



AAMJIWNAANG FIRST NATION

# CHIPPEWA TRIBE-UNE

February 28, 2013

Issue 13.04

Editor: Bonnie Plain

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The SIX NATIONS  
Minor Hockey Association  
presents



## LITTLE NATIVE HOCKEY LEAGUE 42ND ANNIVERSARY

March 11 to 14, 2013 • Mississauga, Ontario



**CITIZENSHIP • EDUCATION • SPORTSMANSHIP • RESPECT**

Details, map, and driving instructions on page 17 of the Chippewa Tribe-Une.

### Points of interest:

- \* Boot Camp, Yoga
- \* Kick Boxing
- \* Penny Drive
- \* Beading Class
- \* Ojibwey Class
- \* Indoor Walking
- \* **Hitmen Games**
- \* **Health Centre Activities**

Come take a look at how the Little Native Hockey League was started and meet the Founders who put it all together.



**Happy Birthday**Mar. 2<sup>nd</sup>, to Mar. 15<sup>th</sup>, 2013

Adrienne Jacobs	Mar. 2	Rachel Hebert	Mar. 10
Jacob Johnson	Mar. 2	Jasmine Wright	Mar. 10
Brenda Maness	Mar. 2	Camilla-Jasmine Adams	Mar. 11
Sharon Jean Plain	Mar. 2	Tanya Bird	Mar. 11
Justin Rogers	Mar. 2	Cameron Crowley	Mar. 11
Anthony Allen	Mar. 3	Becky Sterwart-Maness	Mar. 11
Amanda-Dawn Arseneault	Mar. 3	Madison Bois	Mar. 12
Shoniqua Bunce	Mar. 3	Annette Day	Mar. 12
Michael Kilbourne	Mar. 3	Michelle Kilbourne	Mar. 12
Samuel Miller	Mar. 3	Danielle Miller	Mar. 12
Julian Oliver	Mar. 3	Kristen Nahmabin	Mar. 12
Tesha Oliver	Mar. 3	Diana Stewart	Mar. 12
Lena Weekes	Mar. 3	Derrick Williams	Mar. 12
Wilfred L Gray	Mar. 4	Jackie Day	Mar. 13
Brittany Lewis	Mar. 4	Mason Hurd	Mar. 13
Scott Maness	Mar. 4	Janelle Nahmabin	Mar. 13
Rianna Plain-Nahmabin	Mar. 4	Rachel Nahmabin-Reid	Mar. 13
Justin Smith-White	Mar. 4	Levi Plain	Mar. 13
Stephanie Tully	Mar. 4	Jana Simon-Montemayor	Mar. 13
Darryl Brooks	Mar. 5	Cody Stewart	Mar. 13
Gail Drakes	Mar. 5	Winona Wright	Mar. 13
Kole Huggins	Mar. 5	Vernetta Wrightman	Mar. 13
Joyce Lancaster	Mar. 5	Danielle Nahdee	Mar. 14
Chenoa Plain	Mar. 5	Brianna Rogers	Mar. 14
Sherwood K Rogers	Mar. 5	Eric Smith	Mar. 14
Patricia A White	Mar. 5	John Snake	Mar. 14
Dakota Williams	Mar. 5	Amber Williams	Mar. 14
Jaymee Nahmabin	Mar. 6	Linda Kimmel	Mar. 15
Morris Nahmabin	Mar. 6	Megan Kolberg	Mar. 15
Ethan Pentland	Mar. 6	Cheryle Mason	Mar. 15
Susan Williams	Mar. 6	Alexandra Maw	Mar. 15
Melissa Joseph	Mar. 7	Leslie Peters	Mar. 15
Joel Williams	Mar. 7	Derek Simon	Mar. 15
Nicholas Cottrelle	Mar. 8	Amanda Westfall	Mar. 15
Elizabeth Jackson	Mar. 8	Kayla White	Mar. 15
Vincent Joseph	Mar. 8	Heather Williams	Mar. 15
Bailey Maness	Mar. 8		
Richard Maness Sr.	Mar. 8		
Anthony M Plain	Mar. 9		
Sean Rogers	Mar. 9		
Ashley Williams	Mar. 9		
Courtney Bird-Little	Mar. 10		
Lindsay Gray	Mar. 10		

**Happy Birthday**  
*To my mom, Sharon Plain*  
*I love you lots, Chaz*

**HAPPY BIRTHDAY SHARON**

*With love from your niece,  
Bonnie & Family*

**Happy Birthday to Chenoa**

*On March 5th  
From your cousin Bonnie*

**Happy Birthday  
To Chenoa**

*Love, Mom, Granny, Chaz,  
And Mariah*

**Happy Birthday Mommy**

*Love, Kiona*

**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

**Employment & Training**

**FOOD HANDLERS COURSE**



**Saturday, March 2, 2013**

**9:00am—1:00pm**

**Community Centre**

**WHMIS TRAINING**



**Saturday, March 2, 2013**

**Community Centre**

**1:00pm – 3:00pm**

**FIRST AID & CPR  
TRAINING**



**March 8 – 10, 2013**

**10:00am – 3:00pm**

**Community Centre**

**Lunch Provided**



**Aamjiwnaang  
Jr. Hitmen  
Hockey Teams**



## Breakfast & Indoor Yard Sale

**SATURDAY, MARCH 2<sup>nd</sup>**

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

**Come join us for breakfast**



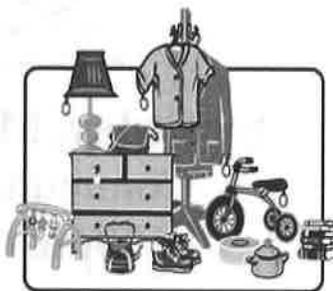
**\$6.00** includes:

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.

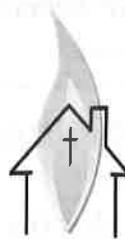
**Only 30 available** (First come first serve)

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

**Or find us on Facebook:**

**Aamjiwnaang Jr. Hitmen Fanpage**

## **MY FATHER'S HOUSE**



**Grand  
Opening**

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 Sat-  
urday March 2 we will move our services to  
the Maawn Doosh Gumig Community Cen-  
tre !!

