



# CHIPPEWA TRIBE-UNE

Editor,

## Namebin Giizis - Sucker Fish Moon - February

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Scarlet Tanager

### Ben Porchuk Presents: Birds of Aamjiwnaang: Species & Breeding Habitats



Northern Flicker

*Come out and learn about Aamjiwnaang's Diverse Bird Inventory presented by Ben Porchuk. Ben is very passionate when it comes to speaking about environmental issues and his findings from a point count bird species study conducted within Aamjiwnaang's Old-Growth-Forest in 2009.*

**\* NEW DATE — THURSDAY, FEBRUARY 12, 2015 \***

**6:00 – 7:00: Presentation**

**7:00 – 8:00: Coffee, Snacks & Informal Open Chat**

**Maawn Doosh Gumig ~ Senior's Room**

**NEED A RIDE ?**

**Please leave your name with the Environment staff: 519-336-8410  
or with Terry Plain (Monis): 519-402-5535 ~ Mii Gwetch**



Rare Black & White Warbler



Rare White-eyed Vireo



Common Yellowthroat Warbler



Belted Kingfisher



Green Heron



American Bittern

Aamjiwnaang  
Population Stats  
Current: 2335

# WEATHER PERMITTING

**Mino Dbishkaayin-Happy Birthday****Feb. 14 - 27, 2015**

Michael	Fisher-Cristovao	Feb. 14	Kathy	Maness	Feb. 20
Cheyenne	Jackson	Feb. 14	Josiah	Rogers	Feb. 20
Anthony	Quain	Feb. 14	Tiffany	Bird	Feb. 21
Dennis	Collier	Feb. 15	Floyd	Bullock	Feb. 21
Edna	Cottrelle	Feb. 15	Darcy	Cloud	Feb. 21
David	Davidson II	Feb. 15	Ayden	Fisher	Feb. 21
Stacey	Jonker	Feb. 15	Jacob	Kleckner	Feb. 21
Abraham	Meza	Feb. 15	Carrie	Rogers	Feb. 21
Spencer	Smith	Feb. 15	Christopher-John	Rogers	Feb. 21
Timothy	Clarke	Feb. 16	Jalynn	Simon	Feb. 21
Sabrina	Coates	Feb. 16	Alicia	Currie	Feb. 22
Rebecca	Doxtator	Feb. 16	Tania	Gordon	Feb. 22
Tanya	Firth	Feb. 16	Tristan	Green-Bird	Feb. 22
Victor	Gray	Feb. 16	Jocelyn	Joseph	Feb. 22
Kaylie	Nahmabin-Shaw	Feb. 16	Judith-Jade	Plain	Feb. 22
Edward A	Oliver	Feb. 16	Maureen	Stachnyk	Feb. 22
Edward L	Oliver	Feb. 16	Yvonne	Field	Feb. 23
Roxanne	Pentland	Feb. 16	Allan C	Rogers	Feb. 23
Arielle	Rogers	Feb. 16	Ernest	Walker	Feb. 23
Camiel	DePaepe	Feb. 17	Vincent	Williams	Feb. 23
Gerald S Q	Maness	Feb. 17	Ronald	Yellowman	Feb. 23
Jessica	Plain	Feb. 17	Deborah	Ayers	Feb. 24
Theresa	Plain	Feb. 17	Johanna	Bird	Feb. 24
Michael M	Rogers	Feb. 17	Gail	Fawcett	Feb. 24
Annette	George	Feb. 18	Gary	Fawcett	Feb. 24
Robert	Plain	Feb. 18	Dakota	Gray	Feb. 24
Norma	Romlewski	Feb. 18	Kai	James-Gilliam	Feb. 24
Nogiizhig	Soney	Feb. 18	Michaela	Jennings	Feb. 24
Caillie	Aspinall	Feb. 19	Jeffrey R	Plain	Feb. 24
Roselyn	Bird	Feb. 19	Jill	Rogers	Feb. 24
Marion	Bourgeois	Feb. 19	Brandon	Williams	Feb. 24
Jerome	Brickey	Feb. 19	Roger F	Williams	Feb. 24
Aiden	Ransom-Oliver	Feb. 19	Towana	Brooks	Feb. 25
Donna	Rogers	Feb. 19	Nolan	Maydwell	Feb. 25
Justyn	Stone	Feb. 19	Ezekiel	Adams	Feb. 26
Brooks	Yardley	Feb. 19	Dakota	Clark-Nahmabin	Feb. 26
Chelsea	Adams	Feb. 20	Carletta	Maness	Feb. 26
Rajanee	Adams	Feb. 20	Nora	Maness	Feb. 26
Lester	Bois	Feb. 20	Stanford	Plain	Feb. 26
Yvonne	Buchanan	Feb. 20	Elizabeth	Akiwenzie	Feb. 27
Kevin	Cottrelle	Feb. 20	Daniel M	Plain	Feb. 27
Joshua	Daws	Feb. 20	Ramon	Rosales	Feb. 27
Raymond	Fisher II	Feb. 20	Melissa	Sauve	Feb. 27
Diana Lynne	Gray	Feb. 20	Haley	Sinopole	Feb. 27
Serena	Gray	Feb. 20	Rachel	Williams	Feb. 27



*Happy Belated  
Birthday  
2 One Of My  
Greatest Sisters,  
Elsie  
Love U Tons  
Shelley*



*Happy  
Belated  
2 my Cuz,  
Rosie  
Love  
Shelley*



Mino Dbishkaayin  
**MEZHIIKAALNINI....**

25 years ago on February 27, you entered the world, eyes full of wonder ready to **TAKE YOUR PLACE IN MY HEART....**

You never cease to amaze me with your will to succeed, and determination to live your life and **WALK TO THE BEAT OF YOUR OWN DRUM....**

My wish for you today and everyday is that you have; Peace in your soul, Happiness in your spirit and

**LOVE IN YOUR HEART....**

I am truly honored that you chose me as your Momma, you are my pride and Inspiration, may you have a day filled with light, love and laughter

Niin Zaagin Pane Gwis  
IshkodeAnaquodoKwe

**Biddy, I am sure the family will be thinking of you on Feb. 23rd, have an Excellent Day!!**

**B** *Be yourself*  
**I** *Invite new challenges*  
**R** *Recall past triumphs*  
**T** *Trust your instincts*  
**H** *Have faith in your abilities*  
**D** *Desire only the best*  
**A** *Affirm your strengths*  
**Y** *You're got what it takes!*

On Feb 16th

**HAPPY BIRTHDAY Dad!**

Love Your Girls

**HAPPY BIRTHDAY**

To Stanford, also known as Tap Tap....  
Have a Blessed Day!!  
Love the Clare Bear Clan!!

## **NOTICE**

### **Seeking Licensed Security Guards**

**If you have your Security License and are seeking employment, Please Contact the Aamjiwnaang Employment & Training Department  
519-336-8410 Ext. 249  
I will be accepting resumes for upcoming employment**

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/>

Aboriginal Affairs and Northern Development Canada

<http://www.aadnc-aandc.gc.ca/>

## **NOTICE**

### **Interested in going to the Anishinaabemowin Teg Language Conference on March 26 to 29, 2015**

There will be a random draw from Names that are submitted.  
Call the Community Centre, leave your name and phone number with

**Verlynn Plain**

to be entered into the draw

**519-491-2160**

### **Notice of Maintenance Activity**

Sun-Canadian Pipeline Company will be conducting some regular maintenance work on its pipeline between February 9th and March 2nd, 2015.

During this work, digging will take place at two different locations - both on the west side of St. Clair Pkwy between Marlborough Lane and Suncor Refinery entrance.

This work is part of our routine maintenance program and is intended to provide a physical assessment of the condition of the pipeline at this location.

Traffic control will be in place to ensure safe and uninterrupted traffic flow along the road for community members.

If you have any questions call:

**Sun-Canadian Pipeline**

**1-800-263-6641**

# **NOTICE**

## **Charge Laid Against Shell Canada for Spill**

Shell Canada has been charged by Ontario's Ministry of Environment and Climate Change following the Jan. 11, 2013 incident. It's alleged the discharged contaminant caused adverse impacts, including odours, irritation and illness to numerous residents of our community.

**The first court appearance is scheduled to be in Sarnia Court on**

**Fri. Feb. 13, at 9:00 am,  
and it is open to the public.**

## **TOBACCO ALLOCATION DISTRIBUTION NOTICE**



All Aamjiwnaang Band Members who are interested in retailing quota cigarettes through the Ministry of Finance are required to submit a complete application (available at the Band Office) in a **SEALED ENVELOPE** to:

The Tobacco Allocation Committee  
c/o Assistant Band Administrator  
978 Tashmoo Ave  
Sarnia, ON  
N7T 7H5

- The application must be received by **4:30 PM on Monday March 2nd, 2015.**
- Applicants must have the ability to purchase a minimum number of cartons in advance.
- Late applications for request of quota cigarettes **will not** be considered
- Cigarettes include Export A, Players, DuMaurier and other non-generic brands.
- A decrease in allocation may occur year to year due to an increase in retailers.
- TOBACCO CONTROL FOR MINORS
- a) The Tobacco Committee is conscious of provider compliance to eliminate the ability of children and youth younger than nineteen to purchase tobacco products in community retail operations.
- b) Retailers shall sell tobacco in accordance to federal guidelines regarding “the sale of tobacco to minors”.



