



AAMJIWNAANG FIRST NATION

CHIPPEWA TRIBE-UNE

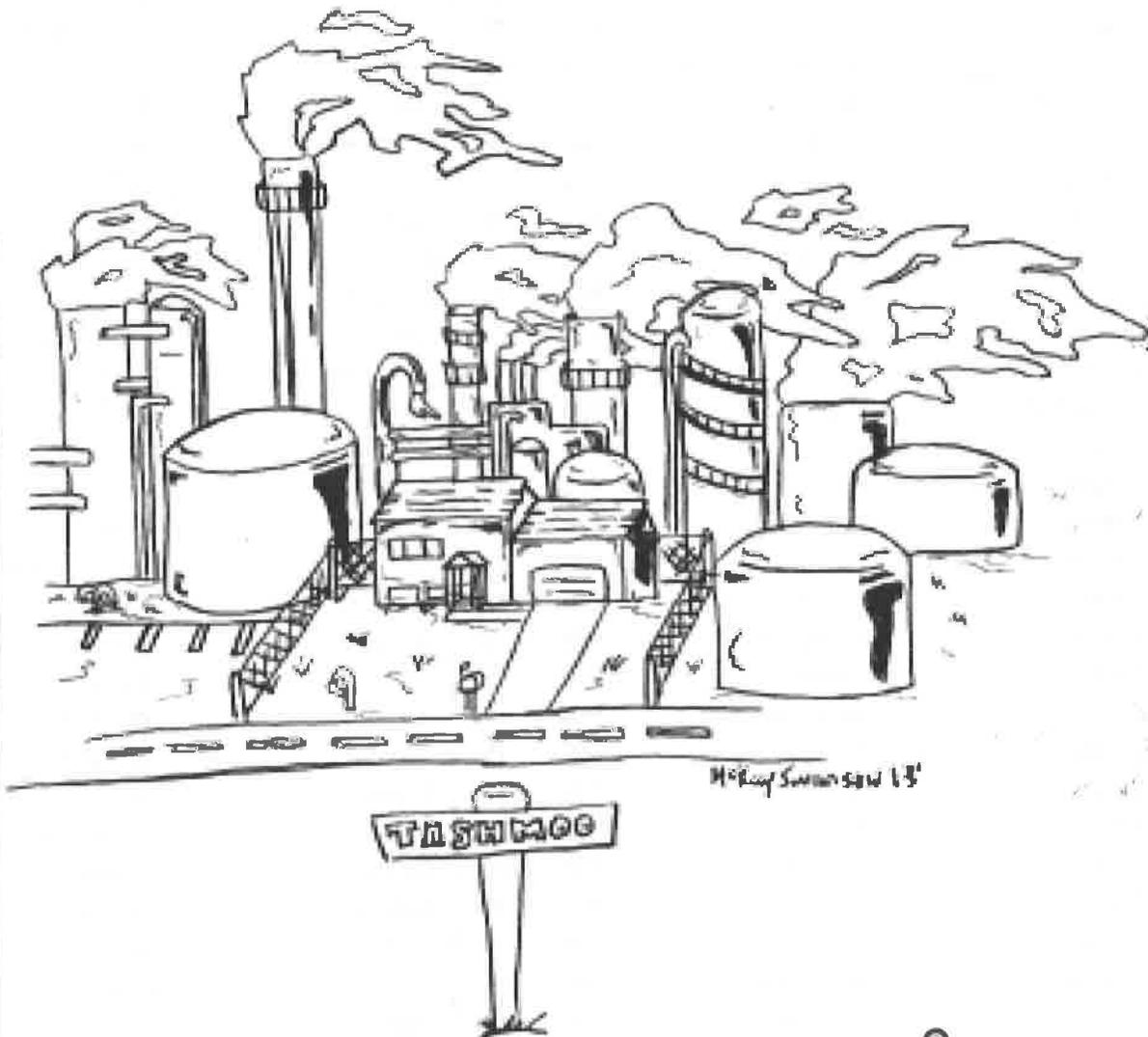
February 14, 2013

Issue 13.03

Editor: Bonnie Plain

Inside this issue:

Tobacco Allocation	3
Supper & Speaker	5
Teen Parenting	6
Justice Film Fest	8
Wab Kinew Event	9
Penny Drive	10
Indoor Yard Sale	11
Student Tour	12
Trash to Art Contest	13
Cough Remedy	14
Seniors Events	15
NCB Trip	17
Youth Career Contest	18
Women's Teachings	19
Traveling Sr's Trip	20
Traveling Sr's Bingo	21
ADHD Film	22
My Father's House	23
Action on Abuse	24
Mini Sticks Tourney	25
Self Esteem/Goals	26
Knowledge is Power	27
Sediment Presentation	29
Nutrition Challenge	31



*The superior man seeks what is right,
the inferior one, what is profitable ~ Confucius*

Famous Quotes

“We will respond to the threat of climate change, knowing that the failure to do so would betray our children and future generations. Some may still deny the overwhelming judgment of science, but none can avoid the devastating impact of raging fires and crippling drought and more powerful storms.”
~ President, Barack Obama

“At the end of the day, we must go forward with hope and not backward by fear and division.—Leadership has a harder job to do than just choose sides. It must bring sides together.—It’s time for us to turn to each other, not on each other.—Never look down on anybody unless you’re helping him up.”
~ Jesse Jackson

Points of interest:

- * Boot Camp, Yoga
- * Kick Boxing
- * Beading Class
- * Ojibwey Class
- * Round Dance
- * Band 4 Health
- * **Hitmen Games**
- * Health Centre Activities

Happy Birthday



Feb. 16th to Mar. 1st, 2013

Timothy	Clarke	Feb.	16	Christopher-John	Rogers	Feb.	21
Sabrina	Coates	Feb.	16	Jalynn	Simon	Feb.	21
Rebecca	Doxtator	Feb.	16	Alicia	Currie	Feb.	22
Tanya	Firth	Feb.	16	Tania	Gordon	Feb.	22
Victor	Gray	Feb.	16	Tristan	Green-Bird	Feb.	22
Kaylie	Nahmabin-Shaw	Feb.	16	Jocelyn	Joseph	Feb.	22
Edward A	Oliver	Feb.	16	Judith-Jade	Plain	Feb.	22
Edward L	Oliver	Feb.	16	Maureen	Stachnyk	Feb.	22
Roxanne	Pentland	Feb.	16	Yvonne	Field	Feb.	23
Arielle	Rogers	Feb.	16	Allan C	Rogers	Feb.	23
Camiel	DePaepe	Feb.	17	Ernest	Walker	Feb.	23
Gerald S Q	Maness	Feb.	17	Vincent	Williams	Feb.	23
Jessica	Plain	Feb.	17	Ronald	Yellowman	Feb.	23
Theresa	Plain	Feb.	17	Deborah	Ayers	Feb.	24
Michael M	Rogers	Feb.	17	Johanna	Bird	Feb.	24
Annette	George	Feb.	18	Gail	Fawcett	Feb.	24
Robert	Plain	Feb.	18	Gary	Fawcett	Feb.	24
Norma	Romlewski	Feb.	18	Dakota	Gray	Feb.	24
Nogiizhig	Soney	Feb.	18	Kai	James-Gilliam	Feb.	24
Caillie	Aspinall	Feb.	19	Michaela	Jennings	Feb.	24
Marion	Bourgeois	Feb.	19	Jeffrey R	Plain	Feb.	24
Jerome	Brickey	Feb.	19	Jill	Rogers	Feb.	24
Aiden	Ransom-Oliver	Feb.	19	Brandon	Williams	Feb.	24
Donna	Rogers	Feb.	19	Roger F	Williams	Feb.	24
Justyn	Stone	Feb.	19	Towana	Brooks	Feb.	25
Brooks	Yardley	Feb.	19	Nolan	Maydwell	Feb.	25
Chelsea	Adams	Feb.	20	Ezekiel	Adams	Feb.	26
Rajanee	Adams	Feb.	20	Dakota	Clark-Nahmabin	Feb.	26
Lester	Bois	Feb.	20	Carletta	Maness	Feb.	26
Yvonne	Buchanan	Feb.	20	Stanford	Plain	Feb.	26
Kevin	Cottrelle	Feb.	20	Elizabeth	Akiwenzie	Feb.	27
Joshua	Daws	Feb.	20	Daniel M	Plain	Feb.	27
Raymond	Fisher II	Feb.	20	Ramon	Rosales	Feb.	27
Diana Lynne	Gray	Feb.	20	Melissa	Sauve	Feb.	27
Serena	Gray	Feb.	20	Haley	Sinopole	Feb.	27
Kathy	Maness	Feb.	20	Rachel	Williams	Feb.	27
Josiah	Rogers	Feb.	20	Tawny	Daws	Feb.	28
Tiffany	Bird	Feb.	21	Kenneth	Maness Jr.	Feb.	28
Floyd	Bullock	Feb.	21	Joseph	Plain	Feb.	28
Darcy	Cloud	Feb.	21	Nicholas	Williams	Feb.	28
Ayden	Fisher	Feb.	21	Raynold	Fisher	Mar.	1
Jacob	Kleckner	Feb.	21	Ricky	Gray	Mar.	1
Henrietta	MacGregor	Feb.	21	Elissa	Joseph	Mar.	1
Wayne	Rodd	Feb.	21	Iris	King	Mar.	1
Carrie	Rogers	Feb.	21	Charles P	Maness	Mar.	1