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

**Everyone Welcome !!!!**

**In my Father's House are many man-  
sions: 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**

Attention Parents

## Teen Parenting Class

*With Tom & Brenda Seppo*

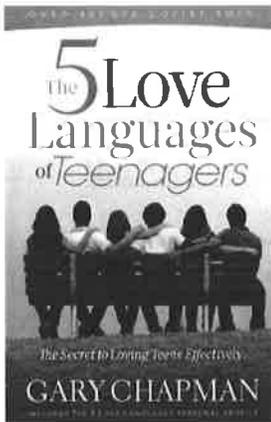
Tom and Brenda have been married since 1979 and are the proud parents of three children: Rebecca (husband Aaron, daughter Jana Rose), Andrea (husband Joshua), and Andrew. They have a passion to see marriages & families raised up and to see the strengthening of the home in today's society. Tom & Brenda's 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

## Aamjiwnaang

### Junior Kindergarten

Registration for September 2013

**Thursday April 25, 2013**

At the Day Care Center -

In the JK Classroom

**9:30 a.m. – 12:00 p.m.**

- ➔ Registration is for children born in the year of 2009
- ➔ **Must** provide birth certificate and/or Status Card
- ➔ **Must** provide up-dated immunization record/Health Card

Please bring your child to the registration; this will take approximately 45-60 minutes. Your child will rotate to various screenings (ex. Dental, eyes, speech & language).

Call **519-344-5831** to make your child's appointment, or you can email me at [khenry@aamjiwnaang.ca](mailto:khenry@aamjiwnaang.ca), I will email you back with your registration time.



## 12 Symptoms of Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything.

### Positive Quotes on Simplicity

“The way to happiness - - keep your heart free from hate, your mind free from worry, live simply, expect little, give much”. ~ *Carol Borges*

“Enjoy little things, for one day you may look back and realize they were the big things”. ~ *Art Buchwald*

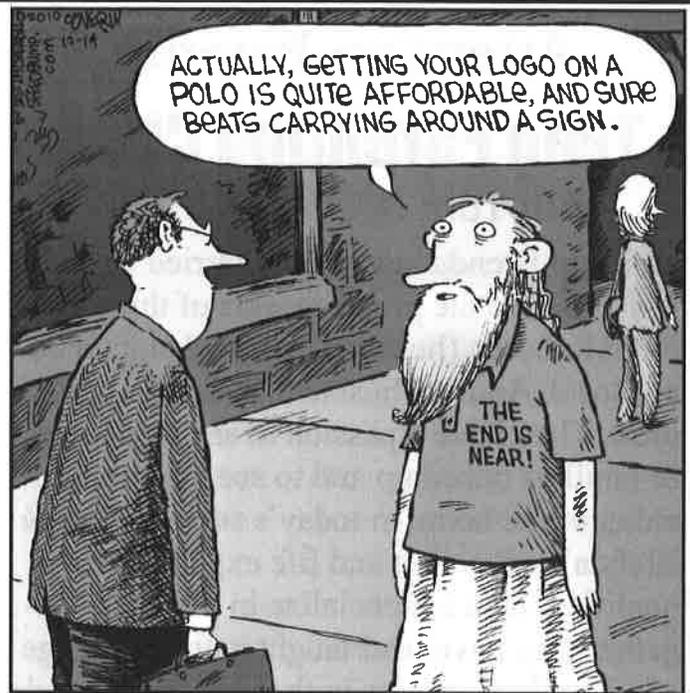
“To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter...to be thrilled by the stars at night; to be elated over a bird’s nest or a wildflower in spring—these are some of the rewards of the simple life”. ~ *John Burroughs*

“There’s enough on this planet for everyone’s needs, but not for everyone’s greed”. ~ *Mohandas Gandhi*

“It all depends on whether you have things, or they have you”. ~ *Robert A. Cook*

“Teach us delight in the simple things, and mirth that has no bitter springs; Forgiveness free of evil done, love to all men beneath the sun”. ~ *Rudyard Kipling*

“It is not the man who has too little, but the man who craves more, that is poor”. ~ *Seneca*



### Top 10 Actions to Making the World a Better Place

If you are excited about making the world a little better but don't know where to start...consider starting with our shortlist of what we consider the most powerful actions in our book.

- #1: Buy A Low Emission, Fuel Efficient Car
- #2: Limit Your Work Time
- #3: Buy Less Stuff
- #4: Buy Products From Socially Responsible Companies
- #5: Make Time for Loved Ones
- #6: Eat Less Meat
- #8: Conserve Energy And Water
- #9: Watch Less TV
- #10: Join an Organization You Care About

<http://www.betterworldhandbook.com/2nd/index.html>

While most people may not participate in traditional activism, many of us want to have a positive impact on the world. We've written this book to help you recognize the profound impacts you have on your local and global communities, and to inspire you to turn your good intentions into everyday actions that will make a difference across the entire spectrum of the world's problems. (a better world handbook)



# Musical Benefit Fundraiser For Mike Plain & Family



Music with Host Band – Charles (Fish) Rogers  
 Toonie Table ❖ Food Sale ❖ 50/50 Tickets  
 Drumming ❖ Singing ❖ Karaoke - 4 spots  
*(drummers, singers, musicians welcome to sign up)*

**Saturday, March 9, 2013**

**11:00am – 5:00pm**

Maawn Doosh Gumig  
 Community & Youth Centre  
 Aamjiwnaang First Nation  
 1972 Virgil Ave. Sarnia



**Drummers / Singers Contact:**  
 Ada and Wilson Plain Sr.  
 519-336-4805

**Donations for Toonie Table**  
**Contact: Marina Plain**  
 519-328-0942 or 519-336-8410

*Mike & Tim Plain and family lost everything they owned when an overnight house fire gutted their home in Aamjiwnaang on January 26, 2013.*

**“Lets come together on this day to help Mike & family during this difficult time”**

**If you cannot attend this event and wish to help out in some way, there is a “Charity Account” set up at: \* Scotia Bank \* Branch # 10942 \* Account # 0210188 \***

**MARCH**  
**Employment**  
**Supports Services**

- \***March 1** Ongoing - Valarie Waboose Continues  
*Maawn Doosh Gumig*
- \***March 5** Wab Kinew Info Night - 6-8  
*Maawn Doosh Gumig*
- \***March 14** Community Event  
*Maawn Doosh Gumig*
- \***March 22** Wab Kinew - Community Event  
*Maawn Doosh Gumig*

**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**



**Information & Preview Night**

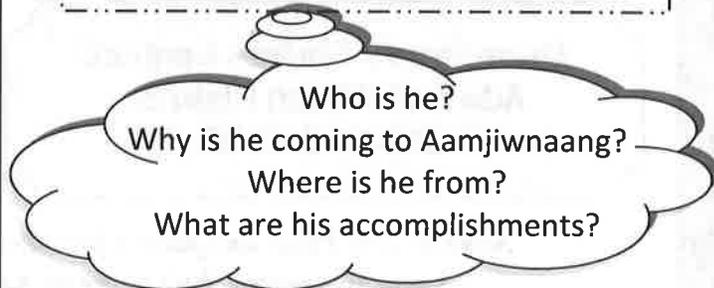


**TUESDAY MARCH 5TH, 2013**

**6:00PM – 8:00PM**

**Maawn Doosh Gumig**  
 Aamjiwnaang First Nation  
 1972 Virgil Ave.

For more information contact  
 Marina Plain 519-336-8410



Aamjiwnaang Employment Supports & local partners present:  
 Director of INDIGENOUS INCLUSION - University of Winnipeg

# WAB KINEW

**March 22nd**

**12:30 - 6:00**



Wab Kinew will be sharing these key messages:

- ⇒ Careers
- ⇒ Motivation
- ⇒ Culture
- ⇒ Music
- ⇒ Innovation

Wab is also an award winning journalist and rapper. He travels nationally promoting education, language and Anishinaabe culture. You can find out more about him at: <http://wabkinew.ca/>

**Excellent Door Prizes!**



**Gabriel Award Winner**

**Adrienne**  
 "Surviving the Survivor"

CBC's

**\*\* Pre registration required - Limited Spaces - Register Early\*\***

**\*\*\*PLEASE BRING A NON PERISHABLE ITEM FOR OUR FOOD BANK\*\*\***

Contact Marina Plain, Naomi or Beth at reception with your name & contact information 519-336-8410



Ontario Works-Employment Assistance would like to thank the following community partners for their contributions to this event:

Volunteer Planning team  
 Aamjiwnaang Education  
 E'Mino Bmaad - Zijig Gamig -  
 Aamjiwnaang Health Centre  
 Aamjiwnaang Environment

Kettle and Stony Point -  
 Employment Supports  
 Aamjiwnaang -  
 Employment and Training

Baamsedaa/Community  
 Legal Assistance Sarnia  
 Lambton College - Aboriginal  
 Student Success

**Youth Kickboxing  
Continues! Ages 8-14**  
*Featuring Instructors from  
First Infantry MMA*



**FRIDAY NIGHT'S**  
**March 1, 8, 15, & 22**  
**4:30 pm – 5:30 pm**

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

	<p><b>TRIBAL CUSTOM INSURANCE SERVICES INC.</b></p>
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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  
Mar. 6 & 20**  
If you have any questions,  
please contact Tracy Williams at  
519-336-8410 ext. 237

**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**

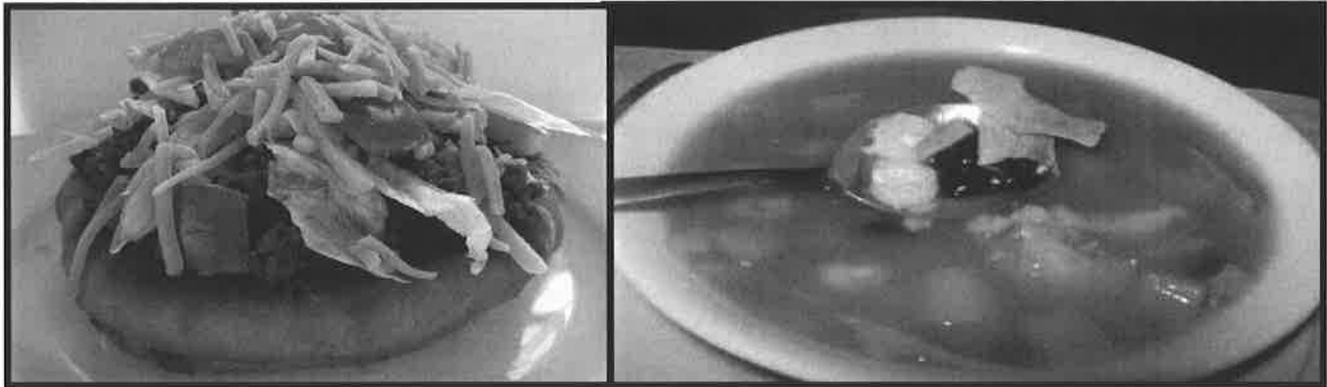
**Ages: 10 years—Adults**

**Call Val at 519-491-1374**

**for more information**



# Taco/Soup Sale!

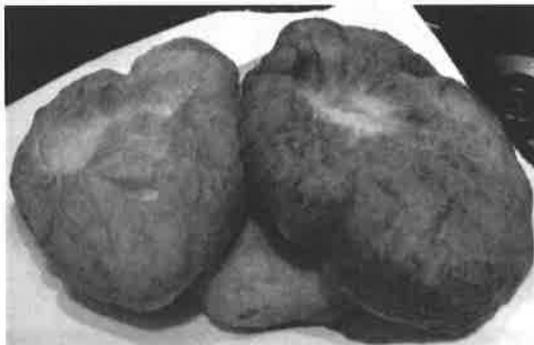


**When: Thursday**

**March. 28, 2013**

**Where: 1139 South Vidal  
(Mike & Elaine Williams')**

**Starts at 11:30 – SOLD OUT**



## MENU:

<b>Indian Taco</b>	<b>\$6.00</b>
<b>Corn Soup</b>	<b>\$3.50</b>
<b>Chicken-Wildrice Soup</b>	<b>\$3.50</b>
<b>Frybread</b>	<b>\$1.00</b>
<b>Pop/Water</b>	<b>\$1.00</b>

**You Are Invited...**

# 21<sup>st</sup> Annual POW WOW

@ Lambton College



**GRAND ENTRY - 11:00 AM**

**Thursday, April 4, 2013**

**11am to 3pm**

**Lambton College Gymnasium**

**DANCERS** - small honorarium provided for dancers in regalia

**DRUMMERS** - small honorarium provided

**VENDORS** - accepting craft donation (minimum \$20 value)

**FEAST** - elders, dancers, drummers & vendors at 3:00pm

Contact:

Aboriginal Cultural/ Learning Centre at Lambton College  
519-542-7751 #3494 or [holly.altiman@lambtoncollege.ca](mailto:holly.altiman@lambtoncollege.ca)  
[www.lambtoncollege.ca/ACLC](http://www.lambtoncollege.ca/ACLC)



Hosted by Lambton College Aboriginal Student Council

**Everyone Welcome**

# Expressive Trash Competition



## ***How Trash Creative Are You?***

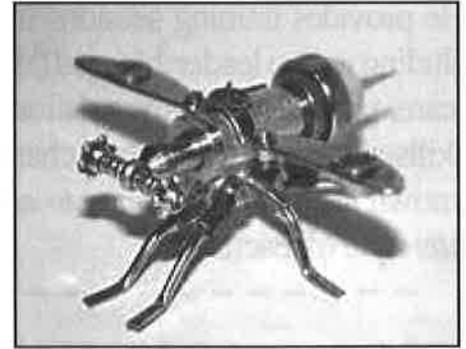
***This year the Environment Department is having a Trash-to-Art contest for Earth Day 2013.***

***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!***

## ***“A Medicine Bag for Life”***

(Youth ages 13—18 yrs.)

