

**Corunna (Old Workout Room) at 4:15 pm
& Point Edward Casino Lot at 4:30 pm**

CONTACT:

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

Tracey at 519-862-3263 or 519-333-7472

WEEK-END IN CHICAGO, Aug. 7-9, 2015

**2 Nights—Embassy Suites, Chicago, Lakefront
Single-\$600, Double-\$350, Triple-\$300, Quad-\$250,
All Prices U.S. Funds \$50 non-refundable deposit
secures your spot with remainder to be paid in full
by July 1, 2015**

- 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 Fields at 7:00 am and Food Basics in Sarnia at 7:30 am & K-Mart Parking Lot, Port Huron at 8:30 am
Contact: Willie at 519-332-6771 or 519-384-1957
Tracey at 519-333-7472 or 519-862-3261 or
For our American Passengers Contact Preferred Charters at 810-982-7433

"WILLIE'S CASINO GETAWAY"

New Date: February 4-5, 2015

**\$90.00 US Double Occupancy or \$140.00
Single Occupancy**

Overnight Trip Planned. You must be signed-up and PAID by January 2, 2015. 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



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**

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mention the Trip to Kim or Nicole or you can
Contact: Willie with any questions
@ 519-332-6771 or 519-384-1957**



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Eves troughs, Yard Work, Digging, Raking, Snow
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Ditches Lawnmower repairs, any kind of work.
Free estimates call
Rabbit at 519-344-2774

Need Work Done?
Man willing to do odd jobs such as snow shovelling,
hanging lights, cutting wood, cleaning basement/
garage/crawl spaces, help with moving or
other small jobs.
Contact Keven Cottrelle (AKA “Joe Pete”)
@ kevincottrelle@yahoo.ca or directly at 1940 St.
Clair Pkwy. (Mitch Degurse’s).



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Final 2014 issue is due out on
Friday, January 9, 2015

The deadline for submissions is
Tuesday, January 6, at 4:00 pm

*Chi-Miigwech,
Lynn Rosales, Interim Editor*

CHIPPEWA TRIBE-UNE

978 Tashmoo Avenue

Sarnia, Ontario N7T 7H5

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

E-mail: editor@aamjiwnaang.ca

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



New Years Feast

*Thursday, January 1, 2015 at 12 Noon
Maawn Doosh Gumig*

All Band Operations will close for the Holiday Season on

Friday, December 19, 2014 at 4:30 pm

All Band Operations will resume on

Monday, January 5, 2015 at 8:30 am