Happy Birthday to:

*My nephew Bidy and uncle Tap-Tap
Love always, Bonnie*

Happy 36th Birthday to

Alan Rogers Jr. on February 23rd
Love, Your Family

**Get well soon Granny
And Happy Birthday**

I Love You, Mariah ☺



**TOBACCO ALLOCATION
DISTRIBUTION
NOTICE
January 2013**

All Aamjiwnaang Band Members who are interested in retailing quota cigarettes through the Ministry of Finance are asked to submit an 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 February 25, 2013.**
- 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".

**Boozhoo Aamjiwnaang,**

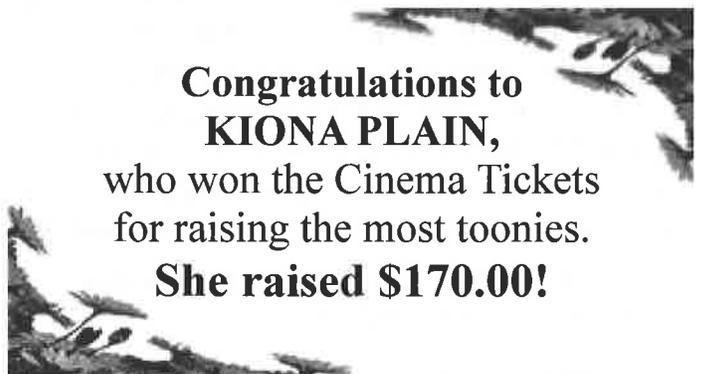
The Junior Kindergarten class would like to thank our family, friends, and community members for all their support, throughout this year's 'TOONIE DRIVE'.

This year our class rose just over a \$1000.00. We think this was quite an accomplishment for 12 four year olds.

Our class began raising funds towards the safe return of Jaylynn Plain, who became ill during her vacation in Jamaica. We feel that with all the good thoughts and prayers helped with Jaylynn's safe trip home. Our class had the opportunity to meet with Jaylynn at our school and the students presented her with a contribution of \$500.00 (cash, gas gift cards, and restaurant gift cards) towards her extra medical and transportation cost, which might occur over the next few months during her road to recovery.

The Junior Kindergarten class donated the remaining \$500.00 to Autism Ontario-Sarnia Lambton Chapter, 'MY KIDS CAMP'. We would like to especially thank all the councilors that made a generous donation from the toonie challenge. We would also like to thank the following establishments for participating in our Toonie Drive, Jim's Variety and The Petro Canada Gas Bar.

Once again Chi Miigwech
Aamjiwnaang Junior Kindergarten students & Staff



**Congratulations to
KIONA PLAIN,
who won the Cinema Tickets
for raising the most toonies.
She raised \$170.00!**

Things to Ponder About!

"For over 200 years we've been conquering nature. Now we're beating it to death." ~ *Tom McMillan*

"It is important to consider others at least as important as ourselves. This is the essence of spirituality." - "We need not only a trained intelligence, but also a warm heart. Then a sense of community and a sense of responsibility will arise naturally." ~ *Dali Lama*

"Remember to live a good life, and do good things each day. Help and encourage each other to be good people. We all play a part in what the future will be for the next generation. They will remember the things they saw us do while we were here with them. They will look at the path we left for them to follow. Use your lifetime to leave a beautiful trail behind you." ~ *Jerry Pope*

"The ultimate test of man's conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard." ~ *Gaylord Nelson - co-founder of Earth Day*

"A person writing at night may put out the lamp, but the words he has written will remain. It is the same with the destiny we create for ourselves in this world." ~ *Shakyamuni*

"A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people." ~ *Franklin Delano Roosevelt*

"Among the environmental trends undermining our future are shrinking forests, expanding deserts, falling water tables, collapsing fisheries, disappearing species, and rising temperatures. The temperature increases bring crop-withering heat waves, more-destructive storms, more-intense droughts, more forest fires, and of course, ice melting. We are crossing natural thresholds that we cannot see and violating dead-lines that we do not recognize." ~ *Lester Brown, author of Plan B4: Mobilizing to Save Civilization*

"Man is a complex being; he makes the deserts bloom and the lakes die." ~ *Gil Stern*

FITNESS BOOT CAMP

February 9 – March 30

10 AM – 11 AM

Community Centre

****No Classes March 16th****



**SATURDAY
MORNINGS!**

No sign up required.
For more information
please contact
Roberta at 332-6770.

YOGA

*Instructed by Rachel from
"Bliss" yoga studio*



Monday's at 5pm

February 25 – March 25

(no class on March 11th)

At the Community Centre

No sign up required.

*For more information please contact Roberta
at 519-332-6770.*



A special thank you goes to Marion Waters and her church auxiliary for the generous donation of winter coats to the Aamjiwnaang winter coat drive.

Thank you for helping to keep Aamjiwnaang warm this winter!

***Aamjiwnaang Jr. Hitmen Little
NHL Fundraiser***

Roast Beef Dinner Sale!

Friday, February 15

11:00 am – Sold Out

Aamjiwnaang Banquet Room

\$10.00/meal

Dinner Includes:

Roast Beef, Mashed Potatoes, Gravy,
Vegetable, Cole Slaw, Roll & Desert

Drinks Extra: \$1.00 (Pop/Water)

*Come and sit and eat your lunch this day
or call us for takeout!*

226-402-0567 or 226-402-0151

Delivery for orders of 4 or more!

P.S. Bring Your Sweetie!

**LIVING WITH A MENTAL ILLNESS
- WHAT ITS LIKE !!**



WHERE: Health Centre

WHAT TIME: 5pm

DATE: Monday February 25, 2013

SUPPER & DOOR PRIZE

You're invited to listen to young people share what it is like to live with a mental illness, and how they cope.

Very inspiring stories!

Facilitated by: *Tim Charrette*

Canadian Mental Health Sarnia Lambton



No matter what you're going through, there's a light at the end of the tunnel and it may seem hard to get to it but you can do it. Just keep working towards it and you'll find the positive side of things.

Lila Bruyere - NNADAP Program



**CANADIAN MENTAL
HEALTH ASSOCIATION**
Lambton Kent Branch

**ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE**
Filiale de Lambton Kent



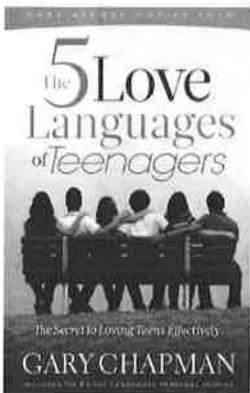
Attention Parents

Teen Parenting Class

With Tom & Brenda Seppo

Tom and Brenda have been married since 1979 and are the proud parents of three children: Rebecca (husband Aaron, daughter Jana Rose), Andrea (husband Joshua), and Andrew. They have a passion to see marriages & families raised up and to see the strengthening of the home in today's society. Tom & Brenda's education and life experience has qualified them to specialize in this area. Together they have lead/taught many Marriage and Family Seminars in the U.S. and Canada for a variety of groups.

Tues, March 5, 2013
6:00 – 8:00 pm
Health Centre



All participants will receive "The 5 Love Languages of Teenagers: The secret to loving teens effectively" by Gary Chapman

Space is limited

Light refreshments will be served

Please call the Health Centre at 519-332-6770 to register

INDOOR WALKING



TUESDAY'S

STARTING February 5
TILL March 26

(No class on March 5)

Community Centre - GYM

Open to everyone

9:30 -10:30 am

No sign-up required

Walking Benefits

- ◆ Lower "bad" cholesterol
- ◆ Raise "good" cholesterol
- ◆ Lower blood pressure
- ◆ Reduce your risk of or manages type 2 diabetes
- ◆ Manage your weight
- ◆ Improve your mood
- ◆ Stay strong and fit



****Please bring clean footwear****

For more information please call Peggy or Jessica at 519-332-6770

1st Annual Honoring our Grandparents Round Dance

February 23, 2013

Komug Dguc6

Pipe Ceremony: 5:00pm (Anishinabe Time)
 Pot Luck Feast: Following Pipe Ceremony
 Round Dance: 7:00pm—1:00am
 4th Meal: 11:00pm
 Stickmen: Dan Isaac & Matt 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.

- ⇒ 50/50 Raffles
- ⇒ Cake Walk Round Dance
- ⇒ Prize Raffle (Possible Toonie Auction)
- ⇒ Concession Booth

- *All proceeds/donations support this Round Dance by providing honoraria to Singers.
- *Bring folding chairs/blankets to sit on
- *Sound provided by ReZonance Productions
- *Singers bring your own hand drum & stick
- *Bring a dish for the Pot Luck Feast

Maawn Doosh Gumig Community Centre
 1972 Virgil Ave. Sarnia, Ontario, Canada
 Aamjiwnaang First Nation

Hosted by the family, friends and
 communities of
Crazy Spirit Singers

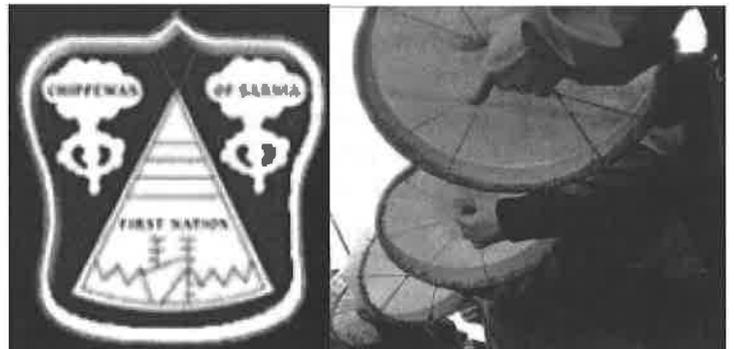
Crazy Spirit would like to honor their grandparents and celebrate the life of their late grandmother, Val White. It's been 3 years since she passed into the spirit world. As a long time employee at the community's day care, she touched the lives of many children. She is a grandmother to many.

All communities are invited to enjoy this celebration of grandparents. Bring your grandparents/beloved elders to honor them. There will be time through-



out the evening for words of gratitude and love to be shared. In this way we can say "Chi-Miigwetch" to all our grandparents for the many gifts they have provided for us over the years. This is also a time to remember our grandparents/elders who have passed into the Spirit World.

#RoundDanceRevolution



**The Anishinabek 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

Sarnia Justice Film Festival invites you to join us for the season screening of:

The Fourth World
at the Sarnia Library Theatre on
Sat., February 23 at 7pm.
<http://fourthworldfilm.com/>

The Fourth World documentary takes the audience inside slums on three continents, into Guatemala, Kenya and the Philippines, and shares the stories of several of its dwellers. Not only does the film capture the harsh realities of slum life, it also tells gripping stories of "joy, perseverance, and hope.

"The goal of *The Fourth World* is to get smart people talking. We hope that as people watch this film and discuss what they see, amazing ideas to deal with systemic, global poverty will begin to emerge because, as you'll see, the people of *The Fourth World* deserve better than what they have," said Mark Volkers, director (who will answer your questions about the film through Skype after the screening)

In the underbelly of the Developing World is another seething mass of humanity we are calling The Fourth World. One of every six human beings inhabits this hidden place and if the United Nations is right, that number will triple by 2050.

The 54-minute documentary film is the work of Mark Volkers and a team of Dordt College students working in the college's production company *Prairie Grass Productions* (PGP) *The Fourth World* has racked up an impressive 24 national and international awards including the Storyteller Award from the Redemptive International Film Festival, the Best Documentary Feature from the Third World Indie Film Festival, an Award of Excellence from The Indie Fest, and a Cinematography Award from The Telly Awards.

For more information, contact Thea deGroot 519-542-5009 or justicefilm@sympatico.ca
Facebook at www.justicefilmfestival.ca

2012-13 Remaining Films

March 23, 2013

"Gasland"

- Film about fracking for gas

April 27, 2013

"And this is My Garden"

Real-life story of school-age children growing community gardens

You have received this message from Sarnia Justice Film Festival committee, a group of local citizens who work together with the community to bring quality documentaries to Lambton County's citizens. SJFF promotes the understanding of justice issues while advocating for the well-being of global and local neighbours.

**Admission is free
donations are gladly accepted**

Thea deGroot, on behalf of SJFF committee



Boozhoo. Greetings!

Maygen Dochuk n'dzhnikaaz. Oshawa n'doonjibaa. Yep, I am White (well mostly), but I am **not** a researcher or a scientist or anything else unlikable. I am a human being that believes in healthy communities and high-spirited people!

Some time ago, I offered your Environment Committee some tools I discovered which could increase Aamjiwnaang's rights and dignity in the face of industry. Later I moved to the greater Aamjiwnaang area and made friends with some of your families, and now I continue to create positive personal and working relationships (probably because I am not like other 'outsiders'). I know Aamjiwnaang has a lot of good knowledge and skills and so I offer to help draw that knowledge into a communal pot so you can have an ever healthier and stronger community.

Next week, for instance, I have a meeting with Chief and Council to discuss a Communications project titled Gdi-nweninaa/Our Voice. It is a fun way to share community and personal stories, to discover common thoughts, and to find opportunities to positively impact the future well-being of Aamjiwnaang. The best part is that it is entirely directed by your community! and ALL members are welcome and encouraged to contribute! Once it is approved by Council, keep your eye out for a Gdi-nweinaa Ad in the Tribune!

Other interests I have include creating a Free Store, enhancing the availability of wholesome food, using art as a form of therapy, mediating between groups creating a media archive, and assisting with organization on community-led projects.

I was taught to share whatever I've learned so if I can be any service please let me know. I will be attending up-coming socials in the hopes we can get a chance to meet one another! Baamaa Pii.



Maygen Dochuk
Community Advocate

February 2013 Employment Support Services

- * Feb 05 - Cooking classes with Judy
- * Feb 12 - Dress for Success
- * Feb 12 - Drum Making
- * Feb 13 - Dress for Success
- * Feb 13 - Drop In
- * Feb 25 - Your Future/Your Design
- * Feb 26 & 27 - Diane Forbes
- * Feb 27 - Forklift Training

*“The secret to getting ahead
is getting started”*

For more information contact:
Marina Plain 519-336-8410

Employment Supports – Ontario Works

Hello /Aanii,

As you may or may not be aware, I have moved to the band office, and am now set up and am available to see you and my **new extension is 231**. Please feel free to call or drop in if you need to see me for any *employment, training, referral or volunteer needs, just inform reception that you are there to see me*. I still assist with updating resumes, however, *I ask that you set up an appointment for that service*, for clients, I still have some **resumes** on the PC hard drive or memory stick.

Most of my other programming will take place at Maawn Doosh Gumig or alternate.

Miigwetch, **Marina Plain**

Motivational guest Speaker
WAB KINEW
VOLUNTEER Planning Meeting

FEB 14 Thursday 2 - 4 pm

Maawn Doosh Gumig

Light snacks provided

**There will be further planning
sessions in the near future**

**For more info contact Marina Plain
519-336-8410**

WAB KINEW

- **Director of Indigenous Inclusion**
- University of Winnipeg
- **CBC host of *The 8th Fire Series***
- Experienced CBC reporter
- **Artist – Rapper**
- ***Aboriginal Peoples Choice Award***



Event Date: March 22 2013

@ Maawn Doosh Gumig

More info to follow

Mino Nendmowin (Good Minds) PENNY DRIVE

*Circulate your Pennies to
Aamjiwnaang's Food Bank*



[http://www.theprovince.com/
Canada+penny+heads+into+retirement/7913978/
story.html#ixzz2JxLOtZW8](http://www.theprovince.com/Canada+penny+heads+into+retirement/7913978/story.html#ixzz2JxLOtZW8)

All proceeds will be donated to
Aamjiwnaang's Food Bank
Please drop off all pennies to:
Band Office, Community Centre,
Health Centre, or Christine Plain

Youth Kickboxing Continues! Ages 8-14

*Featuring Instructors from
First Infantry MMA*



FRIDAY NIGHT'S
January 11th – March 22nd
4:30 pm – 5:30 pm

For more information please contact Roberta
at the Health Centre 519-332-6770.

RESOURCE CENTRE SCHEDULE

Aamjiwnaang's Alternative and Continuing Education for Adults

Tuesday & Thursday
AACE: 9:00—2:00

Are you 18 years or older, and would like
to increase your confidence and ability for:

- Greater independence, in
today's electronic world?
- High School course work?
- GED or Trade's Exams?
- Employment?

Then you'll want to check out...

**Aamjiwnaang's Literacy and
Basic Skills (LBS)
Program Tuesday & Thursday 9 - 2**

**EMPLOYMENT
ONTARIO**
Ontario's employment & training network



Beading Class

Every 2nd & 4th Tuesday
of the month

6:00-8:00

At the Youth/Community
Center Craft Room

Make your Own "Nish" **Bling**

Ages: 10 yrs-Adult

For more call Valerie at 519-491-1374

With Sue Williams

Ojibway Language Class

Maawn Doosh Gumig Homework Room

With Fran Pawis



Thursdays 6:00-8:00

Ages: 10 years—Adults

Call Val at 519-491-1374
for more information



Are YOU Canada's Next Green Journalist? Calling on all Canadian youth!

Time to put your creative skills to the ultimate test.

Are you:

- Between the ages of 11-14, 15-18 and 19-21?
- Someone who enjoys writing, taking photos or making videos?
- Passionate about environmental issues and want to make a difference?

Then this is for you!

Canada's Next Green Journalist is an annual competition looking for inspired stories, photos and videos about local environmental issues.

This year's themes:

What's your litter solution?
(age categories 11-14 and 15-18)

What's your waste management solution?
(age category 19-21)

Show us the best in youth-led environmental journalism for a chance to win:

- A laptop, video camera, or digital camera
- An all-expense paid trip to report on an environmental education mission
- Cash for your school

Your work will also be published online.

Deadline: March 1, 2013

*Early Submission Deadline:

Enter before **February 8** and your name will be entered into a draw to win a flip cam

Canada's Next Green Journalist is part of **Young Reporters for the Environment** – an international program by **The Foundation for Environmental Education (FEE)**.

<http://environmentaldefence.ca/>



environmental
defence
INSPIRING CHANGE



Aamjiwnaang
Jr. Hitmen
Hockey Teams



Breakfast & Indoor Yard Sale

SATURDAY, MARCH 2ND

**@ THE COMMUNITY CENTRE
972 VIRGIL AVE. SARNIA, ON**

Come join us for breakfast



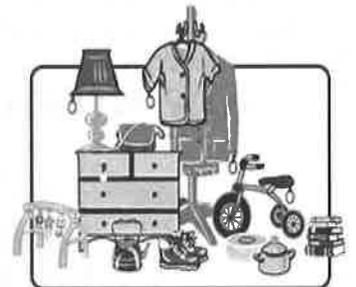
\$6.00 includes:

Eggs, Homefries,
Sausage or Bacon
Toast, Pancakes or
Mush and a drink

**Then take a browse through our
Sale in the gym!**

Many gently used items for sale include:

Kids & Adult clothes,
Books, Games,
Sports Equipment,
Shoes, Electronics,
and more...



If interested in renting a table at the sale
Please contact us for details.

Only 30 available (First come first serve)

**For more info contact Courtney Plain
at 519-344-4664**

Or find us on Facebook:

Aamjiwnaang Jr. Hitmen Fanpage

We want to hear from you!

The public is invited to attend
Open Houses to discuss options for
**Managing
Contaminated Sediments
in the St. Clair River**

**Tues. Feb. 26 (3-7 pm)
Aamjiwnaang First Nation
Community Centre,
1972 Virgil Ave**

Presentations at 3:30 and 5:30 pm
followed by questions-and-answers.

For more information:

[http://www.scrca.on.ca/sediment/
sed_management.html](http://www.scrca.on.ca/sediment/sed_management.html)



TRIBAL CUSTOM
INSURANCE SERVICES INC.

Do you feel your insurance is too high?
We can help you find the right price and provide you with
great service.

Call NOW for a no-obligation quote!

Head Office

1000 Degurse Drive, Suite 2,
Sarnia, Ontario N7T 7H5

Tel (519)332-4894 Fax (519)332-5982

"Our Vision- Your Well Being—Our Coverage"

POW-WOW COMMITTEE



**2013 Pow-Wow Committee will meet
every other Wednesday at 5pm
At the Community Centre
Feb. 20, Mar. 6 & 20**

If you have any questions,
please contact Tracy Williams at
519-336-8410 ext. 237

**ATTENTION HIGH
SCHOOL STUDENTS!**

COME OUT & TOUR THE
UNIVERSITY OF WINDSOR



Learn about Health Careers and take a first-
hand look at university life on campus

Tues, February 26, 2013

Bus leaves at 7:45 am

(from the Health Centre)

Tour: 10:00am – 2:00pm

Arrives home at 4:00 pm

Sign up by Tuesday FEBRUARY 19TH

All students will receive a FREE MOVIE PASS



Tour includes visiting the Nursing lab, Science/
main campus, and the Kinesiology lab



University
of Windsor

**Lunch money provided to eat on campus
at the Student Centre**

If you are interested or would like more
information please call Jessica at the Health Centre
at 519-332-6770 or Val at the
Community Centre at 519-491-2160

Expressive Trash Competition



How Trash Creative Are You?

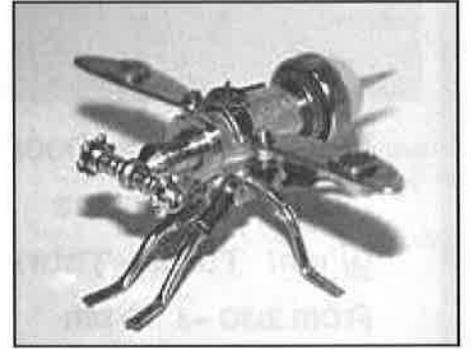
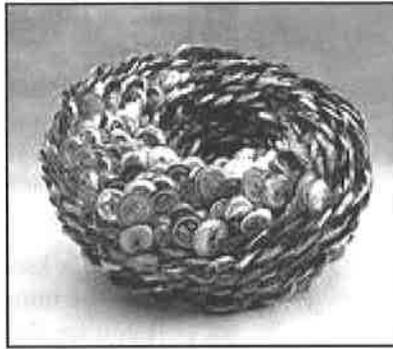
This year the Environment Department is having a Trash-to-Art contest for Earth Day 2013.

From now until April 21st all you have to do is:

- *Recycle your trash into a masterpiece*
- *Reuse bottles, cans, tires, rims, metal, toys, etc...*
- *Be creative and let your trash speak*
- *Get a head-start in community clean-up*
- *Win great prizes*

Three Age Categories:

Children 0-12, Youth 13-18, Adult 19+



Examples using lids, speakers, sticks, bottle caps, spark plugs, nuts & bolts.

The rules are simple:

- ◇ *Collect items and trash around the house that you could use*
- ◇ *When you see items in the community ditches pick them up*
- ◇ *Put your masterpiece on display by 12:00 pm on Earth Day 2013*
- ◇ *The community will choose the most creative from three age categories*
- ◇ *Have fun, be creative, recycle, reuse, and be rewarded!*

"BAND TOGETHER 4 HEALTH"



January 15 to March 5

*Cooking, Education,
& Exercise Class*



Where? Maawn Doosh Gumig
Community Centre

When? Tues. & Thurs.

From 1:30 -3:00 pm

Who? Everyone!

Call Dorothy at the Health
Centre for more info 519-332-6770

Homemade Cough Syrup

- 1/4 tsp cayenne pepper
- 1 tsp fresh grated ginger OR 1/4 tsp ground ginger
- 1 clove garlic, grated (optional)
- 2 Tbls raw honey
- 1 Tbls apple cider vinegar
- 2 Tbls water (optional)

Place all ingredients in a small jar with a tight lid and hake or whisk vigorously in a medium bowl. Mixture will stay fresh for several days, especially if stored in the refrigerator, but is most effective when made fresh every two days.

Take 2-3 spoonful's every few hours or as needed. (May dry the throat, so don't take to frequently, wait at least one hour between doses) ~ due to the honey content, this syrup should not be used with an infant under the age of 12 months.

Another Cough Remedy

Mixing raw honey and fresh lemon juice of 1 Tbsp honey to 1 tsp. lemon juice is a very simple syrup to concoct and soothes most sore throats and annoying coughs. It's refreshing and soothing and provides a needed dose of Vitamin C.

About the Ingredients

The **cayenne pepper** has capsaicin, which acts as a pain reliever. Even though it's also what makes hot peppers spicy, capsaicin interrupts the pain message between the nerves and the brain, thus alleviating the pain sensation. It is warming and stimulating to the nerves, thus increasing blood flow and promoting healing.

Ginger is a natural antihistamine and anti-inflammatory, as well as anti-nausea agent. It likewise is warming and stimulating to the nervous system and is helpful in relieving chest congestion. I prefer using fresh ginger because it is more potent and the juice is especially helpful in this recipe, but ground ginger is certainly a worthy substitute.

Garlic is known for its anti-viral properties and stimulates the immune system. Include the garlic in this recipe if you are fighting a particularly nasty viral infection.

Honey is soothing, tasty, and coats the throat. **Raw honey** is packed with nutrients and enzymes and is a powerful antiviral and antibacterial substance, due to the propolis, which is what the bees themselves use to seal the hive from bacteria and infection. One study has shown that buckwheat honey is especially effective for cough relief.¹

Apple cider vinegar has a plethora of beneficial uses and in this case provides antiseptic, antiviral, and antibacterial properties. It also provides a large number of minerals, vitamins, enzymes, and amino acids, which boost the immune system and promote healing in the body.



QUILTING WITH SENIORS

**January 22 - ongoing
Tuesday evenings 6-8 pm**

**Community Centre
Library Room**

We can also quilt on Thursday
afternoons from 2:00 - 4:00.

If you have any squares,
please bring them
or drop them off.

We will be sewing the quilt
together.

Please bring your own scissors.

**12 years -100 years.
Everyone welcome.**

**Sign up with Peggy,
519-332-6770**

SENIORS MOVIE NIGHT



**Wednesday,
February 27
6 pm - 8 pm**

**Seniors Drop-In Room
Popcorn and refreshments
will be supplied
Come on out and relax**

"CONGREGATE DINING"

**Wednesdays,
Seniors Drop-In Room
12 - 1 pm**

**Come on out.....
socialize and enjoy a home-cooked,
nutritious, delicious meal!**



***Hope to see
you there!***
**Any questions,
give Peggy a call
519-332-6770**

**Senior's
Pizza & Euchre Night
Wednesday,
February 20, 5-8pm
Seniors Drop-In Room
Call Peggy, 519-332-6770,
if you plan on attending.**

“A Medicine Bag for Life”

***Practical Youth Teachings
Aamjiwnaang First Nation
Community Centre***

***Tuesday, March 5, 2013
9:00 am – 3:15 pm***



***Presented by:
Billy Rogers***

Billy Rogers is a nationally recognized trainer and speaker who has been working in Native North America Communities for 27 years. He provides training sessions in many areas including native leadership, staff development, self-care, parenting, healthy relationships, youth life skills and personal lifestyle change. Billy is well known for his *direct, down to earth, yet humorous* style of teaching.

Youth ages 13—18 yrs.

Call reception at Health Centre,
519-332-6770, before
February 19 to attend.

Attendance will be taken when
attending workshop

**SNACKS AND LUNCH WILL
BE PROVIDED**

GREAT DOOR PRIZES TO BE WON!!

“Living A Life With Grace”

***Seniors & Elders Session
Aamjiwnaang First Nation
Community Centre***

***Wednesday, March 6, 2013
9:00 am – noon***



***Presented by:
Billy Rogers***

Billy Rogers is a nationally recognized trainer and speaker who has been working in Native North America Communities for 27 years. He provides training sessions in many areas including native leadership, staff development, self-care, parenting, healthy relationships, youth life skills and personal lifestyle change. Billy is well known for his *direct, down to earth, yet humorous* style of teaching.

Call Peggy at Health Centre,
519-332-6770, by
February 26 to attend.

**SNACKS AND LUNCH
WILL BE PROVIDED**

**GREAT DOOR PRIZES
TO BE WON!!**

Hey Seniors!



Do you need help with learning how to operate your Smartphones, iPhones, iPads, etc.....??

Well, come on out on

Mon. February 25 @ 6 pm.
Seniors Drop-In Room
We can help you out!

Seniors

Will Writing Session

Thursday,

March 21, 2013 6 pm.

Seniors Drop-In Room

I will have the form and can help you do a basic will.

Please bring a list of all things that you would like listed and written down.



Any questions, give Peggy a call 519-332-6770.



NCB Family Trip
(Age Restriction 5yrs. & up)

At the Detroit Opera House
Thursday February 28, 2013

Show time at 7:30 pm

2 Buses will be leaving the
Band Office at 4:30 pm

Returning between 11:30-12:00

Supper will be on your own
 (Stopping at Pt. Huron McDonalds)

Sign-up starts on
Tues. Feb. 19 – Thurs. Feb. 21

We will draw names for the trip on
Friday, February 22 at noon
 in the **Council Chambers**
 (You are welcome to attend)

Please call Melanie at 519-336-8410
 We will need everyone's name and birth date at the time of sign up.

Please bring your status card
This is an Alcohol Free Event

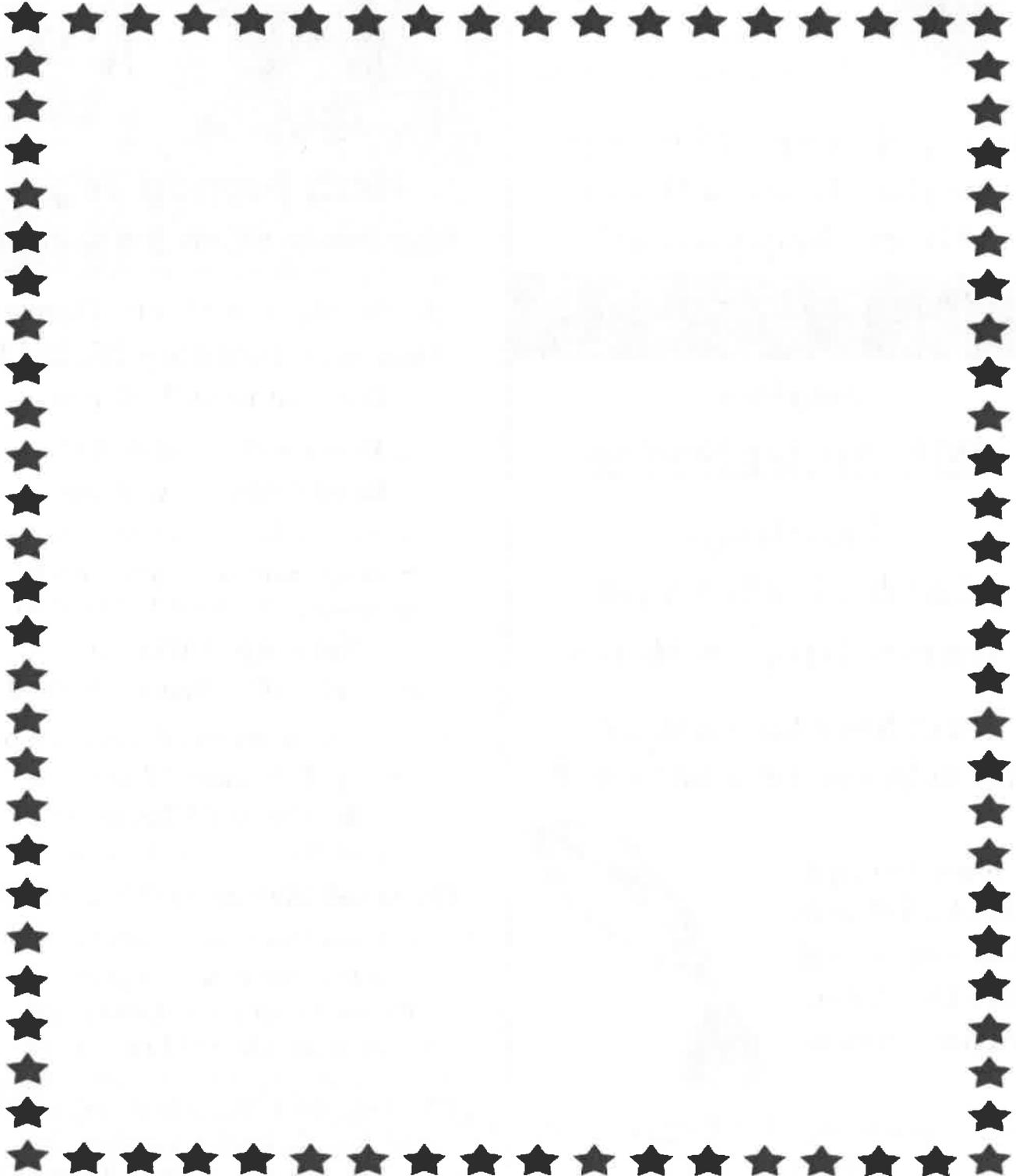
IMPORTANT: Tickets are expensive and there is usually a waiting list.
Please call if you cannot make the trip.

Draw a portrait of yourself in a Health Career

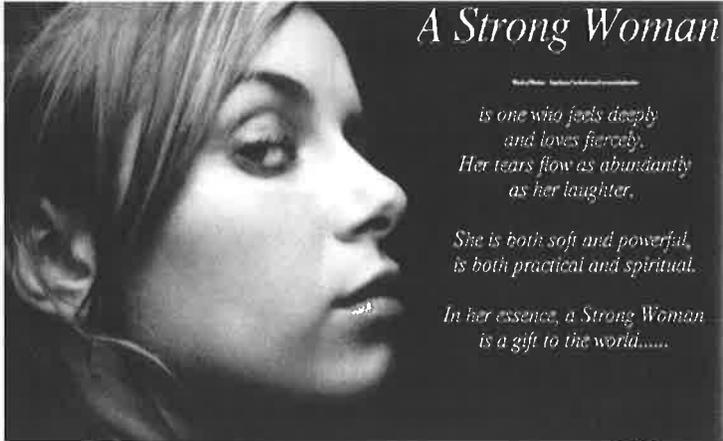
Contest open to all children and teens

Submit your portraits by **Friday, February 22, 2013** to the Health Centre

One portrait will be selected to be published by the health centre



INTERNATIONAL WOMEN'S DAY



A Strong Woman

is one who feels deeply and loves fiercely. Her tears flow as abundantly as her laughter.

She is both soft and powerful, is both practical and spiritual.

In her essence, a Strong Woman is a gift to the world.....



Traditional Women's Teaching



By Traditional Healer Nancy Noganosh

**Friday, March 8th
10am – 3pm
Health Centre**

Space is limited. Please call The Health Centre at 519-332-6770 to sign up.

Attention

Home & Community Care Clients & Family Members

February 18th, 2013

Is Family Day

There will be **NO SERVICE** on this day.

Regular hours will resume

Tuesday February, 19th, 2013



Enjoy your Family Day with family and friends.

Thank you for your cooperation & understanding.

Becky Adams, H&CC Clerk

Jr. Hitmen Ice-Time Schedule

Tyke - GAME: Sat. Feb. 16 at 4 pm

Novice - PRACTICE: Sat. Feb. 16 at 5pm

Atoms - GAME: Sat. Feb. 16 at 6pm

February 16 No ice-time Feb 23

March 2

Peewee - GAME: Sat. Feb. 16 at 7pm

February 17, 24

March 3

SATURDAY SKATE/SWIM SCHEDULE MOORETOWN SPORTS COMPLEX

	<u>SWIM</u>	<u>SKATE</u>
February 16	3 – 4 pm	_____
February 17	_____	7 – 8 pm
March 2	3 – 4 pm	7 – 8 pm

Children need to be accompanied by an adult at all times during Skate and Swim times.

Hockey sticks/pucks not allowed during these Skating sessions (smaller kids might get hurt).

Funded by NCB

Danie Mclean

Anyone can attend—whether *you OR your family member*—or friend—is struggling with addiction. Danie provides information and/or counseling to anyone wishing more information regarding treatment options. We are fortunate to have Danie join us Every second Tuesday of each month.

- ♦ Location - United Church basement
- ♦ 9 am - 12 pm

**Danie can be reached At:
Cell: 519-786-8164 or
Home: 519-786-3893**

Traveling Seniors Bus Trip To FALLSVIEW CASINO & MIRVISH THEATER



March 18-20, 2013

2 Nights in Niagara Falls

**and a Ticket to the
Performance of the**

"The Wizard of OZ"

At the Ed Mirvish Theater

Toronto, Ontario



**A few tickets are available to Band Members 50 and over
\$100 non refundable deposit needed.**

Contact: Tina Johnson @ 519-337-9959

Jackie Cunningham @ 519-869-4189

Wanted: New Members

Why not join The Travelling Seniors and find new friends.

If you will be 55 or older in 2013 AND you want to belong to a fun group of people. Don't wait any longer, join our group.

Fundraising gets our senior members out to socialize and help earn cash towards our trips. The 2013 Fundraising has begun. Help to decide where our next trip takes us. **YOUR** New ideas are always **Welcome**.

You only need a desire to Help.

Upcoming Meetings:

Wednesday, February 06, 2013

Where: Community Centre - Senior's Lounge @ 6 PM

PLEASE COME OUT !

Winners of the TV and 50/50 are:

TV - **Geovanni Verrachario** of Corunna

50/50 - **Joan Sparks** of Sarnia



Travelling Seniors Fundraiser **MEAT BINGO**

Thursday, February 21, 2013

Time: 6:00 PM ~ Kitchen opens 5 PM

Where: Community Centre

Cost: When you purchase a 2 Strip Book @ \$15,
get 1 strip for \$5 more

ON THE MENU !

Nacho Supreme: \$5.00 (available at 5pm)

Eat in or takeout available.

**** NEW ****

Every Bingo
gets a prize !!!

2 mid game Specials
Family Size
Meat Package Prizes



Introduction to Parenting Children with Learning Disabilities and/or ADHD

(For parents of children who are diagnosed or starting the process of being diagnosed.)

Monday, February 25 2013

Dinner: 5:30 pm

Presentation: 6:00 to 8:00 pm



Join us to watch:

“How Difficult Can It Be“

This unique program allows viewers to experience the same frustration, anxiety and tension that children with learning disabilities face in their daily lives. Teachers, social workers, psychologists, parents and friends who have participated in Richard Lavoie's workshop reflect upon their experience and the way it changed their approach to L.D. children.

Discussion to follow DVD.

Facilitator: *Joanne Culley, Director, Trained Advocate*



**In partnership
with Aamjiwnaang
Education Department**

To Register:

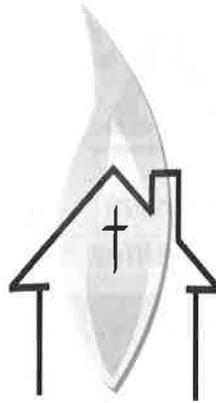
Contact the
Aamjiwnaang
Education
Department at
519-336-8410
Vicki Ware
ext. 247
Diane Aiken
ext. 246

*Childcare will
be available*

Location:

**Binoojiiyag Kino Maagewgamgoons
(Aamjiwnaang Child Care Centre)**

***MY
FATHER'S
HOUSE***



Bringing hope and healing through God's Word, God's truth and God's presence

Saturday March 2, 2013

Join us each **Saturday Night at 6pm** at the Maawn Doosh Gumig Community Centre for Live Worship, Great Fellowship and God's Word in a family atmosphere service.

We are excited to extend the invitation for you to come and worship the Lord with us. We have been meeting every Saturday night at Mary Bird's house for a while but on Saturday March 2 we will move our services to the Maawn Doosh Gumig Community Centre !!

For more information contact Pastor Armando Guidos at (519) 436-7892 or Mary Bird at (519) 332-8361.

Everyone Welcome !!!!

In my Father's House are many mansions: if it were not so, I would have told you. I go to prepare a place for you. John 14:2

And there is a place for you too!! God loves you and He has great things in store for you!

For I know the plans that I have for you,' declares the LORD, 'plans for well-being, and not for calamity, in order to give you a future and a hope. Jeremiah 29:11

Kanawayhitowin

*Community Action Campaign to Prevent
Woman Abuse in Aboriginal Communities*

Date: February 28th & March 1st

Time: 9:00 am – 4:00 pm

Place: Aamjiwnaang Health Centre

Lunch & Snacks provided

**2 - Day
Facilitator Training**

***Space is limited please contact**

Roberta Bressette

at 519-332-6770 to sign up.

For more information visit

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

CALL FOR PARTICIPANTS

A study of the health and wellness of long-term HIV positive two-spirit men in Ontario

Principal Investigator: Dr. David J. Brennan
Factor-Inwentash Faculty of Social Work
University of Toronto
246 Bloor Street West
Toronto, Ontario, Canada M5S 1V4
(416) 978-3273

E-mail: david.brennan@utoronto.ca

Research Coordinator: Chavisa Brett
Factor-Inwentash Faculty of Social Work
University of Toronto
246 Bloor Street West
Toronto, Ontario, Canada M5S 1V4
(416) 946-8607 or Toll-free: 1-855-880-4748

E-mail: chavisa.brett@utoronto.ca

What are we trying to learn in our study?

We want to better understand how long-term HIV-positive two-spirit men (gay, bisexual and trans) in Ontario stay healthy and well and bounce back from life's challenges.

If you are Aboriginal, HIV+ and can speak English and if you are willing to talk to us about HIV, wellness and resilience, we would like you to participate in a sharing circle. It will take 1.5 to 3 hours. What you share will help us learn about how to better support other two-spirit males.

What will happen before, during and after the study?

If you are interested in taking part in our study, we will first let you know what the study is all about and what will be required of you. Then we will ask you for your voluntary and informed consent to take part in our study.

The sharing circle will be opened by a traditional helper who will briefly discuss the study and offer a traditional teaching on a topic such as respect. During the circle we (a traditional helper and a PhD research assistant) will ask you questions about your experience living with HIV and resilience.

This study will be completed by approximately June 2013. If you would like a brief summary of the study results, please contact us and we will send a summary to you.

Do you have any questions about the study?

If you need more information about the study please contact the research coordinator at the contact information listed above.

This study has been approved by the research ethics boards of the University of Toronto and the McMaster University. If you have concerns or questions about your rights as a participant or about the way the study is conducted, please contact:

The Office of Research Ethics, University of Toronto, 416 946-3273, ethics.review@utoronto.ca and/or the McMaster Research Ethics Secretariat, Telephone: (905) 525-9140 ext. 23142,

ethicsoffice@mcmaster.ca

To get involved please call toll free

1-855-880-4748



**\$5 fee
per team**

RIGHT TO PLAY

YOUTH

Leadership Program

4 ON 4

Mini-Sticks Tournament

Prizes

What: Youth-led 4 on 4 Mini-Sticks Tournament

Who: Youth ages 6-16 years old. 2 Divisions 6-10, 11-16.

When: Saturday **Feb 23rd** 2013

Time: Begins @ 9:00am-3:30pm. Start 9am Sharp

Where: Maawn Doosh Gumig Community and Youth Centre

Contact: Tony Jacobs to **register** your team by **Feb 21st**. 2013

Phone: 519-491-2160 or on our **facebook** page at

Aamjiwnaang's Right To Play Youth Leadership Program

**Food & Drinks
Available**

**Shootout
Competition**

**8 Teams only
per division**

Motivational Workshops

with

Diane Forbes
Motivation Through Inspiration



Date: Tuesday, February 26, 2013

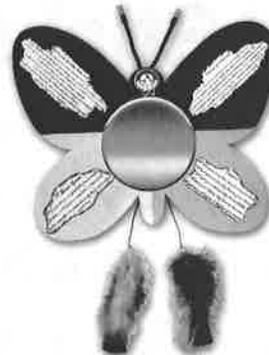
Time: 10:00 am to 3:00 pm

Self Esteem Workshop

Having a positive self esteem helps you to be yourself, handle adversity and gives you the courage to be the person you want to be. Learn the steps necessary to building a positive self esteem on your path to self empowerment and goal setting success.

Butterfly Wings Workshop

With positive energy on your life journey, "If you can dream it and believe it ... YOU can achieve it!" Using a variety of art supplies, have fun decorating a wooden butterfly wall hanging with motivational words and mirror decorations. Display your "Butterfly" art at home to inspire growing your wings building a positive self esteem on your life journey.



Date: Wednesday, February 27, 2013

Time: 10:00 am to 3:00 pm

Goal Setting Workshop

This exciting workshop will inspire you to discover your path to self empowerment for goal setting success. The workbook helps you plan your goals with step by step actions while identifying road-blocks and building a positive self esteem.

Vision Board Workshop

Transform a piece of Bristol board into a collage of pictures and words for inspiring your goals. By hanging this vision board art in your home you will be able to remind yourself about your goals, hopes and dreams making them a reality.



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



For more info go to
www.Idcc8.com



Like us on  Facebook
London District Chiefs Council



Knowledge is Power... Pass it ON!



Why is this Important?

- There could soon come a time when our communities and territories will be sold off to the highest bidder.
- Don't like bottled water? Too bad. With changes to the Navigable Waters Act—our lakes and rivers are at risk of contamination from oil and gas pipelines.
- Canada is getting ready for a \$6000-Billion dollar economic boom, by extracting oil, gas, minerals, and trees from our lands. They need to be reminded of their obligation to consult and accommodate First Nations.
- Harper cannot be allowed to continue his practice of ignoring Indigenous Rights, stifling debate and ramming massive pieces of legislation through Parliament.
- Because together we will be the first population in the world to PEACEFULLY and radically change the course the Canadian government has set.
- Our round dances are a celebration of our culture which is an assertion of our Nationhood.

What you can do!

- Contact your local MPP/MP and Senator
- Vote against the Harper Conservatives in 2014
- Visit Idcc8.com for more information

Treaties in our region....

1764 Niagara Treaty
1790 Treaty at Detroit
1796 St. Anne Island Treaty
1796 London Purchase
1800 Huron Church Treaty
1807 Detroit Treaty
1822 Longwoods Treaty
1827 Huron Tract Treaty

1836 Huron-Anderson Reserve
Treaties
1848 Huron-Anderson Reserve
Treaty
1854 St. Clair River Water Lot
Treaty
1857 Stag Island Treaty
1857 Fawn Island Treaty

1857 Peche Island Treaty
1863 Fighting Island Treaty
1870 Lake Erie Islands Treaty
1874 Turkey Island Treaty
1879-1880 Detroit River Water
Lot Treaties
1880 Grass Island Treaty
1958 Seaway Treaty

Did You Know?

- **The Indian Act**—First Nations are the only race of people to be legislated in Canada. The Indian Act is based on race and was created in 1857 to govern the affairs of First Nations and promote the surrender of land, language, culture, and rights in exchange for full citizenship in the British colony, preceding Canadian Confederation.
- **The 1969 White Paper**—The move to assimilate First Nations culminated with the “White Paper,” presented by then Indian Affairs Minister, Jean Chretien, to terminate the treaties, eliminate reserves, and repeal the Indian Act.
- **Bill C-45**—Today, Canada continues to impose its will on First Nations through the development and implementation of bills, without First Nations consent: This omnibus bill threatens our lakes and rivers by removing environmental protection on navigable waters. It also clears the way for the sale of First Nations land.
- **Article 19 UNDRIP**—The United Nations Declaration on the Rights of Indigenous Peoples reads: States shall consult and cooperate in good faith with the Indigenous Peoples concerned...In order to obtain their free, prior and informed consent before adopting and implementing legislative or administrative measures that may affect them.

London
Museum of Archaeology

AN AFFILIATE OF THE UNIVERSITY OF WESTERN ONTARIO



WINTER VILLAGE FAMILY FUN DAY

*Experience Wintertime Fun
in London's First Village*

Family Day

Monday, February 18

10am—4pm



Family Winter Activities Include:

- ◆ **Snowsnake throwing**
- ◆ **Dog sled rides & demonstrations**
- ◆ **Snowshoeing**
- ◆ **Winter crafts & activities**
- ◆ **Touring Museum Exhibits**

**** Admission by Donation**

1600 Attawandaron Road

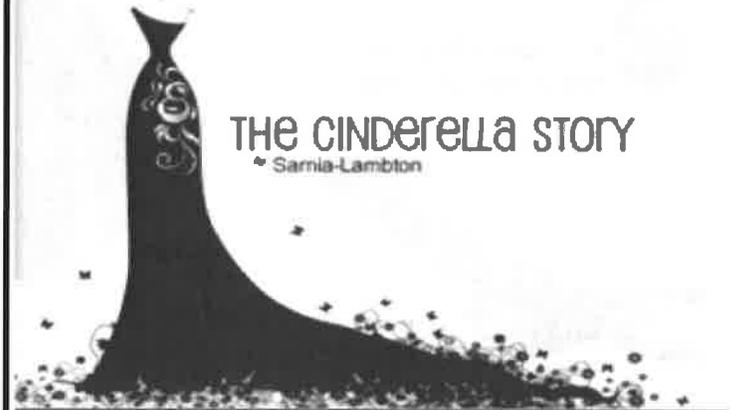
North London 519-473-1360

www.archaeologymuseum.ca

**Join us on Facebook and learn more about
traditional winter activities**

THE CINDERELLA STORY

by Sarnia-Lambton



4th Annual

Prom Dress Boutique

April 12 (6-9 pm) and April 13th (11-3 pm)

Sarnia Lambton Business

Development Corporation

109 Durand Street (corner of Christina)

519-864-1161

Register Online @ www.cinderellasarnia.org

First 60 girls registered get gift bags!

Childhood and indeed life have key events...milestones that help shape the people we are and the adults that we will become. For young women, Grad and Prom are two moments in time that mark key social highlights. Along the road to create these happy, lifelong memories is the pressure to keep pace with classmates and friends. The expenses associated with Grad and Prom are substantial. Dress, shoes, makeup, hair, prom tickets - the list is long. Many girls in Sarnia-Lambton and their families struggle to meet basic needs each day, so the goal of fitting in and outfitting themselves in a nice dress seems an unattainable dream...like something out of a fairy-tale.

Enter the Cinderella Story of Sarnia-Lambton, a completely volunteer run organization of women who strive to give young ladies a prom dress and some little extras at NO cost to the girl or her family. Founded in 2009 by Debbie Anderson, since inception, Cinderella Story has donated 101 dresses (56 in 2012 alone); Cinderella relies on the generosity of dress donors and volunteers to fit girls with the dress of their dreams. We are NOT a charity...just a group of enthusiastic community members who fondly remember our own special Proms and Grads who want to give each girl in need a dream night of her very own. The transformation and wide smile on a young lady's face who may have never even owned a fancy dress or ever felt like she would be able to attend prom gives you goose-bumps. We expect to give 60 girls a beautiful dress in 2013.

St. Clair River

Sediment Management Options

The Environment Department welcomes everyone to this important information session.



The St. Clair River still has areas contaminated with Mercury. Environment Canada is exploring options for cleaning up these sediments. A draft report of possibilities was recently given to our Environment Department, who will be presenting it to Chief and Council. Your input is needed into this report as it is still in draft form the final decisions are yet to be made.

Please Join Us...
Presentation on the St. Clair River - Sediment Management Options.
When: February 26, 2013
Where: Community Centre
In the Banquet Room
Time: 3:00 – 7:00 p.m.
**** Dinner will be served at 4:30**
**** Door Prizes to be won!**

Main Issues Facing St. Clair River – Area of Concern

- Contaminated Sediments (mercury)
- Combined sewer overflows (City of Sarnia)
- Habitat and non-point source remediation efforts

Sediment Management Options Report

Three priority zones for management: Suncor dock site, Shell dock site, Guthrie Park



Bumper to Bumper...

We handle all your Auto care needs

1069 Tashmoo Ave.

Mon to Fri 8am - 5pm, Weekends 9am - 3pm

Ken Plain: 519-336-6372

whiteplainsautobody@gmail.com

Need It Hauled Away!

Don't waste another Day.

Call Buddha, n' I'll Come Grab it!!!

519-381-0653 or 519-332-8551

Reasonable Rates-Prompt Service



Roger Williams'
AUTHENTIC
NATIVE CRAFT SHOP

STORE HOURS

Monday ~ Saturday

10:00 am ~ 6:00 pm

Phone 519-344-1243

Great gift ideas!

Dawn's Hair & Spa

1736 ST CLAIR PKWY

CALL 519-332-0410

*TO BOOK AN
APPOINTMENT*



Rogers Carpentry Services

2255 Wahboose Cr.

P.O. Box 2462, Station Main,

Sarnia, Ontario Ca.

Bruce Wayne Rogers 519-339-7960

Registered: Province of Ontario since 1990 / Fully In-

Computer Problems?

Computer Repair &

Virus Removal \$35

Computer Clean Up \$20.00

Call Fred at 519-337-3383 or email

tanyaernesto@bell.net

"Handyman Work Wanted"

Painting, Drywall Repair, etc...

Need your Deck done?

Eves troughs, Yard Work, Digging, Raking, Snow Removal, Weeding Gardens, etc... Grass cutting, Ditches Lawnmower repairs, any kind of work.

Free estimates call

Rabbit at 519-344-2774

The Hair Masters

Full Service Hair Salon

126 Christina St. N

Open Tuesday—Saturday

8:30 am to 4:30 pm

Evenings by appointment only!

Computer Repair

Reasonable rates

Give a description of problem etc., contact info. Most repairs completed at my home, setting up networks, and training, requires booking and on site.

Thanks, Jason Williams email:

usedgood22@hotmail.ca

Animal Control Officer -Patrick Nahmabin

Call or text Pat at 519-330-7450

(for animal control issues only)

Primary duties: follow up on loose dog complaints and monitor quarantined dogs. **If your dog is loose, it is your responsibility to retrieve your dog.**

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

MARCH 2-WEEK Nutrition CHALLENGE



March 11 – 22, 2013



Open to everyone

As part of Nutrition Month the Health Centre would like to challenge YOU to eat more fruits and vegetables this month for 2-weeks

Try to eat 4 vegetables & 3 fruit each day

Monday – Friday & track it on the calendar provided.

All participants will be entered into a lottery draw

- 1st Place: \$150 No Frills Gift Card**
- 2nd Place: \$100 No Frills Gift Card**
- 3rd Place: \$50 No Frills Gift Card**

Drop off your completed calendar
Monday, March 25, 2013

Draw Date:
4 pm Thursday, March 27, 2013

**Calendars for Nutrition Challenge can be picked up at the Health Centre Mar 7 – 11, For more information please call Jessica Joseph at the Health Centre 519-332-6770

Kick-Off Day:

Thursday, March 7, 2013

2:00 – 3:00 pm

Health Centre

Learn tips to help & Pick up your calendar

Example = 1 Serving Size

- 1/2 cup peas or cooked dry beans
- 1 cup leafy salad greens
- 3/4 cup fruit or vegetable juice
- 1/2 cup cut-up fruits or vegetables (raw, cooked, fresh frozen or canned)
- One medium piece of fruit (e.g., apple, banana, orange or pear)
- 1/4 cup dried fruit (e.g., raisins or cranberries)

CHIPPEWA TRIBE-UNE

978 Tashmoo Avenue
Sarnia, Ontario N7T 7H5

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

E-mail: tribeune@aamjiwnaang.ca

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

Your next Chippewa Tribe-Une is due out
on **Thursday, February 28th, 2013**

The **deadline** will be on
Tuesday, February 26th
by 4:00 pm

Chi-Miigwetch,
Bonnie Plain ~ Editor

***News from St. Clair United Church . . .***

Boozhoo! I often wonder what I will share with you; at some point I am sure I'll run out of things to say! But not today!

We are beginning the season of Lent in the Church and I thought it might be helpful to share with you some thoughts on that. Even those of us who are in worship without fail wonder what these 40 days are all about. I suppose that is a good place to start: the 40 days of Lent begin on Ash Wednesday and go through to Easter NOT COUNTING SUNDAY'S! Yes, that's right; Sunday's don't count because in our tradition every Sunday is a mini-Easter.

Originally, Lent was a time of preparation for those who were to be baptized, a time of concentrated study and prayer before their baptism at the Easter. It was also a time for the community of faith who would receive the newly baptized to reconsider what they were about as followers of Jesus. Over the eons Lent became a time when all believers fasted and spent lot of time in prayer.

I remember how, as a child, I would listen to my Roman Catholic grandparents decide what they would *give up* for Lent. It had to be something they really loved. So my grandfather would give up smoking; but only for Lent. He went back to puffing on Easter! I could never quite get the point. And today when I hear people around me wondering what they will give up, what sacrifice they will make I'm not sure I get it yet!

I much prefer a modern interpretation of Lent which encourages us to *take up* something, something that will impact our sisters and brothers and the earth itself. For instance, taking up the spiritual practices of putting canned goods in the Food Bank box or walking instead of driving short distances or calling people we haven't recently seen out and about may result in our not wanting to give up what we've taken up!

No matter how one journeys through Lent the intention of the season is clear. It is a particular time for us to intentionally reflect on how we follow Jesus. That during Lent we must face an execution adds to our recognition of the difficulty of living life with faith and integrity.

Lent doesn't have the razzle dazzle of Advent with coloured lights and music that celebrate gift giving galore. It is a gift to each of us though, this intentional period of contemplation on the life, death and resurrection of one who continues to guide our living.

Happy Lent, friends!

Rev. Carolyn