## **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, March 2, 2015**

The deadline for submission is:

**Wednesday, February 25, 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, February 24 @ 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 15<sup>th</sup>.

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



**NEW SELECTION OF  
FREE FRAMES**

**FEBRUARY 25, 11AM-5PM**  
INSIDE HEALTH CENTRE, 1300 TASHMOO AVE.

TO BOOK AN EYE EXAM YOU  
**MUST CALL MOBILEYEZ TOLL FREE:**  
**1-866-920-6480**



PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT

## 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

**Wendy Hill**  
Traditional Healer  
Dates Available  
March 4 & 5, 2015

Wendy will be with us again. There are only two appointments available March 4th @ 1:00pm and 3:00pm. If you are interested in any of these appointment times, please let me know. I know that there will be a waiting list for her so it's important you let me know as soon as possible.

Thank you,  
Dorothy Gilbert

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



**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

## WANT TO SAVE MONEY ON GROCERIES? BUY FEWER PRE-PACKAGED FOODS



What you can buy	Try instead	What you will save
Minute Maid Orange Juice 1.89 litre size, \$3.57	The same Minute Maid Orange Juice - only add water and make it from a can, \$1.57	70%
Mini Oreo Cookies in Snack Packs, \$3.49 for six 30g packs (0.18kg)	Regular Oreo Cookies in a Family Pack, \$6.49 for 1 kg package	300% (3 times cheaper)
Bag of cut, prewashed Romaine Lettuce, \$2.97	One head of Romaine Lettuce, \$0.87	340% (3.4 times cheaper)
Bag of cut, prewashed Broccoli, \$5.94	Regular heads of Broccoli, \$1.88 a pound	40%
Bag Grated Medium Cheddar Cheese, \$12.48	Medium Cheddar Cheese, \$9.98	13%
Box of 32 Eggo Buttermilk Pancakes, \$9.99	Box of Aunt Jemima Buttermilk Pancakes (makes 56), \$4.27 + \$2.45 for eggs and milk	260% (2.6 times cheaper)

As a rule, the more prepared it is, the more expensive it is

## Patient Advocate at Bluewater Health

Did you know Bluewater Health has a Patient Advocate? She is available to come alongside patients to ensure they:

- Are treated with dignity and respect
- Receive information they need in a way that is helpful
- Can participate in their care to the extent they are comfortable
- Can ensure their perspective helps shape the future experience of care for others

The Patient Advocate acts as an unbiased resource for patients and families. Anyone can request the services of the Patient Advocate to assist with problem solving and advocating.

### Hours & Contact:

Monday to Friday, 8:00 am to 4:00 pm

Tel: 519-464-4400, Ext. 4436

After hours, you can ask dispatch to speak with the Shift Manager



Even after the fact, if you feel you need to share your experience please contact the Patient Advocate. Your concerns will receive courteous and respectful attention at the earliest possible time.

## 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:

“Being a great father is like shaving,  
No matter how good you shaved today,  
you have to do it again tomorrow.”  
Reed Markham



-  Submit your photos with your contact information by March 4, 2015 to Joanne Culley at [jculley@aamjiwnaang.ca](mailto:jculley@aamjiwnaang.ca)
-  1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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.

# SENIORS MOCCASIN MAKING

**March 2 & 3  
9:00 - 4:00**

**Seniors Drop In Room  
Facilitator: Wendy Hill  
Space is limited to 10 seniors.**

**If there is more than  
10 Seniors,  
Names Will Be Drawn.  
Refreshments and lunch  
will be provided.**

**Please sign up with Peggy,  
519-332-6770, Ext. 31.  
Leave a voice mail if I am out  
of the office.**



## NOTICE

Seniors:

Please only choose one of the  
upcoming events

- 1. Medieval Times or**
- 2. Country Jukebox play or**
- 3. Elvis concert.**

We are trying to give everyone a  
chance to attend one of these events.

Thank you,  
Peggy Rogers, Seniors Worker

## **DINNER & MOVIE**

**FOR SENIORS &  
YOUTH (10 - 18 YRS.)**

Thursday, Feb 26

Meet at Crabby Joes

@ 5:00 for dinner,

Proceed to the show after dinner.

Limited to 15 Seniors &  
15 Youth.

(To be fair to everyone, there is a limit of 1 youth per senior.)

**Please register by Feb 23, by calling  
Valerie Cottrelle @ 519-491-2160**



For further  
Questions,  
Please Call  
Peggy Rogers,  
519-332-6770

or

Valerie Cottrelle @ 519-491-2160

## Senior's Programming



**Country Jukebox**  
**The best of Country Duets**  
**Imperial Theatre**  
**Saturday, March 21 @ 8 pm.**

**Limited to 10 Seniors**

**Saturday, March 28**  
**@ 8 pm**  
**Imperial Theatre**

**Limited to 10 Seniors**



**Medieval Times**  
**Dinner and Tournament for Seniors**  
**At Toronto Castle**  
**Saturday, March 7, 2015, 4:30 Show**  
**Departing at 10:30 am from**  
**Community Centre,**  
**Returning Approx. 11:00 pm.**



**Limited to 27 seniors**

**We provide the ride and show, extra's are your responsibility.**

**Call Peggy, 519-332-6770, Ext. 31 To Sign Up.**  
**If I am Unavailable, Please Leave A Voicemail**

## Senior's Programming

### INDOOR WALKING Is Cancelled for the Remaining Time for February and March



#### MOVIE NIGHT

**Tuesday, Feb 17 @ 6 pm &  
Wednesday, Feb 18 @ 1 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! If you have any movies from you'd like to watch, bring them.



#### SENIORS DINNER & STORYTELLING

**Tuesday, Feb  
24 @ 5 pm**

Come out and share stories of the past or come listen to



the stories.

Please sign up for this activity so I will know the amount of food to order.



#### SENIORS PIZZA AND GAME NIGHT

**Wednesday, Feb.25, @ 6 pm,  
Seniors Drop-In Room**

Any questions, or plan on attending Contact Peggy:

## **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**

### **Travelling Seniors**

#### **FYI**

The Travelling Seniors will be hosting a monthly Meat Bingo Fundraiser At Maawn Doosh Gumig - Next Bingo Dates are:  
Thursday, February 19  
Thursday, March 26  
Thursday, April 23  
Thursday, May 22  
At 6:00 pm and the Kitchen opens at 5:00 pm

# 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***



## Beading for Beginners



*Passing on our Culture to the next generation.*

### 6 Weeks

**Begins Monday February**

**23rd- April 6th**

**6pm—8pm**

**E'Mino Bmaad-Zijig Gamig  
Health Centre**

To register please call the Health Centre at 332-6770.



**In Partnership with  
The Aamjiwnaang  
Culture & Heritage  
Club**

# Grief & Loss Counselling Services

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**



## 24 HOUR CRISIS SERVICES

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- 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
  - WITHDRAWAL 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



- **INFORMAL FRIENDLY CHATS**
- **NO PRESSURE OR OBLIGATION TO QUIT**
- **INFORMATION SHARING**

**4 WEEK PROGRAM:  
TUESDAY EVENINGS  
FEB. 17 - MAR. 10  
5:00-6:00 PM  
HEALTH CENTRE**

**FOR MORE INFORMATION OR TO SIGN UP**

**PLEASE CALL JESSICA JOSEPH  
OR**

**ROBERTA BRESSETTE AT 519-  
332-6770**



## BUG of the MONTH Hepatitis C

### WHAT IS IT?

- Hepatitis C (HCV) is a virus that causes hepatitis, an inflammation of the liver
- The symptoms include anorexia (loss of appetite), abdominal discomfort, nausea, vomiting, and jaundice (although less frequently than with Hepatitis B)
- A higher percentage of HCV cases become chronic and carry a greater risk of cirrhosis and liver cancer compared to Hepatitis B

### HOW IS IT SPREAD?

- HCV is transmitted through blood or body fluids, intravenous drug use, and sexual contact
- HCV is spread by contact with infected fluids due to needle stick injuries; through cuts or wounds on the surface of the skin; or mucosal exposure such as splashes into the eyes or mouth
- Sharing used razors or toothbrushes are potential vehicles for HCV transmission

### WHERE IS IT FOUND?

- In the blood and body fluids of people infected with HCV
- HCV can survive in the environment outside the body on surfaces for at least 16 hours, but no longer than 4 days
- All persons who are infected with HCV are potentially infectious through their blood or body fluids

### PREVENTION AND CONTROL?

- There is currently no vaccine available to prevent Hepatitis C
- Use safety precautions to prevent exposure to blood and body fluids: practice safe sharp handling and use sharps containers where available
- Seek medical attention in the event of a needle stick injury for post-exposure procedures
- Discourage sharing of razors or toothbrushes
- Follow safer sex practices and don't share needles, straws, pipes or other drug-related utensils

**For further information please contact Jessica Joseph at the Health Centre at 519-332-6770**

# Beginner Spin Class

Instructed by Sherri Crowley



A **spinning workout** is an excellent way to burn calories and relieve stress. Other benefits are that you will build Muscle Tone, Increase Cardio Endurance, it is a low impact exercise reducing risk of injury, and it can be done year round!