Practical Youth Teachings

**Tuesday, March 5, 2013**

**9:00 am – 3:15 pm**

Call reception at Health Centre, 519-332-6770, **before March 1** to attend.

**Attendance will be taken when attending workshop**

**SNACKS & LUNCH WILL BE PROVIDED—GREAT DOOR PRIZES TO BE WON!!**

*Presented by: Billy Rogers*



Billy Rogers is a nationally recognized trainer and speaker who has been working in Native North American 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.

## ***“Living A Life With Grace”***

Seniors & Elders Session

**Wednesday, March 6, 2013**

**9:00 am – noon**

**SNACKS AND LUNCH WILL BE PROVIDED**

**GREAT DOOR PRIZES TO BE WON!**

## ***Using the Sacred Gifts Given to us from the Creator to Help us Overcome Today's Challenges***

**Facilitators:**

*Fire Calf & Red Pine Woman*

**Wed., March 20, 2013**

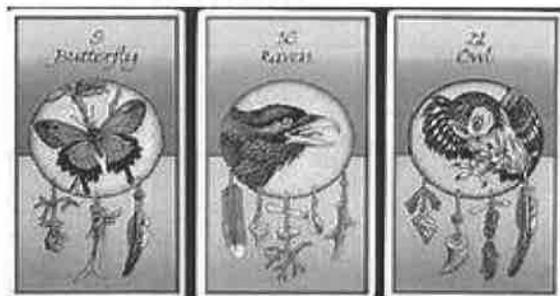
**Topic: Elder Abuse**

**5:00 pm – 8:00 pm**

**Seniors Drop-In Room  
Supper will be provided**

**We will be creating our own  
Personal Power Shields**

*Red Pine Woman will be available for Animal Card Readings.*



**Please sign up if you plan on attending by March 14 so I can reserve a spot for you if you wish to have your cards read**  
**All Community Members Welcome to attend!**

**Youth ages: 10 years and up**

**Call Peggy, 519-332-6770, to sign up**

# EFFECTS OF RESIDENTIAL SCHOOL



*Presented by: Wendy Hill*

**Monday, March 25, 2013**

**12 pm. - 2:30 pm.**

**Seniors Drop-In Room**

**Lunch will be provided**

Please call Peggy 519-332-6770

If you plan on attending

**Indoor Walking**

**TUESDAYS**

**February 5 TILL March 26**

**9:30-10:30**

(no class on March 5)

**Community Centre Gym**



**Seniors Pizza  
& Game Night**

**Wed., March 27**

**5:00 - 8:00 pm**

**Seniors Drop-In Room**

Call Peggy, 519-332-6770, if you  
plan on attending.

**Will Writing Session**

**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.**

**QUILTING WITH SENIORS**

**Tuesday's 6-8 pm**

**Community Centre**

**Library Room**

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

**Senior's 55 & over**

**"CONGREGATE DINING"**

**Wednesdays,**

**12 - 1 pm**

**Senior's Complex**

**Come on out.....**

socialize and enjoy a home-cooked,  
nutritious, delicious meal!

***Hope to see you there!***

## Indian Residential Schools Project

The Union of Ontario Indians has successfully secured funding from the Truth and Reconciliation Commission of Canada for "Honouring Our Children, Families, and Communities Affected by Indian Residential Schools Project." At the heart of this project is fostering healing and reconciliation for our nation by constructing a legacy monument to honour our citizens who attended Indian residential school, as well as developing much needed educational resources that document the truth about those schools, the children that attended the schools, and the inter-generational trauma resulting from those schools.

To develop the first initiative - the legacy monument - it is necessary for us to gather information from our Nation as to which of our citizens, alive and deceased, attended the schools. We are looking to receive information on the names of former students, which First Nation they are from, their dodem, the Indian Residential School (s) that they attended, and the years they attended. Information may be submitted voluntarily through the available form; **Anishinabek Nation Indian Residential School Monument Consent Form**, which is available online or at the lobby of the Aamjiwnaang Administration building. Any information provided in this consent form other than the full name of the Indian residential school will be kept confidential. The names of the citizens who attended will be depicted on a central legacy monument, to be unveiled in the spring of 2013.

The second initiative - educational resources - will include the development of a narrative picture book portraying a factitious Anishinabek child that documents what their life was like before, during, and after attending residential school. Educational videos and computer-based materials focusing on the reality of residential schools; rectifying misconceptions; healing and reconciliation; and affects of inter-generational trauma from residential schools will also be developed.

Further information:

Online: [www.anishinabek.ca](http://www.anishinabek.ca)

Email: [irscp@anishinabek.ca](mailto:irscp@anishinabek.ca)

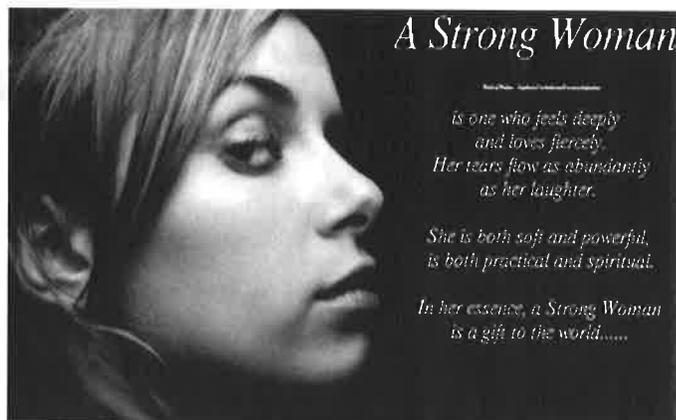
Toll free: 1-877-702-5200 ext. 2308

Indian Residential Schools Crisis Line

1-866-925-4419

**\*Pick up forms at the Band Office lobby\***

## 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 8<sup>th</sup>**

**10am – 3pm**

**Health Centre**

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

## 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**

The SIX NATIONS  
Minor Hockey Association  
presents



**LITTLE NATIVE HOCKEY LEAGUE  
42ND ANNIVERSARY**  
March 11 to 14, 2013 • Mississauga, Ontario



**CITIZENSHIP • EDUCATION • SPORTSMANSHIP • RESPECT**

**Daily Admission**

Daily Passes: **\$5.00**

Senior 60+ / Children under 5: **Free**

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

**Little NHL - Contact & Arena Info**

**Hershey Centre** (LNHL 2013 Headquarters)

5500 Rose Cherry Place,

Mississauga, Ontario, L4Z 4B6

Tel: 905-502-9100 Fax: 905-615-3302

[www.hersheycentre.com](http://www.hersheycentre.com)

Iceland Arena

705 Matheson Blvd. E, Mississauga L4Z 3X9

Tel: 905-615-4680 Fax: 905-615-4681

**Iceland Arena Website**

Meadowvale 4 Rinks

2160 Torquay Mews, Mississauga, ON, L4Z 3X9

Tel: 905-615-4730 Fax: 905-615-4731

**Meadowvale 4 Rinks Website**

**Host Contact Person: Blaine LaForme**

**Phone number: 905-870-3867**

[blaine-lnhl42@hotmail.com](mailto:blaine-lnhl42@hotmail.com)

**All other inquiries or player pools contact:**

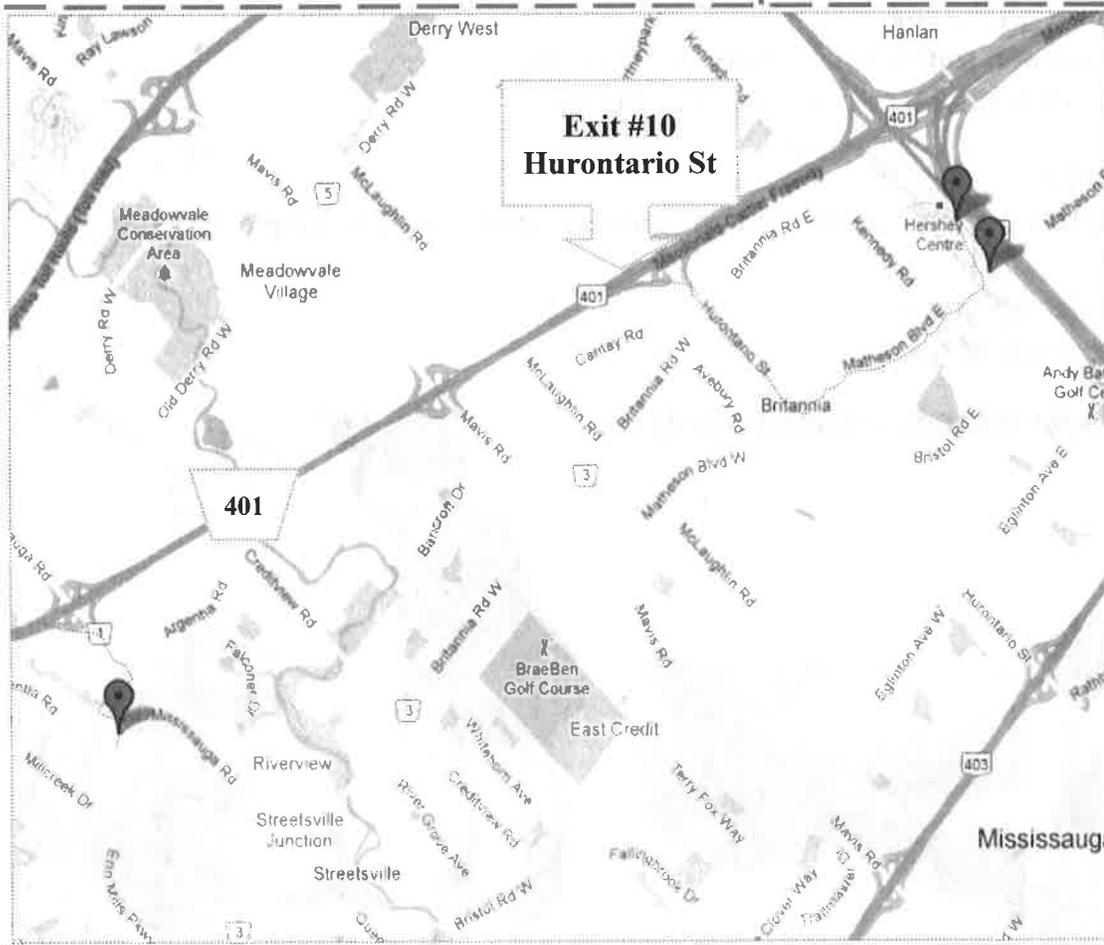
**President LNHL: Marvin Assinewai**

**80 Hill Street - RR# 1 Comp 150**

**Little Current, ON P0P 1K0**

**Tel: 705-368-3601 Fax: 705-368-3664**

**e-mail: [marvin@vianet.ca](mailto:marvin@vianet.ca)**



**DIRECTIONS TO  
HERSHEY CENTRE/  
ICELAND ARENA  
FROM LONDON:**

- Travelling east on Highway #401, take Hurontario Street (**Highway #10**) exit.
- Turn left onto Matheson Boulevard East (eastbound).
- First stoplight east of Kennedy Road, Turn left onto Rose Cherry Place (northbound).

**MEADOWVALE 4**

- Take Mississauga Rd (Southbound)
- Turn right onto Argenta Rd. (west)
- Turn left onto Turner Valley Rd
- Turn right onto Torquay Mews

## Benefits of a Community Garden



- ☉ Gardening naturally encourages recreation and exercise
- ☉ Gardeners and their children eat better, more nutrient rich diets than non-gardening families
- ☉ Eating locally produced food reduces asthma rates, because children are able consume manageable amounts of local pollen and develop immunities
- ☉ Community gardens provide access to traditional produce nutritionally rich foods that may not be available to low-income families and individuals
- ☉ Community gardens develop community identity, spirit and ownership
- ☉ Community gardens can serve as an outdoor classroom where children can learn valuable skills, like those involving practical math, communication, responsibility and cooperation. They also provide the opportunity to learn about the importance of community, and environmental responsibility
- ☉ Community gardens give youth a safe place to interact with peers that can involve them in beneficial activities to bring them closer to nature and in a socially and physically meaningful way

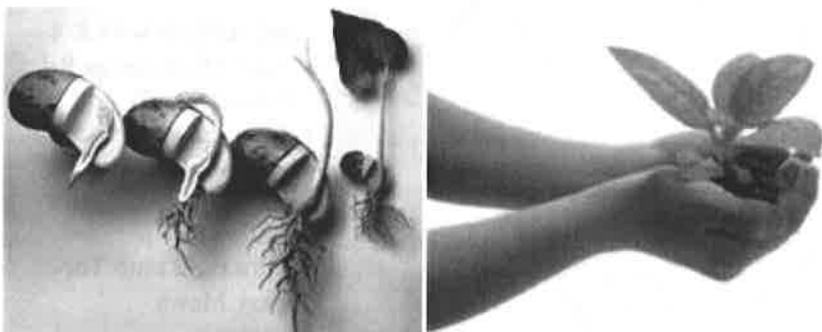
### Gardens help improve the health of the local ecosystem by:

- ◆ Filters rainwater and helps keep lakes, rivers and groundwater clean (Plants and the micro-organisms with which they work together helps clean and filter water as it percolates through the soil)
- ◆ Reduces soil erosion and runoff, which decreases flooding
- ◆ Restores oxygen to the air and help reduce air pollution

### **We Need Your Help!**

- \* Interested people to start seeds in their homes until plants are ready to be planted into the ground
- \* Start a formal gardening group
- \* Suggestions on location of garden

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



# 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

## Original Peoples of Turtle Island Recommendations to the Peoples Social Forum

by Unist'ot'en Camp on Monday, January 28, 2013 at 9:32pm ·

We all are working toward the same goals, the protection of the people, the lands, the waters and the animals of mother earth. We must work together with our common goals to build a way forward. The inherent knowledge of Original peoples come from our Mother Earth and the ancestors that came before us and the one that will come after us. This knowledge is intertwined in our spirituality and way of being utilizing Natural law.

Current governments are working to commodify not just the lands, the waters, the animals, but all people. We must break free from these oppressive structures and return to values that respect the knowledge of the Original peoples of Turtle Island.

Resistants' for us began 520 years ago. Institutionalized colonialism has lead to the cumulative removal of our history and deep understanding of our rights and place in this society. We urge the PSF to build strong relationships with us to restore this balance of understanding.

Original peoples lives have been defined by resistance. We can share how our lived experience can help build a way forward. We must reestablish a respectful relationship based on an understanding of culture, traditions and language.

However, our people and issues cannot be co-opted. Therefore we affirm that:

- Original peoples of Turtle Islands have been oppressed for centuries and are in a process of re-awakening and you must respect that we must lead ourselves.
- Original peoples have lived on Turtle Islands since time immemorial and we kept the land clean and free of destruction for centuries before contact. We know this land intimately because we are people of the land and we are the land. We are guardians of the harmonious cycles of the land. If the land dies we die.
- As people of the land we have to work to restore the Original peoples values based on responsibilities and rights. Therefore it is imperative that our people continue to take a leading role in changing the future.
- Our rights and responsibility are the foundation for building a better future for all.
- Therefore, we are in solidarity with those that reject the racist Doctrine of discovery and Terre Nullis and those working with Original peoples must be publicly rejected these oppressive regimes in order to effectively build relations with the Original peoples of Turtle Island.

- We recognize the need to work in partnership with allies and ally groups, because we understand that our allies are necessary to strengthen not only our power but theirs. Your liberation is tied to ours.
- As Original Peoples of Turtle Island we are many nations with varying cultures, values, distinct tactics and strategies for moving forward to address over 500 years of oppression and it must be respected and the PSF must actively work towards creating the spaces for not only the inclusion of these peoples, but for our peoples to take an active role in guiding and leading the process. This can be done through recognition of the distinct values and rights of the many nations of Turtle Island.
- We purpose that the People Social Forum adopt these PRINCIPLES to guide the planning and implementation process of for the Peoples Social Forum:
- The principles of engagement require that proper protocol is taken at a regional basis to ensure that Original peoples issues are not co-opted. Taking into consideration there is no one protocol because of the many diverse traditions, values and cultures across Turtle Island we must work toward obtaining proper grassroots representation from each territory.
- Regional meetings with Original peoples must occur prior to the PSF in order to ensure that the Original peoples are included in the forum. This can be through educational teach-ins and sharing across the boundaries.
- A national committee/structure need to include proper Original peoples within the board or committees to ensure the values of the Original peoples continue to be the leading foundation of the process.
- If there is a regional process developed in the lead up to the PSF, there must be a process developed that ensures proper inclusion in these meetings.
- While there are recognized National and Regional Aboriginal organizations, they are not reflected of all Original peoples voices. The voices of grassroots people must be included in this process for example, but not limited to the communities that are comprised within defenders of the land.
- We recognize the need to work with National and regional committee to develop a strategy to implement the principles necessary for effective relationships to building the social forum.

We are all a part of a natural revolution. We all need to remember our way back. Some of us have completely lost our way and some of us still have a connection to our land.

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**Spring Check List**

- Clean or replace furnace filter
- Check/clean heat recovery ventilator; wash or replace filter
- Clean humidifier
- Clean sump pump
- Check gutters and downspouts and clean if needed
- Inspect air conditioning; service as needed (usually every two or three years)
- Inspect basement or crawl space for signs of seepage/leakage
- Ensure that ground slopes away from foundation wall.

**NOTICE TO ALL TENANTS IN BAND RENTAL UNITS, CMHC HOUSING UNITS, SENIORS COMPLEX, SENIORS DUPLEX AND APARTMENTS**

**Re: CONTENTS INSURANCE**

It is the responsibility of the tenant to provide contents insurance for their unit. The Housing Department is not responsible for sewer damage, sewer backup or flooding.

As per the Housing Policy and your signed housing agreement each tenant is to provide a copy of their contents insurance policy to the Housing Department.

**Contact an insurance broker for more information.**

**2012 – 2014 Housing Committee**

Errnol Gray	Councilor
Sherri Crowley	Councilor
Jacky Cunningham	Band Member
Ada Lockridge	Band Member
Ron Simon	Band Member

Housing Committee meets every 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month. If you have items for the agenda please have all information into the Housing Department one week prior to the meeting.

Thank you.

**The Name that Street Contest**

We are holding a contest with a cash prize of \$200.00 to determine the name of the new street that will be located on Tashmoo Avenue. If you interested in sharing your ideas with us, please contact the Housing Department at 519-336-8410 by **March 30, 12:00 pm.** Good Luck!

**NOW ACCEPTING RESUMES**

*on behalf of TW Gray*

We are now accepting applications on behalf of TW Gray for labourers to work on the new subdivision project on Tashmoo Avenue.

If you are interested in applying, please submit your resume to the front desk at the Band Office in a sealed envelope and we will forward it to TW Gray. The deadline for all applications is **March 29, 2013 at 4:30 pm.**

If you have any questions, feel free to contact the Housing Department at 519-336-8410. Thank You.

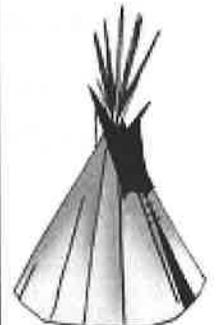
*Please return any borrowed Humidifiers or Heaters to the Housing Department.*

**Housing Department**

**Tracy Williams**  
Housing Coordinator  
twilliams@aamjiwnaang.ca

**Clayton Williams**  
Housing Clerk  
cwilliams@aamjiwnaang.ca

**Duke Maness**  
Seniors Caretaker  
New # 519-344-8595



# SHINE

## SPOTLIGHT ON WOMEN OF LAMBTON

May 12 to November 8 2013

**Deadline: March 15, 2013**

The Lambton Heritage Museum is seeking nominations of women who have played important roles in shaping their communities for its upcoming 2013 exhibition.

Anyone can nominate someone they admire from the past or present. For guidelines and to submit your nomination visit [tinyurl.com/LambtonNominations](http://tinyurl.com/LambtonNominations) or call 519-243-2600.

Do you know an outstanding woman deserving recognition for her accomplishments and contribution?

Details and nomination forms available at Aamjiwnaang Administration lobby.



Lambton Heritage Museum



Lambton Heritage Museum  
10035 Museum Road

8 km south of Grand Bend on  
Lakeshore Road/Highway 21

519-243-2600 • [lhm.org](http://lhm.org)



## EMPLOYMENT OPPORTUNITY

Short Term Contract-DAY CARE CUSTODIAN

AAMIJWNAANG FIRST NATION

### JOB DUTIES:

- Provides cleaning and maintenance service for the Day Care facility including, but not limited to, the care and cleaning of all surfaces and service facilities; waste collection and disposal; and window washing.
- Must be available to shovel and salt walkways as necessary.
- Provides informal inspections of day care facility and reports any necessary repairs to the day care supervisor.
- Responsible for adherence to Occupational Health and Safety procedures.
- Performs other related duties as may be reasonable required by the Day Care Supervisor.

### QUALIFICATIONS:

- Ontario Secondary School Graduation Diploma or equivalent.
- Knowledge of cleaning and minor maintenance procedures
- Exhibits a strong work ethic and self direction
- An understanding of occupation health and safety requirements and procedures.
- WHMIS certified.
- Must be able to work evenings.

### APPLICATION TO INCLUDE;

1. Cover letter with contact information.
2. Resume listing education and work experience.

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

Please forward applications to:

Assistant Band Administrator

978 Tashmoo Ave

Sarnia, ON N7T 7H5

FAX 519-336-0382

Deadline for applications is **March 22, 2013 at 4:30pm.**



## **Employment Opportunity AAMJIWNAANG FIRST NATION POSITION DESCRIPTION**

**Position Title:** Mental Wellness Team Lead (One year contract to permanent)

**Scope of the Position:** To coordinate the Mental Wellness Program, providing client based services and clinical supervision of the Mental Wellness Team.

### **Job Summary**

- Interview clients individually, in families or in groups to assess situational problems and determine the type of services that are required
- Assess and screen all clients for mental health issues
- Develop plan of care, including referral, counseling and aftercare
- Provide age specific counseling and therapy to assist clients in developing skills to deal with and resolve social/personal problems
- Provide programs that assist clients in accordance with individual and community needs (i.e.; self help group models, stress/anxiety management, grief recovery, etc.)
- Work in collaboration with the Mental Wellness Team to develop and implement strategies to promote healthy lifestyles
- Conduct workshops and presentations to the community
- Provide clinical supervision of the Mental Wellness Team
- Facilitate Wellness Team meetings or case management meetings as required
- Ensure the Wellness Team is completing appropriate documentation, client treatment plans, discharge planning and aftercare
- Plan and monitor the annual program workplan and budget
- Assist in policy development, funding applications, research, data recording and all areas of community mental wellness development

### **Qualifications**

- Master's degree in Social Work or a related social services field
- Registration with a professional regulatory body
- Proven work experience in a comparable social work field
- Experience in art therapy considered an asset
- Knowledge of existing referral agencies including health and community services
- Working knowledge and proven experience of counseling techniques and group facilitation
- High level of appreciation and sensitivity to First Nations issues, beliefs and values
- Excellent computer skills
- Excellent interpersonal and communication skills
- Must possess a valid driver's license, insurance and reliable transportation

Include a cover letter, resume and three references. Full job description is available at the Band Office.

**Forward to: Band Administrator  
Aamjiwnaang First Nation  
978 Tashmoo Avenue  
Sarnia, ON N7T 7H5  
Fax: 519-336-0382**

**Deadline: All applications must be received by March 15, 2013 at 4:00pm**

**What IS The Main Ingredient of WD-40?**  
 Before you read to the end, does anybody know what the main ingredient of WD-40?

### **DID YOU KNOW?**

#### **WD-40 = 'Water Displacement #40'**

The product began from a search for a rust preventative solvent and degreaser to protect missile parts. WD-40 was created in 1953 by three technicians at the San Diego Rocket Chemical Company. Its name comes from the project that was to find a 'water displacement' compound.. They were successful with the fortieth formulation, thus WD-40. The Convair Company bought it in bulk to protect their atlas missile parts. Ken East (one of the original founders) says there is nothing in WD-40 that would hurt you... When you read the 'shower door' part, try it. It's the first thing that has ever cleaned that spotty shower door. If yours is plastic, it works just as well as glass. It's a miracle! Then try it on your stove top ... Viola! It's now shinier than it's ever been. You'll be amazed.

#### **WD-40 uses:**

1. Protects silver from tarnishing.
2. Removes road tar and grime from cars.
3. Cleans and lubricates guitar strings
4. Gives floors that 'just-waxed' sheen without making them slippery.
5. Keeps flies off cows
6. Restores and cleans chalkboards.
7. Removes lipstick stains. Loosens stubborn zippers.
8. Untangles jewelry chains.
9. Removes stains from stainless steel sinks.
10. Removes dirt and grime from the barbecue grill.
11. Keeps ceramic/terra cotta pots from oxidizing.
12. Removes tomato stains from clothing.
13. Keeps glass shower doors free of water spots.
14. Camouflages scratches in ceramic and marble floors.
15. Keeps scissors working smoothly.
16. Lubricates noisy door hinges on vehicles and homes.
17. Removes black scuff marks from the kitchen floor! Use WD-40 for those nasty tar and scuff marks on flooring. It doesn't seem to harm the finish and you won't have to scrub nearly as hard to get them off. Just remember to open some windows if you have a lot of marks.
18. Bug guts will eat away the finish on your car if not removed quickly! Use WD-40!
19. Gives a children's playground gym slide a shine for a super fast slide.
20. Lubricates gear shift and mower deck lever for ease of handling on riding mowers...
21. Rids rocking chairs and swings of squeaky noises.
22. Lubricates tracks in sticking home windows and makes them easier to open..
23. Spraying an umbrella stem makes it easier to open .
24. Restores and cleans padded leather dashboards in vehicles, as well as vinyl bumpers.
25. Restores and cleans roof racks on vehicles.
26. Lubricates and stops squeaks in electric fans
27. Lubricates wheel sprockets on tricycles, wagons, and bicycles for easy handling.
28. Lubricates fan belts on washers and dryers and keeps them running smoothly.
29. Keeps rust from forming on saws and saw blades, and other tools.
30. Removes splattered grease on stove.
31. Keeps bathroom mirror from fogging. Lubricates prosthetic limbs.
32. Keeps pigeons off the balcony (they hate the smell).
33. Removes all traces of duct tape.
34. Folks even spray it on their arms, hands, and knees to relieve arthritis pain.
35. Florida 's favorite use is: 'cleans and removes love bugs from grills and bumpers.'
36. The favorite use in the state of New York, WD-40 protects the Statue of Liberty from the elements.
37. WD-40 attracts fish. Spray a little on live bait or lures and you will be catching the big one in no time. Also, it's a lot cheaper than the chemical attractants that are made for just that purpose. Keep in mind though, using some chemical laced baits or lures for fishing are not allowed in some states.
38. Use it for fire ant bites. It takes the sting away immediately and stops the itch.
39. WD-40 is great for removing crayon from walls. Spray on the mark and wipe with a clean rag.
40. If you spray WD-40 on the distributor cap, it will displace the moisture and allow the car to start.

**P.S. The basic ingredient is FISH OIL.**

# 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

- 1<sup>st</sup> Place: \$150 No Frills Gift Card**
- 2<sup>nd</sup> Place: \$100 No Frills Gift Card**
- 3<sup>rd</sup> 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)

# INDOOR WALKING



## TUESDAY'S

**March 12, 19, & 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

# FITNESS BOOT CAMP

**March 2, 9, 23, & 30**

**10 AM – 11 AM**

**Community Centre**

**\*\*No Classes March 16<sup>th</sup>\*\***



## **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**

**March 4, 18, & 25**

(no class on March 11<sup>th</sup>)

**At the Community Centre**

*No sign up required.*

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



**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](mailto: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](mailto: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](mailto: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 2013 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Food Handlers 9-1 /WHMIS 1-3—Sat. March 2</b> <b>Wab Kinew Preview Night—March 5th 6-8</b> <b>First Aid/CPR 10-3—March 10</b> <b>Nutrition Challenge—March 11-22 (Calendar due Mar. 25) Draw Date: March 27</b>					1	<b>2 Breakfast &amp; Yard Sale</b>  <b>My Father's House 6pm CYC</b>
3	4	<b>5 Youth Teaching</b> <b>9am—3:15</b> <b>Teen Parenting</b>	6	7	8	<b>9 Mike Plain Musical Benefit Fundraiser Event</b>  <b>Women's Teachings 10-3 H.C.</b>
10	11	12	13	14	15	16
<h1>SPRING BREAK</h1>						
Six Nations Hosting the 42 <sup>nd</sup> Lil NHL in Mississauga, ON						
17	18	19	20	21	22	23
Traveling Sr's Niagara Falls Trip			<b>20 Sacred Gifts 5-8</b>	<b>21 Will writing</b>	<b>22 Wab Kinew 12:30-6:00</b>	
24	25	26	27	28	29	30
	<b>25 Sr's RS/Wendy Hill 12-2:30</b>		<b>27 Sr's pizza/game</b>	<b>28 Taco/Soup Sale 1139 S. Vidal</b>	<b>29 Housing resumes due 4:40pm</b>	<b>30 Street Contest Deadline 12pm</b>
31	Yoga—Monday's 5:00 pm (March 4, 18, & 25) Indoor Walking—Tuesday's 9:30-10:30 (March 12, 19, & 26) Band Together 4 Health—Tues. & Thurs. 1:30-3:00 Youth Kickboxing—Friday's 4:40-5:30 (March 1, 8, 15, & 22) Boot Camp—Saturday's 10:00-11:00 (March 2, 9, 23, & 30)					

**CHIPPEWA TRIBE-UNE**

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

Your next Chippewa Tribe-Une is due out  
on **Thursday, March 14th, 2013**

The **deadline** will be on  
**Tuesday, March 12th, 2013**  
by **4:00 pm**

*Chi-Miigwetch,  
Bonnie Plain ~ Editor*

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

Boozhoo!

By the time you read this you may already be aware that I have advised the good people of St. Clair United that I will be moving on. Our ministry together will conclude the end of May as I leave here to take up responsibilities at St. Paul's United in Petrolia.

So that means change and as you are well aware from your own living, change usually brings with it chaos and confusion, worry and concern. I suppose this will be the case for the congregation and I reckon I'll experience some of it as well. The good news is that with change comes new opportunity and although we may at first be reluctant to engage in that in the long run we will gain further understanding of ourselves and our situations.

Not that we need to experience upheaval to take the time to consider who we are in this world. Every morning when we wake up we have before us 24 hours in which to think about what is important in our lives, which are the relationships we want to cultivate and nurture, what are the habits we want to leave behind. And each time we take on the task of learning more about how we live, breathe and have our being we become stronger physically and emotionally. Will it be painful? Might be. Will it be fun? Might not be.

The truth is that we can't avoid change. It is constantly around us, upsetting plans, throwing a monkey wrench into the works, forcing us to look into a future that may seem unclear and even frightening. The benefit to each of us, though, is that as we work with change we become better at engaging fully in this life that has been gifted to us by the one we call Creator, Gzhemnido, God. The colours become brighter, the sounds more musical, the tastes have zest that wasn't there previously.

We've three months ahead of us friends, during which we'll take every opportunity to insure our leave taking of one another is done in a wholesome and healthy way. Then when it finally happens we'll have no regrets only memories of respect and kind regard each for the other.

Take care,

Rev. Carolyn