



CHIPPEWA TRIBE-UNE

*Interim Editor,
Lynn Rosales***Namebin Giizis - Sucker Fish Moon - February****St. Clair Region Conservation Authority (SCRCA) Holds Annual Meeting**

February 19, 2015

Courtright, February 19, 2015: The St. Clair Region Conservation Authority held their 2015 annual meeting in Courtright on Thursday. In his opening remarks, Chair, Steve Arnold, highlighted the Authority's emphasis on Community Conservation and role of the Authority in working with a wide variety of partners. "We will continue to be innovative and focused on the needs of our watershed and our member municipalities. I would like to thank the many partners who have joined with us in order to make safer and healthier watersheds," Arnold said.

Later in the meeting, Steve Arnold representing St. Clair Township was re-elected Chair and Norm Giffen representing the Municipality of Strathroy-Caradoc was elected Vice-Chair for 2015. The Board voted to accept the 2015 budget of \$6,080,141. The General Levy, which is the part of budget funded by municipalities, was \$701,455 or about 12% of the total budget. The remaining funds come from self generated revenue, government grants and fundraised dollars.

Three conservation awards were presented at the meeting.**Tearza and Taryn Daly**

Tearza Daly and her 11 year old daughter Taryn have been organizing a Great Shoreline Cleanup along with family and friends. They have shown great community spirit by cleaning up the beach at the Highland Glen Conservation Area and plan to continue this effort in the spring of 2015. To date, their group has collected 215 lbs. of garbage and recyclables from that park and beach area. This is a great example of individuals and communities taking action to make their local Conservation Area a better place.

Bonduelle, Strathroy

Bonduelle is a company with a plant in Strathroy that processes and packages vegetables. The project, undertaken with a \$10,000 donation from Bonduelle,

began with a clean-up of the park and trail area followed by the construction of trails and picnic facilities. Through this project 400 metres of new trail were constructed along the lake, four picnic tables on cement pads, including one wheel chair accessible table, were constructed and two park benches were installed along the new lake trail. In addition to funds, Boundelle staff participated in the development of the trail.

County of Lambton

The County supported efforts of the Conservation Authority to initiate a project on the Bowen's Creek Property which is within the heart of Carolinian Canada and within the St. Clair River Area of Concern. This property, owned by the County, is biologically connected to woodlands and provincially significant wetlands treasured for their unique biodiversity. The Bowen's Creek project started in 2011 with the construction of eight hectares of wetland. Last year, hundreds of waterfowl were using the new wetlands as a migratory stop-over. Since 2011, 51,000 trees and 5 hectares of tall grass prairie were planted to enhance the existing 20 hectare site. With Lambton County's support, many partners have joined in to be involved with this project and including the federal government through the Great Lakes Sustainability Fund, Trees Ontario, Ducks Unlimited Canada, Shell Fuelling Change, Enbridge, RBC Foundation, St. Clair Region Conservation Foundation and Authority, and the Friends of the St. Clair River. Without the support of the County, this project would not have been possible.

Aamjiwnaang First Nation Environment Committee

In 2013-2014, the Aamjiwnaang First Nation Environment Committee coordinated efforts to restore a stretch of Talfourd Creek adjacent to the Community Centre in



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From Left to Right: Sharilyn Johnston, Environment Coordinator; Ted White Sr., Council Portfolio Holder; Marina Plain, Environment Committee Chair; Terry Burrell, Vice-Chair, St. Clair Region Conservation Authority

Cover Story Cont'd...

Bear Park. The main goal of the project was to bring the creek back into the lives of the community. By restoring the creek, it is hoped that a new appreciation of the creek is fostered, therefore returning the creek to the people. The Committee has also been instrumental in the implementation and advancement of the St. Clair River Remedial Action Plan. Their participation ensures that the interests of the Aamjiwnaang First Nation community are reflected in actions that would lead to the delisting of the St. Clair River as an Area of Concern.

Article Submitted by : Sharilyn Johnston, Environment Coordinator

February 23, 2015

Hello,

I would like to introduce myself. My name is Sandy Waring and I am the new "Community Information Officer" with Aamjiwnaang First Nation. This is a new position that was created to expand and improve communications to the residents and members of the Aamjiwnaang Community.

I am located at the Maawn Doosh Gumig Community and Youth Centre. It is hoped that this location will allow me to be more accessible to the residents.

My first project is to get the website up and running. I am looking for your suggestions as to information that you would like to see included. If you have ideas/suggestions, please feel free to drop by my office, give me a call at 519-491-2160 or email me at swaring@aamjiwnaang.ca

I look forward to meeting/hearing from you.

Sandy Waring
Community Information Officer



**Aamjiwnaang
Population Stats
Current: 2335**

Mino Dbiskkaayin-Happy Birthday Feb. 28 - Mar. 13, 2015

Tawny	Daws	Feb. 28	Ethan	Pentland	Mar. 6
Kenneth	Maness Jr.	Feb. 28	Susan	Williams	Mar. 6
Joseph	Plain	Feb. 28	Melissa	Joseph	Mar. 7
Nicholas	Williams	Feb. 28	Joel	Williams	Mar. 7
Raynold	Fisher	Mar. 1	Nicholas	Cottrelle	Mar. 8
Ricky	Gray	Mar. 1	Elizabeth	Jackson	Mar. 8
Elissa	Joseph	Mar. 1	Vincent	Joseph	Mar. 8
Iris	King	Mar. 1	Bailey	Maness	Mar. 8
Charles P	Maness	Mar. 1	Richard	Maness Sr.	Mar. 8
Adrienne	Jacobs	Mar. 2	Anthony M	Plain	Mar. 9
Jacob	Johnson	Mar. 2	Sean	Rogers	Mar. 9
Brenda	Maness	Mar. 2	Ashley	Williams	Mar. 9
Justin	Rogers	Mar. 2	Courtney	Bird-Little	Mar. 10
Anthony	Allen	Mar. 3	Lindsay	Gray	Mar. 10
Amanda-Dawn	Arseneault	Mar. 3	Rachel	Hebert	Mar. 10
Shoniqua	Bunce	Mar. 3	Jasmine	Wright	Mar. 10
Michael	Kilbourne	Mar. 3	Camilla-Jasmine	Adams	Mar. 11
Samuel	Miller	Mar. 3	Tanya	Bird	Mar. 11
Julian	Oliver	Mar. 3	Cameron	Crowley	Mar. 11
Tesha	Oliver	Mar. 3	Becky	Stewart-Maness	Mar. 11
Lena	Weekes	Mar. 3	Madison	Bois	Mar. 12
Wilfred L	Gray	Mar. 4	Annette	Day	Mar. 12
Brittany	Lewis	Mar. 4	Michelle	Kilbourne	Mar. 12
Scott	Maness	Mar. 4	Danielle	Miller	Mar. 12
Rianna	Plain-Nahmabin	Mar. 4	Kristen	Nahmabin	Mar. 12
Justin	Smith-White	Mar. 4	Diana	Stewart	Mar. 12
Stephanie	Tully	Mar. 4	Derrick	Williams	Mar. 12
Darryl	Brooks	Mar. 5	Jackie	Day	Mar. 13
Gail	Drakes	Mar. 5	Mason	Hurd	Mar. 13
Kole	Huggins	Mar. 5	Janelle	Nahmabin	Mar. 13
Joyce	Lancaster	Mar. 5	Rachel	Nahmabin-Reid	Mar. 13
Chenoa	Plain	Mar. 5	Levi	Plain	Mar. 13
Sherwood K	Rogers	Mar. 5	Jana	Simon-Montemayor	Mar. 13
Dakota	Williams	Mar. 5	Cody	Stewart	Mar. 13
Jaymee	Nahmabin	Mar. 6	Winona	Wright	Mar. 13
Morris	Nahmabin	Mar. 6	Vernetta	Wrightman	Mar. 13

Losing a loved one is one of life's hardest living experiences. Having the support of a community during such a difficult time makes the pain, shock and loss a little more bearable. Thank you to everyone who prayed, thought of us, and helped us send our beautiful Patrick on his journey home to be with the Creator. You will hold a special place in our hearts.



Love: Pat, Gail, Tara, Mike, Patrick, Luke, Reese and Sydnee.

“One Day a son asked his father, why is it always the best people that die?” The father answered, “Son if you are in a meadow, which flowers do you pick?”

As we celebrated our club's anniversary this past month, I would like to say that we appreciated the support of community sponsors and partners over the past year.

Please let us know if there is anything we can add to your programs in terms of local community cultural resources.

**Chi 'Miigwech to
Community,
Partners
& Sponsors**

Submitted by: Marina Plain



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

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".

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

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.



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 16, 2015

The deadline for submission is:

Wednesday, March 11, 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, March 10 @ 4:00 pm

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

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



ATTENTION

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

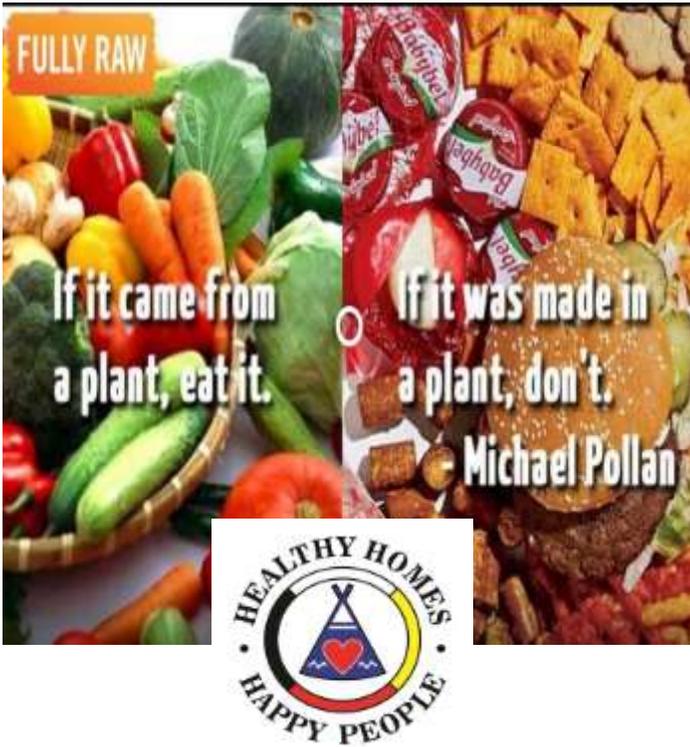
Limit of 4 Per Household.

ANIMAL CONTROL OFFICER

Ron Simon - Text/Call 519-330-7450

For animal control issues only!

- Primary duties are to follow up on loose dog complaints and monitor quarantined dogs.
- If you are a dog owner and your dog is loose, it is your responsibility to retrieve your dog.
- Traps available at Band Garage for use by community members. 519-336-0510



Medical Travel Drivers

Terry Plain (Monis)402-5535
Ron Simon328-0203
Sheila Firth383-1073
Mary Lou Williams337-9342
Carol Miller332-0751
Christine Plain466-0054

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

Men's Cooking Classes

**Thursday, March 26, 2015
11:00am -1:00pm**

Health Centre

Prize for all Participants

Learn to love delicious food made
with a few healthy ingredients
New Participants Welcome!!

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



FREE Massages!

Book your appointment today!

Date: Thursday, March 12, 2015

Time: 9 am - 3 pm

Location: E'Mino Bmaad-Zijig
Gamig Health Centre



**CHAIR &
TABLE
MASSAGE
AVAILABLE**

Open to all Community Members

Please call Jessica Joseph or
Reception at the Health Centre to
book your appointment or for further
info at: 519-332-6770

Keep Your
Family Healthy



Keep Tobacco
Use Sacred

FAMILY Movie Night

We invite
you to our
Family Night
Wednesday,

March 11, 2015

5:00 – 8:30pm

Community Centre

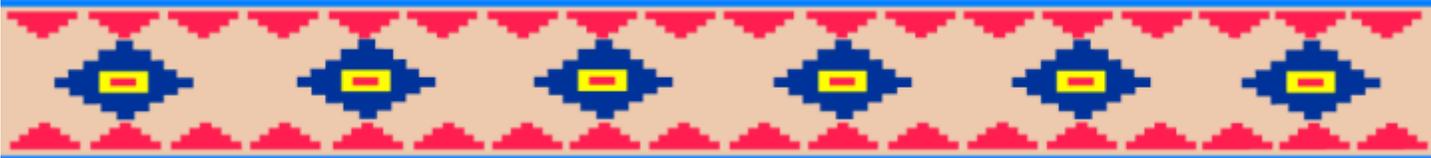
*Bring your family & friends
out for a fun-filled evening
with activities,
dinner and a movie!*

Transportation is available

*For transportation or further
details please call*

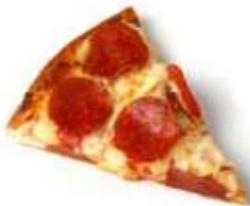
*Jessica Joseph at
519-332-6770*

- **FREE POPCORN**
- **FACE PAINTING**
- **ACTIVITIES FOR
THE KIDS**



Healthy Babies/Healthy Children Fathers' Dinner Celebrating the Father's Photovoice Contest

Wednesday, March 25th at 5:00 p.m.
At Maawn Doosh Gumig Community Centre



&



-  For Fathers with children ages birth to 6 years old. Fathers bring your family. (If father is not available-grandfathers, uncles, older brothers can register their family.)
-  Get your picture taken and answer the question—"Why being a father is important."
-  Vote on the Photovoice contest submissions.
-  Register with Dorothy by March 20th at 519-332-6770 Transportation Available.

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:

**“Children spell love
T-I-M-E.”**

Anthony P. Whitman



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



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



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

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**

NOTICE Seniors:

If you have signed up for an
event – Medieval Times or a
play and you cannot make it,
please call Peggy, 519-332-
6770. I have waiting lists
and would like to see the
tickets used if for some rea-
son you are unable to attend.

Thank you,
Peggy Rogers, Seniors Worker

Travelling Seniors

FYI

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

Seniors Healthy Cooking Class

**Tuesday, Mar. 17 2014
Health Centre 10:30 - 1:30**

Come out and join us! call
Peggy to register and if you
need a ride.

519-332-6770



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

Presented by: **Sandra Walker**



Senior's Programming

Medieval Times Dinner and Tournament At Toronto Castle

Saturday, March 7, 2015, 4:30 Show

"SPACE AVAILABLE FOR 50 YRS AND OLDER"



Departing at 10:30 am from
Community Centre,

Returning Approx. 11:00 pm.

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

Call Peggy, 519-332-6770, To Sign Up.

If I am Unavailable, Please Leave A Voicemail

St. Patrick's Day



Seniors

Pizza & Game Night



When: Monday, Mar. 16, 2015 @5 pm

Where: Seniors Drop-In
@Community Center

PRIZES! GAMES! FOOD!

Call Peggy, 519-332-6770 if signing
up



Senior's Programming



SENIORS EASTER POTLUCK PARTY

Tues., April 7th @ 5:00 pm

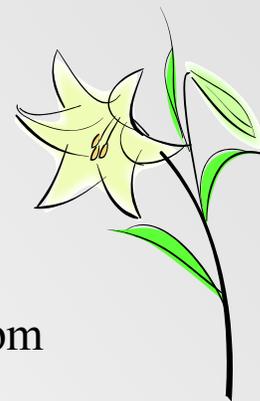
Community Centre

Seniors, design your own Easter Bonnet and wear during dinner for judging!!

Prizes for 1st, 2nd & 3rd place, prizes for dressed for the occasion, etc!

Call Peggy @ 519-332-6770, by April 2, 4:00 pm to sign up if you plan on attending.

Hope to see you there!!



LUNCH
FELLOWSHIP

Aamjiwnaang Seniors have been invited to have lunch with Chippewa of Thames Seniors

BINGO

Tuesday April 14, from 11 AM – 12:00 PM

Social Hour 12:00 PM – 1:00 PM

Lunch 1:00 PM – 3:00 PM Nutrition Bingo

Transportation is available for 7 people

You are required to sign up no later than Tuesday, March 17, 4:00 pm

Please sign up with Peggy, 519-332-6770, ext. 31

You're Invited!

Seniors Lunch with Walpole Island & Moraviantown

Monday April 27 @ 11:30 am

Walpole Island Arena

Transportation available for 7 people

You must sign up with Peggy,
519-332-6770, ext. 31

Deadline for signup is April 17, 4:00 pm.

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.
SPACE STILL AVAILABLE
TO SIGN UP PLEASE CONTACT
ROBERTA AT 332-6770.**

COUPONING for Beginners Working Group

Come out and share coupons, learn how to get a deal, and share other money saving tips!!



WHEN:

Wed, March 4th & 18th

WHERE:

E'Mino Bmaad-Zijig
Gamig Health Centre

TIME:

1 - 3 pm



Transportation &
Childcare provided.

Please contact the
Health Centre at 519-
332-6770 to register.

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 13th

6pm - 8pm

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

**Please be advised that
there will be no class on
Mar. 16 or Apr. 6**

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



**In Partnership with
The Aamjiwnaang Cul-
ture & 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

- 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

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.



Healthy Babies/Healthy Children & Head Start



Monday, March 2nd & Tuesday, March 3rd
9 am - 4 pm, both days

Moccasin Making—Sign Up

Wednesday, March 4th, 5 pm - 7:30 pm

Dr. Seuss Day

Thursday, March 5th, 10:30 am - 12:30 pm

Wendy Hill, Traditional Healer Speaking

Monday, March 9th, 10:30 am - 1:30 pm

Simple Sewing

Wednesday, March 11th, 5 pm - 7:30 pm

Pajama Day

Thursday, March 12th, 10:30 am - 12:30 pm

Play and Literacy

Monday, March 16th thru

March 20th

March Break

No Programming

Monday, March 23rd, 10:30 am - 1:30 pm

Hand Print Easter Craft

Wednesday, March 25th, 5:00 pm - 7:30 pm

**Fathers' and Families
Photovoice Dinner, SIGN-UP**

Thursday, March 26th, 10:30 am - 12:30 pm

**Law of Attraction - Dr. Lynn
Comeau**

Monday, March 30th, 10:30 am - 1:30 pm

**Kids in the Kitchen, Nutrition
with Melissa**



WOMEN ON THE RISE

Aftercare / Continuing Care for women 16+

Begins [Friday, March 27th @ 9:30-11:30am](#) for 13 weeks.

To Register:

Please call Tracey at the Aamjiwnaang Health Centre 519-332-6770 or
Charity Smith, House of Sophrosyne, 519-328-1683

This group is for any woman who has completed a residential or community treatment program and would like support as she continues to work her path to recovery from substance abuse. Registration is required prior to group, and once the group begins it is a closed group. The program is 12 weekly sessions, individual counselling is available as needed.

SCHEDULE OF THURSDAYS AND FRIDAYS

March 27 (Friday) – Orientation

April 2, 9, 16, 23 (Thursdays) – Triggers and Coping; Warning Signs of Relapse; Cross Addiction and Denial; Self-Esteem and Self-Care in Recovery

May 1 (Friday) – Coping Effectively with Feelings in Recovery

May 7, 14, 21 (Thursdays) – Healthy Boundaries, Healthy Relationships; Women and Sexuality

May 29 (Friday) – Families in Recovery

June 4, 11, 18 (Thursdays) – Mental Health/Concurrent Disorders; Spirituality in Recovery; Managing Recovery Long-term

Q&A

Question: Can I attend group if I am under the influence of drugs and or alcohol?

Answer: No. However, if you have had a relapse it is permitted to discuss this with the group and look at future strategies to avoid further relapse.

Question: Can I bring my child to group?

Answer: Unfortunately we do not have childcare, however, if there are enough participants who need childcare, we will reconsider offering childcare.

Let's Talk

With Penny...

Be Honest....

An addiction requires lying. You have to lie about getting your drug, using it, hiding its consequences, and planning your next relapse. An addiction is full of lying. By the time you've developed an addiction, lying comes easily to you. After a while you get so good at lying that you end up lying to yourself. That's why addicts don't know who they are or what they believe in.

The other problem with lying is that you can't like yourself when you lie. You can't look yourself in the mirror. Lying traps you in your addiction. The more you lie, the less you like yourself, which makes you want to escape, which leads to more using and more lying.

Nothing changes, if nothing changes. Ask yourself this: will more lying, more isolating, and more of the same make you feel better? The expression in AA is – nothing changes if nothing changes. If you don't change your life, then why would this time be any different? You need to create a new life where it's easier to not use.

Recovery requires complete honesty. You must be one-hundred percent completely honest with the people who are your supports: your family, your doctor, your therapist, your counsellor, the people in your 12 step group, and your sponsor. If you can't be completely honest with them, you won't

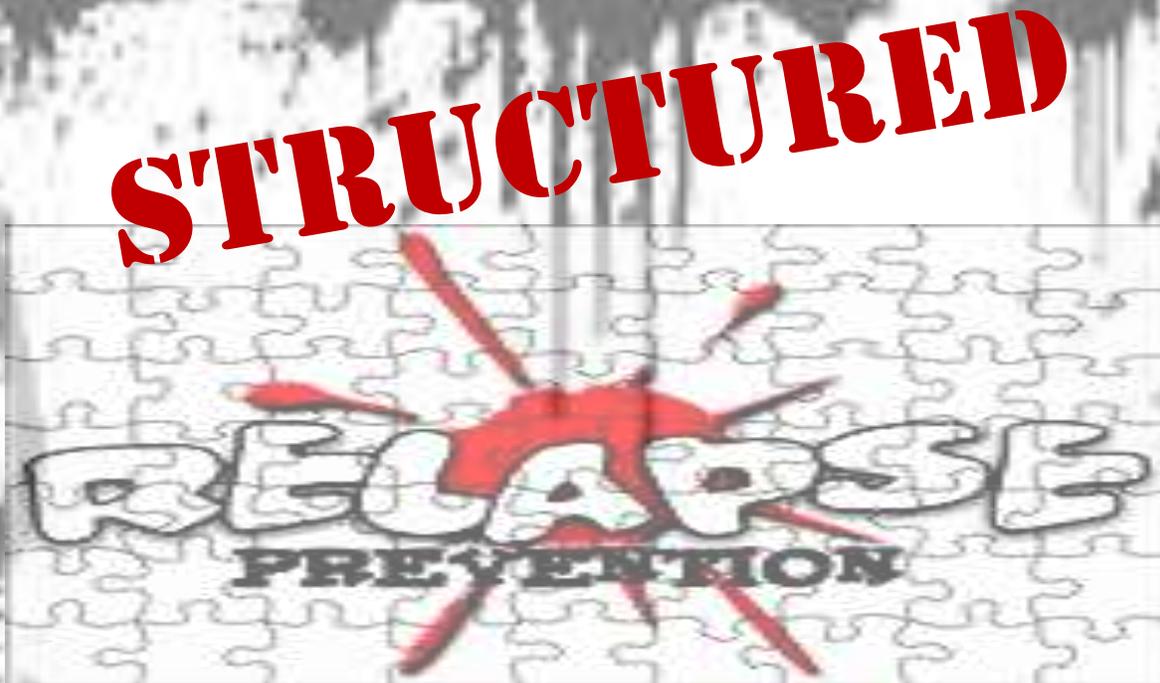
do well in recovery.

When you're completely honest you don't give your addiction room to hide. When you lie you leave the door open to relapse. One mistake people make in the early stages of recovery is they think that honesty means being honest about other people. They think they should share what's "wrong" with other people. But recovery isn't about fixing other people. It's about fixing yourself. Stick with your own recovery. Focusing on what you don't like about others is easy because it deflects attention from yourself.

Honesty won't come naturally in the beginning. You've spent so much time learning how to lie that telling the truth, no matter how good it is for you, won't feel natural. You'll have to practice telling the truth a few hundred times before it comes a little easier. In the beginning, you'll have to stop yourself as you're telling a story, and say, "now that I think about it, it was more like this..."

Show common sense. Not everybody is your best friend. And not everybody will be glad to know that you have an addiction or that you're doing something about it. There may be some people who you don't want to tell about your recovery. But don't be reluctant to tell the people close to you about your recovery. You should never feel ashamed that you're doing something about your addiction.

Are you ready to be 100% honest? Call the Health Centre @ (519) 332-6770 to connect with someone who can help you begin your journey to recovery.

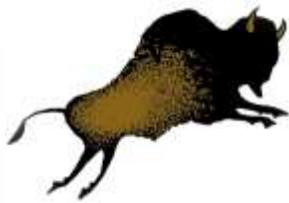


Structured Relapse Prevention provides an effective program for clients seeking to maintain change and avoid relapse. Structured Relapse Prevention (SRP) is a brief, cognitive behavioural, manual-based counselling approach that is used in a variety of settings.

This *interactive workshop* will provide tools and a comprehensive set of coping skills exercises for use with clients.

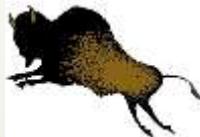
March 11-12, 2015
9-4 P.M.
Aamjiwnaang
Community Centre
(Banquet Room)
Call Penny @ 332-6770
for more information.

LIMITED SEATING
AVAILABLE!
Call Dorothy to reserve
your spot
@ 332-6770.

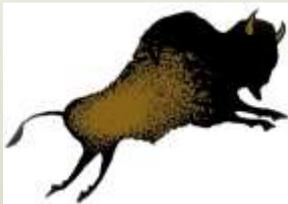


RedPath Emotion Management Program

Living a good life through Emotion Management



Expected Start date:
February 26, 2015

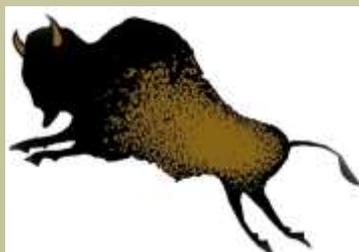


For More Info Contact:

**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





Coupons and how to use them to get the best bang for your buck.

Food costs are on the rise, so if you are looking for ways to stretch your dollar to cover those costs you may want to check out the do's, don'ts and tips below.

On Thursday, February 19, at E'Mino Bmaad-Zijig Gamig Health Centre, Tracey Williams and Penny Rogers provided participants with important "how to" tips about couponing and how easy it is to get started.

It was mentioned that most stores will honor coupons, however, you must do your homework to find out if the store you will be shopping at accepts manufacturer coupons, printed coupons and/or in-store coupons only. Now, it may seem as though couponing is time consuming and not worth the effort, but after listening to the presenters experiences with couponing the effort does pay off and shows in the bottom line.

In order to have a successful couponing experience you may wish to consider the following tips:

- Do meal planning for a week in advance if possible so you will know exactly what you need to shop for.
- Create your shopping list.
- Check weekly sales flyers for what's on sale and match your coupons to those items and in the end you just might be getting your groceries practically free

Do's of Couponing

- Always read and review your coupon for details (i.e. how many, expiration date, brand name, size, etc...).

- Be sure to look for coupons in magazines, newspapers, in-store or online, junk mail, direct from the manufacturer, store mailings, or direct which are on the product.
- Create your own filing system and carry your coupons with you whenever you go out shopping.
- Plan your shopping carefully and follow your plan.

Don'ts of Couponing

- Don't be fearful of starting, it may seem overwhelming at first, but it is worth the effort.
- DO NOT Photocopy coupons, it's illegal and you can be charged.
- Don't shop with the family, couponing takes time and effort, and well, others may not appreciate your efforts of saving money.

The groups enthusiasm generated some unexpected energy the seemed to expand as the presentation progressed, and when it came to the point where you can earn cash back, well the potential benefits of couponing took on a whole new light. An individual can actually receive cash back on everyday purchases such as coffee, household cleaners a variety of grocery product and, a surprise to everyone, you can even get cash back on liquor purchases.

The presenters shared some of the internet sites and resources where you can go and create an account and start your cash back account today.

The "*Couponing for Beginners*" workshop was a huge success and there was talk of starting a couponing group where anyone who was interested could join in and start saving. In the end everyone could truly see the benefits of couponing and was eager to get started. All participants received a couponing starter kit off their new venture, couponing.



Composting 101

Welcome to COMPOSTING 101, Planet Natural's go-to guide for making nature's most rewarding soil amendment. Time or money invested in your garden's soil always brings the best returns: healthy, vigorous plants and great harvests. And when you keep yard waste and kitchen scraps from the landfill you're doubly rewarded. You can buy ready-made, organic compost to get a jump start. But it's easy and inexpensive to make your own with the right materials and good equipment.

Here you'll find all you need to know about getting started as well as maintaining the process no matter which composting method you've chosen. There's basic techniques and time-tested wisdom as well as guides to compost tumblers and the various compost aides — the best starters, the most functional and efficient containers, and practical, useful tools like compost thermometers — that will make your composting efforts efficient and rewarding.

Want to learn even more about composting? COMPOSTER connection is our detailed, comprehensive guide that discusses all the various types of composting methods as well as offering inside tips from successful composters. You can also learn a lot by going through Planet Natural's complete line of composting bins, tumblers and equipment.

3 Essential Elements for Perfect Compost

It's time to let you in on a little secret: soil building done like this is the perfect lazy person's gardening project. Unlike weeding or double-digging, which take lots of time and physical effort, a compost pile pretty much takes care of itself. Build it right, and it will transform your growing expectations.

1. Start with a container. We're dealing with decomposing organic material, folks, so the structure doesn't need to be fancy. You just need some sort of way to hold all of the ingredients together so the beneficial bacteria that break down the plant matter can heat up and work effectively.

Compost bins are of two types, stationary and rotating. Both types must have their contents turned periodically to provide oxygen and combine the decaying materials. Stationary bins can be as simple as well-

ventilated cage made from wire fence sections or wooden crates assembled from a kit. A well-designed bin will retain heat and moisture, allowing for quicker results. Then there's compost tumblers, easy to turn bins that speed up the process — compost in weeks, not months or years — by frequent oxygen infusions and heat retention. Select one based on how much plant matter (grass, leaves, weeds, stalks and stems from last year's garden) you have at your disposal, how large your yard is, and how quickly you need to use the finished product.

When using the stationary bin method, locate the pile in a sunny location so that it has as much heat as possible. If it's in the shade all day, decomposition will still happen, but it will be much slower, especially when freezing temps arrive in the fall. Compost tumblers can also take heat advantage of being placed in direct sunlight.

2. Get the ingredient mix right. A low-maintenance pile has a combination of brown and green plant matter, plus some moisture to keep the good bacteria humming. Shredded newspaper, wood chips and dry leaves are ideal for the brown elements; kitchen waste and grass clippings are perfect for the green add-ins.

Skip meat, fish and dairy for outdoor bins because they tend to attract pests like mice, raccoons and dogs. If you can't bear the thought of sending your leftovers to the landfill, there are clever systems that turn them into superfood for your plants.

If you're using a simple container, it's best to start heaping the ingredients right on the ground, starting with chunky material like small branches or woody stems on the bottom for good airflow. Every time you add green material, add some brown as well to keep a good moisture balance and create air pockets.

It's a good idea to give your new pile a jump-start to get the process started. There are several great activators that are ready to go right out of the box. No need to mix it in well. Fold in a couple shovelfuls of garden soil rich in organic matter and let the natural process begin. (See moisture below.)

3. Remember a few simple chores. Taking care of a compost pile is extremely basic, but a wee bit of care makes a huge difference. Add material regularly to give the happy bacteria some fresh food to consume and enough insulation to keep the process warm.

Turn the pile with a pitchfork or compost aerator every week or two to make sure that all of the materials are blended in and working together. After you've mixed things up, grab a handful to see if it's slightly damp.

Too little moisture will slow the decomposition process and too much will leave you with a slimy mess.

In a few months, your finished product should be a dark, crumbly soil that smells like fresh earth.

Avoid Common Mistakes

It's hard to mess up compost, but we're happy to offer a little direction so you get off to the best start.

- Don't start too small. The breakdown process needs a critical mass in order to do its job. However, certain bins work well for small amounts of material, so choose a product for your specific needs.
- Keep things moist. It's easy to walk away and forget that there's an active process going on, so check the pile regularly, especially during hot, dry weather (see Managing Moisture).
- Don't depend on one material. A combination of different textures and nutrients created by the disintegration of many different plants will give your plants a gourmet diet that helps create disease and pest resistance. Think about it — a huge clump of grass clippings just sticks together in a huge mat that hangs around for years. Add some leaves, stir, and natural forces like water, air and heat go to work quickly!
- Don't get overwhelmed. This isn't rocket science, so jump in and try, even if you don't have a clue. You'll soon see what works and what doesn't.

What to Use

Now that you're ready to start making compost, you need to know what organic materials can — and cannot — be used in the compost bin or pile.

Composting Ingredients

Organic waste is the best raw material to make compost from. This can come from your garden, your kitchen (visit Starbucks' page on Grounds for Your Garden) and even your home at large.

Ingredients that can make good compost include:

Browns = High Carbon

Ashes, wood	Bark
Cardboard	Corn Stalks
Fruit Waste	Leaves
Newspaper, shredded	Peanut shells
Peat moss	Pine needles
Sawdust	Stems, twigs
Straw	Vegetable stalks

Greens = High Nitrogen

Alfalfa	Algae
Clover	Coffee grounds
Food waste	Garden waste
Grass clippings	Hay
Hedge clippings	Hops, used
Manures	Seaweed
Vegetable scraps	Weeds*

*Avoid weeds that have gone to seed, as seeds may survive all but the hottest compost piles.

Materials to Avoid

- Coal Ash – Most ashes are safe to mix into your compost pile, but coal ashes are not. They contain sulfur and iron in amounts high enough to damage plants.
- Colored Paper – Some paper with colored inks (including newsprint) contain heavy metals or other toxic materials and should not be added to the compost pile (see Heavy Metal Garden).
- Diseased Plants – It takes an efficient composting system and ideal conditions (extreme heat) to destroy many plant diseases. If the disease organisms are not destroyed they can be spread later when the compost is applied. Avoid questionable plant materials.
- Inorganic Materials – This stuff won't break down and includes aluminum foil, glass, plastics and metals. Pressure-treated lumber should also be avoided because it's treated with chemicals that could be toxic in compost.
- Meat, Bones, Fish, Fats, Dairy – These products can "overheat" your compost pile (not to mention make it stinky and attract animals). They are best avoided.
- Pet Droppings – Dog or cat droppings contain several disease organisms and can make compost toxic to handle. (Can you believe the state of Alaska actually spent \$25,000 on a study to determine the effects of composting dog poop? – PDF format)
- Synthetic Chemicals – Certain lawn and garden chemicals (herbicides – pesticides) can withstand the composting process and remain intact in the finished compost. Poisons have no place in the natural micro-community of your compost pile.

For more composting know how or more tips on how to start just google composting and find the information that suits you. Happy Composting!!

Source: <http://www.planetnatural.com/composting-101/>



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

MAR 5, 9 - 4 @ Maawn Doosh
Gumig

Community Development &
Culture Workshop, with
Laini Lascellas

MAR 25

Applications for Dress for
Success - DUE!!

MAR 31

Dress for Success - Image
North Consulting

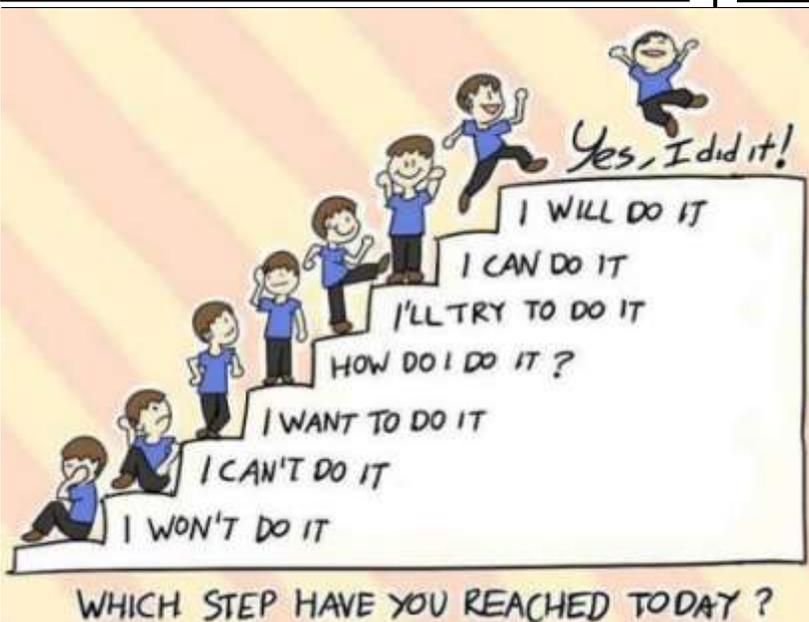
**For More Information contact;
Marina Plain at: 519-336-8410
mplain@aamjiwnaang.ca**

Job Search

- A. **OFIFC**, <http://www.ofifc.org/>
- B. **Nokee Kwe**, <http://www.nokekwe.ca/>
- C. **Southern First Nation Secretariat**, <http://www.sfnson.ca/index.html>
- D. N' Amerind Friendship Centre (London), <http://www.namerind.on.ca/>
- E. **Anishnawbe Health Toronto**, <http://www.aht.ca/>
- F. **SOAHAC** London, Chippewas of the Thames, Owen Sound, <http://www.soahac.on.ca/>
- G. **Six Nations** (Ohsweken, ON), <http://www.sixnations.ca/>

Other Job Search Engines:

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





Aamjiwnaang First Nation Employment Opportunity Youth Leader (2)



JOB SUMMARY:

The Youth Leader will be responsible for supporting the Youth Leadership Program for Aamjiwnaang First Nation from March 2015 – May 2015. The Youth Leader will report directly to the Community Mentor and the Program Officer at Right To Play. This is a 12 week part time position. The overall goal as a Youth Leader will be to enhance, support and facilitate a successful core program that will improve the life skills of youth in your community.

Job Duties:

- Attend two regional meetings/professional development days.
- Assist Community Mentor with the planning and delivery of the Youth Leadership program.
- Plan an Inter-Community Intergenerational Event.
- Documenting attendance for Mentoring and Evaluating reports.
- Writing reflection reports based on experience during duties.
- Support other community projects as needed.

Qualifications:

- Be between the ages of 18-30 years old.
- Highly motivated and committed to program success.
- Strong verbal and written communication skills.
- Good team work ethic, and also capable of working independently.
- Accurate and timely reporting.
- Strong planning and coordination skills.
- Decision making skills.
- Interested in being part of community development.
- Knowledge of Microsoft programs.
- Trained or willing to be trained in how to effectively facilitate leadership and recreation programming for young people aged 10-30 years old.
- Suggested skills: workshop and/or other facilitation experience, experience working with children and youth in leadership capacity, community development experience.

Application to include:

- Cover letter
- Resume
- At least two references

Please forward applications to:

Kelly Williams
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, March 6, 2015.



APPRENTICE

FREE
INFO SESSION

GUEST SPEAKER:
Dan DeLeary

EVERYONE WELCOME



MARCH 9

MAAWN DOOSH GUMIG

4-6



What is an apprentice?

How to apply..
Where to look...

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

INFO: 519-336-8410



TRADITIONAL HEALING PROGRAM MARCH 2015

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Bruce Elijah Chippewa	3 Bruce Elijah London	4 Joanne Cheechoo London	5 Elva Jamieson Chippewa Joanne Cheechoo London	6	7
8	9	10	11 Elva Jamieson London	12 Joanne Cheechoo Chippewa	13 Joanne Cheechoo Chippewa	14
15	16	17	18	19	20	21
22	23 Richard Assinewai Chippewa	24 Richard Assinewai Chippewa - Bundle Teachings all day	25 Richard Assinewai London Joanne Cheechoo London	26 Richard Assinewai London	27	28
29	30	31	<p>BOOKING WITH JOANNE CHEECHOO: Individuals with chronic illness, the elderly, and those supported by proper referral sources such as SOAHAC's Traditional Healers and Primary Care will be given priority for appointments.</p> <p>Please be advised, while visiting Traditional Healers are in office, your calls may not be returned efficiently by myself, speak with administrators for assistance. Miigwetch/Yaw'ko/Thank you</p>			

anishinaabemowin naakaazdaa enweying (lets speak our language)



**G'miigwechtoonaa,
G'miigwechweaa'naa
(We give thanks for
things, We give thanks
to others)**

We have found that one of the most common reasons to learn the language is a desire to give thanks using the language that has echoed in this place for centuries. Humility and the ability to slow down and count your blessings, ask for guidance, and be present for others are fundamental concepts beautifully expressed in Anishinaabemowin.

The following text was sent to us by Andy Chosa, translated by Howard Kimewon and transcribed by Margaret Noodin. Take time to learn it!

Today we give thanks for our many blessings.

Noongwo (today) g'miigwechweyaanaa (we give thanks to) Gizhe Manido (the creator) minik (for so much) miinigwezwi'anan (fortune) miinwaa (and) maanagoing (what we have been given).

We give thanks for the sky above and the earth below.

G'miigwechtoonaa (we give thanks for) maanda (this) maampii (here) aki (earth) g'bagidna-maagoing (we have been offered) wii iyaaying (to be on) miinwaa maanda (and this that n'waamdaaming (we see) giizhigong (the heavens).

We give thanks for the rising of the sun and the moon.

G'miigwechweaa'naa (we give thanks to them) g'bagidnamaagoing (we have been offered)

giizo (the sun) miinwaa (and) dibikgiizo (the moon) wii (to) aabjikaazyng (use).

We give thanks for the beauty of our surroundings.

Gaa miigwechweaa'naa (we give thanks to them) kina gego (all things) gwenaajong (beautiful in this place) g'gaa miinigoing (we have been given).

We give thanks for our parents who brought us into this world and taught us about life.

Gaa'miigwechwinim (thank you both for) maanda (this) bmaadziwin (life) gaa miizhiyang (we are given) gashe (mother) miinwaa (and) gos (father).

We give thanks for our brothers and sisters who shared our childhood with us.

Gaa miigwechiwigo (we all thank you) noongwa (today) maamwe (together) gii bi koonganiyaang (who were raised here) gw niinwe (with us) nikaayeg (brothers) miinwaa (and) miseyeg (sisters).

We give thanks for our friends who have journeyed along life's path with us.

Gaa miigwechweaananing (we are thankful for) genwa (our) kwijkenanig (friends) gaa bi wiijemigoo'ing (who walked along with us).

We give thanks for the laughter of the children.

Gaa miigwechweaananing (we are thankful for) gondag (them) baapwin (the laughter) miinwaa (and) chinendamowin (the happiness) genwa (our) binoojiyag (children) eyaamwaad (they have).

And, we give thanks for the love in our hearts.

Gaa miigwechwigo (we all thank you for) maanda (this) zaagidwin (love) odenang (in our hearts) eyaamaan (we have).

Source: <http://ojibwe.net/projects/prayers-teachings/give-thanks-prayer/>



Introductions and Exercises, Discussion and Group work style - includes looking at the community presently and for future development, finding ways that work and identifying ways that don't.

March 5

9 - 4

Maawn Doosh Gumig

To register contact Marina Plain

519-336-8410

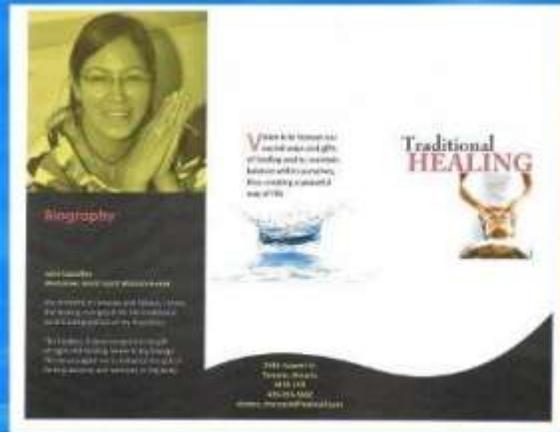
Laini Lascelles

Mndokwe, Good Spirit Woman Healer

My Ancestry is Lunaape and Ojibwe, I share the healing energies from the traditional beliefs and practices of my Ancestors.

The Healers, Elders recognized the gift of sight and healing hands in my lineage.

This encouraged me to enhance this gift of finding balance and harmony in the body.



At St Clair United Church

Thursday March 5th

5:30 – 7 p.m.

For all Ages.

Enjoy a hot meal together

Crafts

Games

Songs and Stories....

All are welcome! No charge
Children to be with an adult please.

I'm writing this letter as I look out on the snow. I am hoping soon to see signs of spring flowers and new life. Surely, it can't be too long now!

In the church we have entered into the season of Lent. During these 40 days we set aside time for prayer and reflection as we prepare once more for Easter.

Many of us commit to doing something different in Lent such as giving up things that we generally enjoy. More recently, there has been a movement to live more generously during Lent and to prayerfully care for one another in our communities and in the world.

My friend Debra is pretty good at this. One time, she was in a restaurant and someone surprisingly paid for her lunch. She was so moved by this act that she started to pay this generosity forward. During Lent she finds small ways to show kindness to people as they go about their everyday lives. There are so many ways that we can follow this example. For instance, by picking up the phone and calling someone who is lonely, making extra soup and sharing it with another person, sending a surprise card. Doing whatever you can to help lift the burden in someone's life.

These 40 day of Lent can be a good reminder about how we want to live our lives and how we can support one another on this journey. Lent can be a good time to make a change.

Rev Ann Fontaine says is like this:



Peace

Valerie Pitt

Minister St Clair United Church



Meet & Greet With Troy Lajeunesse



TUESDAY, MARCH 3RD

6 PM- 7 PM

**AAMJIWNAANG COMMUNITY &
YOUTH CENTRE**

*****DINNER SERVED*****



Come out and meet #9 Troy Lajeunesse from the Sarnia Sting. Troy is a 17 year old Aboriginal player from Dokis First Nation. Troy currently has 28 points for the 2014/2015 season! Come out and be inspired by this young man and his dream to succeed!

Oh and Buzz will be there too!

For more information please
contact Roberta Bressette at
519-332-6770

Travelling Seniors Fundraiser

MEAT BINGO



Thursday, March 26, 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



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

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- Tuesday - Friday, from 9:00 am - 4:00 pm
- Saturdays, from 9:00 am - 3:00 pm
- On Edge Academy of Hair is the only private hairdressing school, Registered and Approved with the Ministry of Colleges and Universities to deliver a diploma program in Sarnia.

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

www.onedgeacademy.com



Featured Show, If you like the Blues!!

Robbie Antone Band,

Friday, March 6, 2015

Liquid Johnnys

117 N. Christina Street

Sarnia, ON, CA | 08:00 PM

The RCMP is hiring! Recruiters will be visiting Lambton College on Friday March 6th to do a Career Presentation and to administer their RCMP Entrance Exam. If you know of former students or anyone else that may be interested in this opportunity, please pass this information on to them.

These sessions will be held in Room N105A in the Business & Industrial Centre starting at 4:30PM. Interested parties need to register online at RCMP Recruiting. Once registered they will receive a link to a Study Guide.

http://www.rcmp-grc.gc.ca/recruiting-recrutement/rpab-btatpg/register-inscrivez-eng.htm?rcmp_recruiting

Doug Stapleton, Instructor, Criminal Justice Programs, Lambton College
doug.stapleton@lambtoncollege.ca



Disney On Ice

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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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@ kevincottrelle@yahoo.ca or directly at 1940 St. Clair
Pkwy. (Mitch Degurse's).



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The next issue is due out on
Friday, March 13, 2015
The deadline for submissions is
Tuesday, March 10, at 4:00 pm
Chi-Miigwech,
Lynn M. Rosales, Interim Editor

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



FINAL THOUGHTS....

This beautiful piece of art was found in the older files of Tribe-une information. The artist is unknown, it is being shared for others to enjoy.