## 6 Weeks

**WHEN:** February 4—March 11

**WHERE:** Mooretown Sports Complex

**TIME:** 7:15-8PM

**LIMITED TO 9 PARTICIPANTS. TO SIGN UP PLEASE CONTACT ROBERTA AT 332-6770.**

# Aamjiwnaang Skate & Swim

At Mooretown Arena



## SCHEDULE

February 14 - Swim, 3-4 pm

February 28 - Skate, 7-8 pm

March 7, - Skate, 7-8 pm

March 14 - Swim, 3-4 pm

March 21 - Skate, 7-8 pm

March 28 - Skate, 7-8 pm

Spend Quality Time with Family

Great Exercise

Children Under 7 Must be Accompanied by an Adult Into the Pool

Helmets Recommended for Skating Safety

Sorry Hockey Fans, No pucks or hockey sticks permitted!!

Please review the attached polices for Mooretown ice and pool rentals. For any questions please contact Roberta Bressette at the Health Centre 332-6770.



### **RULES OF CONDUCT for ICE RENTALS**

- All patrons must respect & follow all rules
- No food or drink on the ice
- No horseplay/games
- No figure skating maneuvers
- No erratic/excessive speed skating
- No chairs/pylons/strollers or any other item that might interfere with the safety of any skater while on the ice
- No headsets, cell phones or hand held electronic devices are to be used while skating
- No carrying of children is permitted
- No sitting on the boards
- Patrons must conduct themselves appropriately at all times
- All participants must be wearing skates while on the ice surface
- Helmets are strongly recommended

### **THESE RULES ARE PUT INTO PLACE FOR YOUR SAFETY**

### **RULES OF CONDUCT for SWIMMING POOL USE**

COMMUNITY SERVICES DEPARTMENT  
1166 Emily Street, Mooretown, ON, N0N  
1M0  
Ph: (519) 867-2651 Fax: (519) 867-2393

The Ministry of Health and Long-Term Care strongly supports these recommendations & requirements for the purposes of preventing injuries and fatalities.

- Children under the age of 10 years who are non/weak-swimmers “(unable to demonstrate comfortably/continuously swimming 2 widths of the MSC pool)” must be accompanied in the water by a parent or guardian who is at least 16 years of age and responsible for their direct su-

pervision (within arm’s reach). The ratio of non/weak-swimmers to parent or guardian may be a maximum of 2 bathers to one parent or guardian (2:1). The ratio of

- Non/Weak-swimmers to parents or guardian may be increased to a maximum of 4 bathers to one parent or guardian (4:1) if lifejackets are worn by all non/weak-swimmers in their charge.
- Children under the age of 10 (but over the age of 7 & over 48 inches tall) who are swimmers (able to demonstrate comfort in the water and pass the facility swim test) may be admitted to the swimming pool unaccompanied.
- Children under the age of 7 years or under 48 inches tall (regardless of swimming ability) may not be admitted to the swimming pool unless they are accompanied by a parent or guardian in the water who is responsible for their direct supervision, with a maximum of two children for each parent or guardian.
- Special needs individuals must be accompanied by an adult/guardian.
- Guardians or group leaders are responsible for the children in their care while in the facility and must directly supervise the children at all times.
- Guardians or group leaders should be at least 16 years of age.
- Facility Swim Test = demonstrate comfortably /continuously swimming 2 widths of MSC Pool
- Direct Supervision = within arm’s reach
- Non/weak swimmer = inability to demonstrate comfortably/continuously swimming 2 widths of MSC pool.
- Adult/guardian = 16 years of age/older

# Let's Talk

## Overcoming 12 Common Excuses for Not Seeking Addiction Help

It takes a lot to convince yourself to go to rehab. There are so many good reasons to just stay on your current path and try to hold your life together. So many reasons to not overreact and check into rehab, when all you might need to do is just cool things off for a bit, right? There are so many excuses that addicts and alcoholics commonly use to keep themselves stuck in addiction, instead of asking for help.

**Here are the main excuses that addicts use all the time:**

### **Excuse #1: "People need me in the outside world. If I go to rehab I will be missed."**

Whoa. What makes you think that the weight of the world is resting on your shoulders? You are a functional drug addict at best, right? And at worst, you are dysfunctional enough to be dangerous at times. The world will continue on without you while you are in rehab for a week or two. Maybe you have kids and are freaked out about leaving them behind, or in incompetent hands. One, understand that this is only a short sacrifice until you can get the real YOU back, clean and sober (maybe a good thing for your kids? I dunno...) And two, don't be so high and mighty to judge others incompetent to watch your children. Those who would shoulder the responsibility probably care way more than you think.

### **Excuse #2: "I have anxiety and cannot deal with groups. They will force me to speak in front of groups."**

For the most part, groups in treatment are very small and non-threatening. If you feel put on the spot in any given situation, it is easy to deflect attention and say that you just want to listen. Seriously, it is that easy. People do it in 12 step meetings, and they do it in groups, and the therapists will all tell you that this is perfectly acceptable. "Sometimes we just need to listen," they will say. And so you always have the option of saying you just need to listen right now. So do not think you can use your social anxiety as an excuse to avoid rehab. The whole thing is set up

to be very casual, easy going, and non-threatening. Even for a very anxious person, it is surprisingly easy to be in drug rehab. Do not think that it is beyond you. Anxiety is no excuse.

### **Excuse #3: "I have been to treatment before. It does not work for me."**

A common excuse. Of course at some point, numerous people went to rehab and it worked, and they have been clean and sober ever since. The difference? It all comes down to willingness. The fact is that most people who finally get clean and sober and make it "stick for good" end up going to rehab a couple of times before they finally get it. So yeah, you went to treatment in the past, and you failed. We get that. But obviously you were stuck in denial and not ready to stop at that point. You were not done trying to have fun with drugs and alcohol. At some point every addict and alcoholic will realize that the fun is over, and has been for a long time. It is then that they are in a position to surrender, to go to rehab and to make some real changes in their lives. Saying that rehab does not work for you is like saying that taking slow deep breaths will not help you to calm down as you stammer in a frustrated rage. It doesn't work because you don't want it to work. Given enough pain in your life, at some point, treatment will become a real solution for you. Rejecting rehab or professional treatment as a solution to your drug or alcohol problem actually stems from a lack of maturity. It is a child-like reaction to fear. We are afraid to get clean and sober so we grab at any excuse that will seem to fit for us.

### **Excuse #4: "I am different from other addicts. I truly love drugs."**

Don't be so short-sighted! Look at other addicts and alcoholics, do you not believe that these people love to get high like you do? Of course they do! Sometimes we think that we are unique, and that we are the only ones who have really discovered the joy of getting drunk or high. But this simply is not true. Millions have come before us and fell in love with the buzz, and millions will come after us. We are not so unique. And as addicts, we also believe that, since others have overcome their addiction, they must not have truly loved the high as much as we do. Because we love the buzz so much that we cannot ever stop using our drug of choice, or so we reason. Of course this sort of thinking is all a bunch of crap! We are

not unique. Others have been just as hooked on drugs and alcohol as we are, and they have managed to overcome their addiction. Yes, I know it is very difficult. Yes, I know you love to get drunk, or high, or wasted on your drug of choice. Yes, I know you love the lifestyle that comes along with it. And yes, I know that you cannot picture yourself ever being clean and sober again and actually enjoying life. But guess what? You are wrong. You are not unique. Other addicts and alcoholics love the high just as much as you, some of them even more. And some of them have managed to turn their life around and get clean and sober. So you can too.

**Excuse #5: "I use drugs to expand my consciousness. They enhance me spiritually."**

This excuse will hold up well in the early stages of addiction. But this does not last. Eventually, even the most stubborn drug or alcohol user can see that they are lying to themselves with this line of thinking. Sober up for a few days and then you can tell how clouded your mind really has become over the years. At first it is easy to say you are on a spiritual, inward journey while experimenting with drugs. But as addiction takes hold, it becomes "same old, same old." Denial will cause you to hang on to those early memories when you really thought that you made a spiritual breakthrough while getting high, and you will constantly be seeking that same level of expansion. But it is all an illusion, because now you are addicted, your tolerance is changing, and you will never catch that same moment of inspiration again. Even if you do, it will not be the same, because now you have already been there before. What you really want is to go even further, to get an even better glimpse at enlightenment. But it is not going to happen through artificial means with drugs and alcohol. All chemicals do is give you a little taste of it, and then it is all downhill from there. The only way to really make spiritual progress is to go chemical-free, and start seeking out the natural highs of the world. Also, look at it from an objective perspective: all the drug user is doing is sitting there, not accomplishing anything, and just pumping more chemicals into their body. How is that enlightenment? How is it spiritual? It is a waste of molecules! Get clean and sober and let the real trip begin.

**Excuse #6: "I am happier when I am using drugs."**

This is denial, pure and simple. Our mind convinces us that we are only happy when we are using our drug of choice. But if you get scientific about it, you can prove to yourself just how miserable you really are. Take a notebook around with you each day and write down the times that you are genuinely happy on that notebook. For drug addicts and alcoholics, they will log less than a few hours each week. Every addict and alcoholic has fond memories in their brain of when they were using their drug of choice and it was genuinely fun. Everything went perfectly and they had a good time and they got just loaded enough that they were able to enjoy their life and be in a state of bliss. Every addict has memories like this and the brain hangs on to those memories as moments of peak happiness. Denial is a powerful thing. What it does in the mind of the addict is that it convinces them that they will experience that "peak happiness" every time that they use their drug. When the addict thinks about quitting drugs forever, they remember that time of peak happiness, and they believe that:

- 1) They actually experience that peak level of happiness every day on their drug (which of course they do not).
- 2) They will never be happy again in their life if they cannot achieve that level of peak happiness, which they believe can only be achieved with their drug of choice.

Of course neither of these beliefs hold up in sobriety. If you get clean and sober and stick it out for a year, you will have moments of happiness that go beyond "peak happiness" and create a new level of joy in your life. Furthermore, you will be much more content in your day to day life, rather than being miserable for 99 percent of the time. Denial convinces the addict that they can experience "peak happiness" all the time, as long as they have enough of their drug. In fact, the addict only gets a moment or two of pleasure every week, and the rest of the time they are just using enough to get by and feel normal, rather than truly happy.

**Excuse #7: "I am more creative when I use drugs. Without them, I am uninspired."**

This is another lie that the addict tells themselves that can easily be proven wrong. What happens with creativity and getting high is that the two actually can coexist. It is possible to be creative while you are on drugs. That much is true. What the addict fails

to realize is that they are lowering their expectations while they are high on drugs, so any little creative spark that they have seems like so much more than it really is. By being high on drugs or alcohol, they are amazed when they create the tiniest little thing. Prove it: take any artist who is hooked on drugs and alcohol, and sober them up for a few weeks while pushing them to create. They will always agree that the stuff they did when they were sober is better than what they did when they were high, even though they did not feel as inspired when they created it. In other words, when artists measure their work objectively, they tend to favour their sober work over what they did while they were high.

**Excuse #8: "I won't have any friends if I get clean and sober."**

This can be a tough one for younger people, because friends are so much more important to them. In a lot of cases, a person who is addicted will have pushed all of the "normal" people out of their life, so that they are surrounded by friends and people who use drugs just like they do. Many addicts will complain that they do not have any people in their life who do not get high. They are surrounded by users. Getting clean and sober can be tough in the short term, because you are basically going to have to sever most, if not all, of these connections. But recovery is a new path in life, and when one door closes, another opens. Old friends will be replaced with new ones. No one really wants to hear that, though. It is like telling a child who is being forced to move to a new home that they will make new friends. Who cares? They want to keep the friends that they have got. But of course we all know that life does go on, and that new friends will be made. The moment of surrender goes beyond all this. You have to be desperate enough and miserable that you do not really care about the implications. Yes, you will lose some friends, and it will be a tough road. But if you want to live you will make this sacrifice. And in the end, you will make new friends if you stay clean and sober. You will.

**Excuse #9: "I won't be able to work if I quit drugs."**

When we are still getting high, most of us resent our work, and we imagine that if we were to stop using our drug of choice, that we would no longer have any motivation to actually show up and get the job

done. Of course this is not true. In recovery, a couple of things happen that will change your long term outlook on working:

- 1) You will likely find more meaningful work if you get and stay clean and sober. You will not "settle" for just getting a pay check because without addiction, your life will have actual meaning now.
- 2) You will be able to apply yourself and get better jobs. You will not fear a drug test. You will be more ambitious in seeking out a better job, or higher education to get a better job. You will find better work and get better pay.
- 3) You will start to move closer to your real purpose in life, and start to seek education or employment that aligns with that. Work will have new meaning for you, and no longer just be about getting your bills paid.

To think that some people actually argue that they won't be able to work effectively when they get clean is just ridiculous.

**Excuse #10: "I deserve to use drugs. That is how I reward myself. I work hard and deserve it."**

Once again, check your misery rating. How often are you truly happy when you are actively using drugs or alcohol? You live in fantasy most of the time, always thinking of having a greater supply of drugs, more money, or being off somewhere at a better party. You are never really happy "right now" and most of the time you are just obsessing over your drug of choice and how you are going to get more and when you are going to get high and all of that stuff. So what is your real reward when using drugs? You get high often but rarely does it live up to the fantasy you have in your mind of "when you got totally wasted that one time and it was just such a great party and fun was had by all." Those times are over and even if they are not then they are still few and far between. Most days it is just a grind to wake up and get your fix of whatever just so you don't feel like crap anymore. Part of denial is telling yourself that it is always that fantasy when you get high, when the reality is that you are miserable for like 98 percent of the time. Really look at your life and think about how many hours each week you are at that "fantasy level of happiness." It is going to be precious few if you are a true addict or alcoholic. When you are clean and sober you can treat yourself to real re-

wards that actually have meaning. Right now in active addiction, you would turn up your nose at examples of this—such as taking a nice vacation, eating a steak dinner, or buying a brand new car. Those things don't appeal to someone stuck in addiction, because their reward system has completely changed. But it will change back, over time, even if you do not believe it will. Real life will have meaning again, and you will find pleasure in the simple things again. And life will be good again!

**Excuse #11: “I depend on drugs for a medical condition. It is a medical necessity for me.”**

I won't get into the medical marijuana stuff here because that is a huge can of worms. But suffice it to say that there are at least two major conditions out there that can create addicts who become dependent on medication and also abuse it. Those are:

- 1) Anxiety medications – such as Xanax, Valium, Librium, Klonopin, Ativan, etc.
- 2) Opiates for pain – such as Vicodin, Percocet, Oxycontin, Ultram, etc.

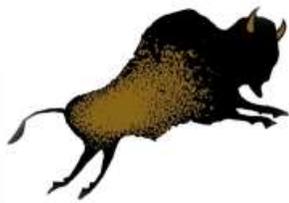
In both of these cases, alternatives do exist, especially if someone is abusing or misusing their prescription. Now this is not to say that the use of these medications is never justified. However, if someone is addicted to any of these meds, then there is almost always a healthier alternative that is not addictive and can still be able to help alleviate their symptoms. There are pain clinics. There are alternative therapies. There are anxiety medications that are NOT addictive. It is your responsibility to find a doctor who is knowledgeable about addiction. It is your responsibility to educate your doctor if they are completely clueless. If you do not want to take responsibility for this, then you will likely stay stuck in addiction. I have watched a few addicts in recovery who just cannot seem to “get it” because they have this blind faith in a doctor of theirs that is not very addiction-savvy. The addict thinks that if they have a green light from the doctor then everything is justified now and they can do no wrong. Of course it does not work this way if the doc keeps prescribing addictive meds to them. In some ways, “we are our own best doctors.” Each addict has a responsibility that goes beyond what their doctor is telling them, a responsibility to put their recovery first. The best advice in this case is to find a new doctor that is experienced in treating addiction. Find one like that, then turn your blind faith back on.

**Excuse #12: “I don't need rehab, because I could actually stop if I really wanted to. I just don't want to.”**

More denial, pure and simple. We all think that if we really got serious about trying to quit, that surely we could pull it off without any outside help. This is not a bad assumption, actually, based on our life experiences. This is why we get so tripped up. We do this because we actually have buckled down in the past, regarding various life issues, and made real growth and real progress in matters that did not concern our addiction. So why should addiction be any different? If we get serious about it, then we should get good results, right? Not really. What actually has to happen in order to fully break through this denial is for the addict to say “I am addicted, I need real help, and I cannot help myself in this case.” Fully breaking through the denial is a crushing admission of surrender. The addict is admitting “I cannot figure out how to live well on my own. I can't do it.” If you are not at that point then you have not surrendered fully to your addiction. The disease is still in control, still trying to manipulate you into thinking that you are smart enough to beat it on your own.

**The truth is that we have to ask for help. The truth is that we cannot undo our own addiction, just by thinking our way out of it.**

If we could do that, you would have done it by now. You are not stupid. Smart people have no advantage over their addiction. They do not have any special brains that allow them to discover recovery on their own. It takes full surrender. Ask for help, admit that you need guidance. Sure, it is a massive blow to the ego, but you can have the ego back later if you still want it. One tiny decision to go to treatment can set your whole life in motion. You might think that living a good life in sobriety where you actually enjoy yourself is beyond you, but you would be wrong. The opportunity is there for anyone who is willing to admit crushing defeat and ask for help. With that, your whole life will change for the better, and you will look back some day and wish you would have made the leap sooner. Might just as well make the leap now.....what are you waiting for? Call the Health Centre (332-6770) or drop in to speak to someone who can help you begin your journey to recovery.

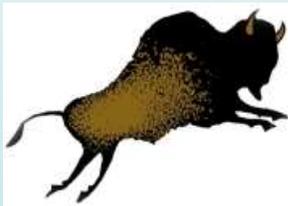


## RedPath Emotion Management Program

*Living a good life through Emotion Management*



Expected Start date:  
February 26, 2015

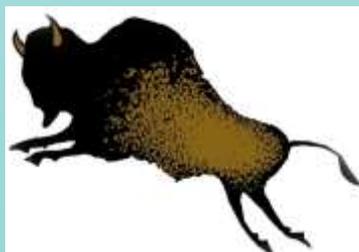


**For More Info Contact:**

**Robin Maness  
Health Centre:  
519-332-6770**

or

**Sue Rogers  
Mnaasged Office:  
519-383-0404**



## FIRST NATIONS FOOD, NUTRITION & ENVIRONMENT

### Community Presentation

The results are finally in! Lead Researcher Dr. Laurie Chan will be here to present our community results and answer any questions you may have. We hope you will join us. Refreshments will be provided.

- HOUSEHOLD INTERVIEWS
- TRADITIONAL FOODS
  - DRINKING WATER
  - SURFACE WATER
  - MERCURY IN HAIR

### WHERE:

MAAWN DOOSH GUMIG  
YOUTH & COMMUNITY CENTRE

### WHEN:

MARCH 2ND, 2015  
6 - 8 PM





**COUPONING**  
**for**  
**Beginners**

**With Tracy Williams**  
**&**  
**Penny Rogers**

WHEN: THURSDAY, FEBRUARY 19TH  
WHERE: AAMJIWNAANG HEALTH CENTRE  
TIME: 1PM-3PM



**\*\*\*Starter kits provided!**

*Transportation & Childcare provided. Please contact the Health Centre at 332-6770 to register.*

# A Beginner's Guide to Organic Gardening

*Aspiring organic gardener? Then check out our comprehensive guide, filled with tips and tricks to get you started.*



Gardening is not too complex. Almost all of us - probably in grade school - planted a seed in a cup of dirt, watered it, and watched it grow. But creating a garden that produces fresh food and flowers all season is not so elementary, especially to those who did not grow up gardening. So we've compiled this guide to the basics of organic gardening and the keys to success we've learned over the years. When you're done reading, look at your thumb - you may see a tint of green that wasn't there before.

## Planting Seeds

### 1. Make your bed

About three weeks before you are ready to plant, after the soil has dried so that it doesn't clump when you pick up a fistful, sink a fork into the earth. Loosen it down to about 12 inches, add a half-inch layer of compost, and rake the surface of your garden until it has no weeds, dirt clumps, or big stones. Over the next three weeks, pull any weeds that come up. Raking and then letting the soil sit for a few weeks brings out weed seeds that were lurking in the soil.

### 2. Dig a furrow - or not

If you like symmetry and order, carve out a shallow trench with a hoe or hand trowel. But you don't have to plant in rows. You can organize your garden as a grid, with plants at the four corners of each square, or you can choose not to organize it at all. Whichever style you go with, dig shallow furrows or holes for the seeds.

### 3. Water lightly

Moisten but don't soak the soil. Watering before rather than after planting the seeds protects them from being swamped, or washed up and out of the soil.

### 4. Sow the seeds

Spread the seeds through the trench or place two or three in each planting hole. The seed packet tells you how far apart to plant them. If you plant too closely, you can thin them after they come up and, in many cases, eat the thinnings.

### 5. Cover with soil

As a rule of thumb, bury seeds only about as deep as their diameter. Sprinkle soil on top of the seeds, pressing gently to ensure they have contact with the soil. A few seeds, such as lettuce and dill, need light to sprout, so cover them sparingly. (Seed packets tell you if they need light to germinate.)

### 6. Keep moist

Sprinkle water on the seedbed whenever the surface is dry until all the seeds have sprouted.

**Key to success:** Add compost to planting holes to improve the soil's structure, provide slow-release nutrients, and activate the beneficial microbes in the soil.

## Six Essential Tools

- Trowel
- Hand-weeding tool
- Hoe
- Pruners
- Fork
- Spade

## Basic Tools for Gardeners

While experienced gardeners are likely to have three times this many tools in the shed, this list will give you a basic idea of the tools you'll need to have to take care of a home landscape:

- Shovel
- Spading fork
- Leaf rake
- Bow rake
- Leather garden gloves
- Pruning shears
- Trowel
- Sprayer (even if it's just a hand-held, window cleaner type)
- Wheelbarrow



Different regions of the country also have their own specialized tools. In areas with heavy clay or rocky soil, for example, it sometimes takes a pick to break through the subsoil. In the Southwest, a tool called a caliche bar (also known as a crowbar) is used to pole holes in the concrete-like caliche soil.

If you'd like to know more, visit the Source website at: <http://www.organicgardening.com/learn-and-grow/beginners-guide-organic-gardening>



## Aamjiwnaang Environment Department Focus Group Update

Story by: Lynn M. Rosales

Recently in Aamjiwnaang the Environment Department held a series of Focus Groups at Maawn Doosh Gumig Youth & Community Centre, to inform the community about current projects that are being focused on, the projects include: Shoreline Softening Project, Green House Project and Traditional Land Use Study.

The first focus group took place on January 24, from 11:00 am - 1:00 pm. During this session the staff provided an overview of the **Shoreline Softening Project** that will focus on creating a water front that is both accessible and enjoyable for those who visit the area to fish, walk/run, sight see or to just sit and relax. During this session there was also an update on the Canadian Remedial Action Plan Implementation Committee and the progress of remedial action plans and the delisting of Areas of Concern (AOC's).

The **Green House Project** was discussed at the second focus group that was held on January 31, from 11:00 am - 1:00 pm. During this session the participants shared ideas for the shoreline softening project and was able to assist with the creation of a model that will be used at an upcoming workshop. Traditional plant use and availability was also discussed.

The final focus group was held on February 4, from 5 - 7 pm, topic of discussion was the **Traditional Land Use Study**. Participants were shown a video that depicted Magnetawan First Nation and how there traditional land use study resulted several benefits for the people. Personal stories were share about being spiritually connected to the land here in Aamjiwnaang while others expressed concern about further encroachment of industry onto the now small land base. It was mentioned that the environment committee is considering the development of a by-law that would help to protect the land and at the same time there is concern about who would enforce such a by-law.

*The following photos and comments were collected and submitted by, Courtney Jackson, Environment and Outreach Worker*



*Lynn opened with a prayer and then she created the base for our model . We gathered some great comments and suggestions for future workshops.*

*Miigwech Lynn!*



*Shawna (age 10) attended the Environment Focus Group Jan, 31, 2015.*

*After hearing the presentation about the benefits and importance of restoring habitats and also some of our waterfront, her creative went right to work.*

*Shawn's vision was told in the picture above. She would like to see an area made with smaller rocks, a saer place where she can touch the water while fishing with her dad and brother. A spot to feed the fish and see them swimming by. Some nice benches with trees around them, it would a great place to sit and relax while watching the boats go by.*

*Miigwech & Awesome work Shawna!*



*AFN Employment Supports*  
*Presents a 3 Day Wellness Program in*  
**“Quantum Energy Integration”**

**Ka'nikhriyotshera: Fostering Emergence of the Good Mind**

With Diane Hill - Integrative Programs Consultant

Six Nations of the Grand River Territory, Ontario – [www.dianehill.net](http://www.dianehill.net)

**Wednesday Feb 17<sup>th</sup> - Friday 19<sup>th</sup> 2015**

**Daily Program Hours: 10am to 5pm**



Facilitator Bio: Diane Hill has been working as an Integrative Programs Consultant for the past 28 years. Her national and international consulting work is distinguished in the fields of social work, education and Indigenous cultural studies. She has been promoting wellness and facilitating practices related to quantum healing in an integrated and holistic educational model in New Zealand, South Africa, South America & the USA.



This presentation is a **WEL-Systems®-based experience** that bridges the Newtonian/allopathic model of wellness and the Indigenous/multi-dimensional approach to wholeness. It draws upon research done in the quantum sciences and in the area of cellular biology in particular. The new information provides a unique perspective for explaining how the human body processes and integrates our many life experiences without having to think about it. **Within this broad context, the presenter explains how humans are capable of leaving their past behind and participants will have 3 days to practice the process for doing so. This material focuses on the need for cultivating and strengthening the spiritual capacity of ALL peoples as the key to helping them create a different reality.**

**Participants should come prepared to engage in daily meditation exercises.**

Dress is very casual. Workshop delivery takes place in an easy to understand, conversational format. Participants should bring a craft project from home to work on over the 3 days or come prepared to work with whatever craft materials will be supplied. Bring your own snacks, water bottle & tea/coffee cup. For the meditation exercises, it is suggested that you bring a blanket, pillow and/or yoga mat. **Lunch will be supplied and coffee, tea & water will be available.**

***Everyone is welcome. Registration is required as seats are limited.***

**For Program Details, Location & To Register,**

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



## AAMJIWNAANG FIRST NATION

### EMERGENCY PLANNING



## WINTER STORMS

Winter storms can be treacherous and damaging if you are unprepared. They can disrupt power supply and transportation and create home and personal safety issues. Bitter cold and winter storms kill more people than the number of Canadians killed by tornadoes, thunderstorms, lightning, floods and hurricanes combined. When you are building your family emergency plan review and discuss these safety tips with your entire household to make sure everyone understands what to do.

### General Tips

#### If you are indoors:

- Listen to the radio and/or television for weather reports and emergency information.
- Stay indoors. If you must go outside, dress for the weather to avoid serious cold-related injuries.
- Keep water running. Running water, even at a trickle, helps prevent pipes from freezing.

#### If you are outdoors:

- Avoid overexertion when shoveling snow. If you must shovel snow, ensure you take frequent breaks so as not to over-stress your body.
- Dress in several layers of lightweight clothing. Wear mittens and a hat (preferably one that covers your ears).
- Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.
- It is important to regularly check for frostbite. Indicators include numbness or white areas on your face and extremities (ears, nose, cheeks, hands and feet in particular).
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.

### Prepare Now:

- Review and discuss the safety tips with your entire household to make sure everyone understands what to do during a severe winter storm.
- Add additional items to your emergency survival kit such as; extra warm clothes or blankets.
- Winterize your home to retain heat by insulating walls and attics, caulking or weather-stripping doors and windows, and installing storm windows or covering windows with plastic.
- Maintain heating equipment and chimneys by having them cleaned and inspected once a year.

**Reminder: If you haven't signed up for our notification system, use this link:**

**<https://member.everbridge.net/index/453003085611503>**

**Or, complete one of the sign-up sheets and drop it off at the Band office**

**If you have any problems, contact Wilson Plain Jr. at the Band office (519) 336-8410**



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





## Aamjiwnaang First Nation

### Employment Supports Program MEETINGS / WORKSHOPS

FEB 17

Income Statements Due, Band Office

FEB 18 –20, All Day Sessions

Quantum Energy Integration

Diane Hill, Flyer on page 22

FEB 24, 10 am - 12 noon

Employment Information Session,

Council Chambers, Band Office

FEB 25, 9:30 am - 3:30 pm

Interview Skills Workshop with

Diane Forbes, Maawn Doosh Gumig

FEB 27, 10 am - 1 pm

Stepping Stones-**MANDATORY**

Maawn Doosh Gumig

MAR 5, Time TBA

Community Development &

Culture

MAR 25

Applications for Dress for

Success - DUE!!

MAR 31

Dress for Success - Image North

Consulting

**For More Information contact;**

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

**[mplain@aamjiwnaang.ca](mailto:mplain@aamjiwnaang.ca)**

## Job Search

- A. **OFIFC**, Toronto, Check out website for postings; <http://www.ofifc.org/>
- B. **Nokee Kwe**, Native Education Centre, London, ON, several job listing check it out at; <http://www.nokeekwe.ca/>
- C. **Southern First Nation Secretariat**; <http://www.sfns.on.ca/index.html>
- D. N' Amerind Friendship Centre (London), Check out website to postings; <http://www.namerind.on.ca/>
- E. **Anishnawbe Health Toronto**; Check out website for postings; <http://www.aht.ca/>
- F. **SOAHAC** London, Chippewas of the Thames, Owen Sound, check website for job listings; <http://www.soahac.on.ca/>
- G. **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/>

Imagine  
with all  
your mind.  
Believe  
with all  
your heart.  
Achieve  
with all  
your might.





## AAMJIWNAANG FIRST NATION EMPLOYMENT OPPORTUNITY

### Public Works Coordinator

#### Job Duties:

- Manages, schedules and directs regular and seasonal Public Works department employees.
- Coordinates: snow removal; landscaping/grass cutting within the Aamjiwnaang community.
- Schedules maintenance & replacement of equipment and machinery.
- Oversees maintenance of roads; bridges; parks and other facilities.
- Plans inspections and supervises repair and maintenance of Band Buildings.
- Inspects all Band vehicles; schedules repairs; safety checks & licenses.
- Provides recommendations on capital projects.
- Annual department budget preparation and management.
- Provides regular reports to the Band Administrator on Public Works projects and activities.
- Ensures strict adherence to Occupational Health & Safety procedures.

#### Qualifications:

- Education, Training and Experience related to job duties.
- Ability to manage all operations activities and supervise staff.
- Knowledge & experience in building, road maintenance and public works projects.
- Proven experience in planning and scheduling work and budgeting.
- Effective verbal and written communication skills.
- Valid driver's license and good driving record; Heavy equipment operators licence an asset
- Must work flexible hours; outdoor work; some heavy lifting.

#### Application to include:

- Cover letter with contact information;
- Resume listing training, licenses and work experience;
- At least two letters of reference.

Please forward applications to:

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

**Deadline for applications is 4:00 PM, Friday, February 20, 2015.  
A detailed job description is available at the Band Office.**

Administrative Assistant  
Grand Bend Wind Farm

Northland Power Inc., a public company, is a developer, builder, owner and operator of clean and renewable energy projects. Founded in 1987, the company has primary operations in Canada, with over 1,000 megawatts of output, including wind, solar and thermal. In the past ten years the company has experienced extraordinary growth as a result of its aggressive, results-driven entrepreneurial culture and strong financial performance.

Northland Power and GIWEDIN NOODIN FN ENERGY CORPORATION are jointly constructing a wind farm around the town of Grand Bend and need an Administrative Assistant to support the project team during construction.

Primary responsibilities:

- Provide secretarial and administrative support for managers and staff.
- Draft and prepare meeting agenda and minutes, reports and correspondence, filing and general office duties.
- Schedule and manage appointments, meetings and conferences.

The Candidate:

He or she will be a high school or college graduate and have at least three years of experience as a secretary or administrative assistant, preferably in the construction field.

Excellent knowledge of English, including the ability to understand data and written documents and communicate easily. Good computer skills and experience with MS Office and MS Project. An understanding of engineering/construction document control is a plus.

Personal Attributes:

- Friendly and pleasant.
- Writes and speaks well.
- Has a willingness to do what is necessary to get the job done.
- A strong attention to detail.
- Persistent and resilient.
- Works well under the pressure of deadlines.
- Able to multi-task.
- Strong typing skills.

Work Term:

This is a contract position, starting in early 2015 and ending in early 2016.

Please Drop off your resume at:

Aamjiwnaang First Nation  
Administrative Complex  
978 Tashmoo Ave.  
Sarnia, ON N7T 7H5

Be sure to clearly mark your documents:

**GRAND BEND WIND FARM**

Environmental Job Opportunity  
Grand Bend Wind Farm

Position: Environmental Monitor Intern

Reports to: The Environment Monitor

Duties & Responsibilities:

This is a junior position for a person with a high interest in the environment, a suitable educational background, a general knowledge of Ontario environmental law and permitting, and some experience with the monitoring of natural environments.

The primary responsibility is acting as an assistant to the Environmental Monitor of the Site. Specific duties will include: working with both Neegan Burnside (Environmental Consultant) and Northland personnel, observing contractor site activities to ensure best practices are followed, observance of properly delineated setbacks, reporting on conformance by the contractors to provincial construction standards, assisting in the preparation of environmental surveys and preparation of routine reporting, plus other environmental tasks as required.

Education: Completion of post-secondary courses in Environmental Studies is desirable, or practical experience in monitoring construction activities.

Location: The Environmental Monitor Intern will work out of the Neegan Burnside/Northland office. The majority of the work will be on the Wind Farm lands, and the Intern must be physically able to walk through the forested and hilly areas.

Work Term: The work term for this position is during the Construction Phase of the Wind Farm project. The project will start in the Spring of 2015 and continue for approximately 6-10 months, except for Winter periods when conditions are unsuitable for construction.

Applications: Expressions of interest from suitable First Nation candidates are encouraged.

Please Drop off your resume at:

Aamjiwnaang First Nation  
Administrative Complex  
978 Tashmoo Ave.  
Sarnia, ON N7T 7H5

Be sure to clearly mark your documents:

**GRAND BEND WIND FARM**



**Employment Opportunity**  
First Nations Constable  
KITCHENUHMAYKOOSIB INNINUWUG  
(KI Police)

The Kitchenuhmaykoosib Inninuwig First Nation is currently accepting applications for the position of First Nations Constable. The KI Police is administered by the OPP Aboriginal Policing Bureau while operations are supported and supervised by the Sioux Lookout OPP detachment.

KI First Nation is located 400 kms north of Sioux Lookout, Ontario on the north shore of Big Trout Lake.

**ESSENTIAL QUALIFICATIONS:**

- Grade 12 with Ontario Secondary School Graduation Diploma or equivalent
- Valid Ontario Drivers Licence in good standing
- 19 years of age or older
- No criminal record for which a pardon has not been granted
- Be of good moral character and habits
- Excellent communication skills, both oral and written
- Must be self-disciplined, motivated and community-oriented
- Must be in good health, mentally and physically suitable for active full time duty
- Successful candidate must submit current vision and medical certificates
- Must have a valid O.A.C.P. Certificate of Results
- Must have an up to date First Aid/CPR Certificate

**DESIRABLE QUALIFICATIONS:**

- Currently active as a First Nations Constable, Ontario Provincial Police, RCMP or Municipal Police officer and possess an Ontario Police College Basic Constable Certificate or equivalent
- Knowledge and understanding of aboriginal culture
- Diploma graduate of an Ontario credited Law and Security Program
- Other post-secondary studies in law and justice or native studies
- Experience in working with young people in promoting healthy lifestyle choices

**MANDATORY DOCUMENTATION:**

- Cover letter/Resume
- Copy of Grade 12 Ontario Secondary School Diploma or Equivalent
- Copy of any other applicable educational post-secondary studies diplomas
- Copy of valid O.A.C.P. Certificate of Results
- Copy of Driver's Licence and Certificate of Birth
- Three recent work related references (names and contact information)
- If applicable, receipt of a diploma from the Ontario Police College or equivalent

**DEADLINE: Friday, February 20, 2015 at 1600 hrs.** Late applications will not be accepted. Only those candidates selected for an interview will be contacted.

Further information can be obtained by contacting Sgt. Kevin YOUNG at (807) 737-2020.

Applications must be submit by e-mail only to: [Kevin.Young@OPP.ca](mailto:Kevin.Young@OPP.ca)



# APPRENTICE

FREE

## INFO SESSION

GUEST SPEAKER:  
**Dan DeLeary**

EVERYONE WELCOME



**FEB 18**  
MAAWN DOOSH GUMIG

**4-6**

*Hosted by Right to Play*

Sponsored in partnership w/

Ontario Works Employment Supports

# ALL WELCOME

Contact Marina (EA) 519-336-8410

Right to Play: Tony Jacobs 519-491-2160

How to apply..  
Where to look...

INFO: 519-336-8410



# COMMUNITY EVENT

## TRADITIONAL GRIEF TEACHINGS GCHI-GASHKENDAMOWIN

**Healers/Elders: Richard Assinewai and Ernestine McLeod**

**POTLUCK LUNCH** – Bring your favourite recipe to share at the community event if you are able.

WEDNESDAY, FEBRUARY 18, 2015  
9:00 AM - 3:30 PM

Southwest Ontario Aboriginal Health Access Centre -  
SOAHAC

Chippewa Site

77 Anishinaabeg Drive, Muncey ON N0L 1Y0

Learn about Grief through traditional storytelling, prayer and song . Learn about traditional teachings around life and death.

Miigwetch/Yaw^ko/Thank You



Southwest Ontario  
Aboriginal Health  
Access Centre

For More Information Contact:  
Stephanie Trudeau, Shkaabewis Kwe  
@ 519-289-0352



Southwest Ontario  
Aboriginal Health  
Access Centre

77 Anishinaabeg Drive  
Muncey, Ontario N0L 1Y0  
P 519.289.0352 F 519.289.0355

425-427 William Street  
London, Ontario N6B 3E1  
P 519.672.4079 F 519.672.6945

soahac.on.ca

## WHITE BISON INC. MEDICINE WHEEL CIRCLE WORKSHOP

TIME: 10:00 – 3:00 PM

DATE: February 18 & 19, 2015

LOCATION: SOAHAC CHIPPEWA LOCATION BOARD ROOM

OPEN TO ALL ADULTS 18 YRS +

White Bison Circles are based on prophecies of Indigenous people being awakened to the “New Spring Time” through the four gifts of the Sacred Hoop of 100 Eagle Feathers- Healing, Hope, Unity and Forgiveness in order to become positive warrior.

Agenda Day 1: Opening Ceremony  
DVD Introduction  
Sharing Circle  
Lunch Provided  
DVD Medicine Wheel  
Sharing Circle

Agenda Day 2: Opening Ceremony  
DVD Cycle of Life  
Sharing Circle  
Lunch Provided  
DVD Teachings  
Sharing Circle

The founder of White Bison Inc. is Don Coyhis, Mohican Nation, who is a nationally recognized speaker in the fields of recovery, personal growth and development. Don facilitates the Fire Starter Circles via DVD which provide the teachings and the circle provides the healing. We will follow this format.

For more information please contact:

**Brennan Ireland**  
**Addictions Counsellor**  
**SOAHAC**  
**P: 519-672-4079 ext: 234**

# 3rd Annual Honoring our Grandparents Round Dance

## March 28th, 2015

## 50/50s All Night

Pipe Ceremony: 5:00pm (Anishinaabe Time)  
 Pot Luck Feast: Following Pipe Ceremony  
 Round Dance: 7:00pm-1:00am  
 4th Meal: 11:00pm

## Toonie Auction

Stickmen: Matt Isaac & Dan Isaac  
 Emcee: Nathan Isaac

All Singers invited! The lead singers chosen to lead a set of songs will receive an honorarium.  
 All participating singers will be acknowledged.

## World Class Singing

The Anishinaabek of Aamjiwnaang invite all nations to attend!

Good food, Good friends, Good laughs,  
Good music, Good times, Good life!

Nathan (989)954-4471

Cid (519)330-3596

# Aamjiwnaang First Nation

Maamu Doosh Gamig Community Center - 1972 Virgil Ave. Sarnia, Ontario, Canada



# 21st ANISHINAABEMOWIN-TEG INC.



**Theme: "Naakaazdaa Enweying"**  
Let Us Use Our Voice

**March 26th to 29th, 2015**

Kewadin Casino and Convention Centre - Sault Ste. Marie, Michigan

## MEMORIAL SCHOLARSHIPS AND CONFERENCE HIGHLIGHTS

- \* Children's Activities
- \* Evening Socials
- \* Anishinaabemowin Education & Health Workshops
- \* Arts & Crafts Workshop

\$300-Adults, \$250-Elders/Students, \$125-Child.

**Registrations sold online at [www.anishinaabemowin-teg.org](http://www.anishinaabemowin-teg.org)**

Payment will be accepted by PAYPAL. Only 500 Banquet tickets available.

**This is a Drug and Alcohol Free Event.  
Please Keep Conference Area Smoke Free.**

## **anishinaabemowin naakaazdaa enweying (lets speak our language)**

### **Niizhwaaswi Mnik Mishoomisug**

#### **Kinoomaadwinan**

(Seven Grandfather Teachings)

#### **Zaagidwin - Love**

Zaagaan - he/she loves her/him

Zaagiweg - are loving

Zaagin - love you

Zaagaa - love her/him

Zaagishin - love me

Zaagig - he/she loves me

Zaagidaa - let's love each other

Zaagaadaa - let's love her/him

Zaagidaa Pane - let's love each other, always

Zaagiwewin - Love - shown in any form

- eg. O'gashi baatiinton zaagiwewi - That mother has lots of love
- eg. O'mishoomis mooshkne'ni zaagiwewim dehying - that grandpa is full of love in his heart

*The Anishinaabeg were to always act in LOVE. To love the Great Spirit the same way he loved his people, because it was the love of the Great Spirit that gave life. Children are to be loved, for children are a gift from the Great Spirit.*

#### **Debwewin - Truth**

Debwe - is telling the truth

Debweg - are telling the truth

Debwedaa(n) - let's be truthful

Debweying - Giishpin debweying - if we tell the truth

*Always to seek the TRUTH. The truth lies in spirit. Prayer was to be done every day at sunrise to give thanksgiving to the Great Spirit for the gift of life. All gifts & each ceremony were given by the Great Spirit to the Anishinaabeg to help them find truth, the true meaning of their life, & existence. Living truth is living the seven great laws.*

#### **Gwekaadziwin - Honesty**

Gwekaadzi - is honest

Gwekaadsiwag - are honest

Gwekaadzidaa(n) - let's be honest

Gwekaadziikaaza - pretending to be truthful

*To be HONEST to themselves. To live in the spirit of how they were created. Never to lie or gossip about one another.*

#### **Aakdehkwin - Bravery (Courage)**

Aakdeh'e - is brave

Aakdeh'ewag - are brave

Aakdeh'edaa(n) - let's be brave

Aakde'ekaaza - pretends to be brave

*To have COURAGE (BRAVERY) to always do that which was morally right. To be proud of being Anishinaabe and never to deny the way of life the Great Spirit gave to them.*

#### **Mnaadendmowin - Respect**

Mnaadendma - is respectful

Mnaadendowag - are respectful

Mnaadendizan - respect yourself

Mnaadendam - does respect in thought and deed

Mnaadendizkaaza - pretending to be respectful

*To RESPECT all life in Mother Earth. To show real respect was to give of themselves for all the benefit of all life. To respect the Elders and the Leaders who upheld the sacred laws of the Great Spirit.*

#### **Dbaadendziwin - Humility**

Dbaadendma - is humble

Dbaadendnowag - are humble

Dbaadenzadaa(n) - let's be humble to one another or let's show humility

Dbaadendizkaaza - pretends to be humble or have humility

*Always to act in HUMILITY. One was to always think about their family, their fellow man, and their community before they thought of themselves. To know humility is to know that there is a Great Spirit and he is the creator of all life, and therefore he directs all life.*

#### **Nbwaakaawin - Wisdom**

Nbwaakaa - she/he is wise

Nbwaakaawag - are wise

Nbwaakaadaa(n) Pane - let's be wise, always or let's always be wise

- Aabjitoon giin nbwaakaawin, noongwa ge waabang! - Use your wisdom, today and tomorrow

*To live in WISDOM is knowing the gifts the Great Spirit gave to everyone. To use these gifts to build a family and community filled with caring, sharing, kindness, respect, and love for one another. When we know and use our gifts we become an instrument of the Great Spirit, helping to bring peace to the world.*

Source: Anishinaabemowin; [Virginia Henry baa](#) English words; [http://anishinaabemodaa.com/lessons?lesson\\_id=52](http://anishinaabemodaa.com/lessons?lesson_id=52)



### Future Films:

**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](mailto:justicefilm@sympatico.ca)

[www.facebook.com/SarniaJusticeFilmFestival](http://www.facebook.com/SarniaJusticeFilmFestival)

Twitter: @SarniaJusticeFF

### 2015 Talons Baseball Registration

Sat March 7 , 10am-2pm

Sat March 21, 10am-2pm

Sat March 28, 10am-2pm

Maawn-Doosh Gamig Community Centre

Instructional	4-6	\$35.
Novice	6-8	\$55.
Mosquito	9-10	\$85.
Ranger	11-12	\$85.
Pee-wee	13-14	\$85.
Bantam	15-17	\$105

- Age reached by Aug 31 of 2015 baseball season.
- This years registration coincides with SMAA registration dates

**Any questions can be directed to**

**Earle Cottrelle @**

**[bigdaddyallin@gmail.com](mailto:bigdaddyallin@gmail.com)**

**or, 519-491-9410**

There will be a winter baseball conditioning coming soon @ community centre, when dates are verified, I will post in next tribune and at community center.

## Travelling Seniors Fundraiser

# MEAT BINGO



**Thursday, February 19, 2015**

**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**

# 10th Anniversary MEGA MONSTER BINGO



\*Out-of-town advance payments will be accepted by visa & master card between January 5, 2015 to July 25, 2015 or while seating is available

**Monday, August 3, 2015**  
**Garden River Bingo Enterprise**  
Garden River, Ontario  
Doors open 10:00am • Mini's start at 1:00pm  
Advanced Tickets \$200 For 4 strips  
Extra strips in advance \$40.00  
At the door \$250 For 4 strips  
Extra Strips \$50.00  
4 Strips Minimum  
**GET YOUR ADVANCE TICKETS NOW!**  
**CALL PROMOTIONS**  
**(705)253-8718 EXT 227 OR 234**

OVER **\$100,000** IN PRIZES TO BE WON!

**LIMITED SEATING AVAILABLE**

**10 FULL CARD SPECIALS OF \$10,000**



# LGBT2SQ



Spectrum is a positive drop-in space open to all Lesbian, Gay, Bisexual, Transgender, Two-Spirited and Questioning (LGBT2SQ) youth ages 12 to 24 in Sarnia and Lambton County that meets Mondays bi-weekly from 4 to 5:30 p.m.

## Goals of Spectrum:

- Ensure safe space for all youth who identify as LGBT2SQ
- Combat homophobia and transphobia in our community through community outreach and educational campaigns
- Help youth gain self-confidence and feel comfortable in their respective sexualities

## Youth will experience:

- One-on-one support
- A place where they find acceptance
- Knowledge of LGBT2SQ history
- Accurate and up to date sexual health information
- Friendships
- Hear guest speakers who identify as LGBT2SQ
- Fun through art, boardgames and movie nights



*Spectrum is inclusive, non-judgemental,  
safe, supportive & fun!*

519-344-2841  
[info@reboundonline.com](mailto:info@reboundonline.com)  
[www.reboundonline.com](http://www.reboundonline.com)





Featured Show, If you like the Blues!!

*Robbie Antone Band,*  
London, ON, CA

Saturday, February 14, 2015

Liquid Johnnys

Sarnia, ON, CA | 08:00 PM

117 N. Christina Street

**LNHL**

**HITMEN TYKES**

**Fundraiser**

**LUNCH**

**MAAWN DOOSH GUMIG**

**Community Centre**

**YOUTH ROOM**

**SATURDAY, FEB 21ST**

**11:30-sold out**

**Soups & Sandwiches**

**Thank you for your support of  
the**

**HITMEN Tykes!!**

*Congratulations*

Jayla Giorgi

For making the cut over  
600 dancers during the  
Cirque de Soleil tryouts!  
Jayla will be performing  
in front of 45,000 people  
for the opening of the Pan

Am Games!  
Your family  
is so proud  
of you!  
Love Auntie  
Roberta,





**You are invited to**

THE GRAND OPENING of the Canadian Diabetes Association's  
NEW Clothing Donation Centre & Branch Office.

1-940 Murphy Road Sarnia, ON N7S 5C4  
Wednesday March 4, 2015: 10 a.m. – 3 p.m.  
Program with Dignitaries and Ribbon Cutting at 12:30 p.m.

Donate 3 large (67 litre) bags and be  
entered in a draw to win a \$5,000 travel voucher.

Light refreshments and door prizes

---

diabetes.ca/clothesline  
1-800-505-5525

**CLOTHESLINE**  
1-800-505-5525



Disney On Ice  
**FROZEN**  
**SOLD OUT!!**  
At JEN LOUIS ARENA DETROIT  
MICHIGAN

---



DETROIT RED WINGS VS BOSTON BRUINS

Thursday, April 2, 2015 at 7:30 PM  
**\$100.00 US**  
INCLUDES: COACH BUS, TICKET  
(Sec. 228 Row 7-10)  
Proper ID for Border Crossing  
BUS LEAVES  
Sarnia Farmers Market Parking Lot at  
**2:30 PM SHARP!!**  
CONTACT:  
Willie at 519-384-1957 or 519-332-6771

**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



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**Ken Plain: 519-336-6372**

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*Call for free quote or to book appointment*  
Owner: Greg Gray  
1909 Virgil Ave-Sarnia, Ontario  
(226)-349-1865  
Auto Detailing  
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Call Shawnacey Williams:  
**519.312.5477**  
thegoldcube@gmail.com

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**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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Ditches Lawnmower repairs, any kind of work.  
**Free estimates call  
Rabbit at 519-344-2774**



The next issue is due out on  
**Friday, February 27, 2015**

The deadline for submissions is  
**Tuesday, February 24, at 4:00 pm**

*Chi-Miigwech,  
Lynn M. 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](mailto:editor@aamjiwnaang.ca)

<https://sites.google.com/site/>



## FINAL THOUGHTS....

While I am awaiting my final day here at the office I have had the opportunity to take a step back in time and witness the early years of the Chippewa Tribe-Une. It has indeed been an eventful journey and I appreciate the brief glimpse of the humble beginnings of our beloved community newsletter.

It was evident that those who sat patiently piecing together news and events of the day back then, were very dedicated to say the least. There were no computer programs to copy, cut, paste, or email, but rather a typewriter and possibly a printer press where everything was completed by hand. Today, the editor enjoys all the bells and whistles of modern technology to maintain the vision of yesterday's leaders, movers and shakers.

The following article was initially printed in 1975, that was 40 years ago, and you know what, the same words then ring true today....

*Beware: Gossip (Author Unknown)*

*If you are half alive, your involved with people and enjoy talking about people. A swap of anecdotes, observations, speculations; everybody does it. But where is the line between harmless gossip and malicious mischief? At what point does the funny story start to hurt? What is gossip really about.*

*Gossip, almost never, a simple exchange of information, had more to do with feelings than facts. All of you are sometimes victims, sometimes carriers. Faulty reporting causes much of the trouble.*

*Communications have a few common ways of getting twisted as news is carried from person to person. Sometimes questions become answers. A simple switch from "is she/he?" to "she/he is" is a small step that can cause huge misunderstandings.*

*A popular form of gossip is faulty reporting which is a sophisticated version of the child's game, telephone. As small children do it, players sit in a circle. The originator whispers a word or phrase to the player on her/his right, who passes it on until it goes full circle. The end result is always far from the original and everyone gets a good laugh. When, however, the players are adults and the distorted message involves real people it is no longer a laughing matter.*

*Rumors are like barn bats; they fly blind. Like baseball bats they can deliver a terrific whack.*

*Listen closely to gossip and you'll often hear undertones of hostility.*

*Gossip must offer reward, otherwise it would not be such a popular past time. A girl/boy hungry for attention can hold the spotlight while she/he enlarges upon a spicy piece of news. People who improve the facts by adding detail make themselves temporarily important.*

*Anxious persons tend to gossip more than others, and in, stressful times and places, rumors and distortions are more likely to take hold. FEAR BREEDS CRUELTY. Character assassination is a kind of killing. As Shakespeare once wrote:*

*But he that filches from me my good name,*

*Robs me of that which not enriches him; And makes me poor indeed